

# HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

AUGUST 2021 • FREE



## Activities Abound in Albany this Summer!

Want to beat the summer doldrums? Activities abound through August and into September in and around Albany, with plenty of family friendly fun to be enjoyed – from concerts to carnivals to antiques in the streets.

Since Covid restrictions have eased, many of our favorite events have returned, including Albany's two popular concert series Summer Sounds and River Rhythms, Movies at Monteith and many others. But be aware that some social distancing protocols may still apply. Before attending an event, call ahead or check websites and Facebook pages for up-to-date information.

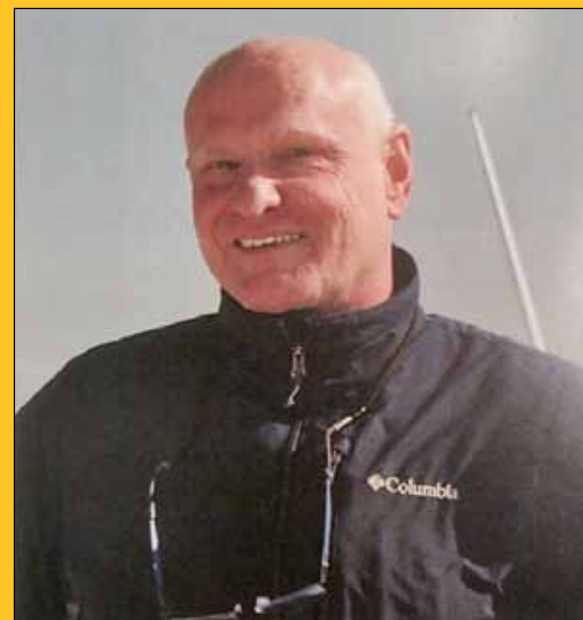
### HERE ARE A FEW OUTSTANDING ACTIVITIES TO EXPERIENCE:

- **Summer Sounds:** Monday concert series at Monteith Riverpark in Albany, 7 p.m. \$1 suggested donation. Aug. 2 – Arietta Ward; Aug. 9 – The Coats; Aug. 16 – Stone in Love. Information: [cityofalbanynet/parks/events/summer-sounds](http://cityofalbanynet/parks/events/summer-sounds)
- **River Rhythms:** Albany's popular Thursday evening concert series at Monteith Riverpark, 7 p.m. \$1 suggested donation. Aug. 5 – Smash Mouth; Aug. 12 – John Michael Montgomery. Information: [riverrhythms.org](http://riverrhythms.org)
- **Movies at Monteith:** Friday night flicks at Monteith Riverpark, sponsored by the Albany Downtown Association, Albany Parks and Rec and The Pix Theatre. Movies start at dusk (around 9 p.m.). Cost: Free. Dates are Aug. 6 and Aug. 13. Featured movies TBA. <https://> Information: Go to Movies at Monteith Facebook page.
- **The Great Platypus Drop:** 3 p.m., Aug. 21. A fundraiser for Habitat for Humanity, 10,000 rubber "platypuses" will be dropped from the sky onto a large target at Swanson Park. The platypus landing closest to the bullseye will win the grand prize (or any one of 14 other prizes)! Adopt a platypus for \$5. Tickets may be purchased online or in person at the Habitat office (call 541-967-4030) and the day of the event. Information: [thegreatplatypusdrop.com/](http://thegreatplatypusdrop.com/)
- **Carnival at the Carousel:** Have some old-

fashioned fun 10 a.m. to 3 p.m. Aug. 21 at the Historic Carousel & Museum. There will be carousel rides, carnival games, a cake walk, face painting, balloon art and much, much more. Admission is free, but carnival game tickets are 25 cents each. Information: [albanycarousel.com/event](http://albanycarousel.com/event)

- **Northwest Art & Air Festival:** Aug. 27-28. Watch colorful hot-air balloons inflate and take off, or enjoy a wide variety of artwork, a family zone, airport activities, food vendors and music throughout the event at Timber-Linn Memorial Park. Cost: Free admission, a fee for parking. Information: <http://nwartandair.org/>
- **Lumberjack Breakfast:** Normally held over the 4th of July weekend, the longtime fundraiser sponsored by the East Albany Lions Club will take place over Labor Day Weekend, Sept. 4-6, at Timber-Linn Memorial Park. Enjoy all-you-can-eat sausage, eggs, pancakes, milk and coffee. Cost is \$10 for adults and \$5 for kids 11 and under. Information: Visit <https://www.eastalbanylionsclub.org/events> or call the Albany Visitors Association at 541-928-0911.
- **Thompson's Mills Cider Pressing:** The friendly people out at Thompson's Mills State Heritage Site near Shedd have set four dates for pressing apples: Aug. 28, Sept. 18, Oct. 9 and Oct. 30. Come and join the fun and take home some delicious, fresh apple cider.
- **Antiques in the Streets & Classic Car Show:** Come browse for antique treasure among more than 50 vendors through the streets of Downtown Albany, then check out some outstanding automobiles at the Classic Car Show. Sponsored by the Albany Antique Mall. Admission is free. Proceeds from vendor fees benefit a local non-profit. Information: [albanyantiquemall.com](http://albanyantiquemall.com)
- **Other ideas:** Albany Beer Run (Sept. 11); Albany Scottish Festival (Sept. 18); Mid-Valley Brewfest (Sept. 25).

These are just a few of the great events happening in the Albany area into September. For more, check out the Calendar of Events at [albanyvisitors.com](http://albanyvisitors.com).



### Tribute to a Legend- Spencer Costello

Many people throughout the Mid-Willamette Valley will remember seeing Spencer at the local home shows and other events. Spencer owned and operated Premiere Floor Covering from 2006-2018. Even after he sold the business he continued to work as a manager as long as he could. Premiere Floor Covering has long been a part of the Points for Profit family and we are sad to share that Spencer passed away June 18, 2021. The new owners of Premiere are committed to keeping the amazing legacy of Spencer alive.

A long-time customer of Premiere Floor Covering-Dena shared this "There are 'special' people that come into our lives for many different reasons. Ones that make an impression, ones that you trust whole heartedly, who show their kindness to others daily in many ways, one who is caring/giving and sincere. Those TRUE people are far and few....Spencer was one of those people. I had the 'honor' of meeting him about 15 years ago. I immediately took to this wonderful, honest, cheerful, huggable or as I called him 'my handsome' man. In those years I did business with him roughly 3 dozen times. He never once did me wrong or disappointed me. He was a man of 'true' compassion, integrity and love. He touched so many lives in so many ways. He was a 'pillar' of our community. There will never be anyone like him in the Carpet/Flooring business world. I know he told his co-workers to keep his legacy and how he did business and treat customers like they are family. They will strive to do that, they already have. The world lost a GOOD man....I will never forget him. God Bless you Handsome."

Always full of life and eager to do the right things, anyone who has known Spencer has been truly blessed. We are honored to be able to remember him and continue to support his legacy by shopping and referring friends to Premiere Floor Covering. Spencer really was all about Shop Local, Serve Local and Sustain Local.





Brought to you in part by



## Fun Events for August 2021

Enjoy this last month of summer break. Please be careful with campfires, and all equipment that can create sparks. Please stay safe around the water and always wear a properly fitted life jacket, they do save lives.

- FARMERS MARKETS**
  - Albany - Saturday 9am-1pm, City Hall Parking Lot <https://locallygrown.org/home/>
  - Corvallis- Saturday and Wednesday 9am-1pm, First St. Downtown <https://locallygrown.org/home/>
  - Lebanon-Thursday 2pm-6pm, Corner of Main Street & Grant <https://sweethomefarmersmarket.org/>
  - Salem Saturday 9am-3pm-865 Marion St NE, Salem <https://www.salemcommunitymarkets.com/>
  - Sweet Home- Tuesday 2pm-6pm, Corner of 12th Ave & Kalmia <https://sweethomefarmersmarket.org/>
- LINN COUNTY ANIMAL RESCUE** – Aug 28th from 1-3pm “Healing Hearts with Horses” event for individuals with PTSD and disabilities. Please call (541) 258-3422 and leave your name & number. A volunteer will return your call and set up a time to attend, following COVID state mandates/social distancing. Thank you!

*See the front page for several more events happening in our area.*

Information for this page has been provided by multiple organizations. If your organization has an upcoming event that you would like listed in a future issue of High Points, please email the information, as well as a name and phone number of a contact person submitting the article to: [info@pointsforprofit.org](mailto:info@pointsforprofit.org)

## A “F.A.T.” That You Want to Be!

Perhaps you have heard the term, “F.A.T.” - faithful, available, and teachable. Finding staff and employees that are eager to live these characteristics is becoming more difficult. I believe we need to be lifelong learners. Just recently I learned a valuable lesson the hard way. I recently bought a cargo trailer for hauling product. Our family thought we should test drive the trailer by helping a friend move some furniture. On the way home we noticed one of the tires on our 6 x 22, dual axel trailer was seized up and smoking. After further investigation, we noticed the tire had a severe bald spot. We decided to take it in to Beggs tire in Albany to have a look see. One of the customers shared with me why my tire seized up. I had the automatic brake system calibrated too high. He gave me necessary training that I needed. I was so thankful for his help. Begg’s replaced the tire, and I’m safe to drive with the trailer in the future. In fact, I will be taking the truck and trailer to Missouri in August to pick up product. We are never too old to learn. I was deeply grateful for Begg’s and the gentleman that helped. God’s Word reminds us: “*The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction.*” Proverbs 1:7. We all need God’s Word and instruction to help us navigate in our difficult world. My encouragement to our younger generations is to be humble and become F.A.T - faithful, available, and teachable.

God bless,  
Kevin Ferguson



**KEVIN FERGUSON,**  
WILLAMETTE VALLEY CHRISTIAN SUPPLY  
541-754-9295



## Life Vests Save Lives

## Back-To-School

High Points is a monthly publication with 10,000 copies distributed in Linn, Benton, Marion, Polk and Lane counties. This tabloid is about good news in the community so we need to hear from you! Contact us with your stories or if you’d like to advertise.

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<b>3577 W. 11th Ave</b> 541-344-4141	<b>560 Wallace Rd NW</b> 503-363-2100
<b>2870 Willamette St</b> 541-686-1600	<b>3052 Lancaster Dr NE</b> 503-399-8000
<b>1930 River Rd</b> 541-688-1800	
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## Explore Albany

Discover your story







photo by Oliver J. Anderson

### Summer Events in Historic Albany, Oregon

Albany is host to a wide variety of events and attractions: hot air balloons, music along the river, antiques in the streets, vintage car shows, historic home tours, carousel, carnivals and museums - the Albany Visitors Association will help you find them all. Plan your stay at [AlbanyVisitors.com](http://AlbanyVisitors.com)



Connect with us and download our free Albany Explorer app today.

541.928.0911



# Is There Any Benefit to Chiropractic Preventative or Maintenance Care?

DR. NICHOLAS BROWN, CHIROPRACTOR

Chiropractors have answered this question “YES” for decades. Patients who have regular adjustments have less illness, less medical intervention, take less drugs, have less hospital stays and remain ambulatory much longer in life than those people who don’t have chiropractic care.

Now a scientific study<sup>1</sup> verifies this. If you hung around our reception room for a day and asked people, why they have seen the doctor regularly for so many years they would each have their own story. “I came in for my asthma”, “I started chiropractic care for relief from splitting headaches”, “My digestion was horrible until I started chiropractic care”, “I was unable to get pregnant until after I saw the chiropractor.” Everyone has their own story. This study involves lower back pain. They started with 30 patients with chronic low back pain. They split the patients into two groups. Both groups had exactly one month of intensive chiropractic care. The first group received NO OTHER TREATMENT for nine months. The

second group received maintenance chiropractic adjustments for nine months.

The results showed that both groups had a significant reduction in both pain and disability levels after the first month of chiropractic care. After 9 months with no chiropractic care, the first group returned to their pretreatment pain and disability levels. The group that followed-up with 9 months of maintenance care not only maintained their original improvements but they also showed gradual continued improvement.

## WHAT REALLY IS THE PROPER USE OF CHIROPRACTIC?

All too often patients will have significant improvements in their health under chiropractic care, only to discontinue their care when they begin to feel better. That’s not how chiropractic is intended to be utilized. Chiropractic, when used regularly, can result in gradual improvements in a person’s life throughout their lifetime. When patients use chiropractic for symptom relief only, they often feel better for a little

Chiropractic Care continued on page 11

# Will you Sponsor a Patient or Donate to Help?

BY RHEA GRAHAM

Oregon Medical Marijuana Patients get a tax a break when it comes to their remedies, smokeless or not, but the state of Oregon is working to do away with that in 2028. We will discuss that another time, right now I’d like to discuss what we will call “Patient Sponsorship” and “Donations” at this time.

At Albany’s Canna Kitchen & Research, we meet a number of patients who struggle to purchase Smokeless Cannabis Remedies to bring relief from PTSD, pain, sleeplessness, anxiety and many other conditions. If they were using prescription drugs, their insurance would gleefully cover them but because they choose to go the natural route, they are all out of pocket expenses, including seeing the doctor to get the OMMP form signed. Their expenses are as low as \$30 per month (and considerably more for others) but that \$30 can seem insurmountable when you are on a fixed income and the city and state keep finding more ways to get it from you.

In response to this need, we are starting the “Help a Patient Fund” where you can adopt a patient or their entire family and pay for the Smokeless Cannabis Remedy needs they have, or you can donate just a small amount and when several people do that... we will have enough to help some of the patients. I am going to ask those who have a need for help to provide information about them and what their needs are. Some don’t need much, others need a lot. We will issue a receipt to you and let you know what your patient chose if you decide to be that involved.

Those who smoke cigarettes will be considered separately. They are actively poisoning themselves and making the choice to do so. If there are those who will willingly enable them to continue using their money to purchase “cancer-sticks” instead of medicine that can bring relief and potential healing, we will have a separate fund for them. It may seem harsh to some – but, I quit after being addicted to them for 36 years and they can, too!



Albany's Canna Kitchen & Research

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**BI-MART**



KAREN'S FAMOUS RECIPES  
Baked Red Potato Salad

With picnic season upon us, it's time to trot out the ol' potato salad. Ho hum. This recipe is a bit different- it uses red potatoes and they're baked. This process concentrates the flavor, and the red ones add a different texture and taste. I prefer them unpeeled, but it's not essential. Rely on your preference.

Pre-heat the oven to 350 degrees. Rub five, 2-inch diameter red potatoes with olive oil and bake just until tender. Hard cook 2

large eggs, chill, and peel eggs to add richness and smoothness. Use 2 eggs for 4-5 small potatoes or 1 each for large ones.

Make the dressing- in a small bowl mix 1/2 C mayonnaise with 2 tsps. sugar or Splenda and 2 tsps. cider vinegar. Mash the egg yolks well and add them and a pinch of dry mustard and salt and pepper to taste. Mix well.

Cut the potatoes into 1/2 inch

dice while warm and toss with the dressing. Warm potatoes absorb more dressing and are much creamier in texture. This also applies to macaroni salad and chicken salad. Add finely

chopped red onions, the egg whites, also chopped and minced celery. A little pimiento or roasted red peppers are also good. I like to add a little chopped dill pickle, the cold pack ones, like Claussen are very good. Mix again and cool. Before serving,

you can add a bit more dressing or mayo to taste and even out the texture.

Dust with a little paprika and finely chopped parsley and serve it forth!


Remember! This is perishable- serve it COLD and refrigerate as soon as possible after serving. You can place the bowl in a larger bowl of crushed ice for added confidence. I will rest easier knowing the salad was enjoyed by all and served safely!



August Word Search by Rolie the Puzzlemaster

O	A	C	I	R	T	C	E	L	E	D	G	T	Q	G	X
C	A	G	O	E	T	G	D	T	D	D	A	R	J	N	S
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P	I	G	E	W	E	A	T	T	X	B	T	I	D	I	X
S	J	C	R	G	L	A	S	S	S	R	D	R	V	D	Y
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C	K	A	A	L	H	P	X	C	X	U	A	S	S	A	R
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T	C	U	R	E	L	I	O	R	B	A	W	I	D	Y	R
M	I	C	R	O	W	A	V	E	R	S	Q	E	O	X	Y

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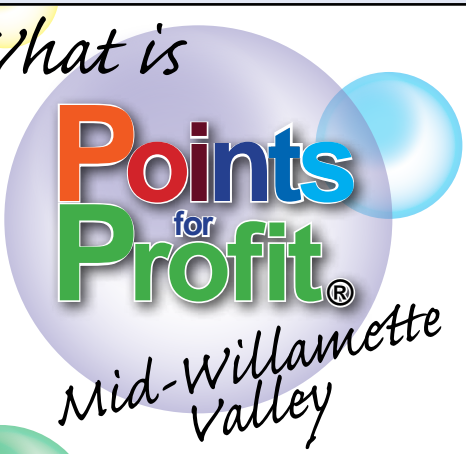
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**POINTS FOR PROFIT MEETING is August 31, 2021** at American Legion-Albany. RSVP required to attend. Email [info@pointsforprofit.org](mailto:info@pointsforprofit.org) to reserve your spot.

## Cadwell Realty Group Rejoins Points for Profit

Albany based Cadwell Realty Group is now the official Real Estate company in the Points for Profit program for the mid-valley. The company is headed by Principal Broker and owner Jason Cadwell. With offices in North Albany, South Albany, Lebanon, and North Bend they have plenty of brokers and staff to assist you with your real estate needs.

Jason Cadwell was born in Corvallis and raised in Sweet Home. After high school he went to work for Hewlett-Packard before leaving to pursue a career in real estate. After working for two local real estate companies, gaining 13 years experience in the field, Jason formed his own agency in 2013. A Teacher at Heart, he enjoys helping people become more successful



and is a Certified Expert Advisor with the National Association of Expert Advisors. The brokers at the Cadwell Realty Group specialize in both residential and commercial listings and sales.

When conducting business with the Cadwell Realty Group you can earn 20 million points for referring a client who buys or sells a home or 20 million points for listing or buying a home through any of the brokers working for the Cadwell group.

Jason Cadwell is proud to support the mid-valley non-profits by being a part of the Points for Profit Program. Their main office is located at 226 Northwest Hickory St. in North Albany. You can call them at 541-791-7946, or go online to: [www.valleyoregonhomes.com](http://www.valleyoregonhomes.com).

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- American Legion Post 11
- Furniture Share
- K-9 for Kira
- Kitty Angel Team Adoption (KATA)
- L.A.F.T.A.
- Lebanon Soup Kitchen
- Life-Line Baby Boutique
- Linn County Animal Rescue
- Native American Cultural Association
- Oregon 4-H State Shooting Sports
- Pathways
- Safe Haven Humane Society
- St. Edward's Youth
- Wapaiti Bowman
- We are the Solution-Kickin Cancer
- We Love McKenzie

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# Keep Seniors Safe and Cool in Extreme Heat

Long exposure to high outdoor temperatures isn't safe for anyone, especially older adults at risk of suffering heat-related illness.

Due to normal aging-related changes, older adults are sometimes unable to recognize when they are becoming overheated.

Seniors can be at risk for heat-related illness due to certain health problems, including:

- Cardiovascular issues
- Changes in skin and sweat glands caused by normal aging
- Medications that make it harder for the body to stay cool
- Being overweight or underweight
- Consuming alcoholic beverages
- Health conditions that cause weakness or elevated body temperatures

Older adults with dementia, speech challenges, or other health conditions may have difficulty communicating they feel overheated. Watch for symptoms of excessive heat exposure, including:

- Dizziness
- Weakness
- Muscle cramps
- Swelling of ankles or feet
- Problems with coordination
- Nausea
- Cold, clammy skin
- Rapid pulse

Some symptoms can indicate heat stroke, which requires immediate medical attention. Symptoms

of heat stroke that require emergency care include:

- Fainting
- Confusion, agitation, or mood swings
- Body temperature over 104°F
- Dry, flushed skin
- Rapid, strong pulse or slow, weak pulse
- Lack of sweating



MARK WANG  
VISTING  
ANGELS

541-928-2061

## KEEPING SENIORS SAFE IN A HEAT WAVE

You may not be able to control the temperature outside, but here are a few things you can do to keep your senior loved

ones safe during a heat wave:

- **Check -up.** Check up on your senior often to monitor if they are having any symptoms of heat-related illness.
- **Hydrate.** Make sure seniors are drinking plenty of water and limit intake—or avoid—caffeine and alcohol.
- **Stay indoors.** Staying indoors during the hottest part of the day — typically between noon and 4 pm — can help lower the risk of heat-related illness.
- **Keep the home cool.** Ensure air conditioning and fans are in good working order, and verify seniors understand how to operate them. Keep blinds, shades and curtains closed during the hottest part of the day, and limit the use of appliances, such as ovens, that may throw off excess heat.
- **Wear cool clothing.** Older adults sometimes

Extreme Heat continued on page 11



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Urban Legend

BY DR. ERIC GLAZE,  
Albany Animal Hospital  
541-926-8817

There is an urban legend making the internet rounds that is freaking out a lot of dog owners. The story involves a dog that became overheated. The well-meaning owner allowed the dog to drink ice water. Shortly thereafter the dog began to retch and vomit and nearly died. The dog survived the ordeal and the veterinarian in the story told the owner that feeding ice or ice water to an overheated dog shocks the system causing the digestive muscles to spasm and results in a serious condition known as bloat.

The legend is resulting in a lot of concerned owners swearing that they will never give their dog's ice or ice water again, which is kind of sad because a lot of dogs really enjoy it. The comments and misinformation prompted me to make this post and hopefully add some helpful facts.

First of all ice/water does not cause bloat. What does cause bloat is ingesting large amounts of ice or water (regardless of temperature) shortly before or after

strenuous exercise. This is true for food as well. This is especially important for dogs with deep chests whose stomachs not only can bloat but also

twist around in the abdomen resulting in a deadly condition known as GDV. If your dog does get overheated and is very thirsty allow him to drink small amounts of water over an extended period of time. Ice water can actually be helpful when taken in small amounts. The ice will actually inhibit some dogs from gulping large amounts of water while cooling the core temperature.

Ice water or very cold water is a bad thing when applied to the skin of an overheated dog. This does "shock" the system and causes the smooth muscles of the skins blood vessels to constrict. The decrease in blood flow to the skin prevents its ability to cool the blood before returning to the body's core. This traps heat in. Cooling an overheated dog is best done by applying towels that have been soaked with cool, not cold water. These can be applied to the

flank, armpits, and groin region. A fan is also helpful. This active process of cooling should be stopped when the dog's temperature falls to 103 F. Another reason to have a cheap digital

thermometer in the doggy first aid kit. This (along with IV fluids) is exactly how we cool our heat stroke patients.



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# Advice for Successful Window Replacement Projects

Completing a window replacement project at your home can seem like a daunting task. However, with a good plan, the right product and installation crew, and a little patience it can be an enjoyable experience.

Knowing what you want to accomplish with the project up front and communicating that at the initial consultation is one of the biggest factors to help ensure a successful project. Do you want to add more ventilation or increase energy efficiency? Are you mostly interested in sound control or are you simply looking to upgrade your home? You may be able to accomplish all of these to some degree with new windows.

Today's windows have evolved to be highly energy efficient while allowing more natural light into a room. Nearly all of them include a lifetime warranty to the original homeowner against fading of the frames and moisture build-up between the panes.

Selecting the right company to perform the work may be the most

important factor in a successful project. Only use companies registered with the Construction Contractors



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Board and never allow unlicensed contractors to work on your home. Licensed contractors are required to carry the proper insurance and bonding, and complete continuing education courses to maintain their

licenses. Make sure the company has a successful track record in the community and is most likely to be in business in the future if an issue arises or you want some additional work done.

Lastly, give your neighbors a heads-up about the project. Home improvements projects of any kind can often be noisy and dirty. Alerting your neighbors a few days ahead of the installation and telling them how long you expect the work to last will make the process go smoothly for everyone.

You can get more information at [www.smith-glass.com](http://www.smith-glass.com) or by calling them at 541-926-4446 or 541-753-9175 or you can visit their showrooms in Albany or Corvallis. Smith Glass, On the Cutting Edge Since 1945.

# Propane Tank Safety Tips

Propane gas, although highly flammable, is safe to use as long as all the necessary safety precautions are taken. It is important that you make sure your propane is transported and used properly.

## TIP 1: PROPER USE OF PROPANE TANKS

Every time you use a new propane tank, check for leaks immediately. A good way to test for leaks is by using a soapy water mixture to see if any bubble form on the tubing or tank. Never try to patch a leaky rubber tubing yourself. Purchase a replacement. Always place your propane tank in an area where there is good ventilation. Always turn off your propane tank after you are done using it and check that the seal is tight.

## TIP 2: STORING YOUR PROPANE TANK

Always store your propane tank outdoors. Never store your propane tanks in enclosed spaces, such as your

garage or your basement. Always store the propane tank in an upright position and away from any source of heat and direct sunlight. If you are using a propane tank that has been stored for a long time, always check for signs of wear and tear on the rubber tubing that connects the propane tank to your household appliances. Replace your tank if its worn or rusted. They have a wide variety tanks at CoEnergy Propane.

## TIP 3: PROPER WAY TO TRANSPORT A PROPANE TANK

You should transport a propane tank in standing position. Secure the propane tank with a rope. Do not use a metal chain to secure the propane tank. Metal hitting metal can produce a spark which could be disastrous if your propane tank is leaking. Keep your windows open when you have the tank in your car as a safety measure. Be sure to check the valve is closed tightly before transporting.



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## WILDFIRE SEASON: PRECAUTIONS FOR YOUR PETS

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### Tips to Keep Animals Safe from Wildfire Smoke

- Keep pets and pet birds indoors with the windows shut. Pet birds should not be outdoors if at all possible.
- Avoid intense outdoor exercise during periods of poor air quality.
- Limit pet time outdoors strictly for quick potty breaks, especially on days designated with a red air quality alert.
- Animals with cardiovascular or respiratory disease are at increased risk during periods of poor air quality and should be watched closely.
- Include your animals in potential evacuation planning. If at all possible, take your pets with you if you leave.

*If your pet is experiencing breathing difficulties or eye irritation, please consult with your veterinarian.*

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# Good Review

## Graphic Novels for People Who Read Novels

I get it—you think graphic novels are just long comic books. A comic book generally takes known characters (Batman and The Joker) and puts them through a formulaic adventure. The point of comic books is storytelling for fun. The point of a graphic novel, as opposed to a comic book, is that

it has actual character development that happens within the framework of a somewhat more complex plot. The point of a graphic novel is storytelling for fun plus deeper meaning.

Still not convinced. Try these top-rated graphic novels. (Your kids and/or grandkids will be thoroughly impressed that you're so cool you're reading a graphic novel.)

**Maus** by Art Spiegelman. The first graphic novel to win a Pulitzer Prize, this is relating to Spiegelman's interviews with his father about WWII concentration camps.

**Batman: Return of the Dark Knight** by Frank Miller. Still following traditional comic book lines (it was

originally published in a 4-part comic form), **Dark Knight** revolutionized the world of comics, allowing future stories to be much darker & more complex than before. Still a good read today.

**Watchmen** by Alan Moore. This is the graphic novel that finally convinced me that a graphic novel can really be more "novel" than "graphic."

**Persepolis** by Marjane Satrapi. Another memoir, this one telling of the author's life in Tehran. Widely acclaimed, it is especially notable for being written by a woman in a male.

**Blankets** by Craig Thompson. An adult novel about coming-of-age and breaking with tradition, this has been widely acclaimed for both its writing and art.

**The Boy, the Mole, the Fox, and the Horse** by Charlie Mackesy. More of an artist's book than a graphic "novel", this may become the modern version of such quasi-spiritual classics as *Jonathan Livingston Seagull* or *The Little Prince*.



SCOTT GIVENS, BROWSERS BOOKSTORES

### Chiropractic Care continued from page 3

while but eventually the symptoms return because there has not been enough time for their body to completely heal and repair. Using chiropractic care for symptom relief is like using a fork to eat soup... you can still get a taste, but it's difficult to get any lasting flavor. The real problem is that by treating only the symptoms of any condition the underlying cause is ignored and the condition will deteriorate.

Imagine going to the dentist with a cavity and the dentist just injects the area with Novocain but leaves your cavity alone. You feel great... but you know that the cavity will keep decaying and get worse. It doesn't make sense and yet that's how we often treat our own bodies.

### Extreme Heat continued from page 6

- wear sweaters and long pants during hot weather because of problems with body temperature regulation.
- **Keep the car cool.** Check the air conditioning in your older loved one's car to make sure it is working properly.
- **Use sun protection.** Older adults may be more sensitive to sun exposure. If your senior must be out in the sun, they should wear sunscreen, sunglasses, and a hat.



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