

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

DECEMBER 2021 • FREE



Ten Good Reasons to Shop Locally this Christmas

Many of us dread this time of year. Unless you're the most organized person on earth and have done your Christmas shopping by Halloween, the sudden realization that we are only a few weeks from Christmas Day can send us into a flat spin. It would seem the internet and world-wide web is your only hope. It is not! Luckily, we live in an area with many independent businesses and shops. Listed below are ten good reasons why we should support our local businesses this Christmas. In addition to these ten, you will be helping countless families and the very community that you live, laugh, love and worship in!

- 1 IT'S LESS STRESSFUL TO SHOP LOCALLY!** Shopping locally is much nicer than battling the Christmas crowds at a large shopping complex. Shopping locally removes the stress of city one-way systems, the car park queues and playing human dodgems, it also removes the pressure of waiting for that it-should-have-arrived-two-days-ago gift ordered online!
- 2 YOUR SPENDING WILL BOOST THE LOCAL ECONOMY.** Research on spending by local authorities shows that for every dollar spent with a small or medium-sized business 60% stayed in the local economy, compared to 40% with a larger business. Small businesses are vital for national economic recovery and growth, and are leading the way in innovation and new job creation. They serve the needs of the local economy and many provide services to larger businesses, helping your local community and beyond!
- By spending money with local businesses, you are paying a friend or neighbor's salary. Small Businesses integrate into the local community and tailor their services and products accordingly; therefore, it is unlikely that a small business is going to move to a different city or country, therefore keeping jobs in your community.
- 3 IT'S THE ETHICAL CHOICE.** When you shop at local butchers, bakers, farm shops and green grocers, it is likely that a high percentage of the produce has had a short 'field-to-fork' journey. Along with supporting local farmers, it means the food is likely to contain more nutrients and have less packaging.
- 4 YOU'LL BE SUPPORTING LOCAL ENTREPRENEURS.** Local independent shops often sell locally-produced items which aren't available elsewhere: quirky one-off items, often by local artists and designers, food producers and growers, so you're buying products unique to the area. This helps preserve the community's distinction and creates more jobs locally, as well.
- 5 YOU'LL FIND UNIQUE GIFTS.** Independent shops have shopped around, selected an inventory of

products and brought them to your doorstep. This often includes items you might not find at national chain stores.

If you're struggling to find that unique gift, the chances are that the shop assistant can go above and beyond to help you make the right choice, and you can almost guarantee that no one else will have bought the same!

- 6 YOU'RE LIKELY TO GET BETTER SERVICE.** Local business owners do what they do because they are passionate about their products and typically take more time to get to know their customers. They'll often go the extra mile to help you and to ensure you're a satisfied customer.
- 7 YOU CAN GET GOOD ADVICE.** Shopping at a local business means you're more likely get an expert opinion about the products that you're purchasing. Local business owners are well informed about their products and know what they are selling. They must be experts in their field to compete. Ask them questions and get advice about products.
- 8 YOU CAN HELP BUILD COMMUNITIES.** Local businesses often host events, from charity spin-a-thons to craft workshops with local artists. Christmas fairs and craft markets often include local voluntary organizations and charities.
- 9 YOU CAN GET A GOOD DEAL.** Independent retailers can use their discretion to reward regular custom, and it can mean you get discounts on the items you want to buy, rather than being tempted by multi-buy offers in the big chains. It is very likely that businesses will be doing special promotions and discounts; therefore, you could save some money AND support your local traders at the same time! Prices on the internet are not always the cheapest - especially as Christmas Day approaches. What's more, you'll not have to pay for postage.
- 10 YOU CAN FIND 'SOMETHING COMPLETELY DIFFERENT'.** Away from the High Street and shops, there are lots of local businesses offering something completely different this year. From nights away on a boat, to stand up paddle boarding lessons, family photographs to dance lessons, consider giving an original gift that supports a local business.

Napoleon once called us "a nation of shopkeepers" hoping to insult us. However, it's a big part of our national identity and is something to be proud of. Small businesses have endured the Blitz, 3-day weeks and the recent economic down turn and despite these hardships they continue to innovate, grow and assume 'business as usual'. Let's avoid having a 'clone street' with the same shops as everywhere else and support our local businesses this Christmas!



The Holidays are Here!

The holidays are full of cheer, with families getting together to enjoy the season, and getting together means getting out and taking in the sights and sounds of Christmas.

Albany has several events that will put a smile on your face throughout December. Here are just a few:

- CHRISTMAS PARLOUR TOUR.** Dec. 12, 2 to 7 p.m. — Celebrate Christmas – from the inside – at the Monteith House and six other lovely historic homes on the 42nd Christmas Parlour Tour.

Six homeowners have graciously opened their homes for this event, the first interior homes tour in Albany since Christmas of 2019, just before the Covid-19 Pandemic began. Since that time, the Summer and Christmas tours have been exterior events, with homeowners decorating their porches and yards, and some offering photos and video of their interiors.

Mask and distancing policies will be strictly enforced, and, as usual, visitors are asked to please not touch items in the homes and to not take photos or video.

Cost is \$15 per person and tickets can be purchased online at monteithhouse.org through Eventbrite beginning Nov. 26. No in-person sales will be held. Supply is limited, and tickets are on a first come, first served basis. Well-behaved children under 12 are admitted free with a paid adult. Proceeds benefit Monteith House Museum.

To receive your copy of the tour map and wrist band, bring your Eventbrite e-ticket to the Albany Visitors Association office, 110 3rd Ave. SE, before beginning the tour. The office will be open from 1 to 7 p.m.

- NIGHTTIME MAGIC HOLIDAY LIGHT CONTEST.** Through Dec. 21 — The holidays are swiftly approaching – some people already have their Christmas trees up – so, bust out the lights, blow up the Santas and dust off the candy canes: It's time again for the 34th Annual Nighttime Magic Holiday Light Contest!

Helping coordinate the event to make the season bright is the Albany Visitors Association, along with premier sponsors Burcham's Metals, broker Robyn van Rossmann from Town & Country Realty, and Hospitality Vision.

Entries will be judged by the public. Pictures will be posted on the AVA Facebook page and addresses will be included for people to drive by. They can then vote for their favorites

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The Holidays continued from page 1

via Facebook or by emailing the Albany Visitors Association (info@albanyvisitors.com). Public voting will open Friday, December 10 and continue through Sunday, December 19, 2021. Winners will be announced by Tuesday, December 21.

The contest is open to homes within Albany city limits. To enter, email a picture of the completed light display to info@albanyvisitors.com, by 5 p.m. Monday, December 6. Entries must include participant's name; full street address; title of the display; email address; and phone number. Lights need to remain on from 5 p.m. to 10 p.m. December 6 through January 1.

People wishing to drive around and enjoy participating locations can pick up a list at the Albany Visitors Association beginning December 10, or download the Albany Explorer App.

- **DOWNTOWN TWICE AROUND PARADE.** Dec. 5 — Albany's Downtown Twice Around Parade is a great way to kick off your holiday season! Beginning on Broadalbin Street at exactly 5pm on December 5, you can view the parade by standing or sitting socially distanced along its 8-block route. This parade will get you in the holiday spirit as you watch the festivities unfold, ending in a fantastic tree lighting that will take place 20 minutes after the parade. The tree lighting is visible from the Two Rivers Market and surrounding blocks, so there's plenty of room to space out and safely enjoy the event!
- **CHRISTMAS STORYBOOK LAND.** Dec. 3-17 — Christmas Storybook Land is offering a free drive-thru experience from the comfort and safety of your vehicle. Relive your favorite childhood nursery rhymes, fairy tales and family movies in a magical forest! Non-perishable, commercially packaged foods for the Fish of Albany food bank will be gladly accepted. Hours are: Dec 3 – 6:30-8 pm; Dec 4-5 – 10 am-8:30 pm; Dec 6-9 – 6:30-8 pm; Dec 10 – 2-8 pm; Dec 11-12 – 10:30 am-8 pm; Dec 13-16 – 6:30-8 pm; Dec 17 – 2-8 pm.

Good Times

Fun Events for December 2021



- December brings many winter Holidays. No matter which one you celebrate we hope you enjoy the time with family and friends. Remember to smile and greet people you see as you go about your day. Nice words go a long way to brighten someone's day.
- **FARMERS MARKETS**
 - Albany – Sat Dec 11th 10am-2pm, City Hall Parking Lot <https://locallygrown.org/home/>
 - Corvallis- Sat Dec 4th 10am-2pm, First St. Downtown <https://locallygrown.org/home/>
 - **LEBANON SOUP KITCHEN** – Serving meals every Monday, Wednesday, and Friday 4:30-5:30.
 - **CASCADE LIGHT-** Nov 25-Dec 31st corner of Sherman and Williams, Lebanon. Computer controlled display (set your car radio to 100.9FM). Food and Cash donations are accepted in the box out front. Show runs until 10pm weekdays and 11pm on Friday and Saturday.
 - **PASTEGA CHRISTMAS LIGHT DISPLAY-** Nov 26th-Dec 31st 5pm-10pm at the Benton County Events Center, 110 53rd St. Corvallis. Canned food donations are encouraged. Visit pastegachristmasdisplay.com for more details and volunteer opportunities.
 - **TENNESSEE THUNDER RAILROAD HOLIDAY TRAIN LIGHTS-** Saturday and Sundays Nov 27th-Dec 22nd 5:30-8:30pm Wednesdays from 6 to 8pm. Ride the quarter-sized train through a four-acre park decorated with thousands of lights.
 - **CHRISTMAS STORYBOOK LAND-** Dec 3rd-17th This year is a drive thru event at the Linn County Fair and Expo Center. Mon-Fri 6:30-8pm, Sat and Sun 10am-8pm. Visit Christmasstorybookland.org for more details. Commercially Packaged Food donations for Fish of Albany are gladly accepted.
 - **YULETIDE CHRISTMAS-** Friday Dec 3rd 4-6:30 Join

- the Lebanon Downtown Association for a Bingo Scavenger Hunt, Cocoa, Christmas music and Magic. Vote for Downtown Winter decorated businesses. Scavenger hunt begins and ends at 680 S. Main St, Lebanon
- **HORSE AND CRAFT SALE-**Dec 4th 9am-4pm at Hand in Hand Farm (35105 Ede Rd) Vendors selling new/Used horse take, Christmas, country, and western-themed gifts and décor. For more information, send a message through the Cowboy Christmas Event Facebook page, or email staff@handinhandfarm.org or call (541)-451-1243.
 - **HOLIDAYS IN THE PARK-** Dec 4th 2-4pm “A Candyland Christmas” Santa Claus, horse drawn carriage rides, food entertainment. Twilight Parade starts at 5:15pm with floats running south through downtown from Vine and Main Street. Lighting of the tree takes place immediately after the parade.
 - **HOLIDAY PHOTOS WITH YOUR PET-** Dec 4-5th 11am-3pm SafeHaven Humane Society hosts it Santa Paws Photo Fundraiser. Santa will not be present but a fun holiday backdrop is provided. Visit safehavenhumane.org/santa-paws4 for more details.
 - **LACOMB HOLIDAY BAZAAR-** Dec 18-19 10am-4pm, at the Grange Hall, 34095 E. Lacombe rd. Food and Drink will be available. Contact Alexius Melton via Facebook for more information.
 - **CHRISTMAS DINNER-** Dec 24th 4-6pm, The Lebanon Soup Kitchen will serve a Christmas meal to any who need one.

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



Christmas Storybook Land

Drive-Thru Event

December 3rd - 17th, 2021

Monday-Thursday	6:30pm - 8:00pm
Saturday-Sunday	10:30am - 8:00pm
Friday, Dec. 3rd	6:30pm - 8:00pm
Friday, Dec. 10th	2:00pm - 8:00pm
Friday, Dec. 17th	2:00pm - 8:00pm

Linn County Fair & Expo Center
3700 Knox Butte Rd., Albany, OR



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Special Tours

Seniors, Veterans, & Special Needs Citizens are honored with a special tour day :

Dec. 6th. Schedule groups at christmasstorybookland@gmail.com

Children from preschool through 3rd grade are invited to special daytime tours :

Dec. 7th through 10th. Schedule groups at csbbschooltours@live.com

Star Wars, Dec. 12th, Visit 10:30am - 2:30pm

Christmas is the Season of Giving!



Entry is free, although Christmas Storybook Land gladly accepts non-perishable, commercially packaged foods for the **Fish of Albany** food bank.

Who Are We?

Started in 1976 by three Albany families, the Albrights, Dahlingers, and Houdeks, Christmas Storybook Land is a non-profit organization, not affiliated with any church, civic or social organization.



Eternal gratitude goes to the Linn County Fair & Expo Center for generously providing the Cascade Pavilion each year and allowing this Albany holiday tradition to exist.

Join Our Team!

Would you like to help? New volunteers are always welcome!

To participate, register as a volunteer online and choose the schedule that best works for you!



Scan To See Volunteer Info!





Glandular Zone Therapy

As previously stated in last month’s issue, The Zone Technique we utilize is a fantastic method for healing. Each zone controls a different area of the body, and after adjustments, allows for natural healing and optimal health to take place in that area. There are only six types of disturbances that can affect the human body. These are glandular, eliminative, nervous, digestive, muscular, and circulatory. All diseased conditions, aches and pains, and other discomforts experienced by the body can be attributed to one or more of the above disturbances to the body’s six systems or Zones.

This month, we are focusing on balancing Zone 1. This specific zone focuses on glandular health. The glandular system is responsible for all secretions in the body. As with all other zones, its function is vital to our overall

health. Specifically, this zone’s function is especially important this time of year as it aids in immune health.



DR. NICHOLAS R. BROWN, TIMBER LINN CHIROPRACTIC & WELLNESS CENTER 541-967-8060

Zone 1 adjustments can be expected to lead to many benefits. Specifically, when this zone is functioning properly it aids in strong immunity, healthier skin, hair & nails, more rejuvenating sleep & relaxation, normalized appetite & digestion, stronger concentration & memory, balanced moods, balanced energy & emotions, improved reproductive function, and balanced hormones (adrenal, sex/steroid, and thyroid hormones). It’s fair to say that balancing Zone 1 greatly improves quality of life!

Next month, we will take a closer look at Zone 2 which is the eliminative system.

Suffering from Pain?

BY RHEA GRAHAM

Do you, your pet or person suffer from pain? You can do yourself, your family and your pet a great service by learning more about your EndoCannabinoid System (ECS) and Cannabis as Medicine. Put those receptors to work and allow them to soak up some goodness by applying a bit of Cannabis Salve anywhere it hurts (providing it’s made using a food grade product). We have receptors on every inch of our skin and on all other organs as well. You can’t die from an overdose and it’s non-addicting, so there go all your worries down the drain, and your pain as well.

Cannabis is able to do a number of things for us. Not only does it relieve pain and help you sleep; some strains will give you an appetite while others will help to keep it at bay. Who would have thought Cannabis could be part of a weight loss regimen? Yes, you can successfully lose weight with the right strain!

That doesn’t normally happen if you are sitting on the couch eating

bonbons, but I do have more than one patient who has literally slept off 75 pounds.

The weight loss seems comes from bringing the body to homeostasis, perfect balance. When your ECS is starved, your body can be all sorts of out of whack and you don’t even know why. I mean it when I say we literally are designed to use the Cannabis plant!

Those suffering from depression often find great relief with Cannabis as well. Depression patients typically thrive using a Sativa Hybrid; those often have just enough benefit from both Sativa and Indica to get you up and going, thinking good thoughts and enjoying your surroundings. CBD alone will bring a feeling of wellbeing, so if you are afraid of THC, try the CBD.

Those 21 years of age or older, or an OMMP patient, are invited to stop in for a free sample of salve. We are located at 2300 Ferry St Ste 1, Albany, OR 97322. We are open Tuesday through Friday 10-5; our phone is 541-981-2620.

Also, ask about Pet CBD!



Albany's Canna Kitchen & Research

Historic Joseph & Lydia Myers House
photo by Camron Settlemier

Holiday Traditions
Discover your story

The Albany Visitors Association presents
The 34th Annual Nighttime Magic Holiday Light Contest, sponsored by Burcham's Metals, Broker Robyn vanRossmann of Town & Country Realty, and Hospitality Vision.

Download the free Albany Explorer App for a map of the participating houses, visit AlbanyVisitors.com and vote for your favorite.

541.928.0911

connect with us and download our free Albany Explorer app today

Metal Art at Burcham's

Albany Visitors Association logo

CORRECTION: November HighPoints incorrectly spelled author Nancey West’s name. Be sure to check out her book *Liking Myself, Loving my Life*.

Happy Holidays!

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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Christmas Calamity

Having a proper perspective during Christmas

“Don’t forget to get your early bird special on Christmas product for the up-and-coming year!” “Deeper discounts for those that pre-purchase Christmas!” Statements like these and others arrive in our e-mail inbox starting around March. The pressure to buy early is growing in our industry. This brings up several problems that the retail business owner is challenged with:

- 1) Out of sight, out of mind:** Buying Christmas early allows us to set a date for shipping. Often, we will have the product sent in September. The problem that arises is when it arrives; we can’t remember what we originally ordered. We also will have catalog specials on certain products that we did not order for various reasons. Buying product is a gamble when we don’t know what the vendors and marketing groups will spotlight over the actual Christmas season.
- 2) Cash is king:** It is often a struggle to buy large quantities of items during the off-season. Buying Christmas in March is one of the best ways to get a deep discount. The challenge is having enough capital to meet the daily demands.
- 3). Casualty before the Celebration:** By the time Christmas arrives, most retailers are suffering from Christmas burnout. Sometimes working in retail can sap the joy from the real reason for the season.

we have the right perspective during the Christmas season? I would like to suggest two principles that might help:

1) Participate personally: Over the years, we have celebrated Advent which points our thoughts and perspective daily to the coming Messiah. We have also read through the Nativity story to be refreshed of the miracle of Jesus’ birth. There are many ways you can participate and engage in the story of our Lord and Savior.

¹⁸This is how the birth of Jesus Christ came about: His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be with child through the Holy Spirit. ¹⁹Because Joseph her husband was a righteous man and did not want to expose her to public disgrace, he had in mind to divorce her quietly.

²⁰But after he had considered this, an angel of the Lord appeared to him in a dream and said, “Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. ²¹She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins.”

²²All this took place to fulfill what the Lord had said through the prophet: 23 “The

Christmas Calamity continued on page 14



KEVIN FERGUSON,
WILLAMETTE VALLEY CHRISTIAN SUPPLY
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KAREN’S FAMOUS RECIPES

Black Forest Cherry Cake

Schwartzwalder Kirsch Torte is a real show stopper of a dessert! Make the parts on one day and assemble on the next and it is very simple to make. It’s all in the prep.

For the cake, spray four 8-inch round pans and line them with parchment paper. Preheat the oven to 325 degrees. Separate 6 eggs, placing the whites in one bowl and the yolks in another. Sift together 4 tbsp cocoa and 4 tbsp flour with ½ tsp salt and set aside. Beat the whites with ½ tsp cream of tartar until fairly stiff then slowly add ½ C sugar, one tbsp. at a time. Set aside. Beat the yolks with ½ C sugar, add it all at once, until very light and pale yellow. Add 1 tsp vanilla and mix well then beat in the cocoa mix. Carefully pour over the whites and fold together until well blended. Spread in the prepared pans and bake about 20 minutes. This also makes a lovely chocolate roll when baked in a 10 X 15-inch pan. It will puff up, but will sink on cooling. Immediately remove the cakes and paper and cool on a rack. When stone cold, wrap paper and all in plastic.

Open one 16 ounce can of dark sweet cherries and drain them, reserving the juice. Place the cherries on paper towels to drain overnight in the ‘fridge. In a sauce pan place 2 tbsp of the juice and 2 tbsp Kirsch (cherry brandy) add ½ C


sugar and simmer over medium heat until very syrupy. Remove from the heat and stir in 4 tbsp Kirsch. Place in a covered bowl and refrigerate.

To assemble the cake put 3½ C heavy cream in a large mixing bowl. Pour 4 tbsp Kirsch in a cup and add 1 packet plain gelatin. Let sit about 5 minutes until gelled. Place 4 tbsp heavy cream in a sauce pan and add the gelatin. Cook over medium heat until the gelatin just dissolves, do not boil. Immediately pour the gelatin into the heavy cream and beat until stiff. Add powdered sugar or Splenda to taste. Set aside. The gelatin stabilizes the cream, making it firmer so it can be refrigerated without losing texture for a day or so. This is a very old technique I’m afraid has been forgotten.


Peel the parchment off one cake layer and center on plate. Brush, it copiously with the syrup, then add a layer of whipped cream. Add another layer, more syrup, cream, space the drained cherries onto the cream and cover them with more cream and another cake layer and so on!!! After all layers are stacked up, frost the remaining cream around the cake and chill.

At serving time, you can add some grated chocolate to the top of the cake. Your grateful guests will probably wash the dishes in appreciation.

Merry Christmas everyone!



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9:30a - 6p



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Emergency Medical Files Can Save Lives

Millions of seniors experience health emergencies – such as falls, heart attacks, or strokes –that require immediate medical attention every year. In these unexpected and harrowing situations, a comprehensive and readily available “emergency medical file” can be a life-saver.

What is an Emergency Medical File?

An emergency medical file is a centralized document of important health information that details an individual’s medical history, including pre-existing conditions, allergies, medications, and more. This information can be crucial for first responders, doctors, and other care professionals during time-sensitive emergencies.

An emergency medical file for seniors should include:

- **IDENTIFYING INFORMATION.** Add a senior’s name, address, and date of birth on the front page. Also, consider including a photo ID.
- **EMERGENCY CONTACT INFORMATION.** A senior’s emergency contacts, including names, phone numbers, addresses, and places of employment.
- **MEDICAL INFORMATION.** Official medical records contain information that helps emergency professionals provide the best treatment. Make sure to include brief summaries of the following:
 - **Allergies.** List all allergies
 - **Health conditions and surgeries.** List any previous and current health

conditions, such as diabetes, heart disease, cancer, etc.

- Medication list or chart. Document all medications and supplements, including name, dose, and instructions.
- Medical equipment. Some older adults use medical equipment, such as a walker, prosthetic limb, insulin pump, or hearing aid.



MARK WANG
VISTING
ANGELS

541-928-2061

all health providers, including name, contact information, and location of practice.

- **INSURANCE INFORMATION.** Include a copy of a senior’s insurance card (front and back) to avoid confusion regarding who or how to bill.
- **ADVANCE DIRECTIVES AND SIMILAR DOCUMENTS.** Advance directives are legal documents that explain a person’s wishes regarding medical decisions in the event they cannot make decisions on their own. These documents include:
 - Living will
 - Do not resuscitate (DNR) order, if appropriate
 - Physician Orders for Life-Sustaining Treatment (POLST)
 - Health care proxy

WHO SHOULD HAVE ACCESS TO AN EMERGENCY MEDICAL FILE?

Emergency medical files should be

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What is Advent?

The definition of Advent is the arrival of a notable person, thing, or event. In most cases, Advent is in reference to the weeks that lead up to Christmas and more specifically the birth of Christ. Christians celebrate Advent in a variety of ways. Some families will light a Candle and share a Scriptural devotion during Sunday supper. Others will attend an Advent service in their local church. Sadly, our culture has redefined Advent as a countdown to Christmas with chocolate calendars and gifts given. Working in retail has substantiated my vague claim; but I believe that Advent is far more. As we navigate through a season of uncertainty, political unrest, and health concerns, Advent can bring a reminder and reassurance where our hope truly lies. To gain a greater appreciation for the Advent, I would like to give several principles that I believe can set our hearts for the current season.

Principle One: As mentioned, Advent anticipates the arrival of the Messiah. Over many generations, God gave promises that would lead up to one of the most Miraculous moments in all of history. Here are a few of those promises:

“For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace” (Isaiah 9:6).

“Therefore the Lord himself will give you a sign: The virgin will conceive and give birth to a son, and will call him Immanuel” (Isaiah 7:14).

“The Lord says, ‘Bethlehem, you might not be an important town in the nation of Judah. But out of you will come a ruler over Israel for me. His family line goes back to

the early years of your nation. It goes all the way back to days of long ago” (Micah 5:2).

“I see him, but not now; I behold him, but not near; A star shall come forth from Jacob, and a scepter shall rise from Israel, and shall crush through the forehead of Moab, and tear down all the sons of Sheth” (Numbers 24:17).

This first principle reminds us that God is faithful in keeping His promises and that we must await with trust and patience. The Israelites had to wait for generations, but God’s timing is always perfect and with purpose.

Principle Two: Advent is a time for spiritual preparation, reflection, and repentance. God’s Word, prayer, and attending an Advent service can be ways in which you are spiritually refreshed. It’s also an opportunity to reset your priorities and perspective on our Savior, Jesus. 1 Peter 5:7 says *“Cast all your anxiety on him because he cares for us”*. The writer of Hebrews in Chapter 12:1-2 states, *“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”*

My prayer is that in this season of Advent, we will be ushered into the very presence of Christ.

Principle Three: All of the symbols and customs are meant to help us keep Christ in Christmas in a culture that has

Advent continued on page 14

EAT, DRINK & BE MERRY



breakfast • lunch • dinner



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A Blessing in Disguise

When asked why she started using Reliv Products Debbi Grenz answers

“When Reliv found me, I wasn’t looking for a supplement. I wasn’t looking for a business either. But about a year and a half after I heard about Reliv my position was eliminated and after six months of looking for a job I called that number and heard what the products were doing for people and also what the business was doing for people.

And what about the products?

“We started the products and the business at the same time and very quickly found out we were not as healthy as we thought. I had been living on 800mg of ibuprofen to get rid of a headache every morning. I had migraines every month like clockwork for 30 years. I had serious allergies for over 40 years, on two and sometimes three prescription drugs just to be comfortable, and I had joint pain in both hips so bad I couldn’t walk for exercise.”

So, what did Reliv products do for you?

“Well, the first thing that happened

was my headache went away, I haven’t had a migraine since I started the products. And my allergies? I have had the best summers of my life and no longer have sinus infections all winter long. And my hip discomfort is gone!!”

And the business, why are you still a distributor after 8

years?
“The first month in the business I placed 9th in the Nation for sales volume. We earned our Reliv income, bonuses and a trip to spend time with the CEO and his family at their home.

When we met them and saw the kind of people, they are we knew we wanted to be involved with this company for a very long time!”

But that was the first month, how have things gone since that?

“We have received a check every month, our highest check has been right under \$8,000.00. And the best part is that every penny comes from watching someone’s life change for the better either their health their finances or both!! George retired in 2011 and we do this together! We will never retire from Reliv because watching people’s lives change is just too much fun!!”



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Retaining Your Best Employees – Why Should You Care?

Receiving panicked calls from employers when one or more of their key staff members have given their notice is not uncommon. The amount of work for a single position, until the vacancy is filled, can be staggering for a small workforce.

But often employers aren’t thinking beyond the work that has to be done by someone else...or the training of a new staff member.

Studies estimating the cost of replacing employees estimate replacing a \$10/hour retail employee would cost \$3,328. For midrange positions the cost to replace a \$40k manager would be \$8,000.

Josh Bersin of Bersin by Deloitte outlined factors a business should consider when calculating the “real” cost of losing an employee.

- The cost of advertising, interviewing, screening, and hiring.
- Cost of onboarding new employee, including training and management time.
- Lost productivity—it may take a new employee one to two years to reach the productivity of an existing person.
- Lost engagement—other employees

who see high turnover tend to disengage and lose productivity.

- Customer service and errors—for example new employees take longer and are often less adept at solving problems.
- Training cost—for example, over two to three years, a business likely invests 10 to 20

percent of an employee’s salary or more in training

- Cultural impact—whenever someone leaves, others take time to ask why.

The new reality is that studies indicate that retention rates are very low and even “long term” employees do not stay at their jobs beyond the 5 year mark. Why? Most employees are not happy at their jobs. Many site mistreatment from employers and/or management, lack of appreciation for their contribution and the overlying attitude that all employees are replaceable.

The cost of replacing an employee should be seriously considered. It is simply good business to retain your best employees. Implement retention policies and your business will reap the rewards in many ways.



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Stop by to see this handsome gentleman any day of the week at the shelter. We have meet & greet rooms, as well as yards, available for you to spend some quality time getting to know him. We’re located at 32220 Old Hwy 34 in Tangent, OR and open at noon every day of the week!



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POINTS FOR PROFIT MEETING is December 28, 2021 on zoom. RSVP required to attend. Email info@pointsforprofit.org to reserve your spot.

Linn County Animal Rescue Horse of the Month

Gabby is a beautiful senior Leopard Appy mare who came to LCAR as a result of a court ordered shutdown of a breeding farm. Because of her great color, she was used as a breeding machine; bred year after year with no training or personal attention. It took her a while to get used to being around humans, but she has become very well adjusted and is part of our Healing Hearts with Horses Program. Unfortunately, Gabby is going blind and requires some extra love and care. She is in great need of a sponsor that can help cover her additional expenses and provide her the comforts she deserves in her later years. If you are an animal lover and

would like to help Gabby, please contact LCAR for more information.

LCAR & BOTTLE DROP. LCAR is part of Bottle Drop in Albany, OR; a business that pays for returned bottles and cans. They have a special program for nonprofits like LCAR where individuals can donate bottles and cans to us or we can collect and bring in our own. The money from these items is deposited into a special account that we can draw from to use at the rescue. If individuals would like to donate bottles or cans, they can contact LCAR at 541-258-3422 and we will arrange to pick them up or they can drop them off.



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- Linn County Animal Rescue
- Native American Cultural Association
- Oregon 4-H State Shooting Sports
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What Is Points for Profit?



Points for Profit (P4P) has been working to improve your community with a focus on “Shop local, serve local, and sustain local,” since 2001. The program is so simple that many people have a hard time understanding how it works! The program’s operator, InSpirit Marketing Inc., recruits businesses and gives them exclusive sponsorship in their fields.

The program tracks annual receipts for each business in order to help them know what they are getting for a return on their advertising investment. In fact, there have been multiple years where we have been able to track as much as \$6,000,000 back to our participating Points for Profit business community!

P4P then recruits up to 30 non-profit organizations whose members shop the businesses and save their receipts, for which they are awarded points. Non-profit organizations such as Linn County Animal Rescue, St. Edward’s Youth, and Lebanon Soup Kitchen encourage their members, staff, and boards to shop the P4P businesses, earn points, and enjoy the friendly competition to win the cash awards at the end of the year.

Monthly meetings present community members



the opportunity to learn about the products and services offered by both business and non-profit members. More than 100,000 people annually are encouraged to shop with the participating Points for Profit business partners to earn points for each dollar spent, with additional points awarded for attending meetings, volunteering for our non-profit organizations, and joining us for other special events. Over the years, the program has been responsible for more than \$500,000 in cash and awards given to the participating non-profit organizations!

Want to get involved? It’s as simple as shopping at the listed business partners, saving a copy of your receipt, and offering it to your choice of participating non-profit organizations to help them earn points and cash, ensuring your dollars serve the community! With your help, we can realize our goal of annually giving \$100,000 to each community we support.

“Shop local, Serve local, Sustain local!”

For more information on how to get involved, call 541-791-2901 or email info@pointsforprofit.org.





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What can you do to demonstrate the Love of Christmas to others this holiday season?

- Offer to cook a meal or buy a Christmas Dinner gift certificate for a family in need.
- Donate non-perishable foods to your local Food Bank.
- Donate warm clothing, hats, mittens, or blankets to your local homeless shelter or children’s protective center.
- Offer to volunteer by serving a hot meal at your local soup kitchen.
- Shop for clothing or shoes, school supplies or books, and donate to a children’s center.
- Offer to drive someone to a medical appointment, grocery shopping, or holiday gift shopping.
- Take someone for a drive in the country or to a local park, just to get out and enjoy nature.
- Play a game, read a book out loud, work on a crossword puzzle or jigsaw puzzle together.
- Just visit and be there to listen or encourage.

Wishing you and yours a joyful Christmas filled with love and laughter.



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Cold Weather Considerations

BY AMANDA SToudenMEYER ,
Albany Animal Hospital
541-926-8817

It is likely you have heard about the dangers of heat when it comes to your pet’s safety, but, as winter approaches, it is important to remember that the cold weather also brings challenges and risks to our

pets. For starters, did you know that leaving your pup in a cold car can be like leaving them in a refrigerator? Cars keep in the cold just as well as the heat; a good thing to keep in mind when deciding whether you bring fido along for those winter errands.

Continuing on the subject of cars, there are two other points of caution to keep in mind; many small outdoor creatures, including cats, find the warmth of a car engine on a cold night too inviting to resist. There’s also the increased use of antifreeze as temperatures drop and this chemical is deadly as well as enticing to animals. Getting in the habit of loudly tapping on the hood of your car before you start it, and soaking up any spills or leaks as soon as they happen can quite literally save lives.

Moving to the fashionable side of the season, it has become a common -and solid recommendation- to utilize pet clothing to help keep pets, especially the short-haired and low to the ground ones, warm when outside. While this is beneficial, if these clothes are left wet or put on



damp they can do more harm than good. Please make sure any helpful layers are kept dry and changed or taken off rather than left on after they become wet.

Cold weather can also exacerbate health issues. If your little ones are due for exams, getting them scheduled now is a great idea. At the exam, bring up the cooler temperatures with your veterinarian and they can discuss recommendations personalized to you and your pet’s lifestyle.

From fancy layers down to their bones, cold weather does require extra considerations to keep all our fur babies at their best. When it feels too cold for you to enjoy spending time outside, it is likely too cold for our pets as well. They may not always have their best interests in mind, as they beg to be let out or to come along for an adventure, but that’s what they have us for :)

Who Stole the Spirit of Christmas?

Once again it is the time of year where it is impossible to forget that Christmas is just around the corner, we see advertising on our TV’s, in the shops, on the radio and we read about it in magazines and newspapers, but what is Christmas all about? How have things changed since the time that Christmas began?

Originally Christmas was all about Christians celebrating the birth of Jesus, now it has become a time where the kids are looking forward to seeing what Santa has left for them in their Christmas stockings and under the Christmas tree. Santa Claus (St. Nicholas) was a wealthy man who gave gifts to poor who were struggling financially, however, he didn’t want them to know where the gifts had come from, so he gave in such a way so the folk would find his gifts but not know who gave them, hence the myth about Father Christmas.

However, for many people nowadays, Christmas has become a time where families worry about the cost of Christmas rather than looking forward to the occasion. The temptation to take out loans and credit cards can prove to be irresistible with the thought of Christmas costs looming and how they are going to afford it. Having said that, people do like to celebrate Christmas, it is a time for families, parties, and celebrations, however, the costs involved are still a major factor of the celebrations. The purchasing of decorations, food, drink and spending on travel all adds to the

cost proving that Christmas is the most expensive time of year for families.

Already people who use debt forums are talking about how they are feeling the pressure of Christmas and looking for ways to ease the stress and find ways to cope with Christmas costs without adding to their existing debt problems. “It’s just a bit of a depressing time for people trapped in debt!!” said one poster, “The true spirit of Christmas has been hijacked by marketing and advertising people and whipped into a three months spending frenzy,” said another. Marketing and advertising make their job of easing the costs very difficult, but they are determined not to get into more financial difficulty because of the price tag on Christmas, “I have been buying stocking fillers for the children in sales when I see them and I have told all family my limit is \$5 each as they are token gifts and it’s the thought that counts. All my family have more disposable income than I do. So, with such a small budget I have been doing a lot of shopping around. “

Christmas needs to be a time to put smiles on people’s faces, not to cause stress and difficulty in trying to keep up with all the costs put before them in order to enjoy, what should be a happy occasion. “Christmas is about family and our hope is all friends and family understand that it is better to have a token gift rather than get in debt.”

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Help! My Windows are Leaking!

Over time, most homeowners expect to perform minor repairs on their home. The effects of rain, wind, and extreme temperatures can take their toll on your home's exterior components and occasionally allow water to penetrate those systems. Diagnosing and quickly repairing

any window leaks is critical to maintaining your home and preventing extensive water damage. Here are a few quick and simple repairs for fixing a leaking window.

First, clear any debris from the weep holes at the bottom of the window. Most windows have small slots located on the bottom of each end of your window's frame. A pipe cleaner or small screwdriver will help you keep these areas clear. Most of today's windows are meant to take on a certain amount of water and drain it to the exterior. Pine needles, insects, and general dirt and debris can build up and prevent water from draining as designed. Keeping the weep holes open is your first defense against water leaks.

Secondly, check the caulking around your windows, especially on the sides facing the brunt of the

weather. Old or damaged caulking can allow water to seep into your home. Look for any gaps or cracks between the window and your siding. Remove any damaged caulking and replace it with new caulking made especially for windows. If your windows are older, it may be a good idea to caulk any seams or corners in them as well.

Lastly, just because you see water coming from around your windows, doesn't mean the windows themselves are leaking. Water travels the path of least resistance. If you have water dripping at the top of your window, most likely there is a leaking roof or a siding issue above the window. These require a little more work to diagnose and, unfortunately, the repairs can be costly. If you notice your windows leaking this winter, act immediately to determine the cause and begin the repairs.

Smith Glass is a third generation, family-owned company that has served the western Oregon area since 1945 with glass services for homes and businesses. We demand quality in everything we do – from the materials we use to the installation of our windows and doors. Smith Glass – On the Cutting Edge since 1945.



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Green Propane Vs. Other Fuel How Does Propane Measure Up?

There are so many uses of propane, you can literally run your whole home with it. We know that you can grill with it, heat your homes, run a generator, and many other things. It is true that propane will save you a lot of money on your monthly bills. There are also a good domestic supply here in the United States. One thing that many do not consider or know is how Propane compares to other energy sources? Well it turns out that propane is an extremely viable and environmentally friendly option.

PROPANE VS ELECTRIC. Propane is, without a doubt cheaper than electric, this is a huge plus. Saving money on heating your home is a huge deal during the cold winter months. A propane heater also heats more quickly and efficiently than an electric heater.

Electric also goes off during a power outage! During a power outage Propane can also run a generator, this can literally be a lifesaver! Propane furnaces also are known to last longer than electric. The power plants that make electricity are one of the top sources for greenhouse gases. Propane is extremely green and Approved by the Clean Air Act of 1990. Fifty-three thousand house fires are caused by faulty electrical. Propane, on the other hand, has a great safety record. Propane will not ignite when mixed with air unless it is heated all the way up to 940 degrees Fahrenheit. With all of these significant perks of propane it is clear cut a better choice for your home!

PROPANE VS NATURAL GAS. Propane

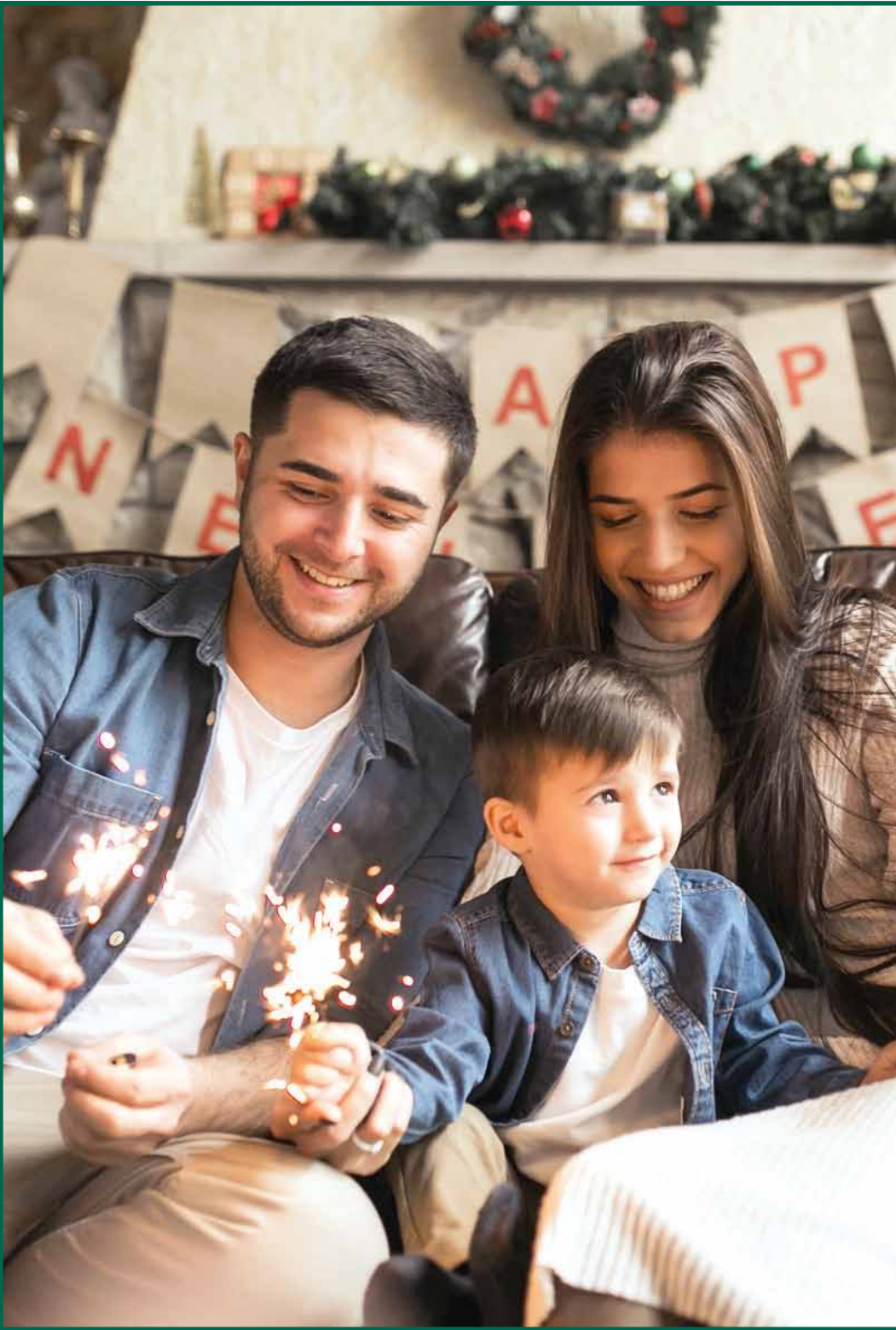
is a type of natural gas however it is much different than the natural gas that is often used in homes. Natural gas is a greenhouse gas, it is fairly clean to burn but propane is considered to be more green burning because propane is nontoxic. Propane would be considered a more green fuel than Natural Gas. Propane also had more than twice as much energy as Natural Gas, it is much more efficient. Both gases are very similar but also very different. The fact that Propane is nontoxic and not damaging to the environment is a great reason to choose to use it in your home rather than natural gas.

PROPANE VS GASOLINE VEHICLES.

Most people don't even realize that there are vehicles that can run on propane! Much if the petroleum that we use to make

Gasoline is imported from other countries. Many of these countries have unstable political conditions that can affect the prices of the petroleum. Most of propane that we use in the United States comes directly from right here in our own country! Using propane helps create security for our country. Also, a propane vehicle may cost more, but you will quickly make up for it because the cost of Propane is cheaper than gasoline. Propane vehicles are also tougher than gas run vehicles, the engine will last longer! You might have lower costs for maintaining your vehicles! Also, if you live on a very

Green Propane continued on page 14



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Good Review

Stranger Within the Gates by Grace Livingston Hill

Grace Livingston Hill is something of an anomaly. In the first place, she wrote overtly Christian novels during a time when Christianity within fiction was no longer “the thing”: the dawn of the twentieth century saw a rise in secular themes in literature. In the second place, she is one of a handful of authors who wrote during the early- to mid-twentieth century whose books are still actively read today.

The majority of her novels are romances; so I was a little surprised when I read the dust jacket flap of *Stranger Within the Gates* that it states that this Christmas story was not a romance. What?!? The romance shelves are full of happy Christmas love stories!

In fact, this turns out to be almost anti-romantic, centering around a young college student who falls into a two-week whirlwind romance and ends up married before he knows it. When he takes his bride home for Christmas, he realizes the mistake he’s made . . . but he also understands that he needs to accept responsibility for



SCOTT GIVENS, BROWSERS BOOKSTORES

his actions and become the husband he is not yet ready to be.

But this is a Christmas story, so surely there will be a Christmas Miracle and everything will work out, right? Not necessarily so, and Grace Livingston Hill is more interested in the workings of everyday Christian life than fantasy miracles for Hollywood endings.

Her extended descriptions of prayer and practical faith probably made her publishers cringe (and some of her early works were toned down by mainstream publishers) yet the public appetite for her books remained strong and she is one of only a few Christian novelists whose works were published by the biggest publishing houses of the day.

Today, her books are in print only from Christian publishers: the mainstream publishers seem content to let her books go. Now, one hundred years later, atheism is the hot “new” belief system, and books like Hill’s might seem passé. However, the passion behind her writing is as real and tangible today as it was when it was written.

December Word Search by Rolie the Puzzlemaster

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

ANGELS
CANDY CANE
CAPRICORN
DECEMBER
DECORATIONS
DICIEMBRE
HANUKKAH

HOLLY
JESUS
MENORAH
NARCISSUS
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Christmas Calamity continued from page 4

virgin will be with child and will give birth to a son, and they will call him Immanuel” — which means, “God with us.”
24When Joseph awoke, he did what the angel of the Lord had commanded him and took Mary home as his wife. 25But he had no union with her until she gave birth to a son. And he gave him the name Jesus.
2). **Remember our Mission:** Christmastime is a great opportunity to share the reason why Jesus came to earth.
21She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins.”

For many, Christmastime can be difficult. Jesus came so that we can be forgiven of our sins and enjoy new life in Him. A proper perspective of our mission can motivate us to press forward through the busy and often chaotic season.
May we celebrate our Savior’s birth with a deep, thankful heart for what He has done for us.
Love in Christ, Kevin Ferguson

Advent continued from page 5

truly forgotten. The advent wreath and colored candles grants us opportunity to worship the arrival of the King of Kings. There are three colors that are often placed in the advent wreath. **Purple** - symbolizing repentance and royalty; **Pink** – symbolizing joy and rejoicing. **White** – Symbolizes purity and light and is the last candle lit. Advent Calendars, devotions, and children’s books are all great ways to connect with the story that leads up to the birth of Christ. There is nothing wrong with chocolate advent calendars and gifts as long as we don’t substitute those for the true meaning of Christmas.
May God truly bless you this Advent season.
“Behold, the virgin shall conceive and bear a son, and they shall call his name Immanuel” Matthew 1:23

Kevin Ferguson

Medical Files continued from page 5

stored in handy locations for paramedics and others to retrieve. Some seniors keep their files in a brightly colored binder that is clearly labeled and placed near the front door or on their refrigerator for emergency responders to easily see.
Additional copies can be distributed to family members and the caregiving team, including a professional caregiver.

Green Propane continued from page 12

low temperature climate you will have less issues with getting your vehicle started when your vehicle runs on propane! Propane vehicles are definitely the green fuel options compared to gasoline and diesel, it gives of less pollution. So if you are looking for a good strong vehicle, that is cheap too maintain, and more environmentally friendly then switching to a propane vehicle would be a great option for you.
We have several choices when it comes to powering our homes and vehicles. Electric and natural gas might seem easier to use because it is already in most homes but when it really comes to what is best for your family, costs less, is environmentally friendly, and is safe then propane would be a great option.

Good Stuff

Albany Regional Museum
Receives Grant to Showcase
Pioneering Women

Pioneering women who helped shape Albany and Oregon will be highlighted on an app through the Albany Visitors Association, thanks to the Albany Regional Museum and a grant from the Oregon Cultural Trust.

The museum received the grant of \$8,562 to create a “Pioneering Women History Stop” interactive tour featuring signs with QR codes at various locations, the first of its kind showcasing Albany area women in history and their important and unique accomplishments.

The app, Albany Explorer, was created in partnership with the AVA and HospitalityVision and includes information about self-guided tours of Albany’s historic districts, Linn County’s charming covered bridges, shopping, dining and other interesting details for residents and visitors alike. It is free and can be downloaded to both Android and Apple phones.

Highlighting diversity and achievement the initial tour will feature six women, both living and

deceased. Over time, more stops will be added.

Scanning the code through the app on these signs will access a video and audio about that location with



biographical facts and contributions of the featured pioneering woman. In addition, the link will include an interactive map and a downloadable printable piece on the subject.

This tour will be promoted by HospitalityVision in all Albany hotels on in-room TVs, through the Albany Explorer App in partnership with the hotels and the Albany Regional Museum, and at the Albany Visitors Association, 110 3rd Ave. SE, and on its website.

For more information contact Keith Lohse at the Albany Regional Museum, 541-967-7122, armuseum.com, or the AVA at 541-928-0911.

Kim Jackson
Marketing Manager
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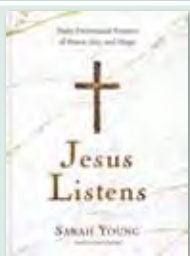
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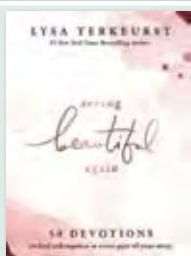
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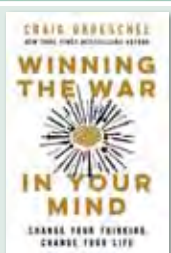
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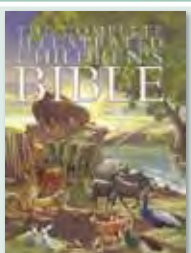
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