

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

OCTOBER 2021 • FREE



Fall is here and has much to offer!

Get into the spirit of Halloween in and around Albany with several events planned for this fall with haunted corn mazes, trick or treat activities and other fun, or just enjoy getting out on crisp days to stroll through several farmers' markets during the month of October.

COVID-19 restrictions may remain in effect for some sites and events, so call ahead, when possible, check the Calendar of Events at the Albany Visitors Association website, albanyvisitors.com, or call the AVA at 541-928-0911. Keep an eye on the AVA Calendar of Events for changes and any new events or activities.

HERE ARE A FEW FUN ACTIVITIES YOU AND YOUR FAMILY WON'T WANT TO MISS:

The Albany Downtown Association/Movies at Monteith is sponsoring a **Downtown Halloween Character Hunt** contest, from Oct. 15 through Oct. 29. A fun activity for the whole family, be on the lookout for your favorite Halloween movie characters displayed on posters throughout downtown for a chance to win a movie night prize basket to the Pix Theater! Watch the ADA website (albanydowntown.com) for information about printing out an entry form in early October (forms will be available at the ADA office as well), then head out on your hunt! When you are done, drop it off at the ADA office, 126 Ferry St. SW, before 5 p.m. on Oct. 29. Happy hunting!

The Trolley of Terror will not be stalking the streets of Albany this year. Instead, the Monteith Historical Society is holding the **Monteith Historical Ghost Walk** on Oct. 22-23 and Oct. 29-30. Experience the most "spirited" tales told by lanternlight. Cost is \$5 per person, and children in strollers will be admitted free. Four tours leave every 15 minutes each night beginning at 7 p.m. from the Monteith House, 518 2nd Ave. W., and are limited to 15 people each. Participants are asked to

wear comfortable shoes, dress for the weather, and bring a flashlight. Brave souls can register online at monteithhouse.org, or by calling 541-220-0421. Tours take about 45 minutes.

Get those costumes ready and decorate your vehicle! Join Albany Parks & Recreation for a **Trick-or-Treat Cruise-Thru**, presented by Pacific Cascade Federal Credit Union. Trick-or-treat from the safety of your car at Timber-Linn Memorial Park, 900 Price Rd. SE. Every child attending must be registered by Oct. 15. A registration receipt will be required to be admitted into the park. You can sign up online at <https://www.cityofalbany.net> or by calling 541-917-7777.



HERE IS A LIST OF MORE PLACES TO VISIT AND EVENTS TO TAKE IN DURING THE HALLOWEEN SEASON:

Farms and fun

- **Davis Family Farm:** Take hayrides to the pumpkin patch and enjoy cider and donuts throughout October. Open daily 9 a.m. to 6 p.m., 4380 NE Hwy 20, Corvallis. For cost and other details call 541-752-0697.
- **Bose Family Farm Pumpkin Patch & Corn Maze:** The name says it all! Open 10 a.m. to 6 p.m., Thursday through Sunday. 35765 Cyrus Road NE, Albany.

- **The Melon Shack:** The Day Corn Maze, beginning Sept. 24 and ongoing daily 10 a.m. to 6 p.m. through Oct. 31, is a highlight, plus pumpkins and fresh donuts! NE Garden Ave. at NE Highway 20, Corvallis. For info go to their Facebook page or call 541-243-4152.
- Don't forget about your **Albany Farmers' Market** to find your perfect already picked pumpkin with a large variety to carve, cook, or bake it in a pie, along with all the other tasty harvest treats our valley has to offer. The market is open every Saturday from 9 a.m. – 1 p.m.

Also available are:

- **Corvallis Farmers Market:** open 9 am-1 pm, NW First Street and NW Jackson Avenue
- **Lebanon Downtown Farmers' Market:** open 2 to 6 p.m. Thursdays through October. Corner of Main and Grant streets.
- **Sweet Home Farmers' Market:** open 2 to 6 p.m.
- **Thompson's Mills cider pressings:** Come and help press the apples, then take home some delicious, fresh cider. And while you are there, take some time to tour Thompsons Mills, the last operating water-powered mill in Oregon. Dates are Oct. 9 and Oct. 30. Times are 11 a.m. to 3 p.m. each day. Because the uncertainty of Covid restrictions, check the AVA website at albanyvisitors.com as the dates draw near to see if the events will take place.

More Spooky stuff

- **Tennessee Thunder Railroad:** Saturdays and Sundays noon to 4 p.m. in October, 37672 KGAL Drive, Lebanon. Cost is \$7 adults, \$6 kids 2-12, and under 2 admitted free. Masks are required. Admission also gets you access to the pumpkin patch, fall themed photo backdrops and 4 acres to roam. For information, 458-223-0258.



Fun Events for Oct. 2021

October brings Fall. Slick roads and wet leaves can make for increased vehicle stopping times. Keep these things in mind as you are enjoying the Fall days in the Pacific NorthWest.

FARMERS MARKETS

- Albany - Sat 9am-1pm, City Hall Parking Lot <https://locallygrown.org/home/>
- Corvallis- Sat and Wed 9am-1pm, First St. Downtown <https://locallygrown.org/home/>
- Lebanon-May 20-Thursday 2pm-6pm, Corner of Main Street & Grant <https://sweethomefarmersmarket.org/>
- Salem Sat 9am-3pm-865 Marion St NE, Salem <https://www.salemcommunitymarkets.com/>
- Sweet Home-Tues 2pm-6pm, Corner of 12th Ave & Kalmia <https://sweethomefarmersmarket.org/>

LINN COUNTY ANIMAL RESCUE

- Oct 23rd 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!

- **RESCUE ROUNDUP FROM THE HOMESTEAD** Oct 13-Oct 16 @8pm Starting October 13th, you can visit www.safehavenhumane.org/event/virtual-roundup to view and begin bidding on each of the wonderful auction items our community has donated. You have until Saturday, October 16th at 7:59 PM to get those final bids in! And this year, we will have an Open House where you can stop by the shelter to view all the items in person and get help with the event registration if needed. The Open House will be on October 15th from 12-6 PM.

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@pointsofarprofit.org

God Has Not Forgotten You

David Jeremiah begins his latest book with the words, "God Has Not Forgotten You" – He is with you, even in uncertain times.

"The Lord also will be a refuge for the oppressed, a refuge in times of trouble.

And they that know thy name will put their trust in thee: for thou, Lord, hast not forsaken them that seek thee."

Psalms 9:9-10 is

a reminder that God is our refuge when life is difficult. Yet, often we question whether He is present, listening to us, or care about our situations. Our perspective about God is often skewed based upon our circumstances. So how do we navigate through the trials and challenges we face? David Jeremiah in his new book takes us on a journey of looking at God's character as we face uncertainty, anxiety, change, hurt, loneliness, health issues, prayers that go unanswered, and when dreams die.

Here is a sample of some of the reminders from Scripture:

Is. 40:30-32 "Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Romans 8:28 "And we know that in all things God works for the good of

those who love him, who have been called according to his purpose."

Romans 8:37-39 "No, in all these

things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor

anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

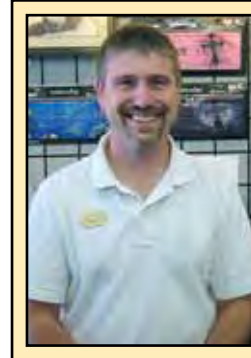
Philippians 4:13 "I can do all this through him who gives me strength."

Whether it be the pandemic or a world that is in chaos; God has not changed. He is our ever present, all powerful, all knowing, trustworthy God that has not abandoned nor left us to walk this life alone. I want to leave you with one of my favorite hymns by Bill Gaither:

How sweet to hold
A new born baby
And feel the pride
And the joy that he gives
But greater still that calm assurance
We can face uncertain days

We can face uncertain days

God continued on page 11



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

Howdy Fall!

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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Your Recovery (Part 2)

**DR. NICHOLAS BROWN,
CHIROPRACTOR**

Continued from September

VERTEBRAL SUBLUXATIONS:

I would like to expand on those strange words I used earlier - the Vertebral Subluxation. In simple terms, it is a misalignment of the spinal vertebrae. These Vertebral Subluxations are most often painless but do cause interference in the manner in which your nervous system transmits information all over your body. Deepak Chopra MD., once stated: "The mysterious breakdowns in the body's intelligence... may be traceable to a single distortion, a wrong detour..."

A distortion in the function and alignment of your spine will cause your body to malfunction and this will eventually produce a state of disease.

Chiropractors have spent years studying how to locate and correct these Vertebral Subluxations of the spine, thereby allowing your nervous system to function normally. This eventually reconnects you to the Power that runs your body — all without drugs or surgery. That is absolutely amazing! Think about it for a moment. Your body is designed to heal all by itself. Incredible!

Ok.....it all seems so easy. Allow me to delve into this a little further: Most patients do not realize that a Vertebral Subluxation is a habit. It is a habit your nervous system has learned over the years in order to deal with this entity on its own. It is a neurological

pattern and a bad one. And you've learned it incredibly well in most cases!

Consider this for a moment: If you've had a Vertebral Subluxation in your spine for 30 years or so, and it has affected your bowel function, your breathing, and the strength in your arms, do you think that a few adjustments will take care of it? If you think "yes", then you need a reality check. Some Vertebral Subluxations can take years to be corrected. Yes, I did say years. Sometimes, only partial correction is possible. It is for this very reason that we place patients on a schedule of Corrective and Wellness care.

Think of it this way: If I was to ask you to throw a dart at a dartboard 30 feet away, would be better to have you practice throwing the dart once/week or as often as possible. The answer is obvious.

The correction of your Vertebral Subluxation is the same: Your care can be very frequent at the beginning so that we blitz this habit of yours. And slowly your body begins to learn what it is like to function normally once again. It is like a breath of fresh air! It does take time, patience, and perseverance!

So..... hang in there - as your doctor, I am on your side.....totally!

CHECK-UPS AND REFERRALS:

I also wanted to touch on an issue which is a bit awkward to mention for me and I know that other chiropractors would agree with



**Albany's Canna Kitchen
& Research**

BY RHEA GRAHAM

Recently I consulted with a patient who had just lost their spouse to cancer. They reminisced with me about how the patient had gone to the ER more than two years ago due to pain and was told to get in the ambulance and go to Portland for immediate treatment. Wait – the spouse can't take them? It seems to be part of the mental game, to make you buy right in to doing everything you're told, without question.

It almost appears that they don't want you to take the time to learn about alternative healing. If you think about it at all, you have to at least *wonder* about the "let me poison you to the brink of death; if I don't kill you, hopefully I'll kill the cancer" mentality.

The time to be thinking about what you would do if you were diagnosed with cancer is now. Why? Because when the doctor tells you those horrible words, with the next breath they will send you

to the oncologist who has a whole arsenal of poison to treat you with. Do you really want to jump right into that, or do you want to explore your options? Because they know you'll want to think about it and educate yourself on alternatives, you are not given any time. Victims are typically told, "We've got no time; we've got to get at this immediately!"

One thing is guaranteed in this life and that is: "You can't get out of here alive". If you are stricken with cancer will it be quality of life you want, or do you want to live longer no matter how sick you are? If you are short on time, do you want to spend it sick as a dog from chemo and radiation or would you rather be a bit "floaty" from Cannabis? People are bullied right into decisions at these facilities sometimes, watch for that.

The mind is powerful; sometimes we convince ourselves we're dying of cancer and it's actually nothing big at all. Don't let fear stop you from healing!

Recovery continued on page 11

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Good Stuff

KAREN'S FAMOUS RECIPES Homemade Noodles Alfredo

Sometimes you get an appetite itch that is difficult to scratch. I wanted creamy, but not gooey, cheesy, but not too much.... AHA! Noodles Alfredo!!

This is a simple dish that depends on the excellence of its ingredients for superb taste. Use real butter, cream that is NOT ultra-Pasteurized and real Parmigiana cheese. Not the grated cardboard in a can.

I make semolina noodles because they don't mush up so they're firmer to the bite and they have a better flavor. I buy semolina flour in bulk in

small amounts in stores that have a big turnover. The instructions may seem vague but once you try them, you'll realize how simple they really are. This amount makes enough for the two of us for dinner plus a left-over for lunch.

In a small bowl, break one egg and beat it with a pinch of salt. Slowly mix in the semolina flour with a fork. This flour is coarser than regular flour and takes longer to absorb moisture. Add it cautiously and mix well until a soft dough forms. It is better to err on the softer side! Wrap it in plastic wrap and

let sit for a half hour.

If you have a pasta machine run it through the widest gap until it is well-shaped, then thin it down. If you don't have a machine, roll it thinly on a floured counter.



It will make a surprisingly large amount. Let the dough dry for about 15 minutes, turning once, then slice it into noodles.

This all comes together very quickly. Grate 1/2 C Parmesan finely and set aside.

Bring a large pot of salted water to a boil. The noodles

will cook up very quickly in about 5 minutes.

In a saucepan beat 1 egg yolk with 1 C heavy cream. Add 1 tbsp butter. Bring the sauce to a boil, stirring constantly. Add the grated Parmesan. Drain the cooked noodles and stir into the sauce and mix well.

You can add thinly sliced ham or turkey or cooked broccoli, almost anything tastes good with this sauce!

Eat the entire batch directly from the pan and growl at any interlopers.

Actually, I really do share. Just ask Rick.

October Word Search by Rolie the Puzzlemaster

I L U S Y E C V R E N A E L C P
 H Q A T M I X I N G H C T E K S
 D R E D N E T X E E Z L I F J W
 U Q U O C U T T N K N F M I M T
 H A D Y M N R Z M P R I N T C Y
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Buying and Selling in the Fall

With fall approaching what's the best way to utilize being a buyer or seller?

FOR BUYERS:

There aren't as many buyers searching for homes, many have taken a break during the holidays to wait for next spring, which means less competition and not having to compete against as many multiple offers. Prices aren't skyrocketing at this time of the year, and there are still low interest rates for buyers. Cash in on those year end tax credits on closing costs,



LAUREN MARTINEZ,
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and interest. Also, retail stores have great bargain improvement sales with all the holidays.

FOR SELLERS:

There are serious buyers looking this time of year, you won't be seeing as many "cold feet" buyers. The market is still going strong and you can still list your home for a great price. It will be easier for you as a seller to sell during the fall because there isn't as much continual upkeep on the yard for showings, and keeping the grass green.

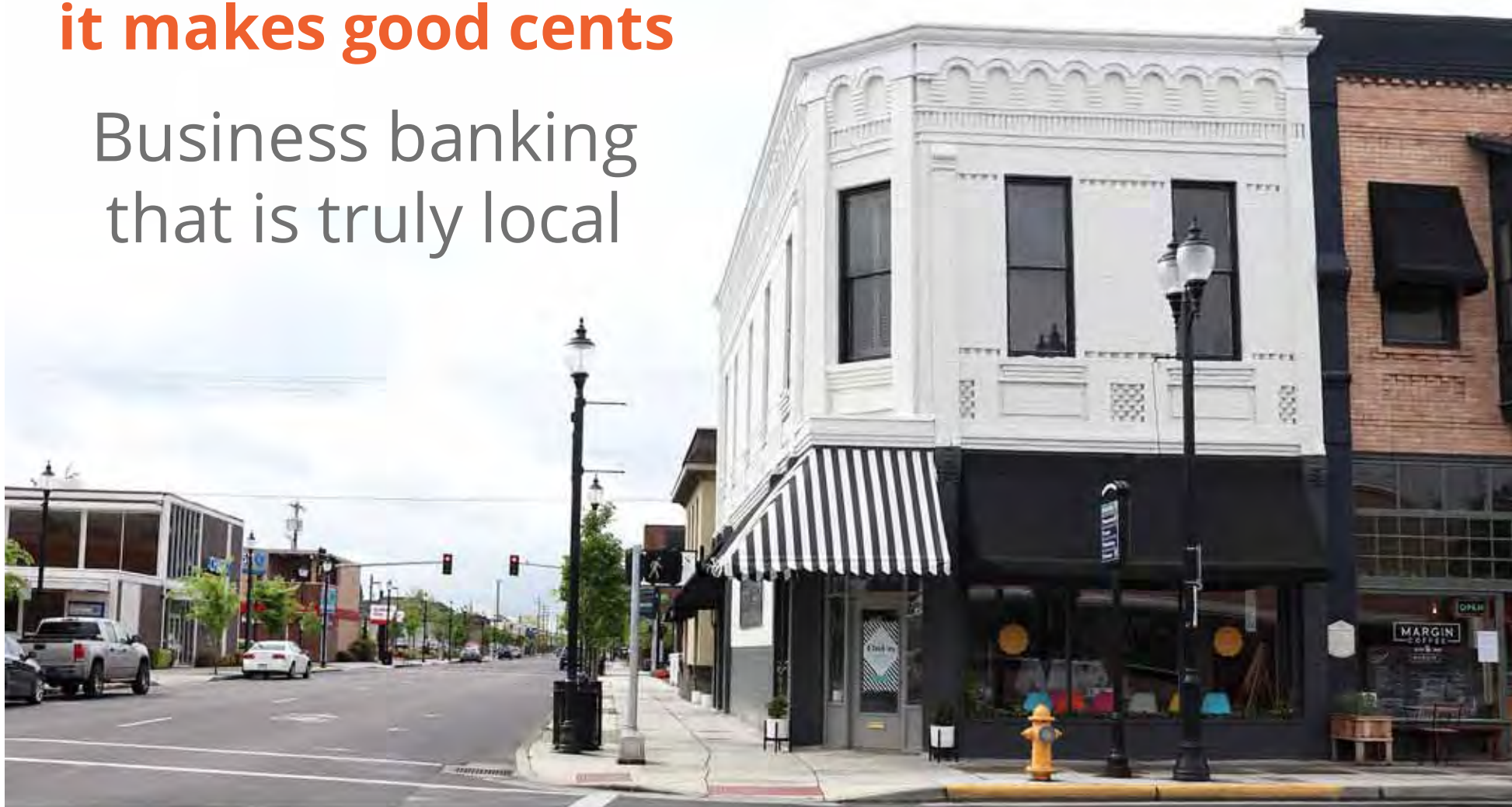
SOME HELPFUL TIPS FOR SELLERS:

Keep lights on in the house and the windows open, fill your planter boxes with colorful fall flowers, be flexible on showing times, don't decorate with too much personal seasonal decor, and keep the leaves down to a minimum on your yard.

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Instant Luxuries Relieve Daily Stress

Discovering how to de-stress may be easier-and more important-than many people realize. A recent survey reveals that 34 percent of Americans report their daily stress levels are at an all-time high. Of those surveyed, more than 90 percent indicated a growing need for adding some stress-busting “instant luxury” to their lives, with decadent desserts and fine coffee topping their “favorites” list, followed by fresh-cut flowers and high-thread-count sheets.

According to Alison Deyette, lifestyle expert and host of the Fine Living Network series “Pocket the Difference,” there are some simple things anyone can do every day to bring in life’s little luxuries and reduce stress.

“These days, luxury is a mindset, not a lifestyle; to manage the daily stresses of life, consumers are finding ways to treat themselves with products and experiences that convey attainable luxury,” said Deyette.

For coffee lovers in search of instant luxury, there are a plethora of wonderful Coffee shops that have a wonderful variety that allows anyone to experience the finest coffee available right in their home. With new offerings and the tried and true, these local

coffee vendors provide even the most discriminating java enthusiasts an opportunity to indulge in delicious premium coffee at work or home, that until recently was only reserved for gourmet coffee shops.

Other instant luxuries Deyette suggests as ways people can treat themselves on a regular basis include fresh-cut flowers, possibly from a farmers’ market or just from a florist like Expressions in Bloom in Corvallis. She adds, “These types of indulgences can stimulate the senses and make those ‘feel-good’ chemicals in the brain spring into action.”

Since every day should begin with a good night’s sleep, great bedding is essential. High-thread-count sheets that are affordable can now be found at retailers throughout the area. For the right mattress head to Rife’s Home Furniture and Mattresses and add a “little luxury” to your life.

Defining “instant luxury” as a product or experience that’s attainable by the average person! Just take a break or go on a walk and think about all the wonderful luxury in nature you can take advantage of! Life is full of wonders; we only need to seek and find!

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Dr. Glaze received his veterinary degree in 2006 from Oregon State University. Immediately following, he conducted his internship at Albany Animal Hospital and upon completion, was hired on the spot as Dr. Ken Fletcher's first veterinary Associate.


He is best known for his calm and gentle demeanor, his desire for clear, client education, and his love of felines.

After fifteen years, thousands of patients, and countless conversations with concerned pet owners, Dr. Eric Glaze has recently stepped out into his new future.

Please join the doctors and support staff of Albany Animal Hospital in thanking Dr. Eric Glaze for his long-time service and wishing him much success in his future endeavors.



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Good Living

Back to School for Households with Pets

**BY AMANDA STOUDEMAYER ,
Albany Animal Hospital
541-926-8817**

With the transition of back-to-school life happening for so many, there are some things to consider when it comes to how these changes may affect your pets. Changes in routine and extended amounts of time alone can be a cause for anxiety with some animals; oftentimes this can manifest itself in less-than-stellar behavior.

TIPS TO HELP YOUR PETS WITH THE BACK-TO-SCHOOL TRANSITION

Have a plan that includes your pet's needs that everyone in the family knows. If soccer practice now happens on Wednesday nights and the person who normally feeds will be gone until later in the evening, reassigning who will feed and exercise your pets ahead of time will help keep as little change in their routine as possible and avoid tasks from being missed.

Keep up on playtime. It is easy to get caught up in the hustle and bustle of the school year but don't forget that dogs, as well as cats, need their exercise daily. Squeezing in some morning and evening playtime will drastically decrease the chances of your pets getting up to no good while they are alone. 10 minutes with a laser pointer or 10 minutes of tug-a-war can go a long way (though some breeds may need much more than this).

Put their brains to work! Even if

physical exercise routines must change, introducing stimulation with puzzle toys while you are away, and training/trick time when you are home can help keep a pet stay occupied and happy. Offering a special treat, like a peanut butter stuffed Kong, before leaving for the day can help dogs focus their attention on a positive aspect and studies have shown the act of licking releases endorphins that can help soothe dogs; just be sure to take the extra calories into account! There are local and online locations where you can find ample options for training and entertaining your furry friends while the family is away.

Send the Pups to School too! Doggy daycare and obedience classes are a great way to make of for the time you may have to give up with your dog during the school year. Dogs will need to be up to date on vaccines to get into daycares or classes so make sure you have a current copy of their vaccines when looking into these options

Play it Cool. Our pets know us well and feed off our emotions. Remind everyone in the house to try and remain calm and matter of fact when prepping to leave for the day. If we avoid getting worked up, it can help keep our pets remain calmer over the experience as well.

If you are experiencing ongoing behavior changes and these options are not helping, don't hesitate to reach out to your vet clinic regarding other options to pursue.

Communication Changes when Someone has Alzheimer's

When someone has Alzheimer's or Dementia in their brain cause a decline in their ability to listen and respond to normal conversation.

So, that might leave you wondering how to talk to someone with Alzheimer's.

It turns out that speaking in short, direct sentences is a way to communicate that's more comfortable for them.

With less information to process, they're more likely to understand what you're saying and respond appropriately.

We explain why this technique works and share 4 real-life examples of how to communicate kindly while using fewer words.

HOW TO TALK TO SOMEONE WITH ALZHEIMER'S: FOUR, REAL-LIFE EXAMPLES:

Use these four examples as a starting point and experiment to find what works best for both your older adult and you.

Example 1: It's time for your older adult to use the restroom

DO say: It's time to go to the bathroom now.

DON'T say: It's been about an hour since you last visited the bathroom so

why don't we go to the bathroom, and you can give it a try. Ok? How does that sound? Do you want to go to the bathroom now?



MARK WANG
VISTING
ANGELS
541-928-2061

Example 2: It's time for your older adult to have lunch

DO say: Mmmmm, it's time to eat spaghetti! (pause)...Let's go to the kitchen.

DON'T say: Are you hungry? It's

lunch time and I thought you'd enjoy one of your favorites – spaghetti. Let's go to the kitchen so you can eat. After lunch, we'll go outside for a walk so you can get some fresh air. How does that sound?

Example 3: You're taking your older adult to a doctor appointment

DO say: It's time to go out... (pause)...Here's your jacket...(pause)... Let's get into the car.

DON'T say: We're going to see Dr. Lee today. She's going to check to see how you're doing with those new medications. Remember how we had to reschedule the appointment from last month? I'm glad she had an opening this soon. You know what? It's a little chilly today, why don't you put on your jacket

Communication continued on page 11

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Fall Energy Saving Tips for Your Home

With fall upon us, now is a great time to prepare your home for the cold, wet months ahead. Here are a few tips to help you make your home more efficient - and save money on energy bills - when the cold weather arrives.

First, let the sunshine in! Opening your curtains during the day allows the sun to bring heat into your home through the windows. If you already have energy efficient insulated windows, they will help to keep that warm air inside. Be sure to close the curtains at night to minimize the heat loss.

Second, turn down your thermostat at night. The Department of Energy estimates you can save 10% per year on your heating costs by turning your thermostat down 10-15 degrees at night. A programmable thermostat will do this for you, and you can set it to raise the temperature in the morning, so you won't climb out of a warm bed and into a cold room. Throw an extra blanket on and let the savings add up!

Third, be sure to get your furnace serviced and change the filters regularly so your furnace can perform



BRYAN SMITH, SMITH GLASS

541-926-4446

at its optimum, money-saving best. The harder it works, the more money you spend. A little preventive maintenance in the fall will pay dividends in the long run not only

on your heating costs but for your furnace as well.

Lastly, prevent leaks. Drafty windows and doors are uncomfortable and expensive. Look for areas where old caulking may need to be replaced and seal the joints. You may need to consider replacing your windows and doors if they are old and inefficient. If so, the Energy Trust of Oregon (energytrust.org) is a great place to find out about energy saving weatherization products.

For more information, contact Smith Glass in Albany (541-926-4446) or Corvallis (541-753-9175) or you can visit their website at www.smith-glass.com. Smith Glass - On the Cutting Edge Since 1945.

The Kitchen and Propane

An overwhelming majority — 96 percent — of professional chefs prefer cooking with propane. After discovering its benefits, you will, too.

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This capability also provides a safety feature not found in electric cooktops, which can remain dangerously hot for a few minutes after being turned off. Instant-on burners allow cooking to start right away. Instant-off, on the other hand, quickly cools

- down the cooktop to prevent overcooking.
- Smart controls for different cooking modes.
- Griddle and grill features on ranges and cooktops.
- Warming drawers.
- Ovens with convection and steam settings.

RESIDENTIAL PROPANE APPLICATIONS: RANGES & OVENS

From precise heat control, to smaller energy bills, to a variety of stunning designs, propane cooking equipment is the perfect ingredient for homeowners who dream of a professional, high caliber kitchen.

Propane cooking equipment provides convenience, sharp design, and excellent performance in any kitchen — from starter homes to high-end custom projects. An attractive, stainless-steel gas range that combines a propane cooktop and oven is perfect for space-challenged homeowners, while propane also offers commercial-grade ranges, indoor grills and cooktops, in-wall double ovens, and other gas cooking applications in luxurious custom kitchens.

Beyond these core benefits of propane burners in ranges, cooktops, and even indoor grills, propane kitchen appliances also offer:

- Precise temperature control from searing to simmering, more even levels of heat.
- Instant on/off capabilities are a few features making propane ranges, cooktops, and ovens a valuable addition to any kitchen.

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Propane cooking — based on typical cooking usage levels and the emissions which electricity generation creates — results in roughly 30 percent fewer carbon emissions.

REDUCED ANNUAL ENERGY COSTS.

Propane ranges, ovens, and other cooking appliances will have wide variations in energy use and costs depending primarily on frequency of use. A general annual estimate for propane use in the kitchen is 40 to 60 gallons per year.

Whether you're replacing appliances or adding new ones to your home, you can count on CoEnergy Propane. We are happy to assist you with all of your interests and propane needs. Call us today, CoEnergy Propane your hometown propane service provider, since 2001, 1-800-510-5886.

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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!

SafeHaven

HUMANE SOCIETY

Good Review

The King of Elfland's Daughter

By Lord Dunsany

Although I used to read science fiction and fantasy quite a bit as a lad, I really haven't read much recently. So, I figured it would be fun to "start at the beginning" and read some very early fantastic novels.

The official start of science fiction as a genre is usually considered to be 1926 with the publication of the magazine *Amazing Stories*. Once that was launched, science fiction and fantasy themes, plot lines, and authors became recurring enough to be defined as a genre. When you read fantastic literature from 1925 or earlier, then, you are reading books that didn't have very many predecessors to lean on. In the case of *The King of Elfland's Daughter* (1924), Lord Dunsany is largely relying on folklore and mythology to create his world.

Lord Dunsany was an Anglo-Irish writer who made his own quills to write with! His early short stories and this novel are frequently cited as influential in the development of the fantasy genre. This is a tale of the princess of Elfland who falls in love with a human, marries him, bears his son, but then misses Elfland so much she returns to it. Upon her return, her father the King makes

Elfland disappear from the ordinary world. Her husband, Alveric, spends the next two or three decades wandering the frontiers of the known world looking for her. Her son, Orion, grows up knowing neither his mother nor father; he only feels a strange connection to magical things and Elfland.

Orion, a hunter like his name

indicates, one day sees a unicorn. At that point, he devotes all his energy to hunting a unicorn. This brings him straight to the border of Elfland, and he even solicits help from beyond the border. Meanwhile, his mother, although enveloped in the beauty and magic of Elfland, misses the human world and longs to see her son and husband.

The greatest fantasy epic of all time, *The Lord of the Rings*, is about the retreat of magic from the world. Tolkien certainly read Dunsany, and I can't help but wonder if he was inspired in part by this book. Whatever level of influence this had on Tolkien, *The King of Elfland's Daughter* is generally considered Dunsany's best work of fantasy and is a great transition between the oral mythology of yesterday and the fantasy genre of today.



SCOTT GIVENS, BROWSERS BOOKSTORES

God continued from page 2

Because he lives	Because he lives I can face tomorrow
And because he lives I can face tomorrow	Because he lives all fear is gone
Because he lives all fear is gone	Because I know, I know he holds the future
Because I know he holds the future	And life is worth the living just because
And life is worth the living just because	he lives
he lives	He lives
And then one day	He lives
We'll all cross that river	
And fight life's final war with pain	May God be your strength in the days ahead.
And then, as death gives way to victory	
I'll see the lights of glory and I'll know he reigns	

*In Christ,
Kevin Ferguson*

Recovery continued from page 3

me. And that is the issue of having your family and especially your children, checked for those pesky Vertebral Subluxations. It is awkward for me because I fear that it may appear as some sort of a sales pitch, and I wanted you to know that it is not.

In the last number of issues of this newsletter, I explained the importance of a proper functioning nervous system - and that fact that it controls all of you, every single bit. Any interference to the normal function of your nervous system will absolutely ensure that your body will not function as it should - it will malfunction.

If that malfunction is allowed to remain, your body will undergo a disease process - it will start to get sick. It will develop some sort of pathology - not a good thing!

I also wanted to make you aware that the vast majority of Vertebral Subluxations take place in childhood - most even during the process of birth. And they can persist for a lifetime. And slowly they will affect the health and vitality of your children.

That is why we feel it is so important to make sure your children and everyone in your family are checked - I want to make sure that none of this is taking place. Ever.

So please.....make sure your kids are checked. Call me today to schedule a check-up for them. We'll make it fun for them and convenient and easy for you.

If you have questions directly or want to get started healing, call us at (541) 967-8060 or visit us at www.timberlinchiropractic.com or 2216 SE Ninth Ave in Albany.

Communication continued from page 9

while I get the keys and then we'll go out to the car together.

Example 4: A family member or friend has come to visit

DO say: It's Mike, your brother...(pause)...He's come to say hello!

DON'T say: Oh look, you have a visitor! Do you know who that is? Mike was just here last week. Don't you remember?



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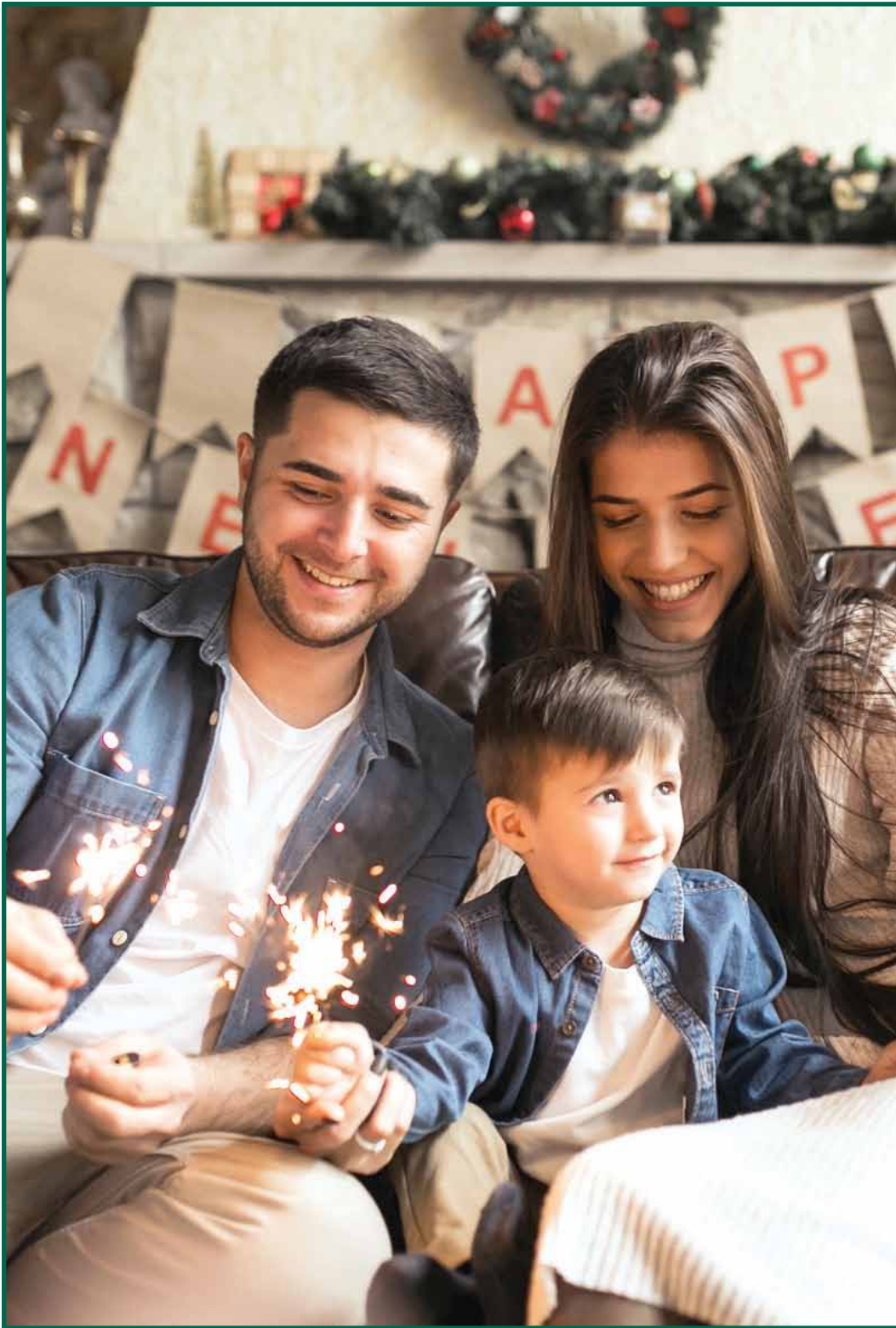
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