

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

SEPTEMBER 2021 • FREE



WE MUST NEVER FORGET 9/11/2001

The 20th anniversary of an event that sparked a renewed patriotism and unity in our country will occur on September 11, 2021. A Commemorative Ceremony hosted by the American Legion Post 10-Albany will be held to honor and remember the victims and their families at the Linn County Courthouse located at 300 SW 4th Ave in Albany Oregon. The Ceremony will begin at 8:46am and is open to the public.

On September 11, 2001 at 8:46am it was a sunny Tuesday morning when American Airlines Flight 11 crashed into the North Tower of the World Trade Center which was the start of a direct attack on American soil. A second plane, United Airlines Flight 175 pummeled into World Trade Center South Tower at 9:03am. At 9:43am American Airlines Flight 77 hit the Pentagon in Washington DC. Having heard of the earlier events in which one passenger called his wife and it was recorded what happened on board United Airlines Flight 93 where passengers resisted the hijackers and that they brought down in Shanksville, Pennsylvania at 10:10am. This terrifying event carried out by 19 hijackers resulted in 2977 deaths. Victims were aged from 2 to 85 years of age. It included 343 New York City firefighters and 8 EMS paramedics, 23 New York City police officers and 37 Port Authority officers.

During the September 11 attacks in 2001, 2,996 people were killed and more than 6,000 wounded. Overall, 2,605 U.S. citizens, including 2,135 civilians, died in the attacks, while an additional 372 non-U.S. citizens (excluding the 19 perpetrators) also

perished, which represented about 12% of the total. More than 77 countries lost citizens in the attacks.

As of June 2021, the World Trade Center Health Program show that over 22,000 people who worked, lived, or studied in Lower Manhattan at the time of the attack have been diagnosed with at least one form of cancer. Additionally, over 3,000 deaths are attributed to a variety of illness related to the attacks.

As part of the ceremony, we will be honoring our local first responders as a thank you for all they sacrifice daily. David Solomon, Commander of American Legion Post 10 and former New York City EMT who was among many first responders will be relating what he lived that day.

After the 9/11 Memorial everyone is invited to the American Legion Post 10 located at 1215 Pacific Blvd SE in Albany Oregon for complementary brunch provided free of charge provided graciously by many generous sponsors who are assisting in making this annual event possible every year. This year's sponsors are; FIVE STARS: Bi-Mart and Cadwell Reality Group, FOUR STARS: Country Financial-Michelle Morford and John Derouin and Points for Profit, THREE STARS: Elmer's Restaurant of Albany, Expressions in Bloom, Franz Bread Store, Jacopetti's Catering, KGAL, KSHO, MoreInk, Royal Riverside Farm, Sugar Vibes Donut Co, Willamette Egg Farms.

George Santayana said it well "Those who cannot remember the past are condemned to repeat it." Let us never forget.



Harvest Time is a Great Time to Find Fun

Fall is just around the corner and harvest activities will be ripe for the picking for those with plans for fun and adventure.

COVID-19 restrictions may remain in effect for some sites and events, so call ahead where 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 harvest events and places to visit you can enjoy with your family this fall:

THOMPSON'S MILLS CIDER PRESSINGS

The mill, located in Shedd, will hold its cider pressing events after a year off due to COVID-19 restrictions. 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 Sept. 18, Oct. 9 and Oct. 30. Times are 11 a.m. to 3 p.m. each day.

FARMERS MARKETS

Fresh produce, fish, meat, and other tasty fare are available at several Farmers' Market locations around the mid-valley. Albany's is the oldest continuous market in Oregon and is open 9 am to 1 p.m. Saturdays through November. It is located at Fourth Avenue and Ellsworth Street next to City Hall. Visit the website at locallygrown.org.

Also available are:

- Corvallis Farmers Market: open 9 am-1 pm, NW First Street and NW Jackson Avenue, locallygrown.org.
- Lebanon Downtown Farmers' Market: open 2 to 6 p.m. Thursdays through October. Corner of Main and Grant streets; lebanondowntownfarmersmarket.org.
- Sweet Home Farmers' Market: open 2 to 6 p.m. Tuesdays through September; corner of 12th Avenue and Kalmia Street; sweethomefarmersmarket.org.

ALBANY BEER RUN

Don't miss the fun, music, and outstanding beers at both ends of the course at this annual "run," which is a fundraiser this year for Heartland Humane Society and sponsored by Calapooia Brewing and Deluxe Brewing. The event will be held 11 a.m. to 2 p.m. Saturday, Sept. 11, beginning at Calapooia Brewing. The beer garden open at 11 a.m. and the "grueling" 0.3K run begins at noon. Don't forget to fuel up at the donut carb load station! <https://www.calapooiabrewing.com/events-1>

BRIDGES, BIKES & BREWS

This first-ever event, set in Scio on Saturday, Sept. 18, will include self-guided covered-bridge biking tours, guided van tours, live music, food trucks, local breweries and more. Proceeds will go toward new Fairgrounds Event Center, to be built in or near Scio. Check-in for the bike event will be 7:30 to 9 a.m., and fairgrounds activities begin at 10 a.m. <https://scioevents.com/bridges-bikes-and-brews>

"Harvest Time " continued on page 4



Fun Events for Sept. 2021

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

- FARMERS MARKETS
 - Albany - 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/>
- STAYTON RED HAT STRUTTERS will have their monthly meeting on September 1, 2021 at noon at Moxieberry Café, 429 N. 3rd Ave., Stayton, 503-767-2233. Hostess for the month will be Margie Forrest, please call her to make reservations at 503-

- 859-3119 or email grammyf14@wvi.com. You will order from their menu. If you are interested in joining the group or want to attend the lunch call Sharon Teixeira at 510-557-9765 or email nitefx@aol.com.
- AMERICAN LEGION POST 10-Albany 9/11 Memorial Ceremony 8:46am Linn County Courthouse steps. All our welcome to spend time remembering those lost 20 years ago. May We Never Forget.
 - LINN COUNTY ANIMAL RESCUE – Sept 25th 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!

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

“Driving Through the Storm”

I just returned from a long trip to our yearly retail show. The location was in St. Charles, Missouri. It took several days of driving to arrive. On the way back, I was looking forward to getting home and see my family. The weather was a major factor. I found myself facing a major thunder and lightning storm with heavy rains. I was pulling a very weighted down truck and trailer. I had two options: wait and see if the storm would pass by or drive through it. I really wanted to get home; thus, I chose to drive through it.

As I was driving through one of the most magnificent light show displays from the lightning I have ever seen; I began to picture our lives. Often in our life we’re going to face challenges that seem impossible. The circumstances may seem overwhelming. But I found that my desire to get home was more pressing than the circumstances - the storm. I just simply had to drive the

truck forward and meet the storm head on. James 1:2-4



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

Testing of Your Faith [2] Count it all joy, my brothers, when you meet trials of various kinds, [3] for you know that the testing of your faith produces steadfastness. [4] And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

Often, we view storms and challenges as a negative. But often God uses those hard circumstances to grow our character and develop in us perseverance. Perseverance is critical as we await the return of our Lord and Savior. We truly have an eternal perspective. In order

to persevere we must trust that God knows what He is doing. Proverbs 3:5-6



Driving continued on page 4

ALBANY ANIMAL HOSPITAL
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“AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE.”
Dr. Sara Spangler (via Benjamin Franklin)

- Think preventative! Think wellness! Think about your pet getting an annual exam, blood work, and a blood pressure test performed.
- Annual vaccinations such as Rabies, Distemper, Parvo, Lepto, and Bordatella (for kennel cough prevention).
- How about an oral examination for dental health (some dental issues can lead to kidney disease if left untreated).
- Parasite preventatives fall in the wellness category too! (Flea, tick, and dewormers).

Call or text us today at 541.926.8817 to schedule your pet for a preventative appointment.

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Explore Albany
Discover Your Story

Welcome Fall and all the harvest activities ripe for the picking here in the Willamette Valley. Planning for fun and adventure is easy with a visit to our website at AlbanyVisitors.com

Download the free Albany Explorer app for more ideas and inspiration.

541.928.0911

Your Recovery

DR. NICHOLAS BROWN, CHIROPRACTOR

Last month I talked about the process of disease and the fact that your body creates a variety of symptoms once it can no longer handle what is going on inside you – your very own personal alarm service! I also mentioned that the medical-pharmaceutical cartel profits from your disease and your symptoms. Think about it: It is very profitable for you to be sick and there is no profit in you being healthy. Sobering thought, isn't it? So how do we handle this?

My approach, as your chiropractor, is very different: Instead of putting out your body's alarm system – your symptoms - would it not make more sense to see if we can correct the interference that caused your nervous system not to function normally in the first place? Would you agree this approach makes more sense?

I mentioned earlier that we call this interference a "Vertebral Subluxation" — a "misalignment" of one of the vertebrae of the spine that interferes in the manner in which your nervous system transmits information. When a subluxation is in the process of being corrected (and it is a process), you soon notice that your symptoms begin to subside and disappear. This does not mean that you are healthy, or the problem is corrected, it just means that your body is now more able to handle it on its own. This is a very important distinction.



So don't get stuck on the idea that everything is now hunky dory. It is not! You are in transition. You just feel better. That's all! The problem is still very much there. But the other really cool thing is that the malfunction your body has been experiencing starts to subside. In other words, things start to function the way they were actually designed.

You are beginning to follow your program again. The pathology begins to heal, and you start on the road to recovery. The disease process actually starts to reverse itself slowly. This is very important and incredibly cool!

Let me illustrate this point using a really clear analogy: You are standing on a hill in the winter, and I hand you a snowball. You fumble it, drop it, and now we are chasing it down the hill. Near the bottom, guess what happens to the size of this snowball?

You are right, it is huge – we have an avalanche!

At this point, we only have two things that must be accomplished: One, we need to stop the snowball from rolling down the hill further, and two, dig our heels in, shoulder this snowball, and start to roll it back to the top of the hill. In other words, see if we can reverse the damage, the pathophysiology, and the pathology. You are probably thinking: "Is that possible?" The answer is an amazing "YES"

Your Recovery continued on page 11

Fresh Leaf!

BY RHEA GRAHAM

This is the time of year to be "cleaning out" your Cannabis plants so that all areas are able to get more sunlight. When you pinch off those leaves you should be saving them for you or others to enjoy their medicinal benefits.

After rinsing, they can be used to make any number of things, or you can simply boil them and enjoy the tea it makes.

Leaf can be used in a smoothie to stop spasms, seizures, lower inflammation and more. Remove the stems from about 10 leaves and put them in your smoothie near the end of your blending and you will be pleasantly surprised. If you do not 'over-blend' you won't decarboxylate the THC and you won't get any high. I make a simple smoothie with a frozen over-ripe banana, a cup of frozen berries, a tablespoon or two of vanilla yogurt, a teaspoon of food-grade Diatomaceous Earth and a cup of almond milk.

You can also use that same leaf

to make salve if you like. It won't be the strongest there is, but it will certainly generate some relief. If you don't want to make salve, you can easily use it to make Canna Butter. Clarified butter makes a much better product as water in the regular butter extracts more chlorophyll since chlorophyll is water soluble.



Albany's Canna Kitchen & Research

Tired of smoking cigarettes? You can smoke Cannabis leaf and get the same hack and throat burn. Smoking Cannabis does NOT cause cancer and can help you stop the cigarettes; you should consider that if you are a smoker. Besides, it smells better!

Those of you who are growing organically, if you are cleaning out your plants and have no use for the leaf, please contact me as I give it away all year long to patients who use it as medicine. Keep this in mind at harvest time, too, if you would please! We accept all strains, even the unknown. If you know what it is, it's nice to share that information with the patient, but most choose by the smell (terpenes), not the name, when selecting strains.

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Harvest Time continued from page 1

ALBANY SCOTTISH FESTIVAL & HIGHLAND GAMES

Don't miss the first annual Albany Scottish Festival & Highland Games for a day of food, music, and heavy-throwing events on Saturday, Sept. 18, from 9 a.m. to 6 p.m. at Timber-Linn Memorial Park. For information visit Facebook Albany Scottish Festival.

MID-VALLEY BREWFEST

Beer, food, entertainment return to downtown Albany with the Mid-Valley Brewfest, from 3 to 10 p.m., Sept. 24-25. Cost is \$20, which includes a Brewfest glass and five taste tickets. Additional tickets can be purchased for \$1 each. Proceeds to benefit the Boys & Girls Club of Albany.

MID-WILLAMETTE VALLEY FOOD TRAIL

Find a bounty of businesses with harvest ideas for the fall in the Mid-Willamette Valley Food Trail brochure, which is available at the Albany Visitors Association, or on its website at albanysvisitors.com. Find restaurants featuring locally sourced food – such as Sybaris or Frankie's – or visit a farm to take advantage of seasonal produce, fun activities or even stay the night. And don't forget to peruse our long list of vineyards for an afternoon of tasting in the beautiful countryside or locate a cozy brewpub to enjoy finely crafted beers and the tasty menu items many of them have to offer.

Can't decide what to do? Then use one of three itineraries provided in the brochure to get a few interesting ideas on how to spend the day around our little corner of the Willamette Valley.

Driving continued from page 2

[5] Trust in the LORD with all your heart, and do not lean on your own understanding.

[6] In all your ways acknowledge him, and he will make straight your paths. As we trust God, we're called to live by faith and press on.

Hebrews 12:1-2

Jesus, Founder and Perfecter of Our Faith

[1] Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, [2] looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

We have a Savior that has endured great suffering for our salvation in Him. Therefore, be encouraged as you face difficult trials and hard circumstances. God is with us and can be trusted. May we persevere until we go home to be with our Lord and Savior, Jesus Christ.


Kevin Ferguson

Good Stuff

September Word Search by Rolie the Puzzlemaster

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

ABSTRACT	COLOR	PLACE MAT
ALPHABET	DESIGN	ROLLER
BORDER	FABRIC	SHAPE
BUTTERFLY	FLOWER	VASE
CANDLE	HEART	WRAPPING
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POINTS FOR PROFIT MEETING is September 28, 2021 at American Legion-Albany and also available on zoom. RSVP required to attend. Email info@pointsforprofit.org to reserve your spot.

Life-Line is Back!

With Summer over and Fall/Winter right around the corner Life-Line Baby Boutique is able to return to two days a week again. You can drop in for an interview or shopping on Tuesdays from 2:30-4:30 or Wednesdays from 10-12(noon). Life-Line Baby Boutique is an outreach for Hope Church in Albany. They provide baby clothes and diapers to those in need at no charge. They also have limited formula and equipment that is given away. Everything runs with volunteers and donations.

Interviews are done to assess the needs of the child and family, no one is turned away. God has provided for Life-Line in amazing ways. Donations are accepted as they have room, at times they are over full. Life-Line currently accepts clothing through size 2 T, Shoes thru size 8, socks up to 3T (they run small). All clothing must be in excellent used condition and is washed before it is stored or stocked in the boutique.



Anyone in need of clothing (up to 2T), diapers or general baby needs is encouraged to come check out Life-Line. You can find and follow them on Facebook. Pictures of what's new in the boutique, updated hours and weather closures are announced via Facebook. Their building is located at the corner

of Bain and Santiam Hwy's across from Dutch Bros. coffee stand.

If you are unable to get to the boutique during their normal open hours, they can do telephone interviews and arrange pickup at the Hope Church Business Office during their business hours. If at all possible, you are encouraged to come shop during our hours. Their wonderful volunteers love to help

you shop and pick out cute outfits and clothing to take home with you. If you are in need of prayer, they are happy to spend some extra time praying with you. To reach them by phone call 541-967-4673 or email them at baby@hope.church.

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- K-9 for Kira
- Kitty Angel Team Adoption (KATA)
- L.A.F.T.A.
- Lebanon Soup Kitchen
- Life-Line Baby Boutique
- Linn County Animal Rescue
- Native American Cultural Association
- Oregon 4-H State Shooting Sports
- Pathways
- Safe Haven Humane Society
- St. Edward’s Youth
- Wapaiti Bowman
- We are the Solution-Kickin Cancer
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Nine Music Therapy Benefits for Seniors

Numerous therapies can help seniors stay alert, focused, happy, and healthy. Physical therapy, for example, strengthens muscles and increases mobility, while speech therapy targets communication issues.

Another popular treatment is a complementary and alternative therapy that utilizes the power of music and song to enhance the health and wellness of seniors.

WHAT IS MUSIC THERAPY FOR SENIORS?

Music therapy uses the uplifting nature of music to help seniors enhance their mental health and general well-being.

ADVANTAGES OF MUSIC THERAPY FOR SENIORS

Here are some benefits of music therapy, and how a senior care provider can help your older loved one get the most out of this experience:

- **Promotes cognitive function.** Studies have shown that music, songs, or playing an instrument can stimulate certain areas of the brain to increase blood flow.
- **Improves memory.** Music activates both the left and right sides of the brain at the same time.
- **Fosters communication.** Music can improve speech skills and motivate the elderly to express themselves by singing, moving their hands, or humming.



MARK WANG
VISTING
ANGELS
541-928-2061



- **Reduces depression.** Music, including singing and playing an instrument, can reduce depression and anxiety.
- **Reduces stress.** Current research has shown

music at 60 beats per minute can synchronize the brain with the beat. This synchronization produces alpha brainwaves, which are present when we are relaxed.

- **Inspires movement.** Music, with its natural rhythm, stimulates movement and can help seniors move their feet and hands to get the blood circulating.

- **Builds social connections and engagement.** Music therapy can be conducted in a group and increase social connections through a shared activity.

- **Increased self-esteem.** Singing and listening to music can increase self-esteem and confidence through interaction and feelings of self-accomplishment and positivity.
- **Physical rehab.** Music not only helps with mood, but it can assist physical rehab as well.

Music promotes movement which in turn boosts mobility.

Keeping the brain active is critical to maintaining the overall health and well-being of seniors. Consider adding music therapy to your loved one’s routine and allow them to enjoy its soothing and melodic benefits.



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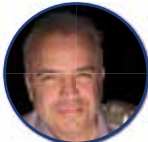
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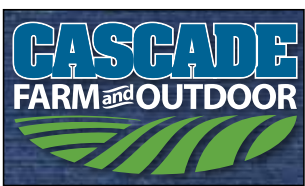
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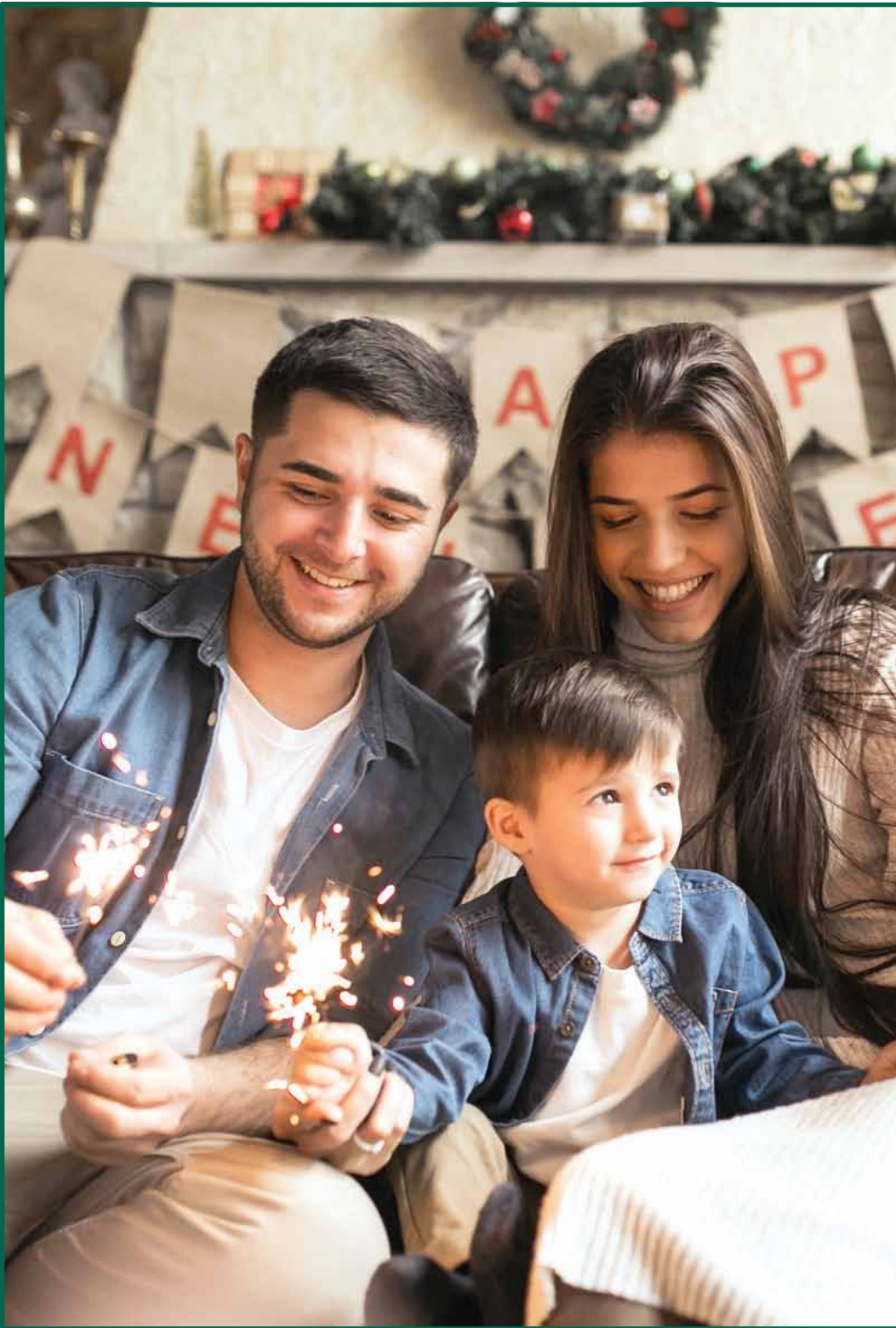
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Heat Stroke

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

August and September are often the warmest times of the year here in the Willamette Valley. This is the time of year when we see cases of heat stroke in our canine patients. When owners allow their pets to overheat, a condition known as hyperthermia occurs. This is very different from a fever. A fever is an adaptive response produced by the body. Hyperthermia occurs despite the bodies best efforts to try to maintain normal body temperature in a hot environment. The normal body temperature of a dog is 101.5 degrees F (give or take a degree). Hyperthermia occurs when the body temperature rises above 105 degrees F.

Unlike fevers, hyperthermia is extremely life threatening. Virtually every organ system in the body is adversely affected. Kidneys shut down. Seizures and comas result from neurological insult. Arrhythmias and cardiac arrest can occur. Many patients develop a devastating condition known as disseminated intravascular coagulopathy which may require a plasma transfusion. The situation can be so severe that many animals are euthanized rather than treated due to the high cost of twenty four hour intensive care required to save them.

It is important for dog owners to realize that heat stroke doesn't always require extremes in outside temperature to occur. Smooshy faced breeds (brachicephalics) like Pugs, Bull Dogs and Boston Terriers cannot cool themselves as efficiently by panting and are therefore at increased risk of overheating even when its only 80 degrees outside. It has recently been discovered that certain breeds like Labrador and Golden Retrievers are at increased risk of heat stroke because they produce

fewer numbers of molecules known as heat shock proteins that help to preserve cell health when temperatures begin to rise. Older animals (including people) also have lower numbers of these proteins which make them more vulnerable to the effects of heat stroke. One would expect dogs that live in hotter climates to be at increased risk; however, animals, like people, can acclimatize over time. Living in an area like ours, where temperatures can suddenly increase, without the ability to acclimate we increase our risk of overheating during intermittent hot spells.

Avoiding heat stroke is a matter of common sense: Avoid heavy activity on hot days, especially when our pets haven't had time to adjust to higher temperatures. Take frequent breaks in the shade. Always bring plenty of fresh water. Portable battery operated fans with water sprays are a good thing to have in the backpack. Most importantly, dogs should never ever be left in cars; this is never ok, even if the windows are let down. The temperature in a car can rise as much as 40 degrees F in a single hour regardless of outside temperature!

Early signs of heat stroke can include nausea and vomiting, disorientation, decreased vision, stumbling, and collapse. If heat stroke is suspected, immediately move your dog to a shady location. Direct a fan toward your pet if available. Place cool damp towels against the armpits and groin area where blood flow is closest to the skin's surface. Never use ice water or ice packs as this will actually decrease the flow of blood to the surface and interfere with the body's attempts to cool down. Immediately transport your dog to your veterinarian and let them know you're coming so they can be prepared to start treatment.



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“Foggy” Windows?

One day you are standing in your kitchen looking out the window and notice a slight haze on the glass. You wipe it with your sleeve, but it doesn’t come off. Thinking the dirt is on the outside, you put on your shoes and walk around the house. You wipe the outside of the glass but notice it’s still dirty. Just then it dawns on you that the haze or “fog” is between the panes! Now what do you do?

Reduced utility bills and increased comfort are the main benefits of double pane or insulated glass. To create these benefits, two pieces of single pane glass are factory-sealed to create an insulated, dead air space. Often that air space is filled with gas to create an even more efficient window.

However, with exposure to heat, cold, rain, and other elements, the seal around the perimeter of the insulated glass wears out. Most often this occurs first on the south and west sides of your home where there is direct sun exposure. Insulated glass units have a desiccant material in the perimeter seal to evaporate moisture but once the desiccant becomes saturated,

the moisture begins to appear between the panes in the form of condensation.



BRYAN SMITH,
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Replacing the insulated glass units is the only viable repair option when your windows begin to get foggy. You don’t need new windows (the frames can stay in place) just the sealed glass units themselves. Some window companies offer a lifetime warranty against visible sealant failure so your best bet would be to contact the window manufacturer to see if this is covered. A local glass company can also replace the failed insulated glass at a reasonable cost if you are unsure of the manufacturer. Replacement is simple but the glass is custom made to your size so accurate measuring is critical to maintaining the overall seal of your entire window. For expert replacement of foggy insulated glass call or visit us today!

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

Why Propane?

Some ask the question, what is propane and where does it come from, and others ask why propane? We put together answers to these common questions.

WHAT IS PROPANE?

Propane — sometimes known as liquefied petroleum gas, or LPG — is a gas normally compressed and stored as a liquid. It is nontoxic, colorless, and virtually odorless; an identifying odor is added so it can be detected. Propane is commonly used for space and water heating, for cooking, and as fuel for engine applications such as forklifts, farm irrigation engines, fleet vehicles, and buses; however, its applications are rapidly growing due to new technology developments. When used as vehicle fuel, propane is known as propane autogas.

WHERE DOES PROPANE COME FROM?

- Propane is primarily a byproduct of domestic natural gas processing, though some propane is produced from crude oil refinement. U.S. propane supplies are becoming increasingly abundant due in large part to increased supplies of natural gas.
- As shale gas extraction has increased, the production of propane from crude oil refinement has dropped dramatically. In 2011, 69 percent of the total U.S. supply of propane came from natural gas liquids produced in the U.S. and Canada.
 - Strong growth in propane supply is

expected to come from the Marcellus shale play in the northeastern U.S. Industry observers estimate the Marcellus shale alone can supply more than two billion gallons of propane per year.

- Because of the drastic increase in U.S. sources of propane, the U.S. produces more than enough propane to meet current demand and became a net exporter of propane in 2011.

WHY CHOOSE PROPANE?

- What makes propane popular with users is what separates it from conventional fuels like gasoline and diesel.
- Propane is Clean.** Propane is an approved clean fuel listed in the 1990 Clean Air Act. Substituting propane for other fuels such as gasoline and fuel oil is an economical and viable step toward cleaner air. Using propane reduces the greenhouse gas carbon dioxide and air pollutants like carbon monoxide and nitrogen oxide.
- Propane is Reliable.** For millions of Americans every day, propane continues to deliver what is most important to customers choosing their energy: reliability. Even during extreme weather and natural disasters, propane reliably heats and powers homes, businesses, and farms independent of the electric grid.
- Propane is Abundant.** America produces more than enough propane to meet demand. In fact, the U.S. is propane’s

Propane continued on page 11

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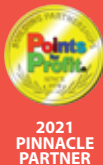


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Good Review

Dune & The Witcher

The upcoming months herald the release of two of the most-anticipated book adaptations.

First up is Dune, coming October 22, based on Frank Herbert's science fiction masterpiece. The Port Townsend author's inspiration for

Dune was an article on the Oregon Dunes he was supposed to write for a magazine. He apparently became somewhat obsessed, and compiled too much material to fit into an article. Instead, one of the most influential sci-fi novels was born.

Following the life and coming-of-age of Paul Atreides, Dune is a complex novel of political intrigue, cultural exploration, and some military strategy. It remains a high point of science fiction world-building, with a deep background of history and culture built into the book. (Recommended for people who really want to get obsessed is the Dune Encyclopedia.) Frank Herbert went on to write three more novels and one collection of short stories in the Dune cycle, but

they never reached the excellence of the first novel. His son, Brian Herbert, has also released an entire

series of books based on Dune.

The Witcher, a TV series available only on Netflix, is slated to release season two in December. It is based on a series of

books by Polish author Andrzej Sapkowski. In many ways, these are traditional sword & sorcery epic fantasy novels (there are six in the series), but they excel in the basic trope of an anti-political main character moving through a complex tapestry of political intrigue. Like Dune, the world is well thought-out, with a depth that makes for a rich background to the stories, which hover between monster-slaying adventures and Cold War spy stories.

For both Dune and The Witcher, I highly recommend reading the books before watching the film adaptation. The worlds are deep with lore and reading through them will give you a good background for understanding everything that's happening on the screen!



SCOTT GIVENS, BROWSERS BOOKSTORES

Chiropractic Care continued from page 3

It is very possible to reverse the damage your body has been experiencing. Is it possible to totally reverse it? That depends on many factors - the degree of damage, your age, your nutritional habits, your body's ability to heal, your compliance with my recommendations, ability to follow my suggestions, your perseverance and stubbornness, your determination, and the length of time your Subluxations has existed – the habit that has been formed! The rest of it, we have all been plagued with ad nauseum, such as exercise, vitamins, supplements, strange and weird diets, etc., can be viewed as window dressing. Without the above two most important elements that I mentioned, the rest of the plethora of self-help and medications that are available to the public will not be effective. Period.

It is because of these profound principles that Chiropractic has set itself apart from allopathic Medicine. Many patients ask me “Why don't chiropractors and physicians get along and work together?” I do not honestly know how to answer that question because the two professions are so vastly different; like oil and water, and I can never see them mixing together smoothly — the principles of health and life are so vastly different between both of them.

Next month we will continue to learn about Vertebral Subluxations and more to finish this amazing study! If you have questions directly or want to get started healing, call us at (541) 967-8060 or visit us at www.timberlinnchiropractic.com or 2216 SE Ninth Ave in Albany.

Why Propane? continued from page 10

leading producer. Propane is an abundant “bridge fuel,” making it a clean-burning alternative to gasoline and diesel that can address energy challenges while long-term renewable technologies are developed.

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Our sole business is to help our customers thrive in our great community of Central Oregon, the Willamette Valley, and the Oregon Coast. When you do business with CoEnergy, you support the local community, and in turn, we support you. We wouldn't be here without you, so we do what we can to show our gratitude. Not only do we treat our customers like family, but we are committed to giving back to the community in meaningful and impactful ways. Giving back is written into our mission and values and just like you, we live where we work, and work where we live.

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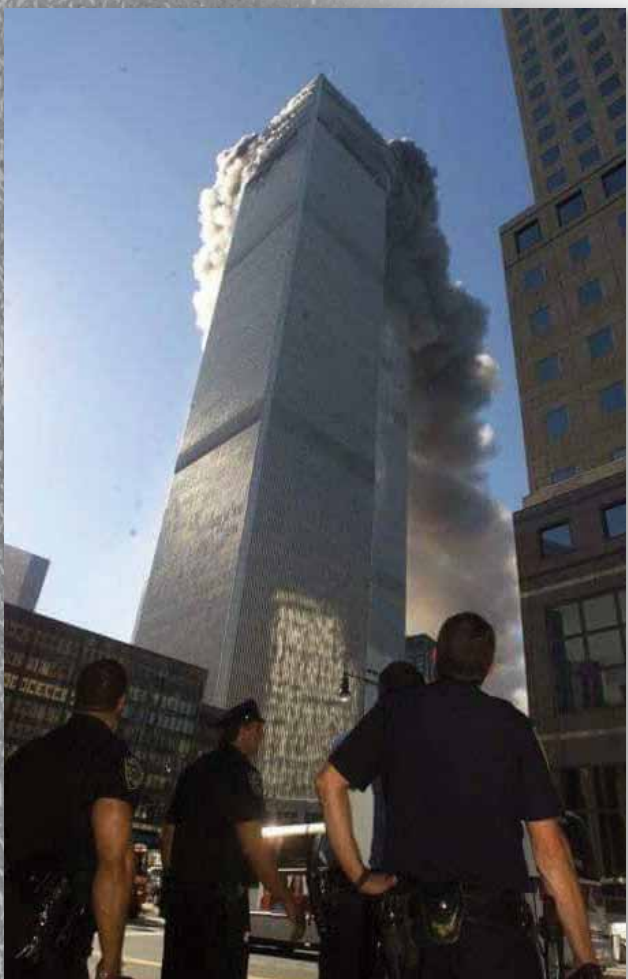
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