

HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

APRIL 2022 • FREE



Albany Spring - Home, Garden & Wedding Show

April 22-24 / Linn County Fairgrounds

The sun is coming out, the mask mandates have been lifted and the Albany Spring – Home, Garden and Wedding Show is back April 22-24 at the Linn County Fair & Expo Center. If it's been a while since you been to a "home show", let's take virtual tour of what you and your family will experience at the Albany Spring – Home, Garden & Wedding Show, produced by a local event production company, Willamette Valley Productions.

The first thing you'll notice when you arrive is... the Parking is FREE. That's always nice. Now, add the fact that Admission is FREE too! Ok, that's even better. When you enter the show, you'll be impressed with number and variety of businesses and organizations on display. In fact, there's over 100 local and regional contractors, craftsman and artisans gathering for this great Spring event. Of course, you expect to find the Valley's best contractors and craftsman when it comes to windows, doors, painting, remodeling, floorcovering, roofing and more. And you will! You'll also find that many of the businesses don't have brick and mortar stores so it's a great opportunity meet new and interesting people and businesses presenting products and services you may not have seen before.

What you might not expect is to find at a home show

is a Wedding Show going on inside the home show. The Albany Wedding Show is an exclusive wedding zone that is separate but still part of the Albany Home, & Garden Show. The two events were combined to create a single event that offers more variety of services to the community. Future newlyweds will appreciate the opportunity to meet with wedding planners, DJ's, photographers and more to help plan their special wedding day. Since newlyweds are soon-to-be homeowners, the synergy between Home &, Garden AND a Wedding Show makes sense.

The hours of the Albany Home, Garden & Wedding show are Friday (4/22) from 4pm to 7pm, Saturday (4/23) 10am to 6pm and on Sunday (4/24) from 10am to 4pm. To add more entertainment to your visit, the Albany Spring – Home, Garden & Wedding Show will be featuring Live "Blues-Folk-Jazz" music with local favorite "Merkel Music" performing on Friday from 4pm to 7pm and on Saturday from 11am to 1pm and 4pm to 6pm. If you're looking for something fun and economical to do the weekend of April 22-24, check out the Albany Spring - Home, Garden & Wedding Show at the Linn County Fairgrounds. It will definitely be worth your time.



Volunteers Needed at The Albany Visitors' Association

Thousands of visitors come to Albany every year, and many travelers stop by the Albany Visitors Association's kiosk at the Santiam Rest Area just north of Albany on Interstate 5. Making sure they have a good experience is the top priority.

That's where our volunteers shine, with a smile, a cup of coffee and lots of interesting information about Albany and Linn County.

The AVA has several volunteers but could use a whole lot more to help staff the kiosk, man tables at the many events held in and around Albany every year, and other tasks valuable to the AVA. It's a good way to meet new friends and share a love for the Albany community.

Many volunteers talk about the interaction with visitors as the best part of the job, helping people find their way when lost, chatting with someone who just needs a rest from driving, or posing for photos in the quaint kiosk, which is modeled after an ornate Victorian home like the ones found in Albany's historic districts.

Anyone interested in becoming a volunteer or looking for more information can call the AVA at 541-928-0911, stop by the office at 110 3rd Ave. SE, in downtown Albany, or drop an email to info@albanyvisitors.com. Also, check out the website at albanyvisitors.com.

AVA's Victorian House at the rest area might be the first – and only – glimpse of Albany many people get, and volunteers make the most of the moment. As part of the duties at the kiosk, AVA Ambassadors greet travelers, serve complimentary hot coffee and snacks, hand out maps and brochures, help maintain the kiosk, and talk about the many wonderful things to discover in Albany and Linn County.

Volunteers would work one shift per week, either in the morning or afternoon, May through September.

In addition to the kiosk, volunteer opportunities include greeting visitors at the NW Art & Air Festival, Mid-Winter Square Dance Festival, Willamette Valley Quilt Festival, Christmas Storybook Land, the Albany Summer Interior Home Tour and the Christmas Parlour tour. Volunteers also help around the AVA office, with tasks such as filling visitor gift bags, taking phone calls, assisting with event weekends as needed to cover the office, and other duties.

Now that Covid-19 restrictions have eased, more events will be available to attend, providing more opportunities for volunteers to meet people and make new friends.

Visit the AVA and find out how you can help!



Fun Events for April 2022

April showers bring May flowers. Now is the time to be planning and prepping your garden/flower beds. Local Farmers' Markets are a great resource for getting plants and people with knowledge of what can be planted when for your area.

- **LEBANON SOUP KITCHEN** – Serving meals every Monday, Wednesday, and Friday 4:30-5:30 at 170 E Grant St, Lebanon, OR 97355. For more information call (541) 451-7667
- **PEACEFUL HEART MEDITATION CLASS**- Mondays 4-5pm Silverton Senior Center Yoga breathing, kirtan, and yoga philosophy. No experience required. Everyone is welcome. Refreshments are served. No charge. peacefulheartkirtan@gmail.com
- **PEACEFUL HEART MEDITATION CLASS**- Saturday 2-3pm, Silverton Community Center Yoga breathing, kirtan, and yoga philosophy. No experience required. Everyone is welcome. Refreshments are served. No charge. peacefulheartkirtan@gmail.com
- **MY BEST FRIEND'S CLOSET**- April 9th 10-4pm Heritage Mall. All Dresses are \$10, Student ID is required. Presented by Altrusa of Albany, Or.
- **JUST SHOOT IT 2022** – April 9th and 10th- Wapiti Bowmen Range. Registration starts at 8am, Fees vary. Great Food and Camping is Available. For more information visit www.wapitibowmen.com
- **65TH ANNUAL RIVER OF GEMS**-Presented by Willamette Agate & Mineral Society, Inc.- Friday April 15-Sunday April 17. Kids under 12 free. Admission is \$2.00 Polk County Fairgrounds, in Rickreall. See http://www.wamsi.net/annual-show/ for more details and times.



- **EASTER EGG HUNT**-April 16th, 10:30am-Heritage Mall in Albany (meet by the food court). Kids 0-12, presented by Verbatim Church.
- **FIXER UPPER VIRTUAL AUCTION**- April 20-23rd Join us for a virtual spring auction full of Fixer Upper items to support the animals at SafeHaven! More details on the website - <https://safehavenhumane.org/event/fixer-upper-a-virtual-auction/> and auction link posted on April 20th.
- **RED CROSS BLOOD DRIVE**- April 22nd- American Legion Post 10. Contact www.redcross.org for an appointment.
- **ALBANY SPRING HOME, GARDEN & WEDDING SHOW** April 22-24, Friday 3-8pm, Saturday 10-6pm, Sunday 10-4pm at the Linn County Fair and Expo Center in Albany. The KRKT Cricket is hiding in the show, when you find him, you win great prizes. Free parking and free admission. See albanyhomeshow.net for more

- details.
- **“HEALING HEARTS WITH HORSES”**- Linn County Animal Rescue’s program for individuals with PTSD and disabilities, will be on Saturday, April 23rd from 1-3 p.m. Please call (541) 258-3422 and leave your name & number. A volunteer will return your call to set up a time to attend between 1-3 p.m. We look forward to seeing you and sharing some new faces at the rescue!
 - **FLEA MARKET**-Santiam Place Wedding and Event Hall-April 30th 9am-4pm. Indoors and outdoors. Call 541-259-4255 for Vendor space.
 - **NACC 2ND ANNUAL SPRING BAZAAR**- April 30th 10-4pm. North Albany Community Church 1273 NW Thornton Lake Drive will be holding their 2nd Annual Spring Bazaar this year in the GYM and outside areas (weather permitting). We will have over 50 vendors, many of the same vendors from our Christmas Bazaar. There will be a large variety of gift ideas for mom, home decor, bath and body products, jewelry, clothing, candles, flower arrangements, food items like cupcakes and freeze-dried candy and much more! There will be a raffle area featuring beautiful baskets filled with wonderful creations supplied by our vendors and more. And of course, we will be offering Grandma Rita’s famous cinnamon rolls and delicious breakfast and lunch!

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

Happy Easter!

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.

Publishers	InSpirit Marketing, Inc.
Advertising Sales Team	Lauralee Beck Wenona Given
Staff Writers	Lauralee Beck Wenona Given Karen Rogers
Graphic Designers	Bobbi Dickerson J’Aime Salisbury
Contact us at	541-791-2901

InSpirit Marketing Inc. is located in historic downtown Albany inside of Two Rivers Market.

The opinions, beliefs and viewpoints expressed by the various authors and columnists of High Points may not necessarily reflect the opinions, beliefs and viewpoints of High Points or InSpirit Marketing, Inc.

Pizza Hut

Carryout & Delivery

Albany 2215 14th Ave SE Corvallis 700 NE Circle Blvd	541-926-1643 541-753-1240	Keizer 4492 River Rd North Lebanon 3190 S. Santiam Hwy	503-390-9400 541-259-4888
Eugene 579 E. Broadway 3577 W. 11th Ave 2870 Willamette St 1930 River Rd	541-686-1166 541-344-4141 541-686-1600 541-688-1800	Salem 3302 Commercial St SE 560 Wallace Rd NW 3052 Lancaster Dr NE	503-364-7286 503-363-2100 503-399-8000
Florence 1940 Hwy 101	541-997-7770	Springfield 140 S. 32nd St	541-741-8000

Woodburn
1425 Mt. Hood
503-982-3333

\$29.99

2 Medium Pizzas Up to 3-Toppings,
5 Breadsticks &
Ultimate Chocolate Chip Cookie

Offer Expires **April 30, 2022**. One coupon per person. Not valid with any other offers. Additional charge for extra cheese, additional toppings, Original Pan and Stuffed Crust. Valid on Carryout or Delivery where available. Limited delivery area. Delivery charge may apply.

Albany, Oregon

Share Your Story

Be a Visitor Ambassador!

When weary travelers on Interstate 5 pull over at the Santiam rest stop just north of Albany during the summer season, they're greeted with friendly smiles and free coffee—all thanks to the Albany Visitors Association's welcome kiosk, and the crew of volunteers who staff it.

Meet new friends. Share your pride in our community.

Learn more about volunteering.

AlbanyVisitors.com
541.928.0911

Musculoskeletal 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 5. This specific zone focuses on muscular health, a system that includes over 637 muscles, tendons, ligaments, and joints. The musculoskeletal system is responsible for keeping you upright and able to move. It can be seen as a foundation for the whole body. Without it, we would just be a shapeless blob. When this system is not in balance, problems such as chronic pain, atrophy,

muscle spasms, falls, and physical traumas may result. When taking emotions into consideration, anger can be especially harmful to Zone 5 and result in muscle tightness, fatigue, and an imbalance in all other systems as well. since your muscles structure effects of all other systems, this causes poor elimination, digestion, circulation, and glandular function. Many other stresses such as chemical, physical, and mental can also affect the muscular system. These stresses can all lead to an imbalanced zone and interfere with proper nerve and brain function. By balancing zone 5, normal feeling is restored to the body's limbs. Strong muscles will result, and you will gain the ability to move your body and do what you want to do. Chronic pain will diminish, and you will gain flexibility and stability within joints. Check back next month as we investigate the benefits of adjusting Zone 6, the circulatory system.



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



Why Cannabis Topicals?

BY RHEA GRAHAM

Cannabis "topicals" are Smokeless Cannabis Remedies that are applied to the skin and can provide near-instant relief from pain. Different topicals are used for a variety of conditions. The best part about topicals is that they can be used most anywhere and they don't get you high, which alleviates a fear of using Cannabis for many. Topicals can be made in virtually any strength.

Cannabis salve is probably the most versatile topical used. When made with proper ingredients, it can be used anywhere on the body for pain, bringing relief for headaches, backaches, toothaches and hemorrhoids to name a few. Different salves are made to address certain pains, such as root balm for nerve pain (neuropathy). Cannabis liniment is a great Smokeless Remedy to have in your medicine cabinet. Liniment is Cannabis infused into alcohol and is applied topically. It is used for a number of conditions, and all of those conditions are painful. The

first use that comes to mind is for herpes simplex and herpes zoster; cold sores and shingles by more common names. When you feel a cold sore coming on, applying liniment will stop it in its tracks. If it does come on, the blister will only last a day or so. With shingles, you put the liniment on the affected area and then apply a good Cannabis salve over it and they are done and dried out in a day as well. Cannabis will kill the herpes virus, given the chance.

Liniment is also used for excruciating pain, such as a broken bone. Not only will it reduce the swelling, practically in front of your eyes, it will get rid of the pain involved. Saturating the area will get rid of bone pain for days. Massage oil is a favorite remedy of mine. It can be taken to your massage therapist to be used on you. A variety of oils are used; some to help the medicine into the skin and some to help the oil glide for a smoother massage. The relief you feel after a Canna Massage as compared to a non-medicated one is quite significant!



Albany's Canna Kitchen & Research

FIRST SIGNS OF SPRING!



Elmer's®
breakfast • lunch • dinner
CLUBHOUSE OMELET



BLUEBERRY & BANANA CREPES

2802 SANTIAM HWY, ALBANY
(541) 928-4227

Find us on
   
#iheartelmers
www.eatatelmers.com



AUTO | HOME | LIFE | BUSINESS | RETIREMENT

No one wants to file a claim

But when you do... you want to be with COUNTRY Financial®. You'll get fast, fair claims service at a price you can afford! See your COUNTRY Financial representative to find out more.

Michelle Morford
Financial Representative
Albany, OR 97322
(541)928-1929

Policies issued by COUNTRY Mutual Insurance Company® and COUNTRY Casualty Insurance Company®, Bloomington, IL.
0415-531HC-19813-7/18/2016





BI-MART

New at Bimart.com
Go beyond what's on the shelf & shop items not carried in our stores at great prices! Shop the new selection of electronics, power tools, sporting goods, & more!

Must purchase online. Our warehouse team will ship the items to a Bi-Mart near you for convenient pick-up!



KAREN'S FAMOUS RECIPES

Abundant Coconut Cream Pie

Coconut cream pie is a real thing of beauty- creamy filling, coconut, whipped cream and crisp pie crust, heavenly!!!

I do not like pies that skimp on the filling, so this makes one righteous pie.

Blind bake one 9-inch pie shell from your favorite recipe (or purchase one, only as a last resort!)

Let cool on rack.

Separate 6 large eggs and place the yolks in a large bowl, and beat lightly with a whisk, reserving the whites for another use.

Pour 4 C milk into a large glass measuring cup and add 1 tsp vanilla and ½ tsp coconut flavor.

In a large saucepan mix ½ tsp salt, 3 ½ tbsp. cornstarch and 2 tbsp. flour. Mix until well blended. Measure 1 C sugar or Splenda, if using Splenda do not add until after the milk is added. Mix the sugar in the pan and slowly add the milk, stirring carefully so no

lumps form. If using the sweetener, add it now. Cook over medium heat until the mixture thickens and boils, stirring constantly. Remove from the heat and pour about half over the egg

yolks, whisking quickly until combined and smooth. Return the yolk mix to the sauce pan and stir for about a minute. Stir in ¾-1 C flaked coconut and pour into the shell. Immediately press a piece of plastic wrap onto the surface to

prevent a thick "skin" from forming. Chill completely. Serve with real, sweetened whipped cream and top with toasted coconut.

By omitting the coconut and coconut flavoring, you can make a banana cream pie by placing sliced bananas in the bottom of the crust.

No thin, pitiful store-bought or frozen pie can hold a candle to this fine abundantly filled pie!



April Word Search by Rolie the Puzzlemaster

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

- | | | |
|----------|----------|------------|
| BASEBALL | HANDBALL | TEAM |
| CHESS | HOCKEY | TENNIS |
| CHOIR | LOCKER | TRACK MEET |
| CLUBS | PROGRAM | TUTORING |
| FITNESS | SOCCER | VOLLEYBALL |
| FOOTBALL | SPORTS | WEIGHTS |
| FRIENDS | STUDY | |

willamettevalleysports.com

New to cannabis and don't know where to start? Schedule a consult for \$40.



Schedule your OMMP doctor visit or smokeless cannabis remedy consultation today!

OMMP doctor visits are scheduled with a \$50 deposit and the remaining balance due at time of appointment.

(**Does not include state fees.)

**Veteran patient state fees are \$20, others up to \$200.

Ph: (541) 981-2620
www.theackr.com



SAME LOCATION SINCE 11-11-11

2300 Ferry St SW Ste. 1 Albany, OR 97322

• Homestyle Cooking
• Food with Great Flavor
• Personal Touch Menu Planning
• Quality Service
• Vegetarian Options
• Competitive Pricing

We love to cook for you!

Albany, OR 97321
Tel: 541-926-9660
Email: debbie@jacopettis.com
www.jacopettis.com

Proverbs 3:5 & 6

SMITH GLASS

133 Lyon St. N.
Albany, OR 97321
(541) 926-4446

544 SW 4th St
Corvallis OR 97333
(541) 753-9175

www.smith-glass.com

Points FOR Profit®

Mid-Willamete Valley

What is

Points
for
Profit®

Mid-Willamette
Valley

SHOP LOCALLY
SERVE LOCALLY
SUSTAIN LOCALLY

pointsforprofit.org

Our Awards for 2021 will be April 26th at Santiam Place Wedding and Event Hall in Lebanon. Jacopetti's will be our caterer. Dinner is only \$20 and we will not be having an auction, only awards. The auction will be held later this year. Doors will open at 5:30pm. Public are welcome! RSVP required. Email info@pointsforprofit.org to reserve your spot!

Welcome Milissa's Custom Creations

Have you seen those beautiful tumblers going around? Sparkly, personalized, and beautiful! Did you know that you too can have any tumbler you've imagined! Milissa's Custom Creations will custom make one for you!

Milissa's Custom Creations loves to create stainless-steel tumblers, car coasters, coaster sets, key chains, earrings, and magnets. The tumblers start as a stainless-steel base, with paint, glitters, and alcohol inks added to create amazing custom designs. Each of the tumblers will have anywhere from two to eight layers of materials added to create the finished masterpiece. The coasters, car coasters, key chains, earrings, and magnets are made

from the same epoxy resin that goes on the tumblers. Inks and glitters are added for color and sparkle, making each one unique.

These wonderful items make wonderful gifts

for Easter baskets, Mother's Day, Father's Day, and Graduation... or just because!

Milissa can help you with ideas with offerings for your home or business! Just call or email today. Custom orders are always welcome, she

loves creating one-of-a-kind items. Call 541-981-3131 or email Milissa.Lee1967@gmail.com to get more details and place your order. You can also find her at the Points for Profit monthly meetings held the last Tuesday of each month.



OMMP Doctor's Clinic



April 16 & 28
May 3, 21 & 26

Call 541-981-2620 to get the needed paperwork started, appointments are required. Doctor fee does not include the state fee.

\$50 deposit required, balance of doctor fee due at the appointment time. Changes and cancellations need to be made three(3) business days in advance to avoid loss of deposit.

Ph: (541) 981-2620
www.theackr.com



SAME LOCATION SINCE 11-11-11

2300 Ferry St SW Ste. 1 Albany, OR 97322



Lighting the Way

2021 Awards Night

April 26th

6pm-8pm

Santiam Wedding and Event Hall-Lebanon

Join us in recognizing local businesses and non-profit organizations for their outstanding efforts this past year to sustain our community.

Dinner is \$20, catered by Jacopetti's Catering
RSVP Required
call 541-791-2901 or email info@pointsforprofit.org
Business casual event

2022 Pinnacle Partners



You are the key!

Participating Non-Profit Organizations

- American Legion Post 10
- Furniture Share
- K-9 for Kira
- 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
- PURR
- Safe Haven Humane Society
- St. Edward's Youth
- Wapaiti Bowman
- We are the Solution-Kickin Cancer
- We Love McKenzie

PointsFORProfit®

2022 Pinacle Partners

BI-MART

CoENERGY

COUNTRY FINANCIAL



The Lebanon Soup Kitchen, 32 Years Old and Still Going Strong!

Here we are at the end of our 32nd year of operation at the Lebanon Soup Kitchen. We have been busy this year. Along with being able to provide over 14,000 meals to our community and welcome many new volunteers, we were able to open our dining room to inside dining again and have welcomed many old guests back and many new. The socialization that is witnessed among our guests and staff is very heartwarming. This year has given me the opportunity to visit with our guests and get to know so many. So many things have warmed my heart this year but being able to open back up has been one of the most exciting. I have loved the opportunity to get to know our community. As I start the New Year, I very much look forward to guiding the Kitchen into growth and helping to open many new opportunities. Thank you to all who have helped make 2021 very successful for the Lebanon Soup Kitchen. We could not have done it without your support. God Bless, Christine Strawn

Volunteers at the Soup Kitchen are the core existence of our operations without them the Lebanon Soup Kitchen would not be able to perform as we do.

When creating the Volunteer Appreciation segment of our newsletters, it is a challenge to pick just one since so many works to provide vital functions. We have volunteers coming from all walks of life many are students preforming community service hours to meet graduation requirements, we have students coming from Comp Northwest Medical school, Linn Benton Community College and Lebanon High School. Working with the Linn County Sheriff's department too provide community service hours has provided us with some hard- working individuals who have continued to volunteer after their hours are met. Many Volunteers are members of our community who want to help provide a service and fulfill a need. With the help of our Volunteer Coordinator first year medical student Priscilla Jones a monthly schedule is created, and we have different volunteer crews for each day, they all full fill different needs as cooks, prep cooks, stocking and organizing, cleaning, laundry, serve out, dish washers, dining room staff, outside clean up and volunteer coordinating, the list continues as needs arise.



KSHO

94.1 FM-920 AM

The Best Music

www.ksho.net



541-926-8683
Albany, OR

The Mid-Valley's News, Information and Entertainment Source!

Local News

KGAL SmartTalk 1580

www.kgal.com

SEAHAWKS

OREGON DUCKS

www.KGAL.com

QR code

KGAL SmartTalk 1580

Albany, OR (541) 926-8683

CBS RADIO

Grid of radio personalities and their show times:

John Batschelet Breaking News Tonight 6pm - 8pm	Dan Bogino 9am - 12pm	Tom Sullivan 12pm - 3pm	Joe Pags 3pm - 6pm	Jim Bohannon The Militant Moderate 8pm - 10pm		
Harley & McNamara Red Eye Radio 11pm - 3am	Steve Kathan	Deborah Rodriguez	Dave Ross	Pam Coulter	Dave Barrett	Sam Litzing

PLEASE SUPPORT OUR PARTNERS

GREAT DINING



541-405-4069



541-981-2376
541-570-1537



541-928-4227



541-258-7510



www.pizzahut.com



541-757-2800



541-812-1311
541-207-3602



541-258-5798

Bowling

Cannabis Eduction

Carpet Cleaning

Catering

Celluar Accessories/Repair



2250 South Main Road
Lebanon, OR 97355
(541) 451-3900



2300 Ferry St SW Ste. 1
Albany
(541) 981-2620
https://www.theackr.com



541-258-6216



541-926-9660
jacopettis.com



1879 14th Ave SE
Albany, Oregon
(541) 570-5696

Chiropractor

Christian Retail

Custom Creations

Dental

Donuts

TIP
Did you know your
P4P non-profit
can work with us
for a "drive" at
any meeting?



2216 9th Avenue SE
Albany
541-967-8060
timberlinnchiropractic.com



Inside Heritage Mall in Albany
(541) 754-9295
www.christiansupplyandoutlet.com

Milissa's Custom
Creations



541-981-3131
Milissa.Lee.1967@gmail.com



2200 14th Ave • Albany
pinnacle-smiles.com
541-928-9299



Lebanon • Sweet Home
541.405.4069
sugarvibesdonutco@gmail.com

Event Center/Venue

Farming/Agriculture

Fun and Games

Furniture

Gift Baskets



541-926-4314
www.lcfaireexpo.com



(541) 926-1811
www.linnbentontractor.com



(541) 248-3916
1884 Fescue St S.E.
Albany



(541) 905-2800
http://berleesfancies.com

Gifts/Flowers

Glass

Health/Medicare Insurance

Home Shows

In-Home Care



541-752-5666
www.inbloom.com



(541) 926-4446
www.smith-glass.com



Donna Green
541-286-6443
donna@nw-financial.com



www.wvpevents.com



250 Broadalbin Street SW,
Suite 250
Albany, OR, 97321
541-928-2061



Insurance (Auto/Home/Life)

Janitorial

Kitchen Accessories

Legal Service Plans

Malls

Marketing



Michelle Morford
Financial Representative
Albany, OR 97322
(541) 928-1929
http://www.countryfinancial.com/michelle.morford



Clean Keeperz LLC
Commercial & Residential
Cleaning
(541) 223-3777
Cleankeeperz@cleankeeperz.com
www.cleankeeperz.com

Tupperware
Independant
Consultant

Wenona Given
541-760-2718
wenona.given@gmail.com



Janice Jackola
Independent Associate
541-905-7223



541.967.8238
www.hertiagemall.com



250 Broadablin SW Suite 230
Albany, OR 97321
541-791-2901

Media

Merchant Services

Office Supply-Retail

Outdoors/Farm/Ranch

Payroll

Pest Control



Sam Rice
Independent Merchant
Brokers, LLC
877-460-4747



that was easy.
www.staples.com



5013 River Rd. N.
Keizer, OR
503-798-4204













(541) 220-0070
info@complete-business-solutions.biz
www.complete-business-solutions.biz



(541) 224-5055
Victorypestcontrol33.com

PLEASE SUPPORT OUR PARTNERS

Printing	Propane Service/Supplies	Real Estate	Retail	Scentsy	
<div>#shoplocal</div> <div>#servelocal</div> <div>#sustainlocal</div>	<div>print.copy.design</div> <div>MOREink</div> <div><i>For all your printing needs think more ink!</i></div> <div>1105 Santiam Rd. SE • Albany</div> <div>541-928-2675</div> <div>Fax 541-928-0352</div> <div>Email: info@moreinkalbany.com</div> <div>www.moreinkalbany.com</div> <div>Hours 8-6 Monday - Friday</div>	<div></div> <div>CoENERGY</div> <div>PROPANE</div> <div>www.coenergy.net</div> <div>541-738-6733</div>	<div></div> <div>CADWELL</div> <div>REALTY</div> <div>GROUP</div> <div>RESIDENTIAL & COMMERCIAL</div> <div>REAL ESTATE</div> <div>541-791-7946</div> <div>VALLEYOREGONHOMES.COM</div>	<div>BI-MART</div> <div><i>Employee Owned. Real Value. Every Day.</i></div> <div>Search & shop</div> <div>at Bimart.com</div>	<div></div> <div>INDEPENDENT</div> <div>CONSULTANT</div> <div>Rebecca Smith</div> <div>Independent Consultant</div> <div>971-218-4425</div>
Sewing & Vacuum	Speciality Apparel/ Emboridery	Sporting Goods	Stoves and Spas	Travel Agency	Tire Center
<div></div> <div>SEWING • VACUUMS • HOT TUBS • GRILLS</div> <div>2306 Heritage Way SE</div> <div>Albany</div> <div>(541) 926-4842</div> <div>3770 Market St. NE</div> <div>Salem</div> <div>(503) 371-6837</div> <div>www.richsonline.biz</div>	<div></div> <div>NORTHWEST</div> <div>APPAREL & GRAPHICS</div> <div>696 Main Street</div> <div>Lebanon</div> <div>541-259-4545</div> <div>nwapparelandgraphics.com</div>	<div>BI-MART</div> <div><i>Employee Owned. Real Value. Every Day.</i></div> <div>Shop sporting goods</div> <div>at Bimart.com</div>	<div></div> <div>SEWING • VACUUMS • HOT TUBS • GRILLS</div> <div>2306 Heritage Way SE</div> <div>Albany</div> <div>(541) 926-4842</div> <div>3770 Market St. NE</div> <div>Salem</div> <div>(503) 371-6837</div> <div>www.richsonline.biz</div>	<div></div> <div>First Travel Alliance/</div> <div>Nervino Travel</div> <div>2111 Park Dr • Lebanon</div> <div>(541) 409-4543</div>	<div>BEGGS</div> <div>TIRE & WHEEL</div> <div>1315 SE Pacific Blvd.</div> <div>Albany, OR 97321</div> <div>541.967.TIRE (8473)</div> <div>838 Main Street</div> <div>Philomath, OR 97370</div> <div>541.929.TIRE (8473)</div> <div>beggstire.com</div>
Trophies/Awards	Veterinarian	Web Design/Development	Web Printing	Wedding/Events/Rentals	Weight Loss/Nutrition
<div></div> <div>TROPHIES</div> <div>(541) 926-0301</div>	<div></div> <div>ALBANY ANIMAL HOSPITAL</div> <div>629 Madison St Se</div> <div>Albany, OR 97321</div> <div>(541) 926-8817</div> <div>albanyanimalhospital.com</div>	<div>PIXEL9DESIGN</div> <div>971-236-3610</div>	<div>owp</div> <div>oregon web press</div> <div>magazines • newspapers</div> <div>inserts • brochures • maps</div> <div>catalogs • calendars</div> <div>(541) 926-3000</div> <div>oregonwebpress.com</div> <div>expand your reach with print.</div>	<div>Santiam Place</div> <div>Wedding & Event</div> <div>Rental Hall</div> <div>139 Main St. • Lebanon</div> <div>(541) 259-4255</div> <div>www.SantiamPlace.com</div> <div><i>The Special Place</i></div> <div><i>for your Event!</i></div>	<div></div> <div>Independent Consultant</div> <div>Debbie Grenz</div> <div>541-990-6096</div> <div>reliving4him.reliv.com</div>

Meet Chica!



Hello, I'm Chica! I came to SafeHaven pregnant early in January and got put into an amazing foster home! Now, my puppies are all grown up, and I'm ready to find my fur ever home! In my foster home, I was a good momma dog and took great care of my puppies. Now, I am friendly and sweet once we get to know each other and always down for an adventure!

Stop by to see this sweet girl 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 her. We're located at 32220 Old Hwy 34 in Tangent, OR and open at noon every day of the week!



SafeHaven

HUMANE SOCIETY

FOLLOW US: Facebook | Instagram | YouTube



PLEASE JOIN US IN WELCOMING DR. JASMINE FLANAGAN TO THE ALBANY ANIMAL HOSPITAL TEAM!

Dr. Flanagan is a new Oregon resident with over 25 years serving the veterinary industry and is looking forward to building relationships and becoming a part of our Willamette Valley community.

We are pleased once again, to have the ability to provide additional veterinarian services to our valued clients and their companion animals.

629 Madison St SE
Albany, OR 97321
(541) 926-8817
albanyanimalhospital.com



Emergency Services
(For established clients only)

Office Hours:
M,T,Th 9a - 6p
W, Fr 9a - 5p

Understanding the Stages of Alzheimer’s-Related Memory Loss

Alzheimer’s disease, the most common form of dementia, is a brain disorder that affects more than 6 million Americans—and the number is growing. The Alzheimer’s Association projects cases to double by the year 2050.

Alzheimer’s symptoms vary among individuals and usually develop gradually and worsen over time. The primary signs are:

- Memory loss
- Difficulty completing familiar tasks
- Confusion with time or place
- Mood and personality changes

Symptoms of Alzheimer’s disease fall into the following three general categories:

- Early-Stage
- Middle-Stage
- Late-Stage

EARLY-STAGE ALZHEIMER’S DISEASE SYMPTOMS

We all forget where we put our keys from time to time, but we usually find them in a coat pocket or on the car seat after retracing our steps. A person in the initial stages of Alzheimer’s disease, however, might find their misplaced keys in a strange

place, such as the refrigerator, and have no recollection of putting them there.

Memory loss symptoms might seem mild at this stage and may not have a significant impact on a senior’s everyday activities. However, most seniors will be aware they are experiencing memory loss. Family members may notice a loved one describe themselves as “forgetful” and make repeated attempts to

cover up memory lapses. Personality changes, such as a previously soft-spoken person becoming gruff, are also common during the early stage.

MIDDLE-STAGE ALZHEIMER’S DISEASE SYMPTOMS

One of the most noticeable symptoms of middle-stage Alzheimer’s disease is the inability to complete everyday activities. These might include balancing a checkbook, driving to an appointment, or engaging in social conversations.

As cognitive processing abilities decline, a senior may have difficulty with



MARK WANG
VISTING
ANGELS

541-928-2061

Dementia Journal continued on page 11

Dental Disease in Dogs

Albany Animal Hospital
541-926-8817

Approximately eighty five percent or our patients have some degree of periodontal disease by the age of three. The process starts with the formation of plaque, which is a film of bacteria and saliva that forms on the enamel of teeth. If the film sets for long enough on the tooth it begins to react with minerals naturally found in our saliva and form rock hard tartar. As tartar forms oxygen levels drop near the surface of the tooth and this favors the growth of anaerobic bacteria that are more harmful. The bacteria and tartar begin to move under the gum line causing gingivitis. This becomes evident as swelling and reddening along the gum line with bleeding often observed with just minor mechanical irritation. Seeing blood more frequently on chew toys can be a clue to the onset of periodontal disease in dogs. Once bacteria move under gums they start to break down the ligaments and alveolar bone that hold the teeth in their sockets. Seventy percent of a tooth lives under the gum line. As this degradation takes place toxins and bacteria can leach into the blood and cause inflammation in the kidneys as well as damage to the valves of the heart. Feeding dry kibble helps reduce the rate of plaque formation but is in no way a substitute for brushing. Imagine if we gave up brushing our own teeth in favor or only eating crunchy food. Brushing

is the ideal way to get rid of plaque before it has a chance to mineralize into tartar and eventually move under the gums. This takes time and training. Ideally twice a day is best but I can tell the difference between a dog that has its teeth brushed every other day and a dog that doesn’t get its teeth brushed at all. It’s easier to start training a young dog to accept a toothbrush. Use a brush with extra soft bristles. The first step is just getting them used to having their mouths manipulated. Gently using your finger or a piece of gauze to wipe the teeth in the same manner you will be using the toothbrush. After a couple of weeks of doing this daily to twice daily you should introduce the toothbrush. After your dog accepts the toothbrush you can introduce pet friendly toothpaste. Pet toothpaste comes in a variety of flavors and some have enzymes that help kill bacteria. Do not use toothpaste intended for people because the fluoride will make them ill. When brushing try to focus on the outside of the upper teeth. Use elliptical motions angled at forty-five degrees toward the gums. Try to get in ten to 15 tight elliptical motions in before moving to the next area. Do not worry about brushing the insides of the teeth. Just focus on the outsides. If your pet refuses to accept a brush due to sensitive gums there are dental wipes that can be used to

Dental Disease continued on page 10



Rife's HOME FURNITURE



MADE IN THE U.S.A



Rife's HOME FURNITURE

EUGENE 150 OAKWAY RD. 541.302.9328	SPRINGFIELD 1184 GATEWAY LOOP 541.868.1718	VALLEY RIVER CENTER 475 VALLEY RIVER CENTER 541.485.0170	ALBANY 1884 FESCUE ST. S.E. 541.248.3916
CORVALLIS 29789 HWY. 34 SW 541.758.2020	ROSEBURG 2455 W. HARVARD AVE. 541.671.2493	COOS BAY 187 S. 2ND ST. 541.266.7376	

RIFESHOMEFURNITUREONLINE.COM



Creating Smiles For a Lifetime



New Patient Special Complimentary Whitening

Receive Professional Strength Opalescence Go Whitening* (Value \$70) with a New Patient Exam, Cleaning and Necessary X-Rays

*This offer valid in the absence of Periodontal condition. Call for details.



PINNACLE DENTAL ASSOCIATES

2200 14th Avenue SE - Albany
541-928-9299
pinnacle-smiles.com

No dental Insurance?

Ask About Our Dental Membership Plan!



Window Safety Week

Each April, this space is dedicated to Window Safety Week which is observed during the first or second week of April. It’s designed to heighten awareness for parents and caregivers in order to prevent falls from windows and help them understand the role windows play in fire safety. With warmer weather ahead, here are a few suggestions to keep your children and guests safe.

Window screens are designed to keep insects out rather than hold a child’s weight and prevent them from falling. Children should not be left unattended around open windows with or without window screens. Avoid placing furniture under windows that might allow a child to climb and potentially fall from an open window. You might consider purchasing window opening control devices from the manufacturer which are designed to limit how far a window can open but have a release to allow for escape in case of emergency. Finally, planting shrubs or grass beneath a window will lessen the impact if a fall does occur.

If you have wood windows, make sure they are not painted shut. While

doors are the primary exit during a fire, windows are considered a secondary exit. Make sure they open properly in case of an emergency and be sure to train your children how to escape from a window if needed. Installing window air conditioners is common however keep in mind these windows may be needed for escape in case of a fire. Always be sure that you have at least one window in each bedroom that meets local codes for escape and rescue.

As summer weather approaches, it’s a great idea to look at your upper floor windows to prevent any falls. While you’re at it, consider how you might escape so you’ll be prepared in case of an emergency. The Smith family are your neighbors, so you can trust them to offer the highest quality materials expertly installed at a fair price. You can get more information at www.smith-glass.com or calling them at 541-926-4446 or 541-753-9175 or visit their showrooms at 133 Lyon Street in Albany or 544 SW 4th Street in Corvallis. Smith Glass, On the Cutting Edge since 1945.



BRYAN SMITH, SMITH GLASS
541-926-4446



Easter 101

“Times are difficult. Disease, death, and the loss of a vision for a shared common good have shattered the idea of a bright and better future for everyone. How can we survive this moment together?”

Timothy Keller

Timothy Keller in his book, “Hope in Times of Fear”, tackles the above question. “HOPE” is a word that is becoming faint in our current culture. The Bible reminds us in Hebrews 11:1 that, “Now faith is confidence in what we hope for and assurance about what we do not see.” What is true hope? How do I find it? Webster’s gives this definition of hope: a feeling of expectation and desire for a certain thing to happen. A feeling of trust.

I believe Webster’s misses the true meaning of hope in its description. Hope is more than a feeling. The writer of Hebrews indicates that hope is based on our faith and specifically our faith in Christ.

1 Peter 1:3-6

“Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead to an inheritance that is imperishable,

undefiled, and unfading, kept in heaven for you, who by God’s power are being guarded through faith for a salvation ready to be revealed in the last time. In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ.”

Billy Graham makes this statement about Hope; “For the believer there is hope beyond the grave, because Jesus Christ has opened the door to heaven for us by His death and resurrection. Easter always brings hope to all of us. For the Christian, the Cross tells us that God understands our suffering, for He took upon Himself at the Cross all our sins and all our failures and all of our sufferings. Our Lord, on that cross, asked the question, “Why?” “My God, my God, why hast Thou forsaken me?” And he received his answer, he knew. To redeem the world, to save you and me from our sins, to give us assurance that if we died, we’re going to heaven. He was saying from the cross, I love you and I know the heartaches and the sorrows and

Easter 101 continued on page 11

Dental Disease continued from page 9

help remove plaque. If your dog already has moderate to severe periodontal disease then a full cleaning by a veterinarian will be necessary to give you a clean surface to start with. Never attempt to clean a dog’s teeth during the first week after a veterinary cleaning as gums are often too tender during this time.

Adjunctive methods of keeping teeth clean should be used in addition to brushing teeth. Dental chews are available to help “brush” the plaque off teeth. When shopping for dental treats look for the Veterinary Oral Health Council (VOHC) seal of approval. Water additives like AquaDent can be used in drinking bowls to help reduce the numbers of plaque causing bacteria. There are also special prescription dental diets that can dramatically reduce plaque formation. If you have any question whether or not your pet has dental disease and whether or not certain products are safe and effective please talk to your regular veterinarian

PIXEL9DESIGN



WEBSITES



GRAPHIC DESIGN



SOCIAL MEDIA



VIDEO

TRAVIS@PIXELNINEDESIGN.COM | 720.205.6087

Home of the Best Burger in Town



Orders to Go

Linn Lanes Bowling Center

2250 S Main Road • Lebanon • 541-451-3900

Like Us on Facebook

Edward Jones

> edwardjones.com | Member SIPC



Because every moment is for living.

Let’s partner through all of it.



Sam Niesslein Jr
Financial Advisor
2085 Nw Grant Ave
Corvallis, OR 97330
541-753-4665

Grilling Cylinder Safety

Read and follow all the grill manufacturer’s instructions before turning on and lighting the grill. Keep the top open when lighting a propane grill, and don’t close it until you are sure the grill is lit. Turn off the burner control and close the cylinder valve. When a grill is not in use for extended periods of time, cover disconnected hose-end fittings with plastic bags or protective caps to keep them clean.

Properly transport and store gas cylinders. When refilling or replacing a propane cylinder, transport in a secure, upright (vertical) position in a well-ventilated area in your vehicle and take it home immediately. Always use or store cylinders in a secure and upright position outdoors (not in a garage or shed).

DO’S AND DON’TS OF PROPANE CYLINDER SAFETY

- Do**
- Follow the grill manufacturer’s instructions and keep written materials handy.
 - If the igniter no longer works, replace it in accordance with the grill manufacturer’s instructions.
 - Keep the top of the grill open until you are sure it is lit, even if you have an electronic ignition.
 - Cover disconnected hose-end fittings with plastic bags or protective caps to keep a grill clean when it is not in use.
 - Store propane cylinders outdoors in

- an upright (vertical) position.
- If you smell gas, and it is safe to do so, turn off the cylinder valve, turning it to the right (clockwise). If you are unable to turn off the valve, immediately leave the area and dial 911 or call your local fire department. Before you use the grill again, have a qualified service technician inspect your grill and cylinder.
 - Consult a qualified service technician if you are having grill or propane cylinder problems.

Don’t

- Smoke while handling a propane cylinder.
- Use matches or lighters to check for propane leaks.
- Pour an accelerant such as lighter fluid or gasoline on the grill.
- Allow children to tamper with the cylinder or grill.
- Use, store, or transport propane cylinders near high temperatures (this includes storing spare cylinders near the grill).

At CoEnergy Propane we take pride in helping our customers find the perfect BBQ Grill for your home, business, or travels. We value our customers and enjoy providing propane services for all your propane needs. Call us today 541-738-6733.

Dementia Journal continued from page 9

reasoning, multitasking, and language. For example, families may notice their seniors are:

- Getting lost when going somewhere familiar, such as the doctor’s office, the grocery store, or a friend’s house
- Wandering or walking into a room and forgetting why they are there
- Having difficulties remembering names or finding the right word during conversation
- Forgetting where they are, what day it is, or personal details, such as their address

Most seniors who begin to struggle with personal care tasks during this stage can still complete everyday activities, such as brushing their teeth or getting dressed, with some assistance.

LATE-STAGE ALZHEIMER’S DISEASE SYMPTOMS

Seniors with late-stage Alzheimer’s become completely dependent on a caregiver. Many in this stage are bed-bound and can’t adequately eat, communicate, move, or respond to the environment around them.

A common misconception is that older adults in this stage must receive care in a nursing home setting. An option is to have in-home caregivers (family/friends and/or professional) provide care, in the home where they are most familiar and comfortable with. Other providers — such as hospice and home health — can be brought in as well, to meet your loved one’s needs.

Easter 101 continued from page 10

the pain that you feel. Easter points us beyond the tragedy of the Cross to the hope of the empty tomb. It tells us that there is hope for eternal life for Christ has conquered death. It also tells us that God has triumphed over evil and death and hell. This is our hope, and it can be your hope as well. Hope is found in the promises God has given us — promises of freedom from sin. We can find so much hope in Scripture through the gift of eternal life made possible through His son, Jesus Christ. No matter what trials, temptations or pain we may suffer, we can always hold onto the hope God extends to us.”

Easter is about celebrating our Risen Savior! He is alive! We can cry out Halleluiah! Timothy reminds us in his book that Hope can reshape our lives. In fact, true hope can give us an eternal perspective that drives every area of our life. Hope in Christ gives us mission, purpose, and a secure future. The very power that raised Jesus on the third day is our Heavenly Father’s power that can heal your hurt, give you strength, and restore your broken relationships.

A question for you as we walk through this Easter season. It is best asked by the Apostle John in 11:25-26: “Jesus said to her, ‘I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?’”

In Christ,
Kevin Ferguson

Albany Spring Home - Garden & Wedding Show

April 22-24

Friday: 3pm - 8pm / Saturday: 10am - 6pm / Sunday: 10am - 4pm

Linn County Fair & Expo Center



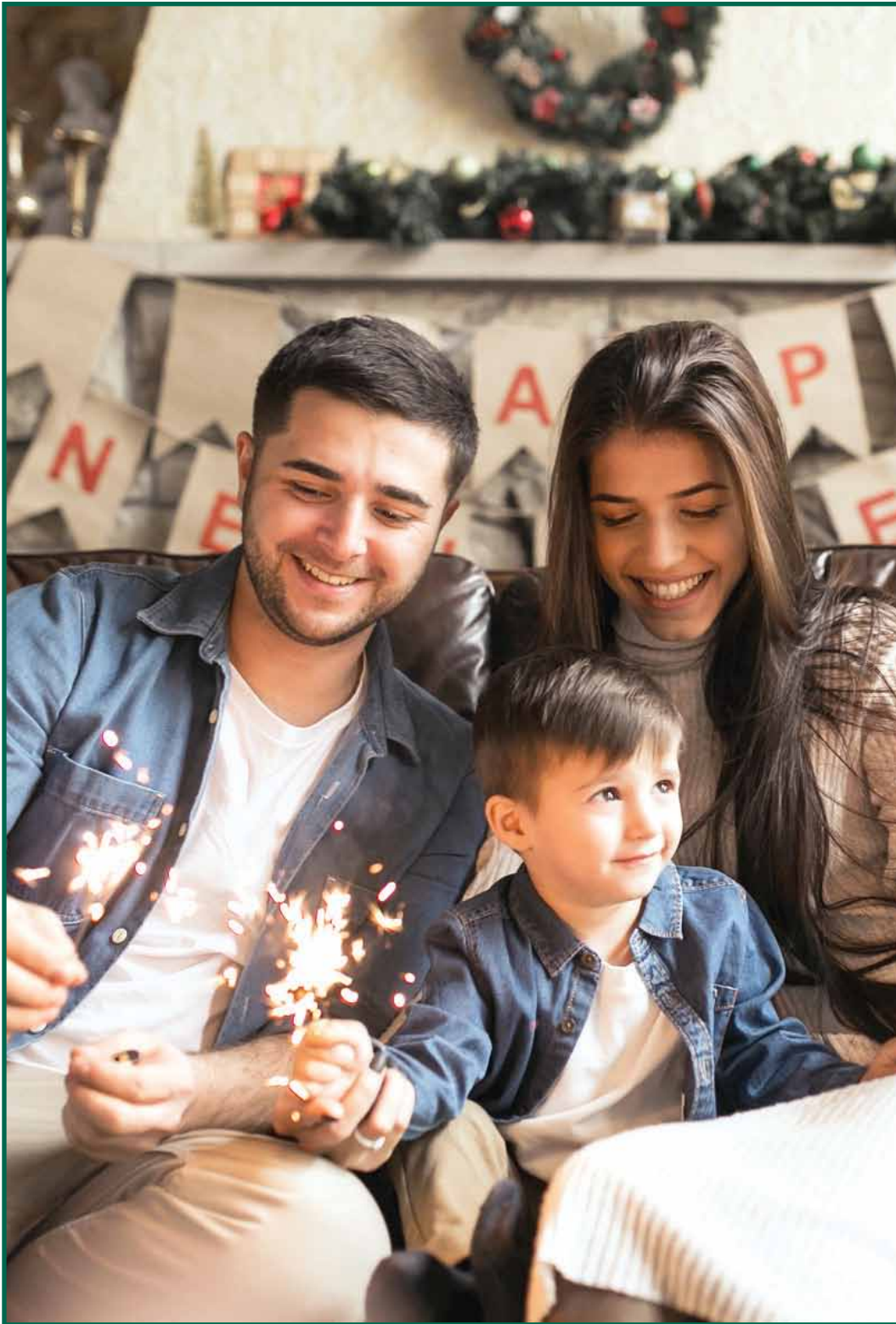
The NEW Albany Wedding Show is located inside the Home & Garden Show. Photographers, DJ’s, Wedding Planners and more are there ready to help you plan your special day!



Blues-Folk-Jazz
“Merkel Music”
Friday 4p-7p
Saturday 11a-1p & 4p-6p



The KRKT Cricket is hiding in the show. When you find him, you win great Cricket Country Prizes from KRKT all weekend long!



Helping you protect what matters most

Let's set a time to discuss your auto, home and life insurance needs



Michelle Morford
Financial Representative
1821 14th Ave SE
Albany, OR 97322-8502
www.countryfinancial.com/michelle.morford
michelle.morford@countryfinancial.com
(541)928-1929

"COUNTRY Financial®" is the marketing name for the COUNTRY Financial family of affiliated companies (collectively, "COUNTRY"), which include COUNTRY Life Insurance Company®, COUNTRY Mutual Insurance Company®, and their respective subsidiaries, located in Bloomington, IL.

1020-559HC_19813-1/1/2021



1020-559HC_19813-1/1/2021



IN-STORE OR ONLINE, WE'RE HERE FOR YOU!



Search



Shop



Pick Up

Search & shop at bimart.com, pick-up at your local Bi-Mart store!



2022
PINNACLE
PARTNER