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GOOD NEWS FOR THE WILLAMETTE VALLEY

SEPTEMBER 2017 • FREE

We Must Never Forget 9/11/2001

The 16th anniversary of an event that sparked a renewed patriotism and unity in our country will occur on September 11, 2017. A Commemorative Ceremony hosted by the American Legion Post 10 and Linn County 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 it is believed the hostages on board United Airlines Flight 93 resisted the hijackers and that plane was brought down in Shanksville, Pennsylvania at 10:10am. This terrifying event carried out by 19 hijackers resulted in 2977 deaths. The victims were aged from 2 to 85 and included 343 New York City firefighters and EMS paramedics, 23 New York City police officers and 37 Port Authority officers.

As part of the ceremony we will be honoring our local first responders as a thank you for all they sacrifice every day. David Solomon, Vice Commander of American Legion Post 10 and former New York City EMT will be sharing some of his story. He was a first responder in New York City that day and though he would never call himself one he is truly one of many heroes 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 graciously by our Five Star sponsors Bi-Mart and CoEnergy Propane; Four Star sponsors Elmer's and Points for Profit and many other generous sponsors who are assisting in making this annual event bigger and brighter every year.

Welcome Fall with the Albany Home & Remodel Show!

Are you Living on the edge? Do you need to take control of your home? Then the Albany Home & Remodel Show is the perfect place to find ideas and prepare for those fall and winter home projects. More new companies this year makes it is a great way to save time, money and find what you need for your home. See materials first-hand, learn and implement the latest home improvement products and services for your home, yard and garden.

Save the dates of September 29th thru October 1st for this year's Show. Conveniently located at the Linn County Fair and Expo Center. New this year, the show offers free admission and free parking! The area's top home improvement and building professionals will have their newest products and design ideas on display. Bring your project plans and have your questions answered by the experts!

Workshops and speakers with a variety of home-related subjects will be happening throughout the weekend. Kid-friendly area makes it a great event for the whole family. This is your one-stop source for information, products and services for your home!

Enter to win numerous prizes including, a Hot Tub (by Hot Stuff Spas and Pools of Salem) and a Queen Size Bed (from Mattress World).

Sept. 29th-Oct. 1st, 2017
Show Hours:
Friday 3-6pm
Saturday 10am-6pm
Sunday 10am-5pm
For more information visit us at: wvpevents.com OR www.facebook.com/salem.albany.homeshows/

If you need a little more time to get your plans together you can visit us at the 28th Annual Salem Fall Home and Remodel Show.

Location: Oregon State Fairgrounds in Salem, Oregon

Oct. 20th-22nd, 2017

Good Times

Brought you in part by Albany Visitors Association

Fun Events for September 2017

September brings cooler nights and back to school.

- **CHILD EVANGELISM FELLOWSHIP GOOD NEWS CLUBS** are scheduled at various locations in Albany, Halsey, Lebanon, Crabtree, Harrisburg and Brownsville. Get more information by calling: 541-258-7150.
- **FARMERS MARKETS**
  - **Albany -** Sat 9am-1pm, City Hall Parking Lot, http://locallygrown.org/home/
  - **Brownsville -** Thur 3-7pm, Main & Park St, Brownsville www.brownsville-farmersmarket.com
  - **Corvallis -** Sat and Wed 9AM-1pm, First St. Downtown, http://locallygrown.org/home/
  - **Lebanon -** Thur 2-6pm Corner of Grant and Main, http://lebanondowntownfarmersmarket.org/
- **GARDENING IN THE PACIFIC NORTHWEST, BROWNBAG SERIES** Wedensdays in Sept. noon-1pm, Albany Public Library, 2450 14th Ave SE, 541-967-3871, www.extension.oregonstate.edu/linn
- **LAVA LAKE HIKE-**Friday, Sept. 8th-Fri 9am-5pm, Sweet Home Ranger Station, 4431 Hwy 20, Sweet Home, Reservations Required, Call 541-367-5168, www.recreation.gov
- **OREGON PINTO BREEDERS HORSE SHOW-** Friday, Sept. 8th-10th-Fri-Sun, Linn County Fair & Expo Center, 3700 Knox Butte Rd, Albany 503-845-2801, www.lcfairexpo.com
- **ANTIQUES IN THE STREETS & CLASSIC CAR SHOW-**Saturday, Sept. 9th, Saturday at 8am-4pm, Historic Downtown Albany, 541-704-0109, www.albanyantiquemall.com
- **TOMATO SALSA FESTIVAL-**Sept. 9th, Sat. 11am-4pm, Timeless Gardens 33527 Brewster Rd, Lebanon, 541-258-7693, free, www.timeless-gardens.com
- **SANTIAM HOSPITAL AUXILIARY-** Sunday, Sept. 10th-Annual Harvest Breakfast at the Sublimity Fire Hall, 115 N. Parker St., Sublimity from 7 am until noon. The breakfast is all you can eat pancakes, eggs, sausage, milk, juice and coffee. Adults $6, Seniors 60+ $5, Children 5-10 $4, and Children 4 and under FREE. All proceeds and donations are used for the Auxiliary Scholarship Program for students interested in a medical field and to purchase supplies and equipment requested by the various hospital departments. In 2017 the Auxiliary awarded ten scholarships for a total of $10,000. For more information call Char Bartosz, Auxiliary President at 503-749-2910.
- **ALBANY WOMEN'S CONNECTIONS-** Wednesday, Sept. 13th please join the Albany Women's Connection as we re-group after the summer break. Our first fall meeting is Wednesday, Sept 13, 2017 at 10:00 a.m. at the Phoenix Inn Suites in Albany On the program is Janice Gregg who is a home economist and who will demonstrate making soups with seasonal ingredients. She will share recipes and samples. Janice is also part of a barbershop quartet and they will entertain us with their music. The featured speaker is Trudy Monsma who will discuss her struggles after her move to the United States during World War II. Jacopetti's Catering will serve their delicious brunch and cost is $12.00 inclusive. Reservations are required--please call Suzanne at 541-327-3798or email awc_reservations@yahoo.com
- **LYONS GARDEN CLUB-** Wednesday, Sept. 13th the Lyons Garden Club will resume their meetings beginning September 13 at noon at the home of Sue Sutton, 714 Main, Lyons, OR. It will be a no-host potluck picnic, bring your favorite dishes to share. Sue will give a tour of her beautiful yard and extensive rose gardens. It is time to begin planning for events for the 2018 year and new club books, so bring suggestions for speakers, demonstrations, field trips, etc. For more information and to let Sue know you will attend contact her at 503-859-2788, or club president John Hollensteiner 503-508-5913 or vice-president Cheryl Cappelletti 503-767-3348
- **MID-VALLEY PTSA –**Thursday, Sept. 14th-Albany Burgerville Community Partnership to benefit the Walk to End Alzheimer's. Thursday, Sept 14 from 5 to 8 p.m. Door prize drawings at quarter 'til and quarter past the hour. Take a step to help end this deadly disease and support team "Trekking Saturday, September 30th-' in Tempo" sponsored by Mid-Valley PTSA. Info? Midvalleyptsa@gmail.com or on Facebook
- **NW BUCKSKIN CLUB HORSE SHOW-** Sept. 15th-17th, Friday-Sunday-Linn County Fair & Expo Center, 3700 Knox Butte Rd, Albany 541-979-3718, www.lcfairexpo.com
- **POLK COUNTY MASTER GARDENER'S 15TH ANNUAL GARDENING FESTIVAL –**Saturday, Sept. 16th-Fall Fling Educational Gardening Event Features Great Speakers, Vendor Faire, Lunch & More. Learn how to create a focal point in your garden – even on a budget, find out about the perfect type of turf grass for your yard and discover how to create a habitat to help pollinators at the Polk County Master Gardener's 15th Annual Fall Fling at the National Guard Readiness Center, 12830 Westview Drive in Dallas, OR. Registration includes lunch and is $30 in advance and $40 at the do. For quick and easy online registration go to http://extension.oregonstate.edu/polk/2017-fall-fling
- **HERITAGE MALL KIDS CLUB -**Saturday, Sept. 16th from 11am-12:30pm - Cool Kids Read Kids' Club Enjoy crafts, games, reading with the Welcome Waggers, free books for all children in attendance, drawings for Kindle Fires and more!
- **HERITAGE MALL**-Sept. 16-17 (Saturday and Sunday) Model A Car Show
- **LINN-BENTON WALK TO END ALZHEIMER'S–**Sunday, Sept. 17 at Timber-Linn Park, Albany. Registration at 11 a.m. Ceremony at 12:30 p.m. Walk begins at 1:00 p.m. (choice of various route lengths). Lunch provided. Visit sponsor booths and network with other walkers. Bring your canine and enter the Purple Pooch Contest. Join a team! You can even be a "virtual walker". Google "2017 Linn-Benton Walk to End Alzheimer's" for information or call Cindy Benton at 541-345-8392 Ext. 1.
- **ROLLIN' OLDIES 27TH ANNUAL 50S IN THE FALL CAR SHOW-** Sunday, Sept. 17th 9am-3pm, Buler Park, 1235 E Grant St Lebanon, 541-990-5553, www.rollin'oldies.org
- **MID-VALLEY WOMEN OF CHRIST BIBLE STUDY-**Monday, Sept. 18th, 42 Mid-Valley Churches in 21 cities with open their doors to women for Fall Community-Wide Bible Studies. This will be the 20th Bible Study for Mid-Valley Women of Christ as they begin the 10th year of ministry to women. 55 class times in cities from McMinnville to Springfield – Willamina to Sweet Home, will gather women from 318 different churches in a study of God's word. Seven new churches are hosting this quarter reaching women in six counties of the Mid-Valley. The Fall Bible Study will feature a six-week video series, Finding I AM, by Author/Teacher, Lysa TerKeurst. Finding I Am focuses on the seven I Am Statements of Jesus recorded in the Gospel of John. To register for a class near you, or to learn more about the ministry of Mid-Valley Women of Christ, contact: www.mid-valleywomenofchrist.org or write to info@midvalleywomenofchrist.org. Mid-Valley Women of Christ is a faith based 501 (c)(3) non-profit public charity.
- **ALBANY BUSINESS EXTRAVAGANZA-**Wednesday, Sept. 20th from 1-6:30pm, Linn County Fair Expo Center, 3700 Knox Butte Rd. 541-926-1517, www.albanychamber.com
- **BLACKBERRY JUNCTION-THUR-** Sunday, Sept. 21-24 Linn County Fair & Expo Center, 3700 Knox Butte Rd, Albany 503-507-8200, www.lcfairexpo.com
- **CASCADIA CAVE HIKE-**Friday, Sept. 22, 9am-5pm, Sweet Home Ranger Station, 4431 Hwy 20, Sweet Home, Reservations Required, Call 541-367-5168, www.recreation.gov
- **OREGON BARREL RACING FINALS-**Friday- Sunday, Sept. 22-24, Linn County Fair & Expo Center, 3700 Knox Butte Rd, Albany 541-953-8235, www.lcfairexpo.com
- **ALBANY RIFLE & PISTOL CLUB GUN SHOW-** Fri- Su, Sept. 22-24, Linn County Fair & Expo Center, 3700 Knox Butte Rd, Albany 541-491-3755, www.lcfairexpo.com
- **MELISSA AND DOUG'S ACADEMY OF WONDER-**Tues, Sept. 26 from 10am-noon @ Rice's Pharmacy & Gift in Corvallis. For kids ages 3-8 years old. RSVP & adult accompaniment is required. Please call 541-752-7760 to reserve your 10-minute slot. Open to the first 25 kids only."
- **AMERICAN LEGION AUXILIARY UNIT 10 RUMMAGE SALE-** Fri-Sat 1215Pacific Blvd SE Albany OR 97321. Sept. 29-30th 9:00 am to 3:00 pm. Donations accepted on 27th and 28th from 9:00 to 1:00 pm. For more information call Bobbi at 541-730-2143
- **LINN COUNTY FLEA MARKET-**Saturday, Sept. 30th-7:30am-2:30pm, Linn County Fair & Expo Center, 3700 Knox Butte Rd, 541-926-4314, www.linncountyfleamarket.com
- **MARRIAGE SEMINAR-** Saturday, Sept. 30th, 8:45am to noon @ Brownsville 1st Assembly of God Church. FREE Mini Marriage Seminar (for married couples only). Beach Boardwalk theme. Breakfast, lunch & child care provided. Must RSVP by Sat, Sept 23rd (by phone or text) to Lorraine Harvuot at 541-905-3103.
- **POINTS FOR PROFIT MEETING-** Last Tuesday of the month at the American Legion Post 10-Albany, OR. Open to public. Meet local businesses, help a local non-profit. Dinner, beverage and dessert $8 per person RSVP required. Meeting starts at 6pm. Check out details at: www.pointsforprofit.org or call: 541-791-2901. Shop locally, serve locally, sustain locally.

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@inspiritmarketing.com

Back-To-School!

High Points is a monthly publication with 10,000 copies distributed in Linn, Benton and Marion 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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Ramblings From the Kitchen
of Karen Rogers

Pots de Crème

BY KAREN ROGERS

By now, I think everyone knows I am a Kitchen Gadgeteer. Reading a recipe, a while back it came to my attention that I didn't have a set of Pots de Crème cups. Horrors!! Suddenly I craved the rich chocolate puddings and was unable to make them without the proper equipment. Luckily, the Internet could help me and I found a nice set. This makes an intensely chocolaty, rich dessert.

In the top of a double boiler melt 6 ounces of the best chocolate (milk, dark or white versions all work well) over simmering water. Slowly add 1 C heavy cream, ½ C milk and ¼ C sugar or substitute. Stir carefully until well blended.

In small bowl beat 4 egg yolks, reserving the whites for another use. Add a small amount of the hot chocolate mix and blend well. Pour the yolk mixture back into the chocolate and stir until completely blended. Return the mix to the heat and cook about two minutes until the egg yolks are cooked and thickened. Pouring a little of the hot mix into the eggs is called "tempering" and prevents the eggs from getting scrambled. Cook until the mixture coats the spoon well.

Pour the mix into your cups and chill well. To serve, you can add a star of whipped cream and a few chocolate sprinkles.

What! You say you don't have Pots de Crème cups?!? Simply use your demi-tasse cups. Kidding aside, use ramekins or custard cups because no matter what they're in they will taste good.

And be sure to eat them with demi-tasse spoons.

September Word Search *by Rolie the Puzzlemaster*

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

BASIL
BRATWURST
CASING
DRY MUSTARD
FRANKFURTER
GRILL
ITALIAN
KIELBASA
LIVERWURST
PAPRIKA
PARSLEY
POLISH
PORK
ROSEMARY
SAGE
SAVORY
SMOKED
STUFFING
TARRAGON
THYME

Good Health

Shots! Shots! Shots!

PAMELA BECKER, RPH
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On average, 200,000 people are hospitalized in the U.S. with influenza complications each year. People aged 65yrs and older comprise 70-85% of all hospitalizations. The best defense against influenza, is an annual flu shot.

The Center for Disease Control recommends that everyone aged 6 months and older get a flu shot. Individuals that are very young or old, have chronic health conditions (i.e. diabetes, heart disease, lung disease, etc.), or are pregnant are at higher risk for flu-related complications.

The influenza virus mutates every year. Researchers collect flu data from around the world to predict which strains of influenza will be circulating in the next flu season. Therefore, it is important to get a flu shot annually; to protect against the currently active form of the virus.

The U.S. flu season usually spans October to May, with peak months being December through March. Once one is exposed to the influenza virus; there is a 1-4 day incubation period. During this time, an individual may not have symptoms, but can spread the viral infection to others. This is an important consideration when deciding whether to get a flu shot. While you may be willing to risk infection for yourself; could you be putting more vulnerable people around you at risk as well?

In the state of Oregon, anyone aged 7yrs. and older may get a flu shot at the pharmacy of their choice without a doctor's prescription. You can also ask the pharmacist to check your state vaccination record for other immunizations that may be due. Pneumonia shots are recommended for all persons aged 65yrs and older. Pneumonia and flu shots can be given during the same appointment.

Rice's Pharmacy offers a complete line of vaccines, including vaccines for travel outside the United States. All immunizations are given in a private room, by appointment, for your convenience. Call to reserve your flu shot today: 541-752-7779!

Baby Talk – Part I

DR. NICHOLAS R. BROWN,
TIMBER LINN CHIROPRACTIC & WELLNESS CENTER

541-967-8060

So you just found out you're pregnant. Congratulations! That is wonderful! What is even more amazing is that your baby already has a spine, most of the body organs, arms and legs beginning to form, and its own nervous system. And it's only 5 weeks old! Miraculous! In order for your baby to develop normally, it has two basic needs: One is proper nutrition and the other is a normally operating nervous system.

LET'S COVER NUTRITION FIRST.

At the risk of insulting my readers, some people operate under the impression that as long as they are not hungry, they eat well. Not true! As a mom, you must be aware of the fact that **everything** you eat and drink affects your baby. Everything! Generally the baby will take from the mother whatever it needs in terms of nutrition and I have met many mothers in my practice who are literally undernourished as a result. As a mom, you must remember that you are ***eating for two***. Simply "*filling up*" is not the answer. Your baby has very specific needs as it is growing and developing. Its rate of growth is seven times faster than its three-year-old brother. Much like feeding a baby elephant some may say!

The baby will take as much as it can from mom so it is important that mother provides proper fuel for all that rapid growth. So the following are essential for normal development of your baby:

1. Iron. Mom requires at least 800 mg daily. This is crucial for the development of red blood cells in your baby and is contained in most dark leafy veggies. If you must, you can obtain a liquid iron supplement from a health food store. The nicest way of getting iron is from a tablespoon of dark molasses in a glass of milk three times a day. What a way to treat your baby! Taking Vitamin C will help in the absorption of Iron from your digestive tract.

2. Folic Acid. This is very important in the normal development of the nervous system and cannot be omitted. You are lucky though, folic acid is contained in most foods which contain iron so it's a cinch to get. If you really want to get fancy, avocado are loaded with Folic Acid. They are also a known aphrodisiac and that may be why you are reading this, but that is another topic!

3. Calcium. Our friend! Mom and baby need at least 1200 mg daily. The molasses treat is a good way, or you may try raw almonds. Vitamin D helps in the absorption of Calcium from the digestive tract. This can be tricky because Vitamin D can also cause nausea and "*morning sickness*". I found that the easiest way of getting Vitamin D is from a careful suntan; whether it is outside or in a reputable tanning salon. If you do decide to use the "*electric beach*", be careful of heat. Babies do not like getting too hot!

I would also like to caution moms on taking Vitamin B6 when pregnant. It tends to reduce the amount of breast milk available for feeding; not a good thing! I'll continue in two weeks. See you then!

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

Protecting Your Tooth Enamel

We all want a bright, beautiful smile! Even if you visit your dentist regularly and floss and brush daily, there are still other choices that impact your health, including food and drink preferences.

The enamel, or outermost tooth surface, provides protection for the inner tooth structure, where the nerve and blood supply are housed. Over time, consuming acidic foods and beverages can erode the enamel and cause decay and sensitivity. Once enamel is lost, it will not grow back.

KIM KUTSCH AND GREG RENYER
KUTSCH & RENYER DENTISTRY
541-928-9299

WHICH FOODS/BEVERAGES CAUSE THE MOST DAMAGE?

- **Soda –** Most carbonated drinks are loaded with sugar, which isn't good for the waistline or your teeth. When left on your teeth, the sugar residue turns into plaque and begins to devour your enamel. In this way, sugar converts into acid. Even low-calorie beverages tend to be acidic. Consider drinking water instead… or if you do consume a sweetened soda, rinse with water to dilute the acid on your teeth.
- **Citric fruits –** Think lemons, limes, and oranges. Consume these with moderation and be sure to rinse with water after eating to rinse away the high acidic content.

WHAT CAN DETER THE BACTERIA FROM CAUSING DECAY?

- **Healthy foods:** Raw vegetables and fiber-rich grains are not only good for your body, but also benefit your teeth. Calcium-rich foods such as cheese and milk strengthen and fortify your teeth.
- **Sugarless gum:** Chewing gum between meals increases saliva flow, which helps to reduce the acid and bacteria in your mouth. Look for sugarless gums which contain Xylitol. This is an all-natural sugar alcohol that acts as an antimicrobial to inhibit bacteria growth caused by acidic foods and drinks. Another plus of chewing gum – it also satisfies your sugar cravings.
- **Water:** Drinking water helps to dilute an acidic mouth, plus replenishes your body with necessary liquid.

Propane Tank Safety Tips

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

TIP 1: PROPER USE OF PROPANE TANKS

Every time you use a new propane tank, check for leaks immediately. A good way to test for leaks is by using a soapy water mixture to see if any bubble form on the tubing or tank. Never try to patch a leaky rubber tubing yourself. Purchase a replacement.

Always place your propane tank in an area where there is good ventilation. Always turn off your propane tank after you are done using it and check that the seal is tight.

TIP 2: STORING YOUR PROPANE TANK

Always store your propane tank outdoors. Never store your propane tanks in enclosed spaces, such as your garage or your basement. Always store the propane tank in an upright position and away from any source of heat and direct sunlight. If you are using a propane tank that has been stored for a long time, always check for signs of wear and tear on the rubber tubing that connects the propane tank to your household appliances. Replace your tank if its worn or rusted. They have a wide variety tanks at CoEnergy Propane.

CoEnergy Propane
541-738-6733
www.coenergy.net

TIP 3: PROPER WAY TO TRANSPORT A PROPANE TANK

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

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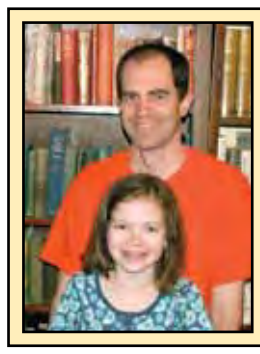
Good Reviews

We Have Always Lived in the Castle

By Shirley Jackson

By far, this is one of the most finely-crafted novels of sheer psychological suspense, which is graced with a narrator who is both completely truthful yet utterly unreliable when giving us certain details. Two examples: the first paragraph ends with "Everyone else in my family is dead." The very next sentence starts talking about the library books in her kitchen. And the first section of the book ends with the sentence, "The people of our village have always hated us."



SCOTT GIVENS, BROWSERS BOOKSTORES, AND FELLOW REVIEWER, DAUGHTER, **AMANDA GIVENS**

When our narrator Merricat was a child (she is now eighteen years old), her family was poisoned at dinner. Only she, her older sister Constance, and her slightly insane uncle survived. Constance, who served the meal, was tried for murder but acquitted by the court. However, the town still blames her for the death of her family.

Merricat and Constance have very carefully built a fragile life, full of a massive amount of little rituals, the repetition of which adds normalcy to their very abnormal life. This delicate existence goes on for years, until their cousin Charles suddenly appears. Is he here to help Constance break out of her seclusion and begin to live a normal life? Is he after the wealth he imagines they have? Does he have a dark side which only Merricat can see? His presence disrupts their routines and may threaten their very lives.

The mounting suspense is only matched by the deepening creepiness involving the characters. Although completely without monsters or bloody mayhem, even readers who love "splatterpunk" (horror fiction with excessive gory violence) should find themselves sufficiently thrilled by this short novel.

Shirley Jackson is probably best known for her tale of subtle terror, "The Lottery" which is frequently found in anthologies of both literary fiction and horror stories. Her book *The Haunting of Hill House* is a slightly more traditional ghost story. *We Have Always Lived in the Castle* is the third of her most famous books, and in my opinion—the best.

Good Stuff

Custom Skin Care

At River's Edge our treatments and skin care line are customized for your individual needs. The next step beyond our custom crystal infused skin care line would be professional facial treatments. One of our popular facial treatments includes Gem & Flower Essence Treatments. In addition to addressing the needs of skin as it matures these ingredients and treatments provide many mind - body benefits. Two of our most popular are Rose Quartz and Green Tourmaline.

LINDIE M. TRUEX, RIVER'S EDGE DAY SPA 541-791-2800

Rose quartz is an excellent heart-healing gemstone. It is a nature remedy that can be used for treating any issue that needs emotional healing. Rose quartz is a pink-colored crystal that carries a very gentle and soothing energy and gives comfort to anyone whose heart has been wounded.

Egyptians believed rose quartz had anti-aging properties. Tumbled stones of rose quartz were gathered by the Nile river where they then used these as facial massage stones to keep the complexion clear and prevent wrinkles. Rose quartz is also the stone of empowering love for oneself and for others, and for releasing stress.

Rose Quartz may also be beneficial in diminishing the appearance of unsightly scars. Use as an elixir to clear the skin, reduce wrinkles and promote a soft complexion. It may also be beneficial in diminishing the appearance of unsightly scars. Use as an elixir to clear the skin, reduce wrinkles and promote a soft complexion.

Green Tourmaline - As an energizing stone, tourmaline is believed to vitalize the skin, making it appear more radiant and youthful. When tourmaline crystals warm as they are rubbed onto skin, they become positively charged on one end and negatively charged on the other. Because of this unique feature, tourmaline has been incorporated into moisturizers, exfoliates, and anti-agers to increase the absorption of nutrients into the skin. Tourmaline extract triggers a warming effect to increase the production of new collagen and the contraction of fibers, thus restoring the springiness of skin.

There's also some research published in The Journal of Cosmetic Science that claims that tourmaline radiates infra-red rays and this heats the skin (the theory is a bit like crystal or wave therapy) and therefore stimulates the circulation. Tourmaline powder has been proposed as a natural substitute for harsh detergents in hair and skin cleansing products.

Tourmaline strongly promotes compassion, particularly towards

Custom Skin Care continued on page 15

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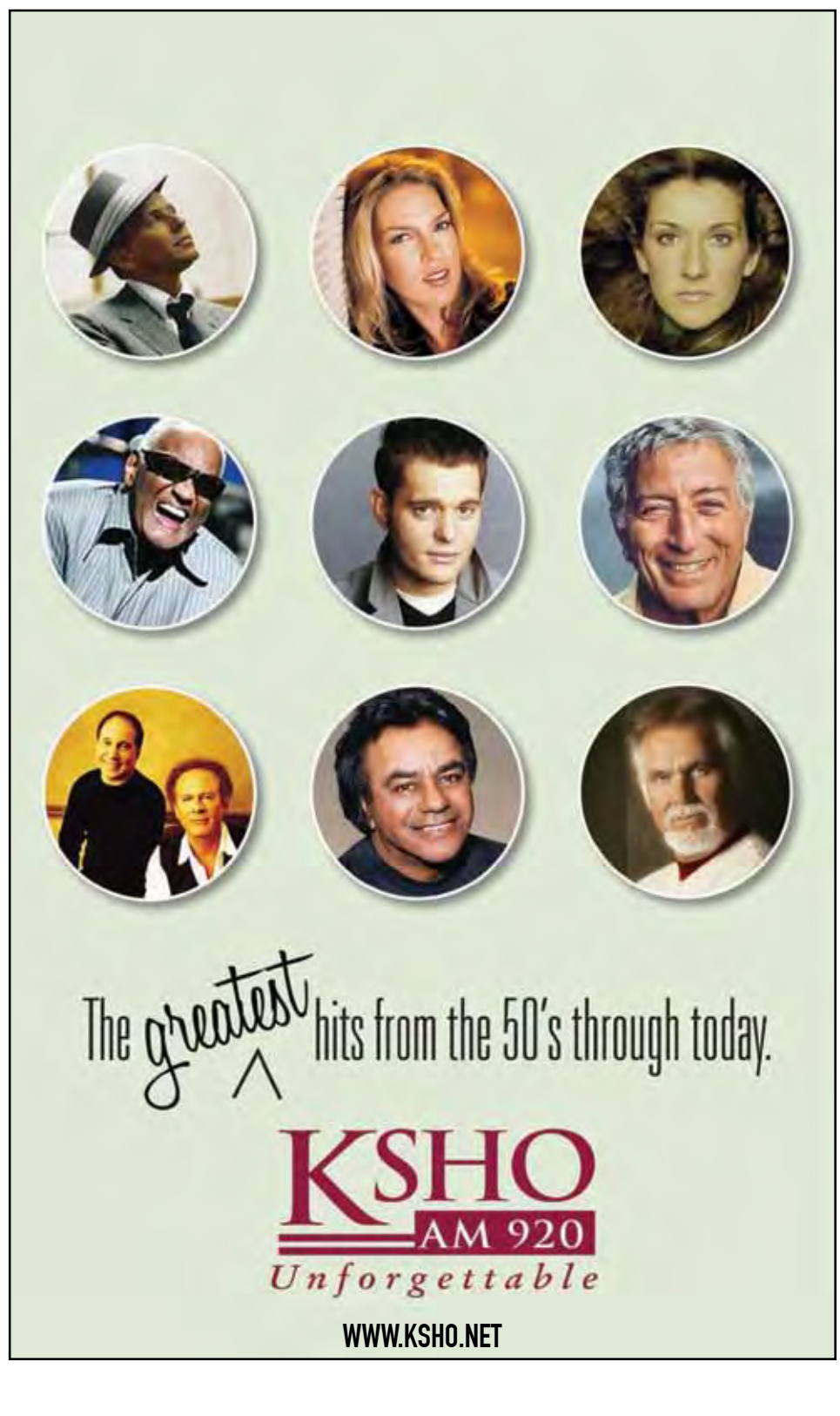

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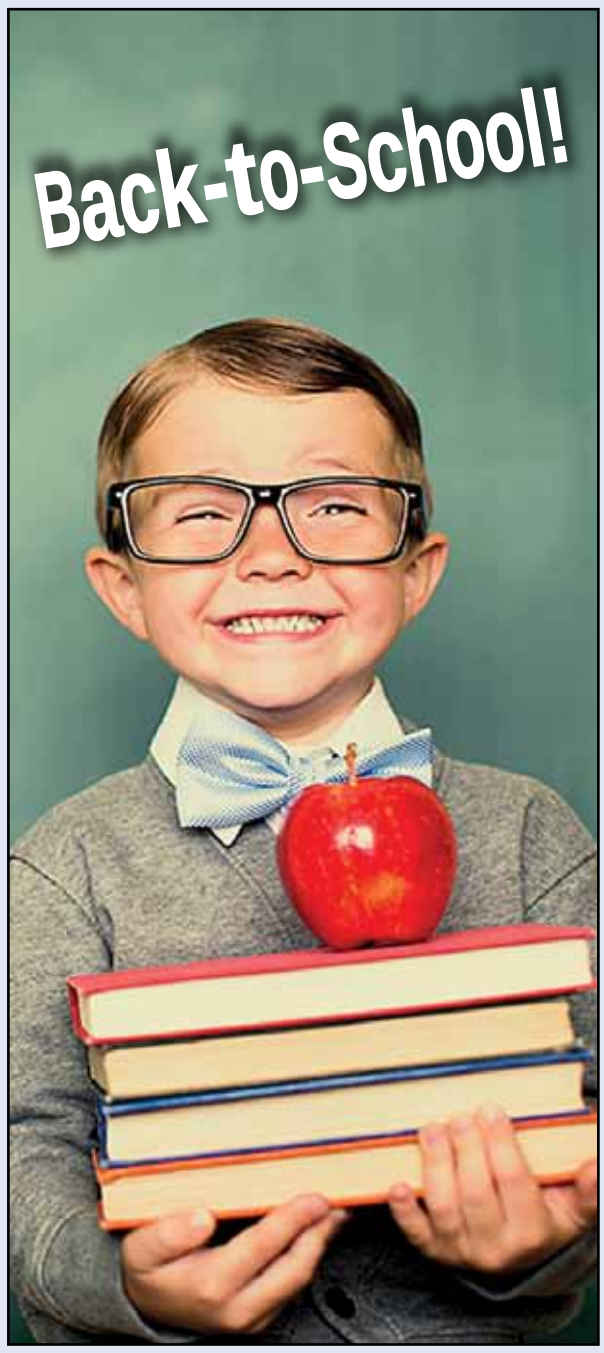

POINTS FOR PROFIT MEETING is September 26, 2017 from 6-8pm at the American Legion Post 10-Albany. Dinner starts serving at 5:30pm. To reserve dinner please RSVP by noon on September 25, 2017 to info@pointsforprofit.org or call (541) 791-2901. For more information visit pointsforprofit.org.

Passionate About Skin Care

Beth Eddings is passionate about Nerium. Nerium international is the global leader in anti-aging products for the skin, body, and mind. Nerium has a Scientific Advisory Board who are experts in dermatology and microbiology so offering expertise in skin and health research.

After more than ten years of scientist and medical research, Nerium Ad the flagship night cream was produced. All of Nerium products are Scientific proven, and patented. Nerium products are multifunctional addressing many different signs of aging at one time. The science behind these products will change your face, health, and mind. Ms. Eddings knows the products work and has heard and seen testimonies showing real results and real changes.

NERIUM

Beth loves Nerium also because the company is dedicated to impact our world. In 2016 Big Brother Big Sisters honor Nerium International and its Nerium Ripple Foundation for outstanding dedication to mentorship. Nerium is the largest corporate fundraising partner in the country, raising 1.3 million for the 112-year –old mentoring origination.

Being a part of a company that has real, scientific results and wants to impact our world is a win! Call Beth today at 541-981-9213 for a free sample and for more information on this exciting line of products!

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- Wake the World

Welcome Baskets by Berlee's Fancies

We are so excited to welcome Berlee's Fancies back to the Points for Profit family! Berlee specializes in helping your business look its best when giving gifts for jobs well done, as a thank you to a client, for hospitality or employee gifts. It doesn't matter what the occasion, Berlee takes the time to meet with you to find what your company wants to express, gets your logo and goes to work on your behalf to have the perfect basket or baskets ready when you call.

The care Berlee takes with making everything lends a level of special attention to detail that makes her gift baskets so lovely to give and receive. Every item that goes into these baskets can be selected to meet the specific desires of the recipient. As well, the basket can be finished with the favorite colors of your special someone in terms of wrap, ribbon and bows used. Her gifts in baskets can also be focused around a theme, such as a baby gift basket or holiday gift baskets. You can include gift items to any event you wish to celebrate, including anniversaries.

The care Berlee takes with all she does is why we have pursued her for so many years. We ask our businesses to have excellence and integrity and there is no one better that we would trust with you, our Points for Profit family. Please welcome Berlee's Fancies!

Berlee designs custom gift baskets with the goal of making YOU look terrific! ''Fancy That! Fancy This! Berlee's Fancies...Designed to Impress!" Call her today at (541) 905-2800 cell/text or visit her website at http://berleesfancies.com.

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Good Faith

Powerful Impact in Movies

KEVIN FERGUSON, WILLAMETTE VALLEY CHRISTIAN SUPPLY

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Many of us can identify with the power of impact a movie can have in our lives. Star Wars, Harry Potter, and many others have contributed to our ever-changing culture. Recently, we have seen a variety of Christian movies that are beginning to have a similar contribution. "Courageous" challenged men to live a life of integrity, while "War Room" proclaimed the importance of prayer. "God's not Dead" revealed a growing need to stand for Christ even when others denounce His existence. "Fire Proof" gave us a candid and convicting message that pornography can destroy a marriage. The movie presented a path forward for healing and reconciliation in a couple's relationship.

With excitement, Pure Flix, just released their newest movie, called "The Case for Christ". This is a powerful true story of Lee Strobel's journey in coming to know Jesus Christ as his personal savior. ***"Working to disprove the growing Christian faith of his wife, an investigative journalist chases down the biggest story of all time…with unexpected, life-altering results!"*** - Pure Flix

New York Times bestselling author, Lee Strobel, has presented evidences for the good news of Jesus to millions around the world. ***"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life"*** John 3:16. What I appreciate about Lee is his upfront conversation with you and me. He makes no apologies of recognizing that we are sinners and in need of a Savior. ***"For all have sinned and fall short of the glory of God…"*** Romans 3:23. He also points readers to the hope we can have in a personal relationship with Jesus, as mentioned in Romans 6:23, ***"For the wages of sin is death, but the gift of God is eternal life in[a] Christ Jesus our Lord."*** One of the most profound evidences that he communicates is the fact that Jesus arose from the grave; therefore, He is alive! ***For what I received I passed on to you as of first importance[a]: that Christ died for our sins according to the Scriptures, 4 that he was buried, that he was raised on the third day according to the Scriptures,…"*** 1 Corinthians 15:3-4.

Perhaps you have questioned or been a critic of Christianity and have many questions. I highly recommend picking up a copy of this book or the new movie. God's Word gives us a message of hope that can transform our lives eternally. ***"If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved. 10 For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved."*** Romans 10:9-10.

Annual Notice of Change **Medicare Beneficiaries**

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Over the next few weeks you may get a mound of mail. Your Medicare plan and others plans in your area and Medicare itself may send you materials and information. It's all meant to help you understand your Medicare coverage choices, Medicare Open Enrollment is just around the corner and information will help you make the right decision. Medicare Open Enrollment is between October 15 through December 7 and decisions can be overwhelming.

One piece of Medicare mail though you should pay attention to is the Annual Notice of Change. This thick booklet will be from your current Medicare plan. The booklet will explain plan coverage, cost and service area changes that will go into effect the following January. The information is provided to help you decide if your plan will continue to meet your health care and budget needs in the coming year. Here is what you should review in your booklet:

- Plan Coverage – will your plan change affects the coverage for services you need? Have there been any changes in your health that may affect what services you may need or how often you may need them?
- Provider Network – are your current doctors in the plan's provider network? There were some changes in some plans last year, so please be sure to call your agent, or call customer service for your plan, or review the provider directory. Please look up your primary care physician and specialists that you may need.
- Drug List and Pharmacy Network – Look up the drugs you currently take, will they be covered? Are you paying a higher cost compared to 2017? Has there be a Tier change to the drug you are taking? Can you continue to use the pharmacies you prefer?
- Total Costs – Look at co-pays, co-insurance or deductibles and any changes? Did your monthly plan premium change? Will the total out of pocket spending for the services and prescription drugs continue to fit your budget?

If there is anything in your Annual Notice of Change that you do not understand be sure to call your Agent, or check with your plan. There will be upcoming Community Meetings from

Medicare continued on page 15

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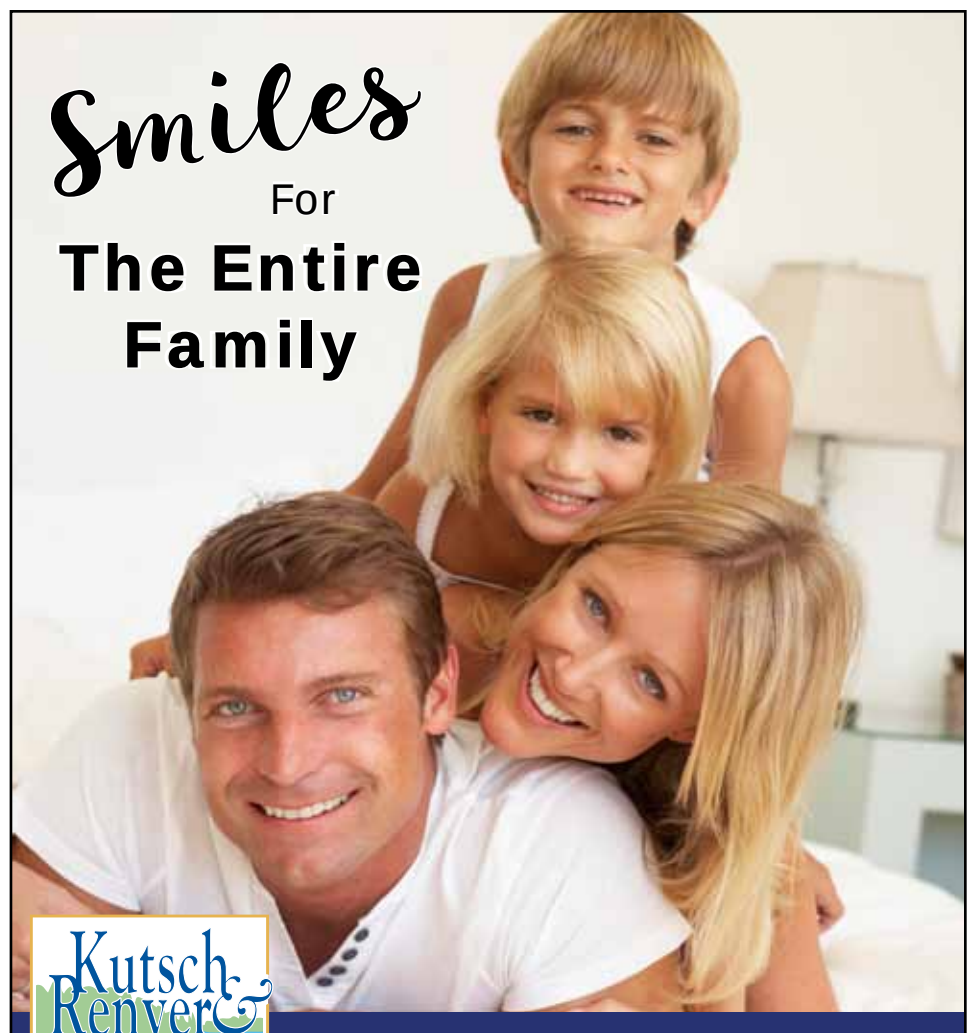

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How to Maximize your Improvements for Future Resale-Part 2

Thanks to summer's long days and fair weather, home improvement projects are in full swing. Home projects can also provide a chance for family togetherness. Doing projects together with you helps your children learn, contribute and gain a sense of accomplishment.

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In most regions, summer is the best time for improvements – especially outdoor ones. While it's important to repair damage or make improvements to increase resale value, the outdoor upgrades listed below are all about fun. Here are a few summer projects that lead to family fun and summer enjoyment:

4. INSTALL A GARDEN WATER FEATURE

It's hard not to love a garden fountain, stream or pool, especially on a hot day, when the sound and movement of water in your garden or yard can be meditative and refreshing.

Using a small water pump, you can construct a fountain from almost anything. Many ideas as well as complete assembly instructions are available online.

Installing a garden pool is generally more involved. Though you can find plans and instructions online, you may need the help of a landscape professional to design and build a successful garden pool. If you build a garden pool, be sure small children cannot get near it unattended.

5. BUILD OR REFINISH A DECK

A low-level deck is the perfect stage for all types of family activities, from barbecues to yoga and sunbathing. If you have a deck that has seen better days, now is the time to get it back in shape.

If you don't have a deck but you wish you did, search information on how to build a simple deck online. You'll find a variety of easy-to-build plans and instructions. If you're an

Future Resale continued on page 15

Time to Winterize

With fall nearly upon us, cooler temperatures and wet weather are closing in. In preparation, there are a number of chores to be done to get your home and yard read for the winter. Garden beds will need to be cleaned, mulch applied to your flower beds, and soon it will be time to rake leaves (and rake and rake…).

BRYAN SMITH, SMITH GLASS

541-926-4446

Your home may need some winterizing as well. If you've owned your home for long, you know the pitfalls of waiting until the last minute. After a quick walk around your house in the early fall, you can compile a (hopefully) short list of items to take care of before the rain and damp weather set in for the long term.

One place to pay special attention is your windows. Do your windows and patio doors open and close easily? Are you still getting by with old single pane aluminum windows? Do you use a stick as a window security device? If you answered "yes" to any of these questions then you may have a "classic" home in need of an upgrade - and fall is a great time for new windows!

New vinyl or wood double pane windows can cut your heat loss by 3-4 times when compared to single pane windows. Just think of all the money you'll save on your energy bill! Nowadays they come with much stronger locks than in the past. Some automatically lock when you close them so you'll never have to remember to lock them, just close it all the way. Lastly, the sophisticated look of the new frames will really freshen up your home. Not only will you stay warm and comfortable during the winter but you'll add value to your home as well. Most local companies offer free estimates and there's still time to take advantage of rebates through the Energy Trust of Oregon.

Smith Glass has locations in Albany and Corvallis to serve you. Call them today or visit their showrooms. You can also visit the website at www.smith-glass.com . Smith Glass, on the cutting edge since 1945.

Good Info

Bunk Beds - Superior Space Savers

TIMOTHY BALDWIN
Rife's Home Furniture

Have you ever considered the idea of buying a bunk bed? There are many styles to accommodate your needs whether it be for your home, a dorm room, gift or a variety of other reasons. A bunk bed can be a fantastic solution for a room that has no space to spare. These types of beds can be extremely practical in many different situations such as a home where children share a room, a student dorm room, a business staff accommodation and even save a lot of space at the cabin or cottage.

A bunk bed is found often, made of wood, but can also come in metal. There are many types to choose from depending on what you need it for. Types of bunk beds include L-shaped, triple bunk beds, twin over full bunk beds, standard and loft bed types. Also check out a trundle bed, which may be particularly useful for kids who like to have sleepovers, as it slides out from below your child's existing bed like a drawer. These types of bed can make a small room appear quite large, and feel like that too.

With a bunk bed, many people have a concern with safety. Well, before you purchase one of many bunk bed styles available, you want to make sure that it is sturdy. Some good quality stackable beds can support 400 lbs. per bed, which means they are not only for children, they are also great for adults. Please take the time to enquire about the different lengths available for you, as they really are a great way to add space and style to a room in your home. Rife's Home Furniture can help you find the right choice to fit the space in your home and your budget.

Rife's Home Furniture is the number one place to buy furniture in the Eugene, Springfield, Albany, Coos Bay, Corvallis, Roseburg, Oregon area. Rife's features an excellent selection of living room furniture, bedroom furniture, dining room furniture, office furniture, entertainment centers, and mattresses for your Eugene, Springfield, Albany, Coos Bay, Corvallis, Roseburg, Oregon area home. At Rife's Home Furniture they're committed to giving you the best furniture shopping experience possible. They carry high quality furniture at affordable prices, and have an experienced sales staff who will help you every step of the way with your furniture or mattress purchase. If you're looking for furniture in the Eugene, Springfield, Albany, Coos Bay, Corvallis, Roseburg, Oregon area, stop by Rife's Home Furniture today!

Heat Stroke

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

August and September are often the warmest times of the year hear 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 effected. Seizures and Comas result from neurological insult. Arrhythmias and Cardiac arrest can occur and 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 intensive twenty four hour care required to save them.

It is important for dog owners to realize that heat stroke doesn't always require extremes in heat and exercise 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 temperatures are not that high. It has recently been discovered that certain breeds like Labrador and Golden Retrievers are at increased risk of heat stroke because they produce fewer factors produced by stressed cells 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 this 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 increases 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.

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 rags against their armpits and groin area where blood flow is closed to the 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 itself. 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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Good Business

Workplace Cold and Flu Season

BY CHERYL VAUN, COMPLETE BUSINESS SOLUTIONS
541-981-9566

It is nearly back to school time which means that it is time for the heavy first round of cold germs to begin making their rounds. Every year I like to remind business owners of the financial cost that cold and flu season can carry a for your business.

"According to the Centers for Disease Control, the flu alone costs U.S. companies $10.4 billion in direct costs including hospitalizations and outpatient visits.

Year to year the numbers fluctuate, but we know that antibiotic resistant strains are increasing. It is increasingly important to implement preventative measures, as well as encouraging your staff to use their sick leave, to reduce the spread of illness among your staff members and prevent transmission to your customer base that may come into contact with your staff.

I want to again share some free resources with employers to help you successfully navigate the coming season. The first is Healthy Workplace Project. This website, run by health products supplier Kimberly-Clark Worldwide Inc., educates employers and employees about germs in the workplace and how to reduce workplace absences due to illness. There are short videos you could share with your employees. Use this free resource and implement a great proactive wellness program in your office today!

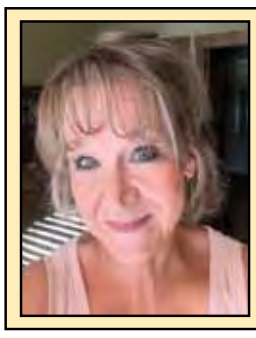
The CDC has a free "toolkit". It is another great tool for your business to start building a solid policy for your workplace sickness policy. Go to cdc.gov and type

Make It Your Business to Fight the Flu: You will be directed to a PDF of "A Toolkit for Businesses and Employers".

And remember, little things employers do can send a big message. Implement simple "get well" gestures for staff members that are out sick that let them know you want them to take the time to get well. It will send a positive message to the rest of the staff while reinforcing a workplace policy of staying home when you are sick.

Be a proactive employer who works to minimize the impact that a prolonged cold and flu season can have on your business, your customers and your community.

Give a Man a Fish



BY KAREN CHAMBERS, ALL STAR LABOR & STAFFING
541-791-7928

I was reminded recently of the old proverb – "Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime."

I can't get that proverb out of my head as it is a pretty optimistic take on poverty. At All Star Labor & Staffing part of our mission is to be a second-chance employer and we see miraculous transformations in people every day. I began to think about the proverb and how it compares with what we do here. We have people come through our door who are so beaten down from their past experiences that they have very little faith in their future. Everyone who comes in seeking employment is coming from their own set of circumstances and sometimes those circumstances are dire. Our staffing coordinators work from a place of love. We have been recruiting and staffing since 2009 and throughout that time our staff has seen and heard thousands of horrific as well as inspiring stories from our applicants. Through hearing their stories, we are more committed than ever to finding the right employment situation for each individual.

So let's break this down. "Give a man a fish and you feed him for a day." This part we are on board with. To us a fish represents that first interaction when a prospective employee walks through our door for an interview. We want to make each individual feel comfortable and our staffing team wants to know how to help – so we offer lattes with any kind of flavor you can think of and then we offer a big, delicious apple. The coffee and apple are just part of our "fish." The second is the interview. By finding out what that person really wants and needs, we can begin the second part (our ideal) – "teach a man to fish and you feed him for a lifetime." You can't just teach someone how do something without helping them develop the tools they need to sustain it. Why would you teach a man to fish but not give him a rod? For example; if someone comes to us with limited labor skills and we only send him out on occasional and seasonal general labor jobs – what does that do for his lifetime? Nothing, it is not sustainable. But if you send him out for those jobs while simultaneously teaching him skills needed for hospitality jobs such as serving, you can teach him the right set of tools to use for an entire lifetime. That is what we do here.

If you need help getting the right boots for a job, we will show you how. If you need help finding the right clothes to make a good impression with your employer, we will show you how. If you are out there thinking that there is no help available, or afraid to hope or are too nervous to walk through our door, please reconsider. It would be our honor to provide you with a fishing rod.

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Custom Skin Care continued from page 6

yourself, Green tourmaline strengthens the heart and offers detoxification effect. This crystal has properties that help with detoxing, boosting confidence, balancing mental stress and helping to remove fear, negativity, and worrying.

Tourmalines contain a wide scope of healing effects. Green Tourmaline (also known as Verdelite) brings a joy for life. It promotes an appreciation for the many wonders that life has to offer. It encourages patience and openness.

Please call or text Lindie today at 541-602-0711 to schedule your first facial treatment. Mention this article to receive a special upgrade to your appointment!

Medicare continued from page 11

different insurance carriers that you can attend. The meetings take one hour to review the insurance carriers features and benefits.

Let me assist you with your Medicare Plan Review. I have a worksheet that I will distribute to anyone who calls my office. It will be easy to use and help you with decisions.

You can reach me at (541) 286-6443, ask for Donna Green. Just call to have the worksheet mailed to you if that is all you need.

Future Resale continued from page 12

accomplished do-it-yourselfer, you can build it yourself. Otherwise, line up a contractor as soon as possible.

6. LAY A SOD LAWN

Early in the summer, you still have time to get the lawn you've always wanted. By using sod – rolled up strips of pre-grown lawn – you can turn a struggling lawn or barren soil into a lush green carpet within a few days. By the middle of summer, your kids can be doing somersaults, playing croquet and running through the sprinklers on it.

The secrets to a successful sod lawn are planning and preparation – including amending the soil. Though you can do the work yourself, it usually pays to hire a landscaping contractor or lawn specialist to install a sod lawn.

Sod is sold by the square foot. Rolls cost from about 30 to 45 cents per square foot. Installed, expect to pay from $1 to $2 per square foot.

If you lay sod in the summer, you'll need to water at least once a day for several weeks. Before installing a new lawn, be sure to plan for an automatic sprinkler system so you don't spend your summer hand-watering.

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