

# HIGH POINTS



GOOD NEWS FOR THE WILLAMETTE VALLEY

SEPTEMBER 2018 • FREE



## We Must Never Forget 9/11/2001

The 17th anniversary of an event that sparked a renewed patriotism and unity in our country will occur on September 11, 2018. 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, 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 (including you) is invited to the American Legion Post 10 located at 1215 Pacific Blvd SE in Albany Oregon for complimentary brunch provided free of charge graciously by our Five Star sponsors Bi-Mart and CoEnergy Propane; Four Star sponsors Elmer's, Country Financial representative Michelle Morford and Points for Profit; Three Star sponsors Jacopetti's Catering, Albany Animal Hospital and Sugar Vibes Donut Company. Thank you our Media sponsors HighPoints, KGAL, KSLM and KSHO radio.

We salute not only the many other generous sponsors who are assisting in making this annual event bigger and brighter every year but also all who were deeply impacted by this event. We will continue to honor and remember the sacrifice and loss that lead us to this day.



## Fall Home Show on the Horizon

The 24th annual Albany Home & Remodel Show is set to go for another power-packed year for our area homeowners and skilled, local builders! The event has something for everyone with a Fall Tree and Shrub Sale, dozens of Home Show giveaways, Chic Home Décor, Habitat for Humanity Bargain Building resources and plenty more! The Home Show bursts at the seams with home improvement ideas and tips from the local experts. If you are considering hiring some work done by a pro or even doing the work yourself, then the Albany Area Home Show is a must visit for you and your family. Come and get thousands of home decorating and improvement ideas from the largest 'hub' of building and remodeling resources in the area. It's the place to be!

We will see you there!

### Event details

#### Dates & Times:

Sept 28th-30th

Friday: 3pm – 8pm

Saturday: 10am – 6pm

Sunday: 10am – 5pm

#### Location:

Linn County Fair & Expo Center

3700 Knox Butte Rd

Albany, OR 97321

#### Admission:

Free Admission

Free Parking



# Good Times



## Fun Events for September 2018

September brings us back to school. There are still lots of fun things to do, see and experience during the month of September. Please remember to be on the look out for children walking to and from school.

- FARMERS MARKETS**
  - Albany** - Sat 9am-1pm, City Hall Parking Lot [locallygrown.org/home](http://locallygrown.org/home)
  - Brownsville Farmers Market** - Thur 3-7pm, Main & Park St, 541-359-5898, [www.brownsville-farmersmarket.com](http://www.brownsville-farmersmarket.com)
  - Corvallis** - Sat and Wed 9am-1pm, First St. Downtown [locallygrown.org/home/](http://locallygrown.org/home/)
  - Lebanon Downtown Farmers Market** - Thur 2-6pm. [www.lebanondowntownfarmersmarket.org](http://www.lebanondowntownfarmersmarket.org)
  - Salem Monday Hospital Market** - 10-2pm, 880 Oak St SE, [www.salemsaturdaymarket.com](http://www.salemsaturdaymarket.com)
  - Salem Public Market** - Sat 8:30-2pm, 1240 Rural Ave. SE, [salempublicmarket.com/content/index](http://salempublicmarket.com/content/index)
  - Salem Saturday Market** - 9-3pm, 865 Marion St NE, [www.salemsaturdaymarket.com](http://www.salemsaturdaymarket.com)
  - Salem Wednesday Market** - 10-2pm, 530 Chemeketa St NE, [www.salemsaturdaymarket.com](http://www.salemsaturdaymarket.com)
  - Sweet Home Market** - Tues 2-6pm [www.sweethomefarmersmarket.org](http://www.sweethomefarmersmarket.org)
- POINTS FOR PROFIT MARION/POLK** Sept 6, Thur at Pizza Hut on Commercial, Salem, OR. Open to public. Meeting for businesses and non-profits. RSVP by 31st via email [info@pointsforprofit.org](mailto:info@pointsforprofit.org) Meeting starts at 6:00pm. Check out details at: [www.pointsforprofit.org](http://www.pointsforprofit.org) or call: 541-791-2901. Points for Profit: Shop locally, serve locally, sustain locally.
- SWEET HOME RANGER DISTRICT "RIDE WITH THE RANGER"** Sept 7, Fri 9am, Fish Lake Day Use Area, Difficulty is moderate, 541-367-5168, [www.fs.usda.gov](http://www.fs.usda.gov)
- BEST IN THE WEST TRIATHLON FESTIVAL** Sept 7-9 Fr, Sat & Sun, Foster Reservoir, Sweet Home, 541-915-5116, [www.bestinthewesttriathlon.com](http://www.bestinthewesttriathlon.com)
- PONIES OF THE AMERICAS HORSE SHOW** Sept 7-9 Fri - Sun, Linn County Fair & Expo Center, 3700 Knox Butte Rd, 503-954-7766, [www.lcfairexpo.com](http://www.lcfairexpo.com)
- ALBANY BEER "RUN"** Sept 8, Sat 11am-2pm, Calapooia Brewing, 140 NE Hill St, 541-497-1511 \$, [www.omroadrace.org](http://www.omroadrace.org)
- CYCLE OREGON'S CLASSIC WEEK-LONG BIKE RIDE** Sept 8-15 Cycle Oregon, a nonprofit organization dedicated to transforming individuals and Oregon

communities through bicycling, kicks off its signature weeklong bike ride starting Saturday, September 8

- WHEN RIDERS ARRIVE TO BAKER CITY.** Riders begin to ride the morning of Sunday September 9. The fully supported event runs through the following Saturday, September 15. Participating cyclists will travel through the splendors of Northeastern Oregon with stops in Halfway, Wallowa Lake State Park, Elgin, Pendleton, and La Grande. More details visit [cycleoregon.com](http://cycleoregon.com)
- SANTIAM HOSPITAL AUXILIARY-ANNUAL HARVEST BREAKFAST** Sept 9, 7am until Noon at Sublimity Fire Hall, 115 N. Parker St., Sublimity. 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 are free. All proceeds and donations are used for the Auxiliary Scholarship Program for students interested in pursuing a career in the medical fields and to purchase supplies and equipment requested by the various hospital departments. The Auxiliary awarded \$10,000 in 2017 to deserving scholarship applicants. For more information or to volunteer, call 503-769-3381 or 503-749-2910.
- LYONS GARDEN CLUB** Sept 12, noon, will resume their monthly meetings after a summer hiatus, with a no host potluck picnic at the home of Diane Hyde in Lyons, 848 5th St., phone 503-859-2517. Bring your favorite dish to share. Diane will give a talk on starting a winter garden. The group will celebrate Judy Keillor's birthday. Jean Newham will be the hostess for the October 10 meeting. For more information please contact Cheryl Cappelletti at 503-767-3348, Diane Hyde at 503-859-2517 or John Hollensteiner at 503-508-5913.
- BLACKBERRY JUNCTION** Sept 13-16 Thur-Sun, Linn County Fair & Expo Center, 3700 Knox Butte Rd, 503-507-8200, [www.lcfairexpo.com](http://www.lcfairexpo.com)
- SWEET HOME RANGER DISTRICT "CASCADIA CAVE HIKE"** Sept 14 Fri 9am, Fish Lake Day Use Area, Difficulty is easy, 541-367-5168, [www.fs.usda.gov](http://www.fs.usda.gov)
- SWEET HOME RANGER DISTRICT "PADDLE BOARD OR KAYAK DALY LAKE WITH THE DISTRICT RANGER"** Sept 14, Fri 11am, Daly Lake Day Parking Area, Difficulty depends on experience 541-367-5168, [www.fs.usda.gov](http://www.fs.usda.gov)
- INAUGURAL MILLERSBURG CELEBRATION** Sept 15, Sat noon to 9pm, Millersburg City Park, Alexander Lane, 541-928-4523
- SWEET HOME RANGER DISTRICT "GENERAL**

**OUTDOOR PREPAREDNESS** Sept 15, Sat 9am, Sweet Home Ranger District, 4431 Hwy 20, Difficulty is easy, 541-367-5168, [www.fs.usda.gov](http://www.fs.usda.gov)

- NW BUCKSKIN CLUB HORSE SHOW** Sept 15-16 Sat & Sun, Linn County Fair & Expo Center, 3700 Knox Butte Rd, 503-845-2801, [www.lcfairexpo.com](http://www.lcfairexpo.com)
- ALBANY BUSINESS EXTRAVAGANZA** Sept 19-20 Wed & Thur, Linn County Fair & Expo Center, 3700 Knox Butte Rd, 541-926-1517, [www.lcfairexpo.com](http://www.lcfairexpo.com)
- CRAFT BREW SMACKDOWN** Sept 22 Sat 2-7pm, Historic Downtown Albany 541-740-1466, \$, [www.greateralbanyrotaryclub.org](http://www.greateralbanyrotaryclub.org)
- ALBANY HOME AND REMODEL SHOW** Sept 28-30th, Fri 3-8, Sat 10-6, Sun 10-5, Linn County Fair and Expo Center, [wvpevents.com](http://wvpevents.com) for more details. Free Parking and Free admission.
- LEBANON 4TH ANNUAL BREWFEST** Sept 22, Sat noon to 9pm, Main Street, Lebanon 541-258-7105, [www.bgc.greatersantiam.org](http://www.bgc.greatersantiam.org)
- RUNAWAY PUMPKIN HALF MARATHON & 8K** Sept 29, Sa 9am-2pm, Cheadle Lake Park, 37919 Weirich Dr, Lebanon [www.runawaypumpkinhalf.org](http://www.runawaypumpkinhalf.org)
- POINTS FOR PROFIT LINN/BENTON IS THE LAST TUESDAY OF THE MONTH**-Sept 25th, Tues, 6pm at American Legion Post 10-Albany. Open to public. Meet local businesses, help a local non-profit. Dinner, beverage and dessert \$9 per person RSVP required. RSVP by emailing [info@pointsforprofit.org](mailto:info@pointsforprofit.org) Meeting starts at 6:00pm. Check out details at: [www.pointsforprofit.org](http://www.pointsforprofit.org) or call: 541-791-2901. Points for Profit: Shop locally, serve locally, sustain locally.
- POINTS FOR PROFIT MARION/POLK IS THE FIRST THURSDAY OF THE MONTH**-Oct 4th, Thurs, 6pm at Pizza Hut on S Commercial in Salem. Open to public. Meet local businesses, help a local non-profit. Dinner, beverage and dessert \$9 per person RSVP required. RSVP by emailing [info@pointsforprofit.org](mailto:info@pointsforprofit.org) Meeting starts at 6:00pm. Check out details at: [www.pointsforprofit.org](http://www.pointsforprofit.org) or call: 541-791-2901. Points for Profit: 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](mailto:info@inspiritmarketing.com)

**Join us**

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<b>Eugene</b> 579 E. Broadway 3577 W. 11th Ave 2870 Willamette St	541-686-1166 541-344-4141 541-686-1600	<b>Salem</b> 3302 Commercial St SE <b>Springfield</b> 140 S. 32nd St	503-364-7286 541-741-8000
<b>Woodburn</b> 1425 Mt. Hood 503-982-3333			
<b>Carryout &amp; Delivery</b>			
<b>Eugene</b> 1930 River Rd <b>Keizer</b> 4492 River Rd North	541-688-1800 503-390-9400	<b>Salem</b> 560 Wallace Rd NW 3052 Lancaster Dr NE	503-363-2100 503-399-8000

**Large 3-Topping Pizza, Large 1-Topping Stuffed Crust Pizza, 8 Bone-Out Wings & 2-Liter Pepsi** **\$29.99**

Offer Expires October 30th, 2018. One coupon per person. Not valid with any other offers. Additional charge for extra cheese, Original Pan Pizza and Stuffed Crust. Valid on Dine-In, Carryout or Delivery where available. Limited delivery area. Delivery charge may apply.

## Choosing a Medicare Plan

I made the right choice when I chose my Medicare Advantage plan. In 2016 when I enrolled in the plan I thought I was in good health and was able to continue to enjoy life. I chose AARP MedicareComplete Plan 1 (HMO). In 2018 the plan is \$53 a month and has a lot of benefits besides Part A (hospital), Part B (medical), Part D (prescription drugs). In addition to Part A, B, and D it offers vision, dental, hearing aids, fitness (like the YMCA in Albany), acupuncture, and over the counter items.

In July 2017, I went in for my "Welcome to Medicare" visit and answered a series of questions as well as tests. One of the test was a mammogram and I had a suspicious area, which needed to be re-tested. Then a biopsy was ordered and I found out I had a 1 cm cancer in my left breast. The diagnosis came in September. In addition, I had an ultra sound because of problems in my lower female area. From that test I learned I had a large mass – it could not be determined at the time whether it was cancer or not, yet it needed to be removed because the mass was pressing on my bladder. Unfortunately, my Primary Care Physician went on leave so follow up or communication seemed to be missing. After a few phones calls to my Primary Care Physician's office, I received a call back and was told that a referral was made to Willamette Cancer Institute in Eugene for the mass found (this was in October). I met with a wonderful doctor whose credentials were impressive and I liked her. More tests, exam, and then surgery was scheduled on Halloween day in 2017. I spent four days in the hospital. The total charge for hospital, surgery, care, drugs, were approximately \$59,000 and my responsibility \$780. That is all I had to pay. Why? Because of the plan I chose. The Inpatient Hospital copay is \$195 per day



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up to seven days then \$0 thereafter. The plan reads unlimited number of days after the seventh day. Even with Inpatient Hospital – when you are admitted – is complete, there will be no surprises for when you read the Evidence of Coverage (which is your contract) it breaks down all services that are covered for that daily copay. Basically, all Part A and Part B. You see if I just had original Medicare I would be responsible for deductible - \$1,340 (amount owed for 2018). My plan stated I owed \$780 and that is all I paid. The good news – the mass was encapsulated even though cancer was found in the middle of the mass, my body encapsulated the cancer and it didn't spread.

In December, the breast cancer surgery was scheduled for 12/13/2017 and it was a day procedure, and I owed \$175 copayment for outpatient surgery. Oh, I forgot to mention the tests copayments. My ultrasound is a 20% coinsurance, and it was \$24. I also had an MRI and it was \$108. I was happy to be on Medicare and not pay thousands for what I went through and the diagnosis is good! Points for Profit Linn/Benton Sept 25th, Tues, 6pm at American Legion Post 10-Albany. Open to public. Meet local businesses, help a local non-profit. Dinner, beverage and dessert \$9 per person RSVP required. RSVP by emailing [info@pointsforprofit.org](mailto:info@pointsforprofit.org) Meeting starts at 6:00pm. Check out details at: [www.pointsforprofit.org](http://www.pointsforprofit.org) or call: 541-791-2901. Points for Profit: Shop locally, serve locally, sustain locally.

All margins clean, all lymph nodes removed were negative. Are you happy with your plan? Do you want to hear more? Call me, (541) 286-6443.

## Endocannabinoid Receptors and Cannabinoids



Albany's Canna Kitchen & Research

The Endocannabinoid System (ECS) is one of our most vital systems in our bodies yet is one that is only recently being talked about more openly.

The ECS is such an important system because of its involvement in regulating a variety of other systems and processes in our bodies. It does this regulating through the ECS receptors located on cell surfaces throughout the body.

There are two main receptors of focus, CB1 and CB2. THC binds with CB1 receptors and CBN binds with CB2 receptors, while CBD suppresses the breakdown of the body's naturally occurring cannabinoid that is responsible for activating the CB1 and CB2 receptors.

CB1 receptors are found in the brain, lungs, liver, vascular system, endocrine system, and muscles. CB2 receptors are found in the immune and hematopoietic systems and bones, present in the brain, liver, and in the pancreas.

And, the research continues.

FLAVORS OF FALL!





**CANADIAN BACON OMELET**

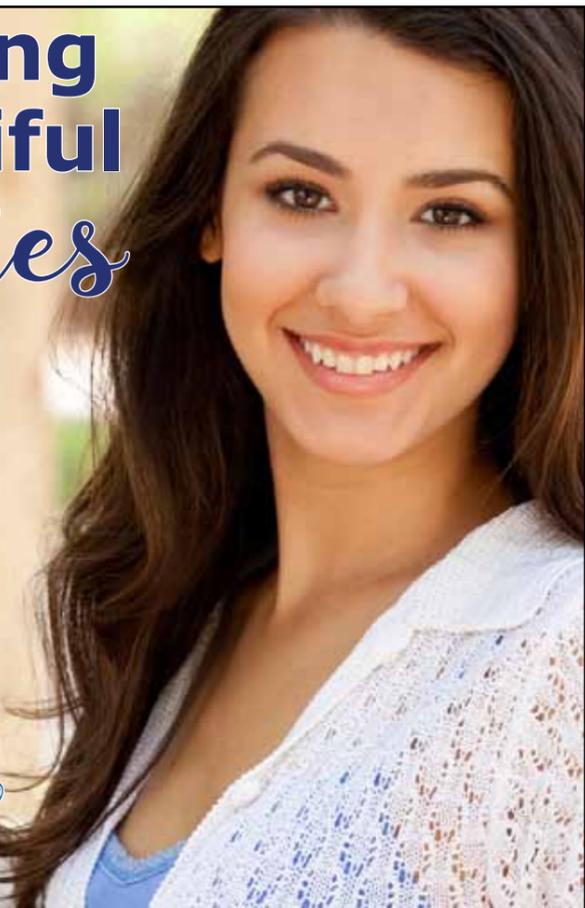


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## Back to School!

Soak up the last of the warm summer days; it's time to go back to school! Young people may need more than pencils, paper, and protractors this fall; are they current on their immunizations?

Oregon law requires that one receive a prescribed list of vaccinations in order to attend a child care facility or school. The list is broken into age groups: Infant- prekindergarten, kindergarten-sixth grade, seventh- twelfth grade, and college. If entering an Oregon school from out-of-state, be sure to compare the immunization requirements as they can differ from state to state. The Oregon requirements can be found online at: [public.health.oregon.gov](http://public.health.oregon.gov), click on "prevention and wellness", then select "vaccines and immunizations".

One must be able to provide documentation of which vaccines have been given as well as the date they were given. If an immunization record has been misplaced, and the shots were given in Oregon, a pharmacist who is licensed to give vaccines may be able to help recover the documentation needed. One can also ask the pharmacist to check that all mandatory immunizations have been given. If one is over the age of seven years, the pharmacist can administer missing immunizations without the need for a doctor's office visit. Children under the age of seven yrs. must be treated

in a doctor's office or county health department.

We often associate immunizations with early childhood, but there are several vaccines recommended for those attending college, as well. State law stipulates that one must show proof of having two doses of measles vaccine (MMR) before entering college.

Many colleges also require meningococcal vaccines (provide protection against bacterial meningitis). Students aged 25yrs and younger, attending Oregon State University in 2018-19 are required to have a full course of Meningococcal B vaccine, due to an outbreak of the disease in 2017-18. Tetanus/diphtheria/pertussis (Tdap) should be updated if needed. Gardasil is also highly encouraged. Gardasil protects against the Human Papilloma Virus (HPV) which causes cervical cancer in women and venereal warts in men and women.

Lastly, EVERYONE should get a flu shot! Students are in close contact with others daily, which puts them at risk for contracting flu and puts others at risk because they will "carry" the virus home. The flu vaccine changes every year, so it is important to get a flu shot each fall.

Do you need help with immunizations, or have questions? Call Rice's Pharmacy (541-752-7779) and ask for Pam. Arrangements can also be made for on-site group flu shots.



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## Growing Pains

So here you are. Your child is crying his eyes out, usually at bedtime, with what seems to be to indescribable pains in his/her legs. Your heartstrings have had it and you have most likely tried all the standard parent remedies such as walking, reading, hot towels, cuddling, massaging the legs,

all to no avail. The pains still persist. Eventually your child finally falls asleep from sheer exhaustion and you simply dread a repeat performance the next day. Finally, out of pure frustration, you seek professional help only to be told that it is simply "growing pains", and that "your child will eventually grow out of it." Concerned and worried parents often hear such bizarre comments. The sad truth is that many parents actually believe that to be the case.

You were probably told that your child's legs hurt because the bones, ligaments and muscles are developing and a little pain is a normal part of the process. Apparently all these tissues and bones all grow differently and should cause pain. This has always been traditionally explained as a normal part of childhood. Many concerned parents have believed this theory for years because at first glance,

it seems fairly sound. It appears to be plausible and after all, parents are not trained as doctors and so we are literally sold on the idea that it should hurt to grow. This becomes an accepted part of childhood - a rite of passage. Nonsense! Think about this for a moment though.....

When did it ever hurt to grow? Is this really a "normal" part of childhood as we have been taught to believe? And why only the legs? Don't the arms, the nose, the fingers and all the other parts of body also grow? Why don't they hurt?

You are now beginning to see that the explanations most parents are given are not only untrue but also illogical. If that is the case then, what is the real reason of these pains?

The vast majority of children I see complaining of growing pains are in their very active formative years, most being between six and fifteen years old. The sudden jars, bumps and lumps of vigorous play often produce stress on the spine and cause the vertebrae to become subluxated. These subluxations affect the way certain nerves control the function of your child's legs, knees, feet, etc. In adults this is called sciatica - pain in the

**Growing Pains** continued on page 15

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*New Arrivals!*

# Rice's

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- \* Repurposed canvas bags
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**Ponies of the Americas Horse Show**  
Friday-Sunday Sept. 7-9  
Linn County Fair & Expo Center,  
3700 Knox Butte Rd

**Albany Beer "Run"**  
Saturday, Sept. 8 • 11am-2pm  
Calapooia Brewing,  
140 NE Hill St, \$

**Inaugural Millersburg Celebration**  
Saturday, Sept. 15 • noon to 9pm  
Millersburg City Park, Alexander Lane

**NW Buckskin Club Horse Show**  
Saturday-Sunday, Sept. 15-16  
Linn County Fair & Expo Center  
3700 Knox Butte Rd,

**Albany Business Extravaganza**  
Wednesday-Thursday, Sept. 19-20  
Linn County Fair & Expo Center  
3700 Knox Butte Rd

**Craft Brew Smackdown**  
Saturday, Sept. 22 • 2-7pm  
Historic Downtown Albany, \$

For more information on these and other events call 541-928-0911 or visit [www.albanyvisitors.com/albany-events/events](http://www.albanyvisitors.com/albany-events/events)



## Protecting Your Tooth Enamel

We all want a bright, beautiful smile! Taking care of your teeth is more complicated than simply flossing and brushing; it also matters what you eat and drink. Acidic foods are one culprit that can adversely affect your smile.

Tooth enamel provides protection from decay and other disease. Over time, consuming acidic foods and beverages can wear down your enamel. Sadly, when enamel is gone; it's gone... and it doesn't grow back.

### WHICH FOODS/BEVERAGES HAVE THE WORST IMPACT?

**Soda** – Let's face it, sodas are loaded with sugar. When left on your teeth, sugar converts into plaque and begins to erode your enamel. Even low-calorie beverages tend to be acidic. Consider drinking water instead or if you do consume a carbonated beverage, 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 acid content.

### WHAT CAN DETER THE BACTERIA FROM CAUSING DECAY?

**Brushing and Flossing** – Twice daily

as well as adding Cari-Free products to your routine. CariFree products neutralize decay-causing acids and fix your decay problem at its source. Safe to use every day, the non-abrasive products are highly effective and scientifically proven to

prevent cavities through remineralization.

**Eat Healthier** – Raw vegetables and fiber-rich grains are not only good for your body, they also benefit your teeth. Calcium-rich foods such as cheese and milk strengthen teeth and bones.

**Chew sugarless gum** – Surprise! Chewing gum between meals increases your saliva flow, which helps to reduce the acid and bacteria in your mouth. Look for sugarless gums which contain Xylitol, an all-natural sugar alcohol that inhibits bacteria growth caused by acidic foods and drinks. Another plus of chewing gum – it also satisfies your sugar cravings.

**Drink water** – It's the only thing that will quench your thirst. Water also dilutes acid in your mouth while it replenishes your body with necessary liquid.



**KIM KUTSCH AND GREG RENYER**  
KUTSCH & RENYER DENTISTRY  
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## “Diving into the Ocean of God’s Love”

The great state of Oregon parallels perhaps one of the most magnificent wonders of the world. The mysteries that exist beneath the canopy of the Pacific Ocean are filled with fierce creatures, breath-taking landscape, and a width of gentle power revered by all. The ocean for some is a source of economy and yet for others it is a place to retreat on a warm afternoon. For those in Indonesia, Florida, and Houston Texas, the ocean is a reminder how valuable life is and how short it can be. Recently I had the opportunity to walk along the beach and take in all the beauty that was around me. I love the sound of the crashing waves, the feel of the warm sand, and the taste of the salty air. I was reminded of God's unfailing love as I stood and marveled at the width, length, and depth of the ocean. I wonder if those who lived in Ephesus, a major sea port, ever stopped and glanced at the Aegean Sea and thought of God's love. Revelation tells us that the early church in Ephesus had forsaken their first love. Perhaps they were too busy or enslaved by the anxieties and worries of their daily routines. We know they worked hard, endured hardship, did

not grow weary, and did not tolerate wicked men. How could they have done so many things right as a Christian community and yet miss what was really important? Paul wrote these words to the church in Ephesus some time earlier. *“And I pray that you being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge – that you may be filled to the measure of all the fullness of God.” Ephesians 3:17b-19*

National youth speaker, Mike Novelli makes this observation, “God’s love is like a vast ocean, where we stand at the edge just barely getting our feet wet. In our hearts we long to dive in and let the waves carry us, but we are apprehensive. Will you jump in, leaving behind the safety of the shore? Jesus is waiting to meet you in the depths of your soul.” *“And so we know and rely on the love God has for us. God is love, whoever lives in love lives in God, and God in him.” 1 John 4:16*

God’s Love continued on page 15





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There are a few ways to update your fleet. You can convert diesel engine to a propane engine. There are several places that will do this. If you are looking at converting, you can also look into a dual fuel conversion. This will allow for the vehicle to use diesel or propane. This can be useful if you are concerned about finding fuel up stations for busses on field trips or away games.

If it is time to buy new busses anyway, you can just update to new propane powered busses. This is the best way to ensure efficiency, since these vehicles are already designed for these engines and made to get the most out of them.

If you are looking to make a switch to propane, talk with CoEnergy. We can help answer your questions and point you in the right direction.



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## Ramblings From the Kitchen of Karen Rogers

### Bagels

Everybody loves these tasty teething rings! Buttered and toasted or slathered with cream cheese, they're irresistible and easy to make.

Measure 2 C warm water into a mixer bowl. Add 1 package or 1 ½ tsp yeast and 1 tbsp sugar and let proof until very foamy. Sift together 1 C flour, ½ C gluten flour and 2 tsp salt and add to yeast. Mix well. Add about 3- 3 ½ C flour to make a firm dough. Let rise to double.

Meanwhile, line two baking sheets with parchment paper. Do NOT attempt to bake these on a greased sheet!!! They will stick so bad even dynamite won't loosen them! Pre-heat the oven to 400 degrees. In a small bowl, beat 1 egg and set aside.

Turn the dough out and cut into 12 pieces and round them into balls. Let rest about 5 minutes. Place your thumbs back to back and push them through the center of each ball and gently stretch the dough until it forms a circle about 4 inches in diameter. Let the bagels rest, covered with a towel about 30 minutes.



Fill a non-reactive pan with about 4 inches of water. Add 2 tbsp baking soda, 1 tsp salt and 2 tbsp sugar and bring just to a simmer.

Poach the bagels, three or four at a time, for 30 seconds per side. Lift and drain and place on the parchment. Brush the bagels with the beaten egg and add poppy seeds, sesame seeds or dried onion. Bake 15 –

20 minutes until browned and 200 degrees on an instant-read thermometer. Cool on racks.

To vary them, add 1 tbsp cinnamon and ¼ C sugar to the sifted flour and add ½ C golden raisins.

These freeze beautifully and 20 seconds in the microwave revive them perfectly, so they're always ready for brekkie or snack time. Enjoy!

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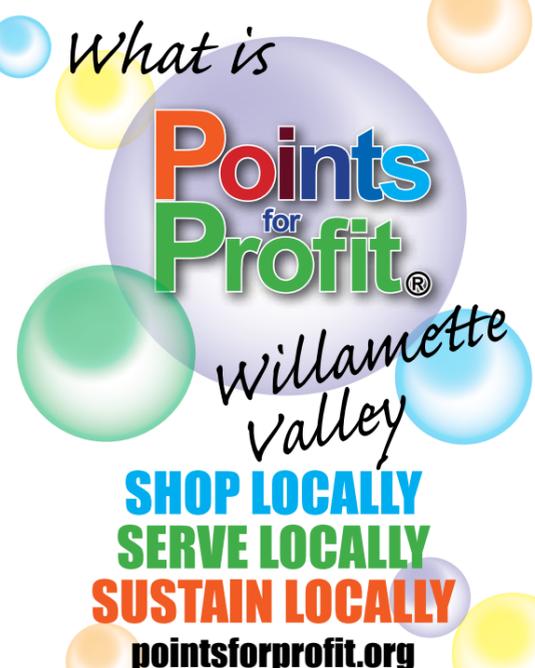
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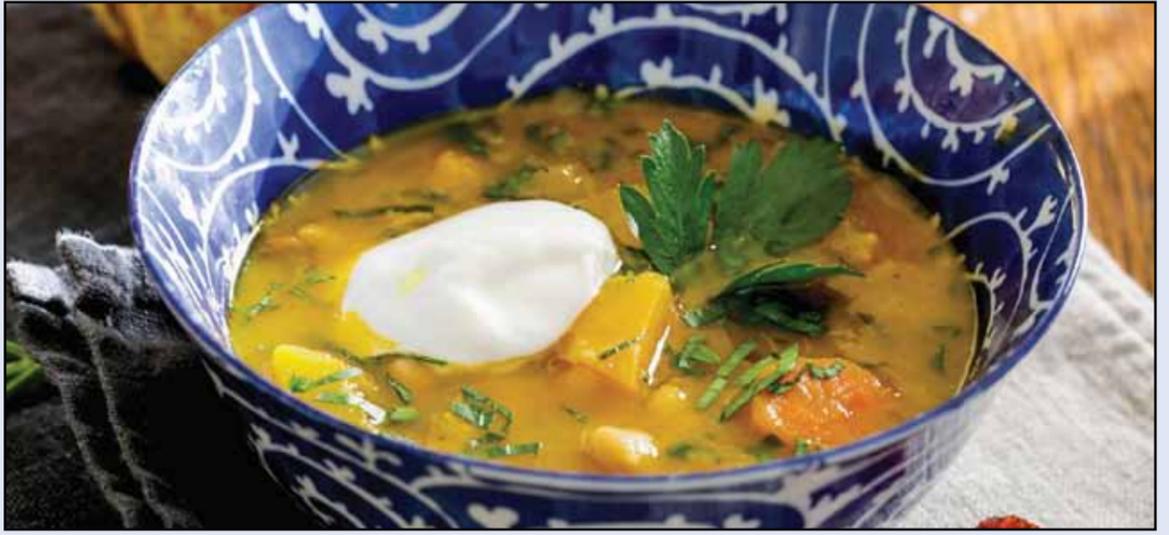


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- Oregon Women for Agriculture
- Safe Haven Humane Society
- Serving Our Neighbors
- St. Edward's Youth

# The Lebanon Soup Kitchen Feeds Body, Mind and Soul



“Except for the grace of God, there go I.” The old adage is a reminder that the less fortunate in our community are not “those” people but one of us. Learn more about the lives impacted by the Soup Kitchen in the book, “Miracles Among Us.” It is used as a fundraiser and as a way to shine a light on what God can do in people’s lives.

The Lebanon Soup Kitchen has been serving those in need for 29 years with a safe place to gather, eat and access items for their personal needs. Every Monday, Wednesday and Friday, including holidays, meals are served in a friendly, non-judgmental atmosphere.

The Soup Kitchen serves people who may be underemployed as well as unemployed, lonely, isolated, homeless, or developmentally disabled. Many individuals may have more than one issue but find comfort in a safe, social setting. By providing full, healthy meals three days a week, we reduce the

financial burden of individuals and families who need a little help in meeting their monthly bills, as well as those who have no place to prepare or store food.

Other items given out are personal items, winter clothes, socks, blankets, sleeping bags, pet food and shower vouchers, as well as resource information. Educating youth how to prepare meals for themselves has been a focus in our summer cooking camps.

The biggest need that the board would like help with at this time is volunteers to work with the board on management projects. If you have a heart for serving people in need, consider joining us at a board meeting and learning how you can have an impact in someone’s life.

For more information contact 541-451-7667 or 541-409-3413. Check out our Facebook page at Lebanon Soup Kitchen Community.



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In 1934, KSLM joined "The Golden Age of Radio," broadcasting programs like Franklin D. Roosevelt's "Fireside Chats" and news updates from WWII to the Korean War. Today, KSLM continues to serve locally by sharing reliable conservative news-talk and worthwhile discussions to Salem and the Mid-Willamette Valley, building meaningful relationships with communities, and partnering with organizations like Points 4 Profit, who uphold values as much as their desire to succeed.

Since 2016, current owners Don and Cindy Wyant, and their family of a staff have helped KSLM thrive with a menu of nationally top-rated programs, including shows hosted by Laura Ingrahm, Sean Hannity, Mark Levin, and more. KSLM proudly features local voices too, such as Former Oregon House Representative Jeff Kropf's show, Political Coffee with Jeff Kropf. Talk-show hosts Fay DeMeyer and Terry Sol also reach Salem and the Mid-Willamette Valley with The FayDay Show and The Terry Sol Show.

In addition to news and talk-shows, KSLM also helps sponsor local events and

engage with communities both on and off the air. The station has eagerly appeared at local fairs, festivals, and concerts to meet and share their mission with community members, including FISH FEST and the Marion County Fair. Just recently Terry Sol and legendary KSLM celebrity, Doc Nelson helped cheer on Johnny Limbo and the Lugnuts, and will be working together on remotes at upcoming events, including the Oregon State Fair.

As a station that desires to bring trustworthy, reliable news to listeners, KSLM makes sure their partners reflect those values. "That is the reason we are very proud to partner with and endorse Points for Profit," Cindy, KSLM's General Manager, comments, "Lauralee Beck and Points for Profit work with the highest level of integrity and honesty. We look forward to seeing what Points for Profit is doing for Salem, what it has done for Albany!"

Where can you find KSLM next? Stay tuned to AM 1220 and FM 104.3, the KSLM FaceBook page, [www.kslm.news](http://www.kslm.news), and the monthly newsletter. You can also email [info@kslm.news](mailto:info@kslm.news) or call 503-316-1220.

Save THE Date

### Points for Profit - Marion/Polk Question and Answer Time

**SEPTEMBER 6, 2018**

WHO: Businesses with excellence and integrity and local non-profit organizations

Time: 6:00-8:00pm

Location: Pizza Hut on Commercial in Salem

Learn how we can partner together to Shop Locally, Serve Locally and Sustain Locally

RSVP required for complimentary Pizza from [info@pointsforprofit.org](mailto:info@pointsforprofit.org) or 541-791-2901



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Propane	Radio	Sewing & Vacuum	Shapeware	Supplements	
 <b>CoEnergy Propane</b> <a href="http://www.coenergy.net">www.coenergy.net</a> 541-738-6733	 <b>104.3FM KSLM 1220AM</b> <a href="http://kslm.news">kslm.news</a> 503-316-1220	<b>TIP</b> Points for Profit: Shop locally, serve locally and sustain locally!	 <b>Rich's Sew &amp; Vac</b> 2306 Heritage Way SE Albany (541) 926-4842 3770 Market St. NE Salem (503) 371-6837 <a href="http://www.richsonline.biz">www.richsonline.biz</a>	 Beautiful inside & out Lauralee Beck 541-990-2324 Pam Nervino 541-409-4543	 <b>Mark Armstrong</b> 503-507-5105

**Growing Pains** continued from page 4

legs. Even the internal organs can be affected, creating a plethora of difficulties ranging from abdominal cramps, diarrhea and /or constipation, to Colitis, Crohn's disease and Irritable Bowel Syndrome, etc.

Consider this, those of you who are bothered by low back pain and leg pain as adults most likely also experienced "growing pains" when you were little. You may not have realized that by having your subluxation corrected as a child, you may very well have eliminated what you are experiencing today.

If your child is experiencing pains in the legs, or "restless legs," or any of the problems I have mentioned above, a visit to your family chiropractor should be a top priority.

As well as seeing a chiropractor, which I consider to be most important, the following will also offer temporary relief in the meantime.

**God's Love** continued from page 5

God's love is real and perfect. His love heals, forgives, and transforms. I encourage you to take a few moments and encounter how God has gone to great lengths to reveal is love:

**Genesis 1:26-28**  
**Exodus 34:5-10**  
**Luke 2:8-12**  
**John 14:16-17**

**Genesis 12:1-3**  
**Hebrews 12:5-7**  
**Matthew 27:35-39**  
**1 John 4:7-12**

I would like to challenge you to respond three fold:

In reflection, spend some time in prayer or write in your journal what God's love means to you.

I would also like to challenge you to find a friend this week to meet with and share what God revealed to you regarding His love and His love for you.

Pray for those God has placed in your life that don't know Him personally. Pray that they would encounter God's unconditional, transforming love.

I believe our purpose in life is to bring Glory to God; therefore, loving Him and loving others. Jesus said it best in Matthew 22:37-39, "*Jesus replied: 'Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself. All the Law and the Prophets hang on these two commandments.'*"

For further study on God's love: **Psalms 26, 31, 33, 57, 59.**

Love in Christ,  
 Kevin Ferguson

**Good Reviews**

**Deathwatch**  
 By Robb White

My wife would not believe me that this book is appropriate for teenagers because of the tagline on the front cover: "In the desert without clothes, food, or water and hunted by a madman with a .358 Magnum."

*Deathwatch* is roughly divided into two sections. The first, main section is simultaneously a breath-taking adventure and a puzzle. Our young hero, Ben, due to unforeseen and unfortunate circumstances is stranded in the desert by a man who intends to kill him. However, Madec (the "madman" from the front cover) wants Ben to die of natural causes, so he leaves him without equipment, water, or clothes, knowing that Ben will die within a day or two ... and by following him around, Madec ensures Ben does not gain access to anything of use.

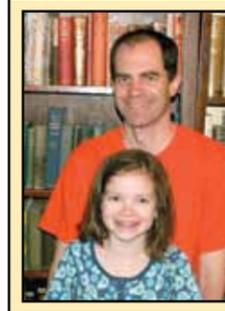
So Ben must not only use his wits to survive the desert, but also to do so while Madec is upsetting all his plans. This is a great mix of the wilderness-survival *Hatchet* and the human-as-prey *Hunger Games*. (Note: this book was originally written in 1972, way before either.)

It won't be much of a plot spoiler to tell you that Ben survives the ordeal. What is a bit unusual, is that Madec

does, too. Thus begins the second section of the book. This section is a mini-mystery story, because both Madec and Ben tell their tales to the police, and Madec is not only more convincing, but also provides some evidence. Now, Ben must race against the clock to prove his innocence (there is a dead man in the desert that each says the other killed).

An overarching theme to the story is personal morals. In addition to all of Ben's other struggles is the fact that he, as an idealistic young man, must pass through these trials with his morality intact.

Robb White wrote over twenty novels from the 1930s through 1970s, most of which for a younger audience, and one of which was turned into a movie (*Up Periscope*, in 1959 with James Garner.) *Deathwatch* has just about everything a novel should have, including some cool natural history of the desert. In fact, it was so enjoyable that I've brought home another of his books: *No Man's Land*, in which a marine toxicologist finds a sunken WWII subchaser that certain men want left alone....!



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# Good Companion

## Managing Arthritis in Dogs & Cats

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

Arthritis is an all too common disease affecting older dogs and cats. The term arthritis refers to any condition that ultimately leads to degeneration of the healthy tissues of the joint. In dogs the cause is often genetic like hip and elbow dysplasia but can also occur as a result of trauma as is the case with ruptured knee ligaments. Aging cats typically have a more generalized process of osteoarthritis affecting multiple joints.

The manifestations of arthritis in cats and dogs can be very subtle, especially in cats. Signs of arthritis in cats can include anything from a slightly dull coat due to decreased grooming or reluctance to jump up to old favorite high spots. Dogs will often tire after walking shorter distances or show stiffness in the morning which subsides with the day's activities. Weight gain is often seen as activity decreases while food intake remains the same.

This leads to the first and most important strategy in both offsetting the onset and slowing the progression of arthritis, weight management. Heavy dogs with unstable joint conditions like hip dysplasia and poor muscle tone will develop the debilitating signs of arthritis much earlier in life than dysplastic dogs that are lean and have good muscle tone. Regular exercise is just as important for our pet's joint health as it is for our own. Swimming just might be the best form of exercise for dogs but so too are regular long walks. It is important not to overdue either the intensity or duration of exercise in dogs showing signs of arthritis. Cats, especially indoor cats, should also be exercised by engaging them in active play with laser pointers and other toys. The amount of food each animal is fed must be controlled, unless your lucky

and your pet happens to be a grazer with a causal relationship with his or her food. Unfortunately this is usually not the case. Feeding amounts are often based on trial and error and most veterinarians are happy to help you figure out this amount.

Joint supplements like glucosamine and chondroitin can help to protect cartilage at risk for degeneration and are most effective when taken early in the course of disease rather than starting them when the signs of arthritis have become obviously debilitating. Fatty acid supplement in the form of high quality fish oil is also helpful in preserving joint health by naturally reducing inflammation. Other recently recognized supplements that can help to naturally reduce inflammation in dogs are green-lipped muscle extract as well as the extract of elk antler velvet. Class 4 therapeutic laser therapy is another exciting method of treatment that can help reduce inflammation, provide pain relief and stimulate healing. Its benefits may be of particular importance in controlling arthritis in cats that cannot tolerate long term use of anti-inflammatory drugs.

The anti-inflammatory drugs are the last line of defense in treating severe arthritis as well as treating sudden increases in inflammation brought on by the trauma of overexertion. Always speak to your veterinarian before using these types of medication. Ibuprofen is toxic to dogs and Tylenol will kill a cat. Other types of pain medication can and should be used to help reduce the need for anti-inflammatory drugs, these include medications like Gabapentin, amantadine, and tramadol.

Successfully managing arthritis in dogs and cats must be multimodal with an emphasis placed on weight control through exercise and controlled feeding as well as speaking to your veterinarian about starting certain supplements early, especially in breeds at high risk or in pets with physical exam findings that point toward problems down the road.

## Who Wouldn't Love a Good Ol' Oklahoma Boy?

Meet Ronald! He is loving, sweet, affectionate and curious. He is three years old and waiting patiently for his second chance at a forever family. Ronald came to SafeHaven on a Fetch Fido a Flight "Rescue Me" transport from Oklahoma. While Ronald was in Oklahoma, the shelter learned that he is great with other dogs, super playful and that he loves attention from everyone he meets. He also loves to sleep with a blanket and keeps his kennel very clean.

Ronald would make a great companion for anyone who likes being active and needs an adventure buddy! This Retriever mix still has so much love to give and is waiting for his forever home, right here at SafeHaven. Stop by to see him any day of the week at the shelter. We have meet & greet rooms available for you to spend some quality time getting to know him. We're located at 32220 Old Hwy 34 in Tangent, OR and open at noon every day! Change a life – donate today.



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## Well-Kept Secrets in Home Decorating

When it comes to redecorating your home, many people would say perfection lies in the details. So, once you've selected your designer paints and custom fabrics and draperies and picked out high-end furnishings and artwork, take a moment to look around you.

There's a good chance you may have overlooked some significant details throughout your home.

Because they serve such an ordinary function, switches, outlets and dimmers are often overlooked details in home-remodeling projects. With the increased attention given to home lighting, a greater number of architects, builders and design consultants are adding designer-styled switches, outlets and dimmers to the redecorating equation.

These inexpensively priced products offer the perfect finishing touch to a newly redecorated room, adding benefits like convenience and energy savings, while enriching the home's décor.

Rocker-style switches, for example, offer a contemporary, distinctive look for any room in your home. Some versions emit a soft luminescent glow that helps you find your way to them in darkened areas. Designer-style outlets are available in a variety of colors and textures that blend with most wall coverings.

With today's rising energy costs on everyone's mind, replacing your light switches with dimmers may seem frivolous, but a dimmer is apt to pay for itself in the energy it saves. A dimmer lets you adjust

lighting for the mood and ambience you want, while helping you reduce lighting usage by up to 30 percent. Many models now come with a preset switch that remembers the last selected brightness level. Dimmers are as easy to install as a light switch. They're ideal for bedrooms, dining rooms, living rooms, dens, home theaters and elsewhere.

An occupancy sensor can easily replace a standard light switch and automatically turn lighting on when you enter a room and off when you leave. These devices feature designer styling instead of a clunky "scanning device" look. These sensors let you enjoy the magic of hands-free light when you enter the kitchen with an armful of packages.

Whatever you need to add a decorative touch to, designer-style wiring devices and wall plates are available in a wide choice of styles and colors to beautify your home's décor.

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 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.



## Buying and Selling in the Fall

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

### FOR BUYERS:

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



**LAUREN MARTINEZ,**  
BROKER

CADWELL  
REALTY  
GROUP

### FOR SELLERS:

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

### SOME HELPFUL TIPS FOR SELLERS:

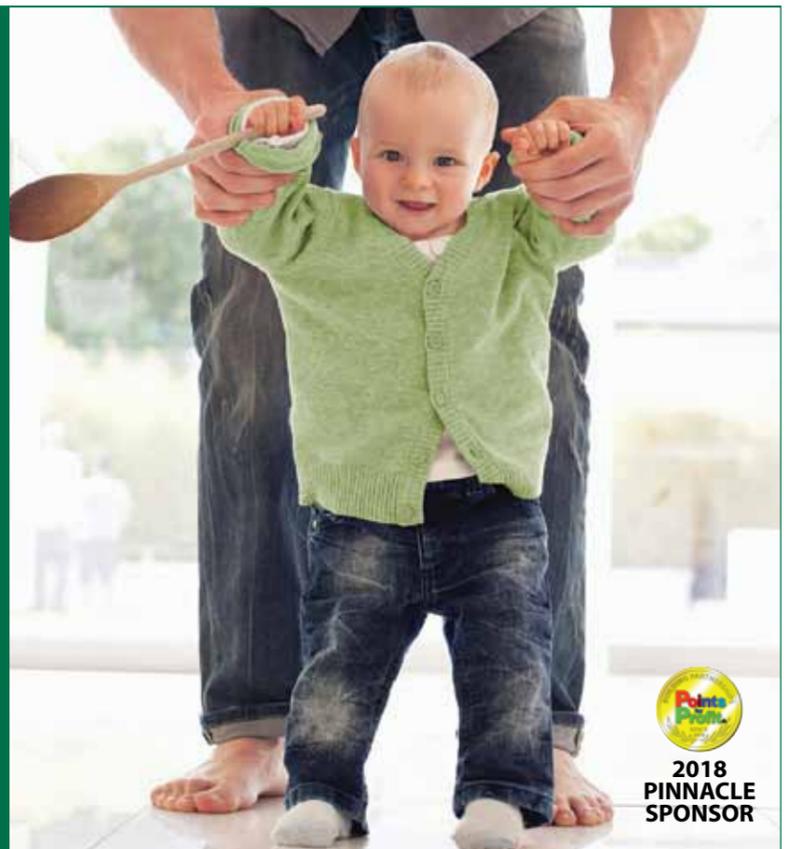
Keep lights on in the house and the windows open, fill your planter boxes with colorful fall flowers, be flexible on showing times, don't decorate with too much personal seasonal decor, and keep the leaves down to a minimum on your yard.

Cadwell Realty is here to serve from answering any questions to helping you navigate through the buying or selling process. Call us today at 541-990-8657.

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# Good Business

## Moveable Glass Walls

Folding door systems, or moveable glass walls, are a recent design trend that is here to stay. These doors are usually made of three or four glass panels that fold to one side allowing you to open a room to the outdoors. They are an excellent way to enjoy your view yet stay inside during cooler months. And, in the summer, they provide an outdoor extension to your home.



**BRYAN SMITH,**  
SMITH GLASS

541-926-4446

If opening one side of your house to the elements seems daunting, even in the summer months, you might consider installing a smaller system in your kitchen in place of a regular window. The ability to fold the window to one side creates a large opening for serving and adds a touch of elegance to your summer barbeque.

The folding door systems are available with the latest high-tech glass and weather-stripping so you won't compromise on energy efficiency and they come with durable rollers and hinges which means the folding mechanisms will hold up for the long term.

Moveable glass walls are a bit of affordable luxury. For more information contact Smith Glass. The Smith Family are your neighbors, so you can trust them to offer the highest quality materials expertly installed at a fair price. If you'd like to schedule an appointment for an estimate, you can get more information at [www.smith-glass.com](http://www.smith-glass.com). Smith Glass – On the Cutting Edge since 1945.

In the past these doors were only available in high end homes due to the cost but efficiencies in design and an increasing number of manufacturers are making them more affordable for the typical homeowner. Larger systems, those with up to six moveable panels, require a strong header above the door to carry loads from the roof. For this reason, they should only be installed as part of a major remodel or new home design. However, the good news is that many suppliers now offer this system in a simple, 2-panel bi-fold option that can be used as a replacement for your existing patio door.

### September Word Search by Rolie the Puzzlemaster

R G L T A O V T E N T H C Q A Z R  
 F H A Y R T S E P A T I S I L N E  
 O Q S Y W R H B I R D T G T P D H  
 E C M I Y L T R M D N O E V Z E C  
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- Sweet Home

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### Post 10 Legion Riders

## Guest Speakers

- David Solomon, Commander American Legion Post 10
- Floyd Bacon, Chaplain, American Legion Post 10
- Tim Harris – Dept. Commander American Legion Oregon Linn County Sheriff
- Jim Yon – Cdr. American Legion Dept. of Oregon
- Stacey DeLepierre – Passenger Airline
- Steve Adams, Deputy 1st Vice. Commander American Legion
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