

Cottage Grove welcomes first baby of 2017



Cottage Grove waited 10 days for its first baby of 2017. On Jan. 10, four days past her due date, Danielle Rowe gave birth to Danica Mae.

"We didn't even know until we got the email that she was the first baby," said dad, Dylan Rowe. Rowe, who works for the Eugene School District has a five-year-old daughter, Madison from a previous relationship but his genes, apparently, pack a punch. Danica weighed in at 6 lbs. 12 oz. and was 19.5" long; the same weight and height as Madison. While Danielle said she was feeling the traditional exhaustion of new motherhood, she noted the 13-hour labor was free of complications and the result gave Dylan an early birthday present. "My birthday is Jan. 11 so she came one day before my birthday," he said. The family spent two days in the hospital and while the near-future will see Danielle as a stay-at-home mom and Dylan return to work in Eugene, there are bigger plans in the works according to Dylan, "We're going to Disneyland in May."

Douglas G. Maddess, DMD

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Tax identity theft awareness week

With tax season underway and Tax Identity Theft Awareness Week set to kick-off Jan. 31, Better Business Bureau serving the Northwest and the Oregon Department of Justice is reminding the public to be vigilant with their personal information.

More than 7,500 tax scams were reported to BBB, which is up one-percent from last year.

Watch for these common tax related scams:

IMPOSTOR SCAMS:

Scammers pose as IRS agents and instill fear in victims by demanding money or threatening jail time. Fraudsters will spoof phone numbers so the call appears to be coming from the IRS or local law enforcement. **TAX RELIEF SCAMS:** Watch for deceptive advertisements claiming to greatly reduce a person's tax liability. Scammers will use official looking IRS notices or websites to sway people into paying unnecessary money or divulging private and personal

information.

ID THEFT: Scammers use stolen personal information, social security numbers and falsified W-2 information to file fraudulent tax returns in the victim's name. In some cases, thieves stole W-2's out of unsecured mailboxes.

To protect your identity this tax season, please take the following precautions.

E-file only from secure computers. Make sure anti-virus software is up-to-date and never use public Wi-Fi to file tax

returns. Don't file taxes from a link in an email.

Mail tax returns from the post office or a secure mailbox.

Shred old tax returns. Income tax returns and worksheets should be kept for seven years from the filing date.

Check your credit report once a year to make sure no other accounts have been opened in your name.

Verify a call by contacting the IRS directly at 1-800-829-1040 or go to irs.gov.



Coffee Trivia

Coffee Fun Facts:

- Coffee was originally eaten. African tribes mixed the coffee berries with fat and ate them.
- Coffee is only grown near the equator — from the Tropic of Cancer to the Tropic of Capricorn, within a 1,000-mile limit. (Hawaii is the only place in the US that grows coffee.)
- Coffee is the third most popular beverage in the world (second only to water and tea). More than 400 billion cups are consumed each year.
- Coffee is the second largest traded commodity (oil is first).
- Coffee has 1,200 different chemical components — more than half make up its flavor.
- Mocha is the name of the sea port that was a route to Mecca, which is where coffee was traded.
- The first coffeehouses were opened in Damascus, Syria and Istanbul in the 1530s. Turkey finally opened one in 1554.
- George C. Washington, an English chemist, invented the first instant coffee called "Red-E-Coffee" in 1906. It took another three years to land on store shelves.
- One cup of coffee has 80 to 140 mg of caffeine.
- Decaf coffee still contains a small amount of caffeine. It would take 5 to 7 cups of decaf coffee to get the same amount of caffeine in 1 cup of regular coffee.
- A cup of regular coffee has more caffeine than a cup of espresso or cappuccino.
- Coffee also contains anti-oxidants. The anti-oxidants give coffee its bitter taste.
- Coffee has zero calories!
- 91% of coffee is consumed at breakfast. (And sometimes is breakfast!)
- 79% of coffee is consumed at home. Work is the second most common place for coffee consumption.
- A coffee drinker averages 2-3 cups of coffee a day.

Coffee Legend

One story about the history of coffee, as found on the Internet, claims the following as the origin of coffee. Kaldi, the goatherd, around 600 to 800 A.D., was tending his animals on a mountainside in Eastern Africa, when he noticed that they were acting strangely. He realized that they had been eating the cherry-red berries of a nearby shrub. They remained awake, jumping and leaping around the whole night, even the older goats.

Curious, the goatherder picked some and tasted them himself. He found that they invigorated him and made him more awake. A monk named Chadely, or Scyadly, from a nearby monastery passed by. Kaldi told him about the goats and he demanded to be shown the plant. The monk crushed a few of the berries into a powder and poured boiling water over them to make a drink. This was the first cup of coffee. (It was not until much later that coffee beans were roasted.)

Impressed with the results of the drink in making him wider awake and yet not affecting his capabilities, the monk took the new discovery back to his monastery. Coffee soon spread from monastery to monastery and, therefore, became in much demand with devout Moslems, believing it to be a divine gift brought by an angel.

— By Mary Bellis, About.com



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