



They Want to Suck Your Blood!

"Sleep tight and don't let the bedbugs bite" has been losing its charm as these nasty creepers of the night have made a comeback. Dr. Stephanie Bosch covers bedbug basics and prevention.

[Get the low down on bedbugs.](#)



Danger Could Be Lurking in Your Laundry Room

Accidents can happen in just the few seconds your back is turned. Hear the story of a local family and learn Dr. Christopher Dubuque's recommendations for home safety whenever young children are present.

[Assess the risks and prepare your home.](#)



End the Reign of Spider Veins

These "spiders" may not be as scary as the 8-legged kind, but they're certainly just as pesky. If you're ready to rectify the situation, Heather Peacock, RN, at Samaritan Plastic, Reconstructive & Hand Surgery can help.

[Learn how these "spiders" are eliminated.](#)



You Too Can Outsmart the Flu

We're headed into that time of year when the flu bug is gearing up to strike. So how can you avoid the flu? Family Nurse Practitioner Jennifer Wilson shares her tips and makes recommendations for when to seek care if the flu bug bites!

[Know what to do to avoid the flu.](#)



Try Stuffed Bell Peppers

Full of flavor, stuffed bell peppers are easy to make, tasty and nutritious. Green bell peppers are classic, but there's no need to be traditional. Stuff yellow, orange and red bell peppers and bring the colors of fall to your dinner table!

[Get the recipe and see the video. \(~1 min.\)](#)

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<p>Lebanon</p> <p>Supply Drive for Veterans Home</p> <p>Oct. 2 - Nov. 9</p>	<p>Newport</p> <p>Bullying Prevention & Intervention</p> <p>Thursday, Oct. 18</p>	<p>Corvallis</p> <p>Day of Beauty</p> <p>Friday, Oct. 19</p>
<p>Lincoln City</p> <p>Adult-Focused Mental Health First Aid</p> <p>Tuesday, Oct. 23</p>	<p>Lebanon</p> <p>Plant Based Kitchen Seminar</p> <p>Wednesday, Nov. 7</p>	<p>Corvallis</p> <p>Veteran-Focused Mental Health First Aid</p> <p>Wednesday, Nov. 7</p>

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