

APRIL 2019

The Community Breeze

Serving the North Lake Communities of Christmas Valley, Fort Rock, Silver Lake, Summer Lake & Paisley & Southern Deschutes County

Published by Precision Mail Services

www.thecommunitybreeze.com

terryonitsway@aol. com



Photo by Stefani Horton March 25

Antelope deciding to turn tail, but not before a second look, or maybe even a third.

9th Annual Awards Banquet

VIVA ITALIA

MAY 4, 2019

The Flyway Restaurant

at The Lodge at Summer Lake



Doors Open at 5:pm
No Host Bar 5-6:15
Enjoy a Taste of Italy
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541-576-3838
for reservations

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for their
Achievements & Dedicated
Service
to Our Communities

Happy Hour Antipasto
No Host Bar
Chicken Parmigiana
Eggplant Parmigiana (veggie)
Linguine and Gamberetti
(shrimps)
Grilled Artichokes
Fresh Bread
Caesar Salad
Cannoli Dessert

Presented by the Christmas Valley/North Lake Chamber



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Comings and Goings

By Terry Crawford
The BREEZE is Now ON-LINE
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Well I think I outdid myself on the weekend of the 23rd when I decided to get up in the middle of the night, get ready and hit the road to Eugene to watch a horse show. I had been debating whether or not to go watch, but had definitely decided not to take a horse because I hadn't been able to ride most of the winter and all reports said that there was a good possibility Hwy 58 would have some snow on it.

It ended up being a lovely drive over, got there in time to watch the class I wanted to and then ended up helping with moving obstacles and before being asked to scribe for the judges. Now scribing means that you write notes on score sheets as the judge comments on the performance, stay out of the judges way and for the most part not get to watch anything because, well you are so busy writing.

However, the up side is that working with the judges in is the learning experience. How they track and organize their scoring so that the results are both consistent and equitable. And at the times as I scribe I could observe as the judge commented I was able to gain a more complete understanding of the nuances that lower the score a movement or obstacle negotiation receives.

Whenever possible I take the German Shepherd with me - he is pretty sure that my car is his personal traveling home. I can't complain as he is an excellent traveler and wonderful companion. His temperament is even, safe and generous and his good manners make him welcome in many environments.



In the photo left he was patiently waiting near the Pot Luck table while I filled my plate. Obviously he was hoping some of that food would maybe fall on the ground. He did get a few treats.

The great thing about traveling with a big boy like Kaspar is that no one pushes the envelope - they just treat him as if he could take their had off. And he could and would if the circumstances warranted it. He is really a great dog and I am very lucky to get to enjoy his company. All he asks in return is that I play fetch with him several times a day, give him good meals and of course lots of pets.

I and my buddy didn't get home until 10pm Sunday night and then had a long day in Bend on Monday as I had committed to providing a ride for special transportation - I reached zombie status by eight that night.

I do hope that readers take note of all the election information contained on pages seven and eight. We do have an important Bond measure on the May ballot, and several of our Special Districts have open positions that have no candidate filed. So if you missed the filing deadline and still want to run, just put up some posters asking voters to write your name in for the board position you would like to hold.

The Community Breeze

is published monthly and mailed to all deliverable addresses in Christmas Valley, Ft. Rock, Silver Lake, Summer Lake, & Paisley by Precision Mail Services 85450 Christmas Valley Hwy. , Silver Lake, OR 97638

Editor: Terry Crawford 541-480-0753 - terryonitsway@aol. com

Deadline: The 20th the month

Letters to the Editor and Editorial Policy

Editorial commentary is welcome and all letters to the editor that are clearly signed with the writer's full legal signature and also include the writer's phone number will be considered for publication.

The following criteria will be applied equally to all submissions in determining a letter's appropriateness for publication: Letters may not include personal attacks, inappropriate language, libelous content, negativity which serves no other purpose than to harm or unverifiable facts. Letters are limited to 300-600 words. Letters may not promote businesses - to do so is considered advertising.

The Community Breeze neither supports or condemns any ideas, creeds, religions, customs, attitudes or beliefs and letters to the editor do not necessarily reflect the beliefs of its editor or its advertisers.

Please mail Letters to the Editor to The Community Breeze ATTN: Terry Crawford, 85450 Christmas Valley Highway, Silver Lake, OR 97638.



Thoughts on food & community.

Last Saturday I set off to do grocery shopping! The pantry was bare and I was ready to start my grand experiment. I was excited because it was what I used to do in the Portland area where I taught Kitchen Economy and International Foods classes and compiled a book called *Laura's Kitchen Economy*. I'd often take students to local markets and do price comparisons to show how to use simple foods in many different ways.

I began my adventure at Sid's Produce. I bought cucumbers, grapefruit, asparagus, limes, tomatoes, ginger root, yams, potatoes, apples, oranges and beets. On to Sagewood Grocery: Julie's store provided cheddar and Swiss cheese, black beans, gorgeous red peppers, fantastic spinach and broccoli, onions, green onions, a can of crushed pineapple, plus half & half, flour, sugar, cilantro and the very best ham hocks. Then off to Christmas Valley Market which is in the process of expanding. I bought milk, buttermilk, sour cream, eggs, frozen vegetables, bread and a small beef roast which will be used for soups and stews. This is my idea of fun!

At each market I envisioned different meals to make, side dishes to add, or sweets to offer. I did not buy anything that was not of top quality and had only spent about \$68.00. I did not purchased in quantity but what we would actually use in a 10-day period. When compared to how much it costs to go to Bend (gas, lunch and just the time involved), I had gone to three markets and spent only 40 minutes. I win!

I wish I had room to give you the recipes for everything I made with these wonderful ingredients but let's start here...

BACON ASPARAGUS QUICHE

- | | | | |
|----------|--------------------------------|-------|-----------------------|
| 1 | recipe for single pie crust | 1 c | diced Swiss cheese |
| 8 | asparagus spears, steamed | 7 | eggs |
| 1 | green onion, chopped & sautéed | 1 c | half & half (or milk) |
| 2 Tbls | red pepper, diced & sautéed | ¼ tsp | salt and pepper |
| 3 slices | bacon, diced & cooked | ½ tsp | parsley |
- until lightly crisp, well-drained

Make pie crust and cook 5 minutes in a 400-degree oven. Let cool 15 minutes then arrange the asparagus in a spoke fashion, sprinkling evenly with cheese. Add the sautéed red pepper & bacon together with the green onion. Set aside. In a medium bowl beat the eggs well, then add the liquid plus salt, pepper and parsley. Mix and pour into pie. Bake in a 325-degree oven for 50 minutes or until eggs are set. Let stand about 10 minutes.

BEETS IN ORANGE SAUCE

- | | | | |
|--------|---------------------------|-------|-------------------------|
| 6 | lg beets, peeled & sliced | ½ c | orange juice |
| 3 Tbls | brown sugar | | (or ½ Cara Cara Orange) |
| ¼ c | butter, diced | ½ tsp | salt |

Layer beets in glass pan, cover with remaining ingredients. Bake covered at 350 degrees for 45 minutes to 60 minutes. Delicious hot or cold.

BLACK BEAN AND CORN SALAD

- | | | | |
|------|--|---------|----------------------|
| 8 oz | frozen corn | 1 clove | garlic, minced |
| 1 | 16 oz can black beans, drained well | 3 | green onions, sliced |
| 2 | Roma tomatoes, diced | 3 Tbls | cilantro, chopped |
| ¼ c | red pepper, diced | 2 Tbls | rice vinegar |
| 1 | jalapeno pepper, grilled, seeded & diced | | |

Cook corn 2 minutes, drain and put in medium size bowl. Drain beans, add them and all remaining ingredients to the bowl. Toss and serve. May be made a day ahead. Great with grilled pork, BBQ beef or a simple salad.

Now is a good time to clean out your cupboards, enjoy our local markets, and *save some money!*

 **The Willows Antiques, Vintage & Gifts**
Laura Parks 541-576-2199 Christmas Valley, Oregon

How to prepare for retirement

By Gloria Heglar



Gloria Heglar

The time has come, finally! The date is set for late spring and Clark, at nearly 75 will give up the “ship”. Moving to Paisley 12 years ago and working for the Forest Service was to be his retirement job. He planned the move from Boise where I was in an active community and teaching at the local elementary school until I had a serious heart attack. I had planned to keep teaching and he was unhappy because I was so involved with my students and their parents. He knew how stressful my life would be. He got the job to move here in Paisley to insure I would retire and relax. I was told I had about a year to live and I am still here, so, I guess I should thank him because he was right.

The years have gone flying by and life picks you up and carries you quickly on down the road. After awhile I was told not to ask him when he was going to retire. I think I finally stopped asking last year when I looked into his eyes and they said, I have had enough, I am done.

I said to Clark, I need time to prepare our life plan and our finances to retire. So, I Googled How to retire and looked at all of the suggested titles of articles, books and such that suggested such titles as “Five steps to make sure you can retire,” Can you afford to retire,” How to avoid screwing up your retirement.” And, this is my favorite one, “How to retire happy.” But there is also “How to live and give,” and, “Pros and cons of retiring” seems to imply there are alternatives to retirement.

All I knows after all of this research is that you need one million dollars in savings [smile] and that may not be enough. And, I found you need three percent more to live each year you survive. Just writing this paragraph is so depressing I have just decided to take his credit cards away from him, give him an allowance and stop planning for our future. But wait! I was not implying he will be the only problem. I will have to stop walking through TJ Maxx for exercise and erase all of the apps on my tech devices so I won’t be ordering things.

What I am also worrying about is the economy in Paisley may collapse when I quit taking Harry to visit his best friend Lori at the Perk every afternoon. I get a large chai tea and Harry gets a treat. And then, when I have to stop going to get my hair dyed and I have to give up my buddy pal Debbie who does it all for me around the house and assures me she will be with me always. The revenue at the bar will go down because we will eat at home more often to save. Where do those articles tell me how to cut down expenses without my soul being tortured by these necessary parts of my social life?

Any dreams you had about retiring, forget them, because you will either be too old or too poor to afford them now. The only saving grace in all of this is going to be our visits to the kids’ on the coast at their winery in Santa Ynez, California and not just staying for just a few days, but, instead being able to stay until we are ready to come back home to Oregon. We can look forward to less regret at saying good bye too soon and have more time to make memories. That’s the true meaning of retirement, more free time to spend with those you love.

Congratulations to you Clark, you have had a life of many great and interesting accomplishments. It has been well lived and you are loved. What more can a man hope for?

The beauty in the photos you have taken and will continue to produce are a reflection of the depth of beauty you see around you in others and the world. I have been proud to ride beside you down dusty back roads following the light for just the right photo. How does a picture of Big Sur at sunset sound? We won’t be in a hurry any more, take your time.



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Lake County Fair Board 30th Annual Spring Gun & Trade Show

Saturday - April 13th- 2019 - 9AM to 5PM
Sunday - April 14th- 2019 - 9AM to 3PM

At The Lake County Fairgrounds @ 541-947-2925
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Gun Transfer Dealer & Background Checks Available

6' TABLES AVAILABLE FOR \$30

Admission Fee: \$5.00 or \$4.00 W/trade gun
12 & under Free

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Arts • Collectibles • Knives
Coins • Silver • Jewelry
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Paisley Fabric and Quilt

has an amazing selection of pieces from Montana Silversmith -
just right for that special someone’s upcoming special day!



Toni Bailie

Infants seem to come into the world today with a cell phone in their hands, texting mom with requests for milk and a diaper change. Toddlers stare at I-Pads, teenagers blindly text as they stumble down the sidewalk, sometimes crashing into poles. For this new generation, technology is second nature.

My generation was born into a world just beginning to connect through technology. Radios broadcast the news and entertained us with programs like The Jack Benny Show, The Shadow Knows, Fibber McGee and Molly. We shared a telephone party line with other callers in our neighborhood. Televisions first appeared with tiny screens obscured by static if you didn't set the rooftop antenna in the right direction. Dad would climb up to the roof, while mom shouted, "Move it a little to the left or right."

Then came computers, email, the Internet, live streaming, YouTube, smart phones. For the old fogies of my generation, it's enough to make our heads whirl. Many of us have reluctantly relinquished our two tin cans and a string. I am the

From This Angle: Generation Gap

By Toni Bailie

first to admit that my smart phone is way smarter than I am. After 2/12 years I became adjusted to its bells and whistles. Then the battery threatened to die.

Living in the Outback involved a day's drive to the Verizon store in Klamath Falls. I crossed the threshold into a utilitarian shop, the white walls lined with phones and accessories of every kind. The central control station was manned by smart young people, none of them a day over 30. I naively requested a new battery for my phone, only to be informed the store does not sell batteries. It seems the whole phone has to be replaced with a nod to the planned obsolescence built into such gadgets. This insures a steadily increasing source of revenue for Verizon.

The tall young man who assisted me had an engaging smile and calm patience as he transferred data from my old phone to the new improved model. Since this took

over an hour, I had the opportunity to observe the flow of customers in and out of the store. Most

of the supplicants who stepped up to the counter were women of my vintage or even older. They were baffled by the complexity of their devices. One grey-haired lady complained that her phone wouldn't charge, only to discover she was using the wrong

cord. Like me, these women often feel frustrated, but regard their phones as a necessary evil if they want to stay in touch with friends and family.

Beneath the onslaught of technology, we all still have basic human needs for friendship and personal interaction. The young man helping me responded readily to my question about where he lived before moving to Oregon and his hopes, dreams and plans for the future. Maybe I can't be a whiz at mastering my smart phone, but I can still listen with an open heart and be an encouraging presence.



Before I left the store I commended the young sales clerk to his manager. "That young man needs a promotion for his helpfulness and patience."

Meteor Showers, 2019 Peak viewing dates

April 22-23 Lyrids 20 per hr

May 6-7 Eta Aquarids 60 per hr but in the northern hemisphere only about 30 per hour

July 28-29 Delta Aquarids 20 per hr

Aug. 12-13 Perseids one of the best at up to 60 per hr. also a full moon

Nov. 5-6 Taurids 5-10 per hr

Nov 17-18 Leonids 15 per hr., but about every 33 years it is cyclonic and there will be hundreds per hr. Last time was 2001.

Dec. 13-14 Geminids, considered the King of meteor showers averages 120 multi-colored meteors per hour, but will be slightly dampened by full moon.

Blue Moon May 18th

The third of four full moons in a season, May's moon is known as the Full Flower moon for it is when spring flowers are in full bloom.

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BOOSTERS ANNUAL EASTER EGG HUNT

Saturday, April 20th

All children ages 0 - 12 are invited to join in the fun of hunting for eggs and special prizes on the grass in front of the Park and Recreation office.

Sign-up starts at 10:30 and the HUNT begins at 11am. If you need a bag for your eggs, the will be some available.

The Easter Bunny will be out and about so if mommy, daddy, or grandma and grandpa want to take you picture with the Bunny they can.



“Wash Your Troubles Away”
APRIL 5, 6 & 7
Admission by Donation

ADMIT
★ ONE ★

On April 5th, 6th, and 7th the local Stage Rat Players will be performing “Wash Your Troubles Away,” a musical comedy written by Tim Kelly. The production, which takes place during the gold-rush days in old California, also directed by Roxanne Hand, has music by Arne Christiansen and lyrics by Ole Kittleson. This time around the cast is a mix of seasoned Stage Rats and a number of newcomers, including community members, school staff, and several student actors. Tickets for the Stage Rat performances are also by donation. Contact Darrel Krabill at 541-576-2312 or Roxanne Hand at 541-576-2789 for more information.



Darrel Krabill, Leanne Miles, and Michelle Burchett rehearse a lively scene for the up-coming Stage Rat Players “Wash Your Troubles Away.”



FORT ROCK GRANGE Annual Beef Dinner and Pie Auction Saturday, April 13, 2019 6:00pm-7:00pm

MENU

BBQ tri-tip, baked potato, green beans, dinner roll, coleslaw, dessert and drink,
Pie Auction during dinner



ADULTS, \$12. /KIDS 6-12 \$6.
5 & UNDER FREE



This event helps fund Fort Rock Grange operations, and community programs.



Grange Easter Breakfast Sunday April 21, 2019

Follows Sunrise Service at the Rock

\$7. Adults/ \$4. 6-12/ 5 & under free

Ham, pancakes, eggs, hash browns,
orange drink, coffee
Serving from about 7AM—8AM

A little About Special Transportation

Who can use the service, who can not. Well the simple answer is, Any one can use the services of the Special Transportation Program.

All you need to do is call **541-576-4689 Three days** in advance, further out is better but not required. And be sure to leave a clear message so we can call you back. The coordinator will do her best to get you scheduled, but remember it will still depend on available space and driver availability.

Drivers for the Special Transportation program are volunteers. They not only use their vehicle, they also are donating a good deal of their time.



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- Ham Steak \$13
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- Popcorn Shrimp \$13
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What can I say? March Madness. What few I have left are going ballistic trying to determine if they should be gathering or staying inside. “Beware the Ides Of March” so they say. In some regions as much as 47 percent winter loss has been recorded. The largest bee keeper in the United States lost over 50,000 hives!

Sooo, the age-old mantra is Feed, Feed, Feed! The Queen Mother is getting into high gear, laying as many eggs as she can to replace the winter fatties (the fall girls) that are not so plump right now. Bee kind and remember them, they gave their all to get the hive through a nasty winter. The girls are trying to get out and get as much pollen as they can find, which is a challenge here in March. Unfortunately I have seen few bees come into the hive with much if any pollen.

You should consider feeding pollen patties this month to get the hive producing more foraging girls. The entire hive should return to almost normal operation now, but the increased population is in desperate need of FOOD!



BEE-Cuzz You Asked MARCH and the Bees

By Gary A. Brain Summer Lake Apiaries



March is when many hives will starve out. I have had strong hives make it through a tough winter like this one and starve out just bee-cuz of my neglect. Feeding at this time IS an emergency. Do not let your guard down just bee-cuz there are some days of mosquito hatching weather.

On good days above 55 degrees inspect your hive! No fooling, this is the best way to see if you have issues. Just a bit of well-earned advice, the girls may be somewhat aggressive as they are expending lots of energy flying around and not bringing back the much-needed stores so, remember

to keep your suits zipped up and your cuffs tight.

Two things to consider: The Queen Mother will get into high gear by producing replacement workers which will tend to produce early swarming and will place huge demands on food sources and will also cause a great need for brood chambers. You should also reverse your brood chambers as needed. This is very important, as the Queen Mother needs more space to lay eggs. Just move the top brood chamber to the bottom and remember to clean the bottom board of dead girls. Thank them for getting the hive through the winter.

Remember to put supers on the strongest hives this time of year as this may improve your chances of the hive not swarming by increasing much needed expansion space for the colony and may give you and the girls some extra honey this fall.

See you in April where we will chat about taking care of the package bees or nucs you ordered in February. Bee safe and enjoy any sunny days(??) ahead!

February 26, Deputies initiated an investigation involving allegations of students using a vape pipe on the school bus. The investigation confirmed the allegations and students were interviewed. The investigation led to citations being issued to five students of North Lake High School. The investigation has been forwarded to the Juvenile Division who will be coordinating their follow-up with representatives of the High School.

February 28, Deputies contacted several adult females at the La Pine Clinic in Christmas Valley regarding suspicious activity. One female was sleeping in the rear of a vehicle and refused to cooperate or answer questions regarding her identity or their business at the clinic. The female was subsequently identified which revealed an outstanding



Sheriff's Report

Submitted by Sheriff Michael Taylor



warrant for her arrested. The female was transported and booked into the Lake County Correction's Facility.

March 1, Deputies responded to the Indian Village regarding trouble with a customer. The adult male was contacted and a warrant check was conducted which revealed several valid Lake County arrest warrants. The male was arrested and booked into the Lake County Correction's Facility.

March 6, Deputies responded to Ace Hardware for a Theft that occurred on March fourth. A video of the theft was received and a suspect was developed. On March seventh employees of Ace Hardware

called 911 reporting the suspect was back in the store. Deputies arrived and detained two suspects in the store. One suspect was arrested for the theft that occurred on March sixth and the other was arrested for an outstanding state wide felony parole board warrant. Both suspects were booked into the Lake County Correction's Facility. Investigation has been forwarded to the DA's Office for charging.

March 7, Deputies responded to the 900 block of North 3rd Street regarding a prowler complaint. The suspect was contacted a short time later and a warrant check was conducted which revealed a valid arrest warrant out of Douglas County Oregon. The suspect was arrested and booked into the Lake County Correction's Facility.

March 8, Deputies were contacted at the Courthouse regarding a fraud complaint regarding the victim's Verizon Cell Phone Account. The victim stated representatives from Verizon contacted her and advised that suspect(s) unknown attempted to purchase equipment and activate two additional phone lines on her account from the Bronx, New York area. Investigation is ongoing.

March 9, Deputies responded to a motor vehicle crash in Christmas Valley involving a U-Haul truck. The Investigation revealed the driver fell asleep, traveling off the roadway and rolling the vehicle. Both the driver and the passenger did not sustain any injuries due to the accident. The driver was cited for driving while suspended. North Lake Towing secured the U-Haul truck and its contents.

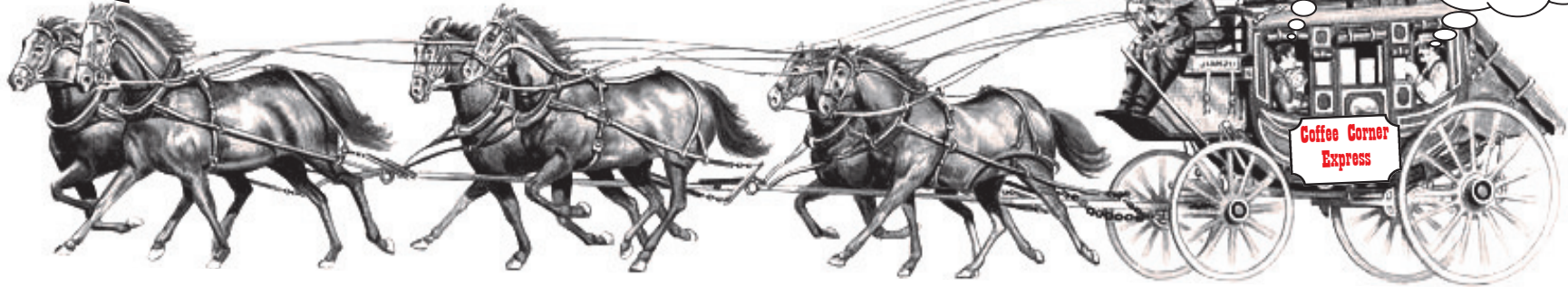
March 10, Deputies responded to the Lake District Hospital regarding a domestic assault where the female was the victim. The victim reported that her husband and her mother assaulted her at her residence. A warrant check on the husband revealed a current restraining order against him from making contact with his wife. The husband was contacted and denied assaulting his wife however, did admit making contact with her in violation of the order. The husband was arrested for violation of a restraining order, transported to the Lake County Correction's Facility and booked. The assault has been forwarded to the DA's Office for review and charging. The victim's mother had fled the area and is believed to have moved to California.

March 13, Deputies responded to DHS regarding a child abuse that
See Sheriff's Page 12

DESERT INN MOTEL
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CORNER OF CHRISTMAS VALLEY HWY. AND PARK ROADFOR ORDERS TO GO CALL 541-576-3600

MAY 21 ELECTION

As with many small communities throughout Oregon, services such as Fire, Water, Medical Clinics, Park and Recreation and School are funded as districts or special districts. These districts are managed by their boards and their boards are made up of five people who live within their district boundaries.

The Board members are **Elected by VOTERS** in their districts. Elected yes, to volunteer positions. That’s right, no pay, no bragging rights, but rather an opportunity to be a part of sustaining and improving services for their fellow community members.

Notice that no one filed for ESD at large, Positions 4 & 5 for the Water district; Positions 1 & 4 for the Park and Recreation District and Position 5 for the North Lake Health District.

It may be to late to file but it is not to late to make your intentions known and run as a write-in candidate. Hopefully some folks will step up to the plate and do just that. It is a more positive solution than having those positions filled by appointment.

District Races and Candidates who have filed		
Central Oregon Community College Zone 7 Director		Oliver Tatom
Education Service District At Large		No Candidate Filed
North Lake School District No 14		
Position 1		Shane L. Forman
Position 2		Buck Church
Position 5		Dwight Roth
Christmas Valley Rural Fire Protection District		
Position 1		Kit Cardin
Position 2		Benjamin Widenoja
Position 4		James A. Silveus
Silver Lake Rural Fire Protection District		
Position 1		Marvin Markus
Position 2		Clark Simons
Position 5		Jamie J Roscoe
Christmas Valley Domestic Water District		
Position 1		Wanda H. Lanier
Position 2		Ione Maple
Position 4		No Candidate Filed
Position 5		No Candidate Filed
Christmas Valley Park/Rec District		
Position 1		No Candidate Filed
Position 2		Glenna Wade
Position 4		No Candidate Filed
Position 5		Chuck Carroll
North Lake Health District		
Position 3		Kathleen Thompson
Position 4		Alice J Dinsdale
Position 5		No Candidate Filed

By David Kerr Superintendent

David Kerr

WHAT we need and WHY we need it:

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The Flyway Restaurant

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Steak & Creative
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8am - 2pm & 5pm - 8pm

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Three Cheese Asparagus Penne

Every one loves pasta! Well, my family anyway. It's part of our DNA. I think, to enjoy the comforting texture and flavor that goes so well with other foods And it can make a stand alone meal with some simple additions. So here is a dish that can be varied depending on what's in you refrigerator or in the veggie garden.

Three Cheese Asparagus Penne

- 1/4 cup Butter
- 1 pound Penne Pasta (any short pasta will work)
- 1 pound Asparagus cut into 1/2 to 1 inch pieces (Snap off tough ends)
- Here you can Substitute broccoli, green beans, peas, mixed veggies, canned, frozen, or fresh.
- 2 cups Cream (or any combo of milk &/or 1/2 & 1/2 to suit your taste)
- 8 ounces cream cheese, chunked up
- 8 ounces sharp cheddar, grated
- 4 ounces Gruyere Cheese, grated
- Sea Salt & Fresh Ground Pepper



Butter a casserole dish and preheat your broiler. Cook pasta in a large pot of boiling water according to package instructions til not quite al dente. Add asparagus and cook 1 minute more; drain

Meanwhile heat milk in medium pot over medium high heat til simmering.
Whisk in Cream Cheese, stirring until smooth. Reserving 1/4 cup each: cheddar and Gruyere,
Add remaining cheeses and butter to pot and whisk until smooth. Season to taste with Salt and Pepper. Add cooked pasta and asparagus; stir to coat. Pile in prepared casserole; sprinkle with reserved cheeses.

Broil turning casserole dish once or twice, until pasta is crispy and browned a bit on top, about 5 minutes.

Serve a crisp green salad, a glass of your favorite wine and your simple, but elegant Mac and Cheese!

Salute!

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April 21

11am to 4pm

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Please Call 541-943-3993

Reservations by April 15th Please

Dessert and Drinks not Included

WE'RE ALWAYS LOOKING FOR RECIPES

The Breeze welcomes all recipe submissions. If you have a favorite dish you would like to share, please send it on over in an email or a text. This is an especially good time of year to share favorites with your fellow readers.

Winter Wellness

Brought to you by your North Lake Health District

Its that time of the year when most of us have just about had our fill of the snow, the cold winter days, the muddy roads and the colds and flus that accompany the winter months. It seems every year the viruses going around get tougher to battle and can be particularly difficult in rural areas where access to over the counter symptom relief is not so easy to have on hand.

There are some basic things all of us can do to minimize the spread, severity and duration of colds and flus. Remember to practice the simple things, get plenty of rest, drink fluids and eat right. Frequent hand washing is also one of the best ways to protect yourself, your family and the community from the spread of contagious germs. An annual flu shot is also recommended for high risk people of all ages but are specifically recommended for the young and elder population.

When Grandma’s Chicken Soup and common sense fails to support your recovery, remember the many providers that offer services within the walls of our local clinic. Whether your approach is holistic or traditional western medicine, we’re here to offer support to your wellbeing. Stop in and talk to us about the variety of ways we can support your efforts to stay strong and healthy.



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of the Month*

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Mondays at 6:30 pm
Christmas Valley
Community Church

Sherry 541-55576-4509
Tim 541-977-4944

Your North Lake Health District welcomes public attendance to monthly board meetings.

Meetings are generally @ 5 pm the 1st Monday of each month but may deviate as needed.

Notices are hung on the Post Office bulletin board 4 to 7 days before meetings.

Dr. Natasha Rudd, N.D., L. Ac.



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Dr. Rudd is currently accepting new patients and referrals for patients seeking natural therapies for any type of health condition.

To schedule an appointment to be seen by Dr. Rudd at the North Lake Health District's Medical Complex please call 541-385-6249.



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Tara Jones, LCSW CADC1

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Chiropractor

Helmut Eichner, D. C.

By Appointment - 541-633-6563

Massage Therapy

Shawn Lavallee, LMT

Mon - Fri by Appointment

541-576-2110 or 541-576-2043

Naturopath/Acupuncture

Natasha Rudd, N. D. , L. A.

By Appointment 541-385-6249

Dental Van Information

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Health District Secretary at 541-576-2165

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Sheriff's Report

From page six.

occurred on March 12, 2019. The victim was contacted and stated that his father, punched him in the back with a closed fist two times while the victim was standing in the corner because he was being punished. After the suspect punched the victim in the back the suspect grabbed the victim by the hair and slammed his head into a wooden wall approximately 4 - 5 times resulting in injuries to victim's face and head. The investigation has been forwarded to the DA's Office for review and charging. The victim has been taken into protective custody by DHS. Investigation is ongoing.

March 15, Deputies responded to New Pine Creek regarding a trespass situation. The suspect was contacted and warned to leave the victim's property and not return or he would be arrested for trespassing. Two hours later the suspect returned to the victim's property and was banging on the door and turning the doorknob in an attempt to enter the victim's residence. The suspect was contacted and arrested for trespassing second degree. The suspect was transported to the Lake County Correction's Facility and booked. The investigation has been forwarded to the DA's Office for review and charging.

March 16, Deputies responded to the 1700 block of North Fourth Street regarding a commercial burglary. The owner/victim stated person(s) unknown entered the business via an unsecured door and stole approximately \$250.00 in cash and an antique out of a display case. The case is ongoing at this time. The Sheriff's Office is offering a cash reward for information leading to the

arrest and conviction of the suspect in this burglary.

March 20, Deputies responded to the 1300 block of South 3rd Street regarding a theft. The investigation revealed that approximately 3000 pounds of copper wire had been stolen from a secure lot at Pacific Power. The victim said a winch on their 4 - wheeler, a battery charger, and a storm chase box with miscellaneous electrical parts and pieces had also been stolen. The investigation has revealed no suspect(s) at this time. Any information leading to the arrest and prosecution of suspect(s) in this case will lead to a cash reward. Please contact the Lake County Sheriff's Office with information.

March 21, Deputies responded to the Lakeview High School regarding a student being caught in possession of a vaping devise at school. The investigation revealed that a student who was in possession of a SMOK vape pen was sent home from school. The student was interviewed regarding the incident at the school and admitted to being in possession and using the pipe. The student was issued a citation for a minor in possession of a vaping devise. Administration of the High School will determine the outcome of whether the student may return to school. The investigation has been forwarded to the juvenile department for follow-up.

March 23, Deputies conducted a traffic stop on a vehicle where the driver was suspected of having a suspended driver's license. When the driver was contacted he presented an expired driver's license. A records check revealed that the driver was suspended. The driver was issued citations for using an invalid driver's license and driving while license suspended.

BUDGET COMMITTEE MEMBERS NEEDED:

Most local governments in Oregon, from the smallest Cemetery district to the largest city, must prepare and adopt an annual budget. Schools, counties, cities, rural fire protection districts, and most special districts are all subject to the same budget provisions. Each district forms a Budget Committee made of the Districts board members and an equal number of Appointed electors. The appointed electors must meet the following guidelines:

- Electors are registered voters in the district
- Cannot be officers, agents or employees.
- All members have the same authority
- Appointed for staggered three-year terms
- If the district can't fill all appointed members, the Committee can be fewer.

Budget Committee Members are needed for the following Districts:

- Christmas Valley Park & Recreation District – First meeting is April 9, 9:00am at the District Office
- Christmas Valley Rural Fire Protection District – First Meeting is April 15, 7:00pm. at the Fire Hall
- North Lake Health District – First meeting is April First at 5pm - At the District Office.

If you are interested in serving on any of the above budget committees, please contact Patty Effingham at 541-576-2640.

- Christmas Valley Domestic Water Supply District – First meeting TBA. If you are interested in serving on this budget committees, please contact Erica Anderson at 541-576-2090.

Please get involved in your community.

BUDGET COMMITTEE MEETINGS SLATED

A public meeting of the Budget Committee of the North Lake Health District, Lake County, State of Oregon, to discuss the budget for the fiscal year July 1, 2019 to June 30, 2020 will be held at the District Office. The budget committee meeting will take place on April 1, 2019 at 5:00 PM. The purpose of the meeting is to receive the budget message and to receive comment from the public on the budget. A copy of the budget document may be inspected or obtained on or after April 1 at the office of Patty Effingham LTC EA.

A public meeting of the Budget Committee of the Christmas Valley Park & Recreation District, Lake County, State of Oregon, to discuss the budget for the fiscal year July 1, 2019 to June 30, 2020 will be held at the District Office. The budget committee meeting will take place on April 9, 2019 9:00 AM. The purpose of the meeting is to receive the budget message and to receive comment from the public on the budget. A copy of the budget document may be inspected or obtained on or after April 9 at the district office.

A public meeting of the Budget Committee of the Christmas Valley Rural Fire Protection District, Lake County, State of Oregon, to discuss the budget for the fiscal year July 1, 2019 to June 30, 2020 will be held at the Fire Hall. The budget committee meeting will take place on April 15, 2019 at 7:00 PM. The purpose of the meeting is to receive the budget message and to receive comment from the public on the budget. A copy of the budget document may be inspected or obtained on or after April 15 at the office of Patty Effingham LTC EA.



U.S. Department
of Veterans Affairs

VA Resource Fair

Wednesday, April 24, 2019
11:00 a.m. to 2:00 p.m.

Outback Retirement Center "Hank's House"
87142 Christmas Valley HWY, Christmas Valley, OR

VA will have staff who can answer questions and provide information about different services available to Veterans. Other Veteran Service Organizations and La Pine Community Health Center will also attend to provide information and answer any questions. VA will have staff from services such as:

- Veterans Benefits Administration
- National Cemetery Administration
- VA Health Care Enrollment
- Community Care (non-VA Care)

Questions? Call (503) 808-1920 or VHAPOR-PublicAffairs@med.va.gov. Please contact us if you are a Veterans Service Organization that would like a table at this event.

Thank you to Outback Retirement Center for hosting this event!

Enjoy "The Prospector" as he takes offers readers new views of features and histories which most likely would not have captured their attention but now may well pique their interest. I say meander because our Prospector and his writing travel a path that has many curves and bends along the way, but in the end an interesting destination is reached. So spend a little time mulling over the journey and if you are curious like me, you may find yourself getting ready to do a little exploring.



In North America horses were reintroduced into the environment only four hundred years ago with the Spanish landing in Florida in 1515 with their *Beasts of Burden* – which were stolen immediately. There are many elderly farmers alive today that hope due to the maintenance and upkeep that came before the farmer's personal needs that those days when of 'working end' of a horse will never return.

The Shoshoni Indians sent their most elite warriors, the Comanche's to handle the invasion. The Shoshoni became the most feared warriors in all of North America because of the horse and the intimidation that was part of its essence. Even with this power the Indians only attacked trespassers and enslavers.

Being direct descendants of the Aztecs the Shoshoni were fully aware of the goals of the Conquistadors. For the first one hundred and fifty years the Shoshoni called the 'shots' all because of the horse. In the 1690, Revolt, the Saydocarah Warriors in the Ochocos got word that their Brothers the Hopi, Pueblo and Zuni were being held captive as slaves for the Spanish. In less than six hours Santa Fe, New Mexico was empty of Spaniards who were driven to El Paso Del Norte and into the waiting arms of the Comanche's.

Pushing the Spaniards to their port in Veracruz Mexico the Shoshonis found thousands upon thousands of horses corralled there. These horses were removed and placed with the Utes who were the Shoshoni merchants for the Nation. The Comanche became the principle procurers of horses, while the Utes were the middlemen in this lucrative business.

Immediately after a successful raid the Comanche would turn the horse over to the Utes who would wrangle them over the southern Rockies and deliver them for a nominal fee to the Snakes. These Sho-

shonis were called Snakes because they spoke with their hands in a fashion that resembled the movements of a snake. These traders would then pass them along for a fat profit to the Nez Perce, Umatilla, Arapahoe or anyone else who could make the price. Thanks to the horse the Shoshoni had now completed the pleasant transition from passive, starving, dirty proletarians to plump, clean, aggressive capitalist with time to explore or go fishing just for the fun of it.

Their hunting party's probed the Great Plains in pursuit of buffalo and the Pacific Coast in quest of trade articles with no fear of retaliation. To starve off boredom they fought among themselves staged a few wild raids on the Wasco, the Klamath's or the Crows, but mainly occupied their time with hunting which was serious business. Fighting was pretty much a sporting proposition, carried on by individual initiation.

The very finest horses were reserved for the Saydocarahs and the rest of the Nation. Supply and demand became the leading cause for distributing the culls to their enemy's forces. Even when they sold the 'rough' animals theses Indians in turn created some of the finest animals adapted to the mountains regions, Cayuse. The Cayuse Horse, short legged and stout was the most sought after horse in existence and demanded the highest price. Thus the raid in 1690 provided all of North America with horses after only a half

HORSE POWER

Opinion by The Prospector

century.

The Americans on the East Coast, who were just forming their Nation, became recipients to these



southern plains. During this same period the Snakes seized possession of the northern plains and by 1730 had driven the Blackfeet into the Saskatchewan prairies of interior Canada. The Utes swept through the southern Rockies and claimed the present states of Utah and Colorado. Driving west the Snakes- shoving the Modoc, Washoe and Shasta ahead of them- expanded hunting rights into Nevada and northern California.

In slashing raids to the north the Banatte Snakes cleared the northern Blues, the Idaho panhandle and the western Rockies of Nez Perce, Spokane and Flatheads -- all because of the horse. This situation did not prevent the separate hostile bands from negotiating peace treaties which some lasting for years until the arrival of the white man.

(The last patent of our new horse, the antiquated automobile, was in 1926 with the intermittent wiper. Does that mean man's destiny with our new horse will last another three hundred years before we discover a new horse?)

animals at a cost. As early as 1706 the Comanche's had cleared the Kansas country of Apaches and by 1739 they were the masters of the

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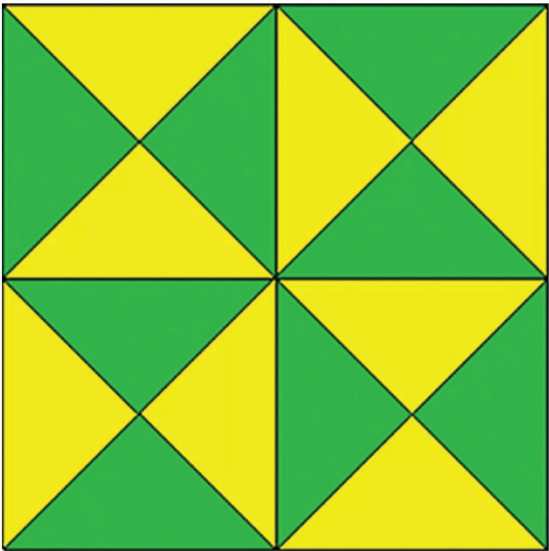
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Question: How many triangles are in the above image?
You need to look beyond the obvious triangles for this one

We will have the answer and the logic of the solution in next months paper

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23rd Tuesday no Bus
Lunch in Christmas Valley
17th Thursday no Bus

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5th Friday La Pine and Lakeview

Trips to Bend with Limited Shopping
10th
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Come join us at the Christmas Valley Library on the 2nd and 4th Thursday of every month from 10am-11am
excluding holidays

Diagonal Sudoku

			3	4	
		2			6
	1				3
1				6	
3			1		
	6	5			

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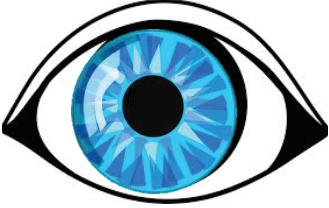
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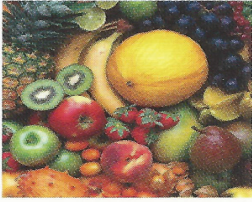
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Public Meetings

CV Boosters - 2nd Mon at 6pm at Booster Building
CV/NL Chamber of Commerce - quarterly (watch for posters)
CV Fire Board - 3rd Mon at 7pm at The Christmas Valley Fire Hall
NL Park & Rec - 2nd Tues at 9am at Park and Rec office
CV Water Board - 2nd Wed at 1pm at CV Community Hall
EMS - 2nd Thurs at 7pm at EMS Building
FT Rock Grange - 2nd Wed at 6:30pm at Grange
Ft Rock Historical Society - 2nd Tues-10am at the Museum

FR/SL SWCD - 2nd Thurs at noon at Silver Lake Fire Hall
Lake Co. Hay & Forage - 1st Thurs at 6pm at Lodge at Summer Lake
Lions Club - 2nd Mon at 6:30 am at Silver Lake Fire Hall
NA Wednesdays at CV Community Hall at 7pm
NL Health District - 1st Mon at 5pm at North Lake Clinic
NL School Board - 2nd Mon at 5:30pm at the NL School library.
SL Lioness - 2nd Wed at 10am at Silver Lake Fire Hall
SL Rural Fire Dist - 2nd Mon at 7pm at Silver Lake Fire Hall

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