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Sometimes you just have to pull over and take the picture.
Winter Rim January 22, 2019

Dining Out in Christmas Valley & Surrounding Areas

Breakfast, Lunch, *By Terry Crawford* You can enjoy a cold beer or Dinner or a late night snack - all are dining options in Christmas Valley and surrounding areas - some with beer, wine, several with full service bars or cocktail lounges.

Gifts - N- More is ready to serve early risers beginning at 5:30am and closing at 5pm, Monday - Friday and 6am - 4pm on Saturday. Their menu is varied with daily homemade-soup offerings and breakfast being served all day. **The Lakeside Terrace** also caters to the *up at the crack of dawn* crowd by opening at 5:30 am and serving until 3pm Mon- Thurs and on Fri and Sat until 7pm.

Not an early riser? Check out the **Hay Shed Pizza**, Burgers & More for breakfast, brunch, lunch or dinner. They're open from 8am - 7pm Mon-Sat and on Sunday from 8am - 3pm.

The Farmhouse Cafe and Bakery, recently opened and is serving a wide variety of breakfasts and lunches as well as soups, salads and some very tasty baked goods. Current operating hours are 7am-4pm Mon-Sat and Sunday from 7am-3pm.

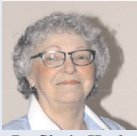
If your looking for a quick coffee, tee or other beverage stop by the **Stompin Grounds** stand and chose from an extensive list of options. They also have breakfast and lunch sandwiches, soups and baked goods. Open Mon-Fri from 8am-2pm.

Opening at 11am is **The Inn at Christmas Valley (The Lodge)**. You can order breakfast all day. They have a traditional lunch menu and several full dinner choices and house specials. Hours 11- 8pm

See Dining Out, page 12.

Walden Schedules Town Meeting for Feb. 9th

WASHINGTON, D.C. -- Continuing a series of town hall meetings across Oregon's Second District, Representative Greg Walden (R-Hood River) announced today he will hold a town hall in Lake County on **Saturday, February 9 at 10am at North Lake School's Gymnasium**. "After completing eight town halls so far this year, I am excited to continue my town hall schedule next week in Lake County," said Walden. "Town hall meetings help me update my 'to-do' list to take back to Washington, D.C. as I work to solve problems and grow jobs in our district. I look forward to meeting with people on the ground in Lake County and hearing their concerns, input, and feedback on the issues facing our state and country," including work to combat the opioid crisis, improve forest management, and give Oregon veterans access to better care at the VA.



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MEETING What to do about our roads Feb 4
COMMISSIONERS meet here on March 6 Page 8

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Winter Doldrums Art show - 15th & 16th see Whispers



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Comings and Goings

By Terry Crawford

Here it is the end of January. I'm sitting inside at the desk working on this issue of the *Breeze*. But not for long - It is just to beautiful outside to stay in the house much longer. The sun is warming and at the moment there is no wind which makes it all the better. I'll be out riding my horse within the next hour, it is just 12:30 pm right now.

This lovely weather reminds me of the first taste of Central Oregon winter I had when I arrived in Bend in 1977. It was mid month and shirt-sleeve weather. Wow, coming from the coast range of California, this was going to be okay. That delusion was shattered in late fall of 1977 when serious freezing began just after Thanksgiving. It got cold!!

Mirror Pond in Bend was frozen for sixty days the same sixty days that never got above freezing but rather stayed at sub-zero to low twenties. My stock tank heaters couldn't keep the water thawed so it was a bucket brigade of hot water from the house. It didn't take long to decide to move the tank next to the house and let the horses have free run of the yard. They didn't seem to mind the cold, even though neither one had every lived outside California.

They had ice hanging from their manes, ice on their eyelashes and on most days a dusting of frosty crystals on the guard hairs of their coats. I on the other hand was ill prepared for this. No heavy winter clothing at all, but there was always layering, and boy did I layer.

Then just when I thought it was all over, Mirror Pond slightly thawed, the day-time temperature rose to the balmy mid 30s; then the extreme cold returned and stuck around for nearly another month.

So back to now. I'm off to pack tack to the barn, catch up Alex, the horse, do some much needed grooming, and ride for a bit. Hopefully it goes well, cause horses feel so frisky in this weather.

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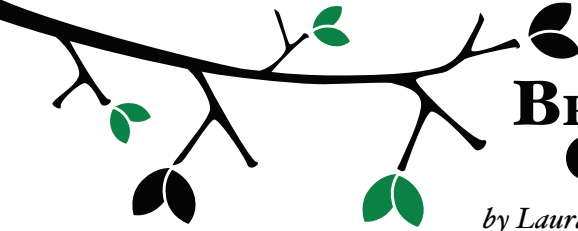
Letters to the Editor and Editorial Policy

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.



BRANCHING OUT

by Laura Parks

Thoughts on food & community.

Do you remember your favorite teacher? How she seemed to care about you even after you lost all your papers, or didn't know the right answer, even when your own friends didn't seem to care about you anymore. Maybe it was a man and you remember how he motivated you with a smile and a laugh. This teacher taught so effortlessly you often didn't realize you were learning and you later realized how their high standards had become your own.

Each year the North Lake Chamber of Commerce selects just such a person. A few years back the *Educator of the Year* award was presented to Lynda Hunt, second grade teacher at North Lake School.

Well, speaking of being an attentive educator that cares - when Lynda learned that both she and I love shrimp, she brought a recipe into The Willows for me to try. *Oh my goodness!* With her recent award as my motivation, this seems like a fitting month to share this with you. Lynda, as always, gives credit where it is due: she says the recipe comes from The Nugget in Sparks, Nevada.

SHRIMP PAN ROAST

Serves 1, increase recipe as needed.

2 cups	raw shrimp	1/4 tsp	butter
1/4 tsp	lemon juice	1/4 tsp	Worcestershire sauce
1 dash	tabasco	1 oz	white wine
1/4 cup	clam juice	1 Tbls	cocktail sauce
1/4 tsp	celery seed	1/4 tsp	paprika
1/4 tsp	salt	1/4 tsp	white pepper
6 oz half/half			

Cook everything together - *except the cream* - until shrimp is done (about 4 minutes). Add cream and heat but do not boil. Put in a bowl and add a pat of butter. Serve with hot crusty French bread.

I would add a chopped salad with simple vegetables and a light vinaigrette, together with my Grandmother's Walnut Toffee Bars for dessert.

WALNUT TOFFEE BARS

A chewy cookie rich with walnut flavor.

BOTTOM LAYER

1/2 cup	butter, melted
1 cup	flour
1/2 cup	brown sugar
1/4 cup	walnuts, chopped

Preheat oven to 350 degrees. Mix all ingredients well. Put in a 9 x 9 inch pan that has been very lightly greased. Pat down. Bake for 10 minutes.

TOPPING

2	eggs
1 tsp	baking powder
1 cup	brown sugar
1/4 tsp	salt
1 tsp	cognac vanilla
1 cup	coconut
2 Tbls	flour
1 cup	walnuts, chopped


Mix all ingredients together and pour over the bottom layer. Bake for 20 minutes. Cut into squares when cool. Serve with Espresso ice cream.

In honor of Lynda's award and those educators who have received the award both past and future, this might be a good time to drop a note to those people who have cared for you, mentored you and made a difference in your life

Then sit down to a dinner inspired by a great teacher!

The Willows Antiques, Vintage & Gifts

Laura Parks 541-576-2199 Christmas Valley, Oregon



My Mother used to say things

By Gloria Heglar



Gloria Heglar

My mother used to say “Cheer up, things could get worse, so I cheered up and sure enough... things did get worse”. I didn’t like her to say that.

My mother was a single mother and also would joke that she had to draw bills out of a hat until she ran out of money. I could visualize a pile of unpaid bills and worry privately about our finances as a young girl. I never though these little antidotes were supposed to have a little sense of humor injected into their strong inflection of stress for a single mother of two kids. I guess my sense of humor wasn’t well developed yet.

Perhaps the first anecdote, “Cheer up” has more meaning in my adult life. I have found that there are many indications that life’s pilling up on us. One expression is “Death comes in threes.” Not all sayings have been true to their words, thank goodness.

This sort of reminds me of my precious half -Irish and half- American Indian Grandmother that was raised a strict Christian as well as following Indian traditions such as “Don’t cross a black cat’s path”, “Don’t walk under an open ladder”, and one of my favorites,” White dogs don’t bite”. She truly believed one of these not taken seriously could create a tragedy. When I lost my Grandmother it was the worst day of my life, it still is a tragedy to me, to this day.

I have written about my maternal Grandmother often but she was a special, unique, loving, non-judgmental woman who was giving and tried to help people of all kinds and colors in hard times. I saw life through her Irish blue eyes and grew in her love and lessons of life she passed on to me.

Why am I memorializing Lillie Mae Oxford Ables today, because life piled up on me this week? It is because my friend Pattie Schuman is very critically ill. Pattie, and her husband Derek ran the Homestead Café

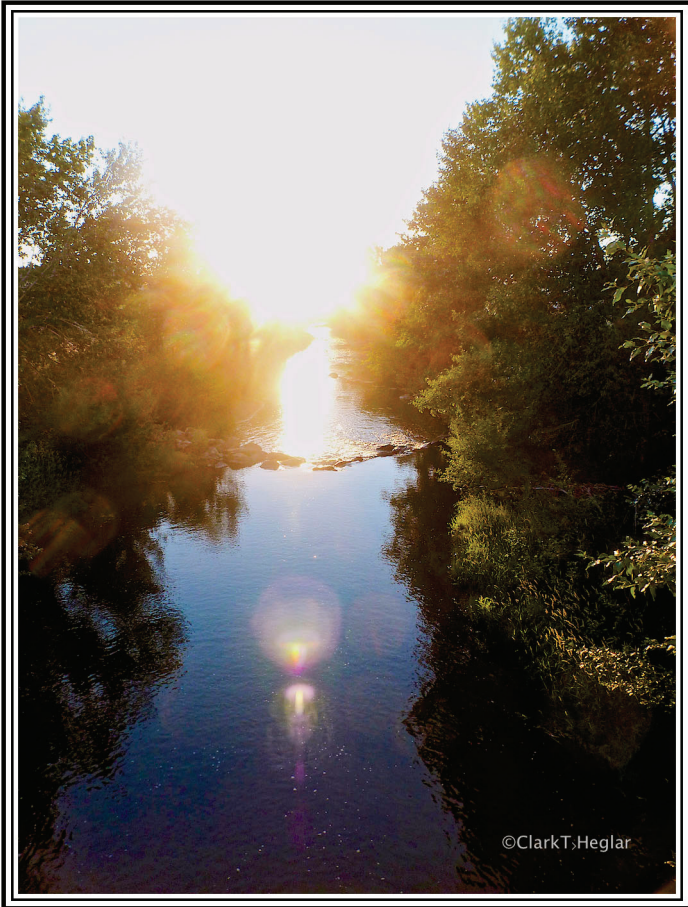
in Paisley for several years. They had recently returned from Baker City to Lakeview, about 6 months ago to be close to her parents.

I really know Pattie is special, She makes me feel like I did when I was with my Grandmother, I knew she was special through and through. She makes me smile when she walks into a room. She possesses traits far beyond her 48 years. She holds many truths we all talk about, but don’t always live up to. I never in the last 11 years have heard her say anything about anyone that isn’t nice. She would just simply not say anything.

Last week, Clark and I were headed to Lakeview, not sure why, when our cell rang and it was Derek. He said Patty had had a cold and was so ill she had been taken to emergency in Lakeview where she was found to have a very tough strain of viral pneumonia and they were flying her to Bend. We drove to the hospital and sat with her until she flew out.

The tests and results have come at us sadly and quickly and still piling up. She has a rare, rapidly spreading cancer in her lungs and it has spread to her chest near her aorta and during this process, she has also suffered a stroke.

Any contributions would be greatly appreciated. Umpqua Bank in Lakeview has opened an account to take donations named Pattie and Derek. Donations in Paisley can be dropped off at the Mercantile to be passed on. Send your thoughts and prayers to Pattie and Derek who met while serving in the US Air Force.



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

Deadline: The 20th the month

From This Angle: Veterans Services



Toni Bailie

Men and women who have served our country in the military are often eligible for benefits from the U.S. Department of Veterans Affairs. But the claims process can appear complicated and overwhelming. The Oregon Department of Veterans Affairs trains (ODVA) and supports Veterans Service Officers (VSO) to facilitate the application process, at no charge to the veterans.

Charlie Pike has been Lake County's Veterans Service Officer since 2012. During that time he has assisted more than 400 of the 830 veterans living in the county. He is linked into a statewide case management system with access to electronic filing that is accurate and timely.

He seeks benefits for military members and their dependents. This includes disability benefits, health care and mental health, housing, and death benefits for survivors. Under the Choice Program, veterans who live 40 miles from a VA medical center can obtain local health care services.

Charlie has special concern for the homeless. He keeps extra water and donated sleeping bags for any

homeless Vets moving along Hwy 140 and 395. Sometimes he gets a call from cowboys or the Sheriff's Department who have observed homeless men camping out in the woods. He dis-

has an emergency fund to assist survivors after a veteran dies. Other death benefits include grave markers and burial in a military cemetery.

To become a Veterans Service



Kristen O'Hare and Charlie Pike

tributes provisions from local food banks, as well as jackets, blankets and socks. In 2017, he contacted 50 Vets passing through, and obtained housing for ten of them through Klamath and Lake Community Action services.

ODVA also has an outreach to incarcerated veterans. Prior to release, the prison contacts a Veterans Service Officer. "We do our best to get them a place to live and connect them with job placement resources," Charlie says. ODVA

Officer, Charlie took five days initial training and passed a VA accreditation exam. He attends annual VSO conferences and seeks additional training to develop a strong claim process.

Charlie and his assistant Kristen O'Hare work 40 hours from Monday to Thursday. Each week he travels to Christmas Valley and the Inner Court Family Center in Paisley. He also meets with veterans in Silver Lake, Fort Rock, Summer Lake, Valley Falls, Plush, Adel or

New Pine Creek. If there are veterans seeking help, Charlie reaches out to them where they are.

In serving Lake County veterans, Charlie has found the camaradery he missed when he retired from the U.S. Army after 31 years of service, including deployments to Iraq and Sinai. "I work hard to assist veterans, especially ones who have suffered so many years and didn't know they had benefits coming," Charlie says. "I can walk away at the end of my day knowing I've achieved something."

Contact Lake County Veterans Services at 541-947-6043.

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Eighty Years Young and Going Strong!

On January 12, 2019, just one day after Donna Griffiths turned 80, a group of friends gathered at Gifts N More to celebrate the occasion with her. Of course she said no gifts, I just want to enjoy the company of my friends, but the friends couldn't resist offering their favorite octogenarian several thoughtful gifts. This was no small achievement, for buying a gift that you know will be used for someone can be tricky. Even so each offering was happily received and each hit the mark.

You may not know Donna by name but bet you know her by her moniker, *The Tinsel Tailor*. She is Christmas Valley's favorite seamstress and repairer of our favorite farm coat when the zipper gives up or our heirloom crochet bed spread that has been gnawed on by a pesky rodent. Oh and if you want something made and the only pattern is in your imagination, she can do that too.

Donna received the 2015 Christmas Valley/North Lake Chamber of Commerce Volunteer of the Year award in recognition of her tireless creation and gifting of hundreds of Afghans, hats and slippers to the WIC children, seniors and the Ronald McDonald House. Of course she continues to provide these gifts to this day.

Everyone that was able to attend Donna's birthday celebration felt privileged to do so for she is a valued friend, not just to those who know her but to our entire community.



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Here it is January in the High Desert. I am still smarting from my losses in December. I have sense found out that another beekeeper in the valley lost all his hives. We started to do some brainstorming and tried to come up with some commonalities with our losses. Interestingly we both found that our hives had very few dead bees in them and no mortality outside the hive on the ground. We were sitting at The Lodge one Saturday morning with the local coffee club chatting about what could have possibly happened and one of our neighbors came in and joined into the conversation. I have a couple of hives on his property both with loads of honey stores left inside.

He commented that in the spring of 2018 BLM has airtel sprayed herbicides over the Ana Fire burn and then airtel seeded the burn area. Now there was an AH-HA moment. After coffee I called another beekeeper in Christmas Valley and chatted with her. I asked her if she had experienced any winter loss and she told me that



BEE-Cuzz You Asked

January and the Bees

By Gary A. Brain Summer Lake Apiaries



she wintered her bees in California and experienced normal loss for her operation. We went over all possibilities, did some brainstorming and I came away with some good avenues to find out what happened.

I will be sending samples of dead bees to Oregon State Extension Service so they can do a toxicology screen to see if we had any issues with herbicides. In addition I am reaching out to Central Oregon Beekeepers in Bend to bounce what I know off of them. More to follow next month.

So my next task is to do what we beekeepers do most every January. Scraping, cleaning and

painting our bee boxes, frames and foundation. Looking to see what we might need in the way of equipment, supplies and medication to this year. We will go over our past years records and events and formulate a plan for this up-coming year.

I plan to split the few remaining hives I have left and purchase new queens for those splits. I will have the bitter sweet task of extracting the surplus honey out to the hives that I lost and give the overwintering girls the opportunity to clean up the remaining dregs of honey left after extracting. On warm days the girls will be out looking for anything they can find to take back to the hive for food so I leave the extracted frames and hives outside my processing room and take off the top cover and open up the bottom entrance so the girls can have access to the frames.

They lick the frames and comb up and I have clean frames for the upcoming year. I will put Para Moth crystals in the hives that have extracted comb to keep the wax moths from destroying the comb. We seem to have an abundance of these pesky moths. Well that's all folks! Enjoy the New Year and stay safe!



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Sheriff's Report

Submitted by Sheriff Michael Taylor

December 13, Deputies contacted a resident of Lake County at the Sheriff's Office regarding several suspicious checks she received in the mail. The female reportee disclosed two checks written to her for \$6,000.00 each. The signature on the check was from a person she did not know nor had she ever done business with. The reportee attempted to cash the checks however the checks were written on a closed account. Deputies attempted to contact the owner of the account who resides in Westbrook, Maine however they was not able to contact him. A check with the Cumberland County Sheriff's Office Dispatch revealed that no person with the identification provided on the checks lived at the address in question. The investigation did not reveal the whereabouts of the individual that allegedly signed the checks. The checks were seized and placed in evidence as the investigation is ongoing.

had been broken into between Christmas Eve and the 26th. The suspect(s) took tools resulting in a monetary loss of approximately \$700.00. In addition to the stolen property the suspect(s) cut a fuel line to a tractor that was stored in the shop and removed the fuel. Cameras from a nearby local business are being reviewed for attempts at identifying the suspect(s). The investigation is ongoing.

January 5, Deputies responded to the 87000 block of North Starr Ln regarding an investigation involving stolen property. Deputies contacted the male adult living at the residence and interviewed him regarding the ongoing investigation. During the contact it was discovered that the resident had an outstanding arrest warrant out of Linn County for DUII. The male resident was arrested and transported to the Lake County Corrections Facility where he was booked for the warrant.

December 26, Deputies responded to the 1200 block of South G Street regarding a burglary. The reportee advised that her late father's shop

December 24, Deputies responded to the 58000 block of Cooks Road regarding a domestic incident

See Sheriff's page 8

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Sheriff's Report

From Page Six

that occurred in the 56000 block of Twilight Lane in Christmas Valley. When the female victim was contacted Deputies observed numerous injuries to include a split lip and bruising around her face and throat. The victim advised Deputies that her boyfriend had thrown her to the floor several times and had choked her once she was down. Several roommates and a child were present during the assault. A roommate broke up the assault when the male suspect attempted to drag the female from the house. At that point the female told the male that she was leaving to get hooks for Christmas ornaments and left. The female called 911 and reported the incident to Deputies. The suspect was subsequently charged with Possession of a Controlled Substance, Resisting Arrest, Felony Assault in the Fourth Degree and Felony Strangulation. The suspect was transported to the Lake County Corrections Facility where he was booked on the aforementioned charges. Investigation is ongoing.

January 9, Deputies contacted the victim of a reported theft. The victim advised that he had car ramps stolen from his residence. Several days later the investigating Deputy observed the stolen property setting outside a residence in Silver Lake. The Deputy contacted the potential suspect who informed the Deputy that he had purchased the ramps from the alleged victim. The victim was contacted and advised the Deputy that he had originally purchased the ramps from the alleged suspect. Both suspect and victim have been friends for many years and have agreed to work this out on their own.

January 10, Deputies responded to Hall Motors regarding a burglary to the impound yard. The investigation revealed that the suspect(s) entered the impound yard by removing multiple fasteners to the cyclone fence gaining entry. The investigation also revealed that a specific vehicle was targeted and property from the vehicle was missing. The vehicle is owned by a local resident who

works at a business in Lake County. The suspect(s) left some property at the point of entry and forgot the property or were scared away. The investigation is ongoing.

January 19, Deputies were contacted at the Sheriff's Office regarding a stolen Quad out of Modoc County. Deputies located the stolen Quad outside a residence in the 1000 block of South G Street. The Quad was confirmed stolen and released to the owner. Deputies are coordinating with Modoc County Sheriff's Office regarding possible suspect(s). Investigation is ongoing.

January 21, during a routine subpoena service Deputies were informed by a female that she had been in violation of a restraining order against her boyfriend. The restraining order was served December 28 due to a domestic assault. The reportee reported that she was coerced into providing false testimony about the domestic incident to the grand jury which consequently minimized the charges against her boyfriend. A new investigation was initiated and charges of Tampering with a Witness, ORS 162.285, Violation of a Restraining Order, ORS 133.310, Coercion, ORS 163.275 and Criminal Conspiracy, ORS 161.450 are being recommend to the DA's Office. Investigation is ongoing.

January 25, Deputies responded to Highway 395 at approximately mile marker 55 regarding an auto vs: cow accident. The vehicle involved in the crash, a white van, was located off the roadway approximately 75 feet on the west side of Highway 395. Due to the significance of the impact the driver of the vehicle sustained serious and life threatening injuries. The driver was transported by the Lakeview Disaster Unit medical crew to Valley Falls where he was airlifted to St. Charles Medical Center, via helicopter. Investigation is ongoing.

Celebrate Recovery

Mondays at 6:30 pm

Christmas Valley
Community Church

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

Narcotics Anonymous

Wednesdays at 7 pm

Christmas Valley
Community Hall

Speakers Meeting
the Last Wednesday
of the Month

What to Do
About Our Roads

Our roads are a mess and they aren't going to get better on their own.

Come to a let's put our heads together, information and suggestion gathering meeting on **February 4th at 6pm** at the Christmas Valley Community Hall.

This is not a gripe session, it is a chance to seek solutions to the issue.

Commissioners
Meeting in CV

Mark your calendars now so you won't miss spending some time with the Lake County Commissioners. They will be holding their regular session meeting here in Christmas Valley at the Community Hall on **March 6th at 10am**. Check the County web site for agenda information.

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Store Manager
Carrie Mace

Friday & Saturday ~ February 15th & 16th From 5 -8pm

Valentine's Dinner



Serving
5pm -8pm
Please call
541-943-3993
for more info
and to make
reservations -
Reservations a
must!!

Menu

Prime Rib W/ House Jus
Roasted Garlic Mash
Grilled Seasonal Veg

Chicken Saltimbocca
Lemon Thyme Pan Butter Sauce
Grilled Polenta
Grilled Seasonal Veg

NY Strip
Mushroom Pancetta Ragout
Horseradish Mash
Grilled Seasonal Veg

Menu

Lobster Tail & Drawn Butter
Sauteed Spinach
Herb Roasted Red Potatoes

Pasta Carbonara
with Seasonal Veg

Burger with Bacon,
Caramelized Onion &
Blue Cheese

Included with all Dinners, Iceberg Wedge
Salad W/ crisped Bacon, Tomato & Bleu
Cheese Dressing and Valentine Dessert

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Friday & Saturday
8am-8pm
Sunday: 8am to close

The Flyway Restaurant

Comings and Goings

From page two

Just getting saddled up is a chore when your horse resembles a Woolly Mammoth. Lots of hair combined with a winter's worth of dirt, well you get the picture. At any rate after a half hour of brushing I saddled him and we walked out to the arena.

He was his normal calm self until I snapped the lounge line to his halter, then his demeanor did a 180. He let out a squeal, jumped sideways, kicked up his heels and started circling - never mind that there were several obstacles interfering. It took some doing to get him out in the open. He immediately set himself into a fast canter and had no intention of mellowing out. Oh well, it wasn't me asking.

Once he started to get a little tired, I changed his direction and just let him keep going until he decided that trotting was a good idea. We stayed with that speed until he was willing to transition back and forth between the trot and walk.

Time to climb aboard. I put on the bridle, tightened the girth, led him to the mounting block and Alex, being the gentleman he is, stood perfectly still as I mounted

and stayed that way until I asked him to move off. The ride was anticlimactic.

I initiated my new strategy to get him more comfortable with moving right - that was the only direction we traveled. For the most part it seemed to work - he only had a few moments of agitation from which he settled quickly.

Of course Alex was pretty wet, what with the warm weather and the woolly coat so another 45 minutes was spent cooling and brushing. Now I'm looking forward to another ride tomorrow before heading out to Bend.

I hope all of you found yourself outside doing something you enjoy. Certainly it was nice enough to do some yard cleanup or maybe get some of the dead foliage removed from the soon to pop up Ires and Day Lillis. I noticed that my Sweet Williams are greening up and so is the Snow in Summer. It won't be long before the shrubs start budding and the trees too.

It was also a great couple of days to go for a nice long hike and just enjoy the peace and beauty we are surrounded by.

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 holiday treats with your fellow readers.

QUICK FRIDAY MINESTRONE

2 cans red beans including juice
(squish 2/3's of them)
1 rib celery
1 large carrot
1/2 large onion
1 small zucchini
1 8 oz can tomato sauce
4 cups water
Salt and pepper to taste

Put all in stock pot and simmer for 1 hour

Add 1 cup small macaroni (like small shells) and
1/2 cup red wine, then simmer until macaroni is
tender.

Serve with crusty Italian bread and green
salad. Salute'



Gary & Marie Brain

NORTH LAKE DISTRICT FEATURED PROVIDER

Ms. Tara Jones has been practicing in Lake County since 2011 and has had an office available to local residents at the NLHD facility on Bay Rd., Christmas Valley, since late 2016.

Her qualifications, in addition to her LCSW, includes certification as a substance use/addictions counselor. Her practice includes individual and family therapy for all ages with treatment for anxiety, depression, family conflict, anger management, addictions, trauma, severe and persistent mental illness, behavioral issues, medication management, crisis services and bereavement/grief just to name a few.

Tara has also been working to support families



Tara Jones

in crisis for the past 7 1/2 years, focusing on family services and supporting individuals and families with current or past suicidal ideation and attempts, managing depressive symptoms and support in gaining emotion regulation tools to manage current depressive and suicidal thoughts. She works with all ages of clients from 5 to 100 years of age.

Help is only a phone call away. Behavioral issues can be a difficult battle for people of all ages and can undermine families in their efforts to live happy, productive lives. We are so pleased to have Tara on staff to lend her expertise to the community. Please call for an appointment @ 541-515-9233. Her hours are 8:30 – 3:30, every Thursday.

Valentine's Day! I have always loved it.

Valentine's Day! I have always loved it. Even when I was the ugly duckling with no chance of a beau in grade school I still hoped for that special valentine. Each year we would build boxes for our desks and sneak notes in. Candy, scratch and sniff stickers and lacy homemade bobbles. Each year I dreaded not getting a valentine from someone, but without fail even kids that didn't like me gave me one and I gave them one. Oh I thought about leaving them off my list for all of the hurtful words and bullying, but as I sat pondering my lonely tears I couldn't bare for them to endure the same; and so everyone got a valentine.

I suppose the day is out of balance with the focus being on women and their desires for diamonds and chocolates. Year after year my dad would bring home gifts and my mother would shun them. Each year my sisters and I would hope mom would fall head over heels in a reuniting kiss with our dad and we would all live happily ever after again. But each year our hearts were broken. We knew the day would end with broken dreams, broken dishes, and broken hearts.

I for one have never put any weight in Valentine's Day since I have been married. In fact Matt has always been the one who HAS remembered and made a big deal out of it even if it's just a drive in the woods and a mercantile bottle of wine! Ha ha! It had, on the other hand, been a day of thankfulness for our children and celebrating our love for them with candy heart boxes and little stuffed animals.

I guess the intentional avoidance has been rooted in my mother's inability to love herself or accept that others truly loved her. Jealousy was at her core. She believed wholeheartedly the gifts were a cover-up for my dad loving another. To this day my dad has loved no other but his Indian princess, his "little

squaw" as he called her. I grew to hate jealousy and have no use for it. I coupled it with insanity and rebuked it from my life and whenever my spouse became jealous for me I could not understand.

I once rode a mare for a fella out of Klamath. Her name was sugar. She was a little sorrel and sleek. She was fine-tuned and athletic. He wanted her for a barrel pony since she was so fast and agile. She was fast alright but the trouble was he couldn't get her to stop running! The first day I saddled her I figured the arena would be fine as she had been started. It was a bit muddy on one end but I was gonna keep her out of there anyway. Well I no more swung my leg over and she bolted, and right for that slick spot. I held tight, strong in my winning this, and got centered just as she hit that mud. There we went sliding sideways toward the fence. This was it. I'd slid a motor cycle under a fence but never a horse! Suddenly she hit a hard spot and I'll be darned if she didn't pop right up under herself and threw my leg into the right stirrup in the process. We came to a heaving shaking standstill! Shew, THAT was close.

As the days went on I breezed her. Flat seat across the desert I breezed her, as long as she wanted to run, as far, until neither she nor I could breathe. Our lungs burning, and the sun burning us through the sweat until finally we found a rhythm. She looked forward to me and I to her. No longer did she bolt across the sage the minute my butt hit the seat; no, we went easy, warmed up and set a pace. We became true partners that summer.

By Rachel Wilson

One day when we were headed home I had a sudden lurch. We were at a good clip when my stirrup leather broke. Now when you're at a two-point and your fists are up near a horse's ears, dropping a stirrup is the last damn thing you want! Down I went on her left side like a dead man. She

could have bolted to the right like she had done that time before, and I would have been set up for a killing. But she didn't, she stayed her course. I wrapped my right hand in her mane and drug myself aboard. She slowed quietly and we gathered up. She passed an unintentional test. She kept her wits, set me up, and stopped.

I knew it was time for her to go. She wasn't a runner anymore. We'd worked through the fears. Trusted each other, and now she was ready to move on to her future.

Sugar was the first mare I ever learned to love. I was jealous to send her back; we had built so much, but she wasn't mine to keep. She went on to win a little gal a lot of money in Klamath as a fine barrel pony. But I didn't teach her that, I taught her to trust.

Jealousy has its place. Even God is jealous for his bride Israel. Valentine's Day can be a wonderful opportunity to give our children and others an example of passionate

love as couples and dedicated love as parents. Spouses should protect their love and be jealous for one another, not of one another. But without trust all love is lost and if one does not or cannot love themselves, it then turns to insanity; a run away without a whoa.

Till next time,
see ya on the trail!



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.

Two Supermoons to Go

February's Full Snow or Hunger Moon will fall on the 19th and will be the closest moon to earth.

On March 21 will come the Full Worm Moon - the final of 2019.

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.

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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Primary Medical Care

Clinic Hours: Monday - Friday 9am to 12pm & 12:30pm to 4:30pm

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Services Available at The Complex

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Tara Jones, LCSW CADC1

By Appointment 541-515-9233

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

541-576-2110

Health District Secretary at 541-576-2165

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Oregon Desert Trail

Dear Editor & to All the Communities of Lake County,

Thanks to the warmth and generosity of folks in eastern Oregon communities like Christmas Valley, Lakeview, Paisley and Plush, the Oregon Desert Trail is providing an opportunity for Oregonians and other visitors to experience the authentic high desert culture, incredible landscapes, and elusive desert wildlife that make this region so special.

Thru-hiker Vernon Winters, who completed the trail this spring with his dog Ari (the first dog to hike the whole Oregon Desert Trail!), had this to say about the experience: “The Oregon Desert Trail is not just a ‘path’ in the desert and over some mountains. It is a ‘route’ that takes you places you never thought you could go and to goals you never thought you could achieve. It builds both self-confidence and a sense of achievement.”

To date Vernon and 25 others have completed full thru-hikes of the ODT. Hundreds more have hiked, biked, paddled or ridden horses on sections of the trail, and the communities along the way play a big part in their safety and success. From a hot meal and a warm bed, to shuttle rides and a developed water source on public lands, you have looked out for hikers and helped them complete one of the most difficult adventures around that, as you know passes through your town.

Thank you for your continued support, and hope to see you out on the trail!

Oregon Desert Trail Coordinator Renee Patrick

A 750-mile long-distance hiking route, the Oregon Desert Trail (ODT), ties together some of the most stunning mountains, canyons and hot springs in southeastern Oregon, and in between the miles of trails, two-track roads and sections of cross-country hiking, are the communities that play an important role in this remote and challenging journey.

Hikers have discovered that the space and solitude found in eastern Oregon to be one of the highlights of their experience, and something that is in short supply on the more crowded trails on the west side of the Cascades. So as the next tired and hungry hiker appears from the sagebrush sea, they are sure to have stories to tell about their wild and difficult journey, and you will have a friend for life if you offer them a cold beer or a fresh baked cookie.



Dining Out from page one

Mon Wed Thrus Fri. Sat & Sun 8am to close. The **Antelope Room**, a full service cocktail lounge opens at five - close. Enjoy some snacks, music, conversation, darts and pool.

Cooper’s Chicken, a deli and take n bake pizza are all available at the Christmas Valley Market. The store opens at 6am and food is available until 8pm. There is seating inside the store.

If you enjoy Mexican, stop by Sid’s Produce where you will find **Sid’s Mexican Food** which is open on Thurs and Fri from 11am 4:30pm. The menu varies and is all take-out.

Fort Rock & Silver Lake

The **Watern’ Hole Tavern** in Fort Rock has a great burger, sandwich and salad menu. The tavern which holds a full liquor license is family friendly. Currently they open at 11am and stop cooking at 8pm. The Watern’ hole is open seven days a week.

The **Fort Rock Restaurant and Pub** is a full service lunch and dinner establishment with a full service lounge. Their lunch menu is mainly traditional burger, and hot and cold sandwich choices. Dinner menu includes Steak and Seafood choices - their specialty. The Pub is open from 11am to close (usually a bit after 7pm).

Silver Lake was for several years lacking a restaurant when the cafe and bar closed. But in 2017 It re-opened as the **Silver Lake Cafe and Bar**. Home cooking is their specialty and the menu reflects many familiar comfort foods. They are open Tues-Sun from 7am-7pm.

The **Silver Lake Market** provides travelers deli sandwiches and

pizza and a small area to sit inside and eat.

The **Silver Lake Mercantile** has a nice selection of locally made sandwiches in their cooler, a great choice if you are hungry and in a hurry. They are also a state licensed liquor store.

Just outside the town of Silver Lake is **The Cowboy Dinner Tree**. This well know destination restaurant is a reservation only establishment. There are two dinner choices - Steak or Chicken -- a very big steak or a whole chicken. These choices are complemented with unlimited salad, cowboy bean soup, a giant baked potato, home-made rolls, dessert and a non-alcohol beverage. They are happy to bag and wrap your leftovers so bring a small cooler with you. Visit them on the web: cowboydinnertree.net or on facebook.

South to Summer Lake

The **Flyway Restaurant** at the Lodge at Summer Lake offers diners a calm cozy atmosphere, full breakfast, lunch and dinner menus and a spectacular view of Winter Rim and just out the window, Jack Lake. Each window table has its own set of binoculars so diners can take advantage of the amazing bird watching opportunities the lake affords. The flyway has several house specialties, hand-cut steaks and hand-pressed burgers and great seafood options. They have a nice selection of Oregon beers and wines. They are open seven days a week during the following hours: Mon-Thrus 8am-2pm and 5pm-7pm. On Friday and Saturday they serve from 8am to 8pm and Sunday from 8am to close (usually during the winter months they will close at about 2pm.on Sundays.

Happy Dining!

Restaurant Contact Information

Gifts N More: 541-576-3600	The Watern’ Hole: 541-576-2294
Lakeside Terrace: 541-576-2510 or 2309	Fort Rock Restaurant: 541-576-3988
The Hay Shed Pizza: 541-640-6712	Silver Lake Cafe & Bar: 541-576-2185
The Farmhouse: 541-576-4000	Silver Lake Market: 541-576-2401
Stompin Grounds: currently no phone	Silver Lake Mercantile: 541-576-2131
Inn at Christmas Valley: 541-576-4452	The Cowboy Dinner Tree: 541-576-2426
Cooper’s Chicken: 541-576-2200	The Flyway Restaurant: 541-943-3993
Sid’s Mexican Food: 541-576-2230	

Hours generally adjust seasonally

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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.

The one thing the historians don’t want you to know is that the Shoshoni Indians, especially the Saydocarah Snake Warriors of the Ochocos were on the side of the Americans from the very beginning with many of them buried with the Boy General in a common grave at Wounded Knee.

Five hundred years ago these warriors removed from their land called *Oyerungun* (Oregon) the Spanish Conquistadors who sought to enslave them. If our allies hadn’t removed completely the world’s most powerful military from Oregon, today’s entire world would have a far different makeup. It was the start of the ‘slippery slope’ that removed Spain from leader-board as the worlds *super power*. This complete routing out of their (the Spanish) military took place at their fort at the Double O Ranch just west of Burns, Oregon. The Spanish must have put up a good fight because out of respect for their enemy the warriors changed their name to their defeated enemy. Saydocarah means conquerors thus Conquistadors.

In 1805 Lewis and Clark traveling west through “unexplored” territory needing the help in their quest to reach the Pacific Ocean stopped at the Shoshoni camp of the Utes in what is the present state of Utah. There they were offered the help of a warrior princess named Boi’naiv, the Bird Woman.

A year earlier on the insistence of Aaron Burr, President Jefferson had appointed General James Wilkinson civil governor and military commandant of the acquired Louisiana Territory. Wilkinson acting as a double agent, informed the Spanish of Jefferson’s plan to

send an American expedition into the Louisiana country with the intent to cross the Rockies to the Pacific Ocean. Spain, anxious to keep the Americans out of Oregon at any cost, had no intentions of letting this happen.

Four military expeditions were sent out of Santa Fe, New Spain, (New Mexico) by Spain to arrest Capt. Meriweather Lewis and his fellow explorers, and seize their papers and instruments. Lewis and Clark were apparently unaware that they were the target of international intrigue for each of these attempts failed to get through. Red Wolf’s Shoshoni Warriors ensured the success of the American Corps of Discovery when they blockaded those Spanish strike forces.

At the same time Bird Woman, one of their kinsmen, was ever assisting the Lewis and Clark Expedition in their quest of reaching the Pacific coast. Because of her and her ability to translate they were able to move ever forward. They were the first white men to see the Snake River in whose murky waters swam fish twelve feet long. North of the Ochoco they saw a large deer, which Lewis named “mule deer” and on the lower Columbia below Celilo Falls they saw sea otters described as being the size of a Mastiff dog.

General Wilkinson’s spies were apparently seeing more astonishing things. In December, 1805, he wrote a curious letter to President Jefferson in which he spoke causally of natural wonders in what is now Yellowstone Park, an area not even discovered until years later.

He also hinted at financing an expedition to establish a post on the upper Missouri to exploit the

resources. This letter was written a year before Lewis and Clark returned to civilization at a time when the expedition was believed lost! And at a time when Bird woman had just gotten the Corps of Discovery to the Pacific coast.

Few will recognize her Shoshoni name, Boi’naiv, a Saidyuka princess. We know this princess as Sacajawea. This intrepid Snake maiden changed history of two nations when she guided the Lewis and Clark expedition into the Oregon country. To the memory of this gallant woman a bronze statue was erected in the Portland, Oregon City park in 1905. Other monuments commemorating her assistance to the advancement of the white civilization are located in Montana, Wyoming and North Dakota.

When the Hill-Harriman railroad was being driven up the Deschutes River to Bend rifle shots echoed in the city dump known as the Malheur Reservation of our

allies, the Shoshonis were placed. Ironically this last Indian war fought in the United States was called the Bannock War in which very few Bannocks were involved because most were dead with the “white man’s disease” by then. But the historians didn’t want us to know the truth be-



Sacajawea and Jean Baptiste by Glenna Goodacre
Lewis and Clark College, Portland, Oregon

cause it would in turn cause too many questions that could not be answered. As our allies lay dying in their final agony cried out: ‘Nimma ne-umpu!’ ‘We too are human!’

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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NORTH LAKE

This is the same puzzle that was in the January Breeze with a big difference, all the crossword clues are included. Last month we inadvertently covered up some of the words with a text box. Have fun!

Crossword #U2WD8B64

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20										21				
				22			23	24	25					
26	27	28	29			30						31	32	33
34						35						36		
37						38			39	40	41			
42						43	44	45	46		47			
48				49	50						51			
				52						53				
54	55	56						57			58	59	60	61
62						63	64	65						
66						67						68		
69						70						71		

- Across
1. Group with common interests

5. PC program

10. Part of an Ali metaphor

14. Architect Pei's first name

15. Tara surname

16. Mr. Skellington, familiarly

17. Source of unforeseen trouble

19. 1960s fad dance

20. Uniform adornment

21. Living room seating

22. With great need

26. "I don't want to go off on ____ here..."
(Dennis Miller)

30. Doubtful

34. Desert bloomers

35. An inert gas

36. Amtrak term.

37. Wealthier

39. Wyatt Earp, for one

42. Medit. nation

43. Caesarian accusation
47. Southern African antelope

48. Ira Levin play

51. Television awards

52. Supplement

54. Spin

57. Relating to the largest continent

62. Apple product

63. Long flat noodles

66. Londoner, e.g.

67. Moslem prince

68. ____ Nova (Canadian singer of 1981's "Fantasy")

69. Tenants' rms.

70. Inanely silly

71. Former Turkish dignitaries


What types of words are these: madam, civic, eye, level?

They are palindromes; they read the same both ways.

Preschool Story Time

Preschool children and their families welcome

For More Information Call 541-576-2336



Come join us at the Christmas Calley Library on the 2nd and 4th Thursday of every month from 10am-11am excluding holidays

- Down
1. "Idol" singer Bo

2. Vault

3. The final Mrs. Charlie Chaplin

4. China's third dynasty

5. Tractor attachment

6. Football formation

7. ____ es Salaam

8. End for ref or inf

9. European airline

10. Indy and Daytona 500 winner

11. "Oh, gross!"

12. S. Amer. land

13. Aids for cardiologists

18. QB Doug

21. Camera variety, for short

23. Opposite of WSW

24. Sgt., e.g.

25. Marathon prep, for some

26. Sharp-smelling

27. Worker's demand, maybe

28. Capital near Lake Volta

29. Indefinite degree

31. Northeastern state of India

32. Milan's land

33. Grams

38. AARP part

40. Lackin vitality

41. Minor character in Shakespeare's "Henry V"

44. Three, in Tuscany

45. Pantyhose shade

46. Refreshes

49. Prophetic cards

50. Good cholesterol, for short

53. Loan shark's activity

54. Seattle Storm's gp.

55. Kind of seal

56. "I'm only ____ for the money"

58. Hail ____

59. Bit of a mosaic

60. Dr. Jones nickname

61. Corp. bigwigs

63. Gave nourishment

64. UK record label

65. Vietnamese New Year

11 What would be the seventh rung of the pyramid?

21

1211

111221

312211

1311222

Answer: 1113213211. After The First Line, Each Line Describes The Previous Line As Follows:
One 1
2 Ones
One 2, One 1
(And So On...)

Lake County Public Transportation

Operated by Lake Co. Senior Citizens Assoc.

February 2019

Lunch and Bus Schedule

LUNCHES: No Bus

Please be aware that schedule is s subject to change.

Thank you for your Patience.

11th Monday Bend??

12th Tuesday Summer

Lake Lunch (with bus)

13th Wednesday La Pine

21st Thursday CV Lunch

21st Thursday Bend??

26th Tuesday Summer

Lake Lunch (no bus)

Call Debbie @ 541-480-3600 for a reservation on the bus.

?? = Tentative

Sudoku

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Sudoku # 463 (easy)

7				4		3	5
6			1	8			4
		1					
						4	
	7	9		2		8	
2			8	5	9	3	
4			6				1
	8	2	3				
							7


Sudoku # 464 (easy)

		9			8	5		
1		8			9			
		5			6	7	8	
			3			6	4	8
6		2		1				
						3		
2			5	4		3		6
							1	5
		3			1	2		

Additional Sudoku puzzles as well as the solution to these two puzzles can be found at the following web page: <https://www.puzzles.ca/sudoku>

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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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2019 Playa Presents Schedule

Visit our event page for more information
playasummerlake.org

Day & Time

Saturdays

3pm - 5pm (March - September)

1pm - 3pm (November - February)

Dates

February 23

March 23

April 6

May 18

July 13

August 31

September 21

November 16

December 7

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