



The Community Breeze

2025

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

Published by Precision Mail Services

Visit us on-line thecommunitybreeze.com

terryonitswayhome@gmail.com

Comings and Goings

By Terry Crawford

Well I'm not sure how to describe July's arrival - heat, followed by instability, leading to extreme thunder storms that were so violent as to physically shake structures with their sound waves.

Of course there was a good deal of rain that fell and a good deal hail too. My lawn seemed to like all the moisture followed by sun. It grew so much overnight that it was obvious and observable.

Moving away from weather and backing up to June I had a few adventures with my friend Carol and her two visiting grandchildren and Rocky and her visiting grandson.

On day two of Carol's kids visit I took them to play PickleBall. They started out quite tentative but it wasn't long before they got the hang of it and starting making some good serves and quick returns.

The next day Rocky and I took all three kids to Crack-in-the-Ground. I had

several very nice benches along the trail to the crack and also at the end of the trail where you reach level ground and a lovely ancient Juniper. I have filled page eight with photos for our hike.

That evening I took my very colorful, double-twelve Domino over to Carol's and we taught the kids how to play Chicken-foot, which is a whole lot of fun and also has a very simple learning curve.

The next day it was off to the High Desert Museum for a day of wandering and enjoying all the exhibits and the animals. Since we were so close to Bend, we decided to go on into town and have a Pizza dinner. More Chicke-Foot that night.

Lake County

Public Transportation



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JUNE

and The Bees



By Gary Brain

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An invitation to get
acquainted

**OUTBACK
STRONG**

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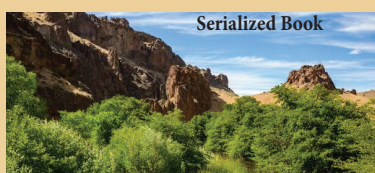


**FOURTH of JULY
IN REFLECTION**

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**Our Homestead
In the
Canyon**
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Serialized Book

PRSR STD
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Photo by Tye Nevel

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Who We Are

About Us

We are a "dial-a-ride" program with both volunteer drivers (using their own vehicles) and employees (using vans/buses) providing transportation for seniors, the disabled, and the general public from all of Lake County.

Contact Us

Phone: 541-407-0317
Email: melissawalton@icfc-us.org
Web: www.lakecountyor.org

Any questions or comments, please feel free to use the information above to contact us at ICFC. We strive to make the program successful for both the passengers and the drivers.



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LAKE COUNTY'S PUBLIC TRANSPORTATION PROGRAM

Provider:
Inner Court Family Center

Paisley: 541-407-0317
TTY: 711
Hours: 8 am – 5 pm
Monday - Friday



LAKE COUNTY'S
PUBLIC
TRANSPORTATION
PROGRAM
PO Box 111
Paisley, OR 97636
(541) 407-0317



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The Inner Court Family Center facilitates the Lake County Public Transit Program. We provide rides for medical appointments, mental health, shopping, socializing, connecting with other transit services.

We serve:

- veterans,
- seniors and those with disabilities,
- those without access to transportation as well as low-income individuals,
- the general public.

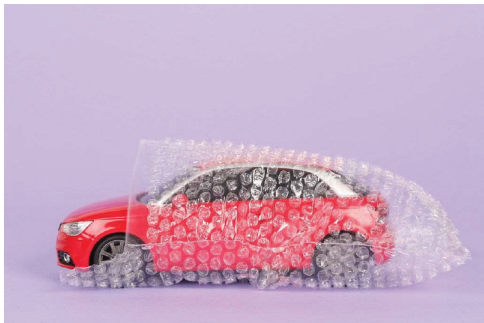
Scheduling a Ride

- All rides need to be scheduled through dispatch at 541-407-0317.
- We ask for 3 days lead time. We know this is not always possible. We will still work to set up a ride for you.
- Dispatch will need to know your name, physical address, date of the ride, appointment time, and destination address. Please include any additional stops.

The volunteer program has 168,930 miles driven this biennium. That's over 9,000 rides to Lake County residents through our program. Feb. 2025

Safety First!

We strive to provide a safe and pleasant ride for our passengers. If there are ever any problems, please contact the Transportation Manager at 541-407-0317.



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Responsibilities

In order to be successful, both drivers and passengers have responsibilities.

- Be on time.
- No drinking alcohol (before or during the ride).
- No smoking in any vehicles.
- Cleanliness – of both your body and the vehicle.
- Be courteous.
- Let us know if there is a caregiver/support person traveling with you.
- Be safe!



Marie Lee

A Summer Break

Our wonderful Historian, Marie Lee is taking a short break from the Breeze to focus on her job as curator and manager of both of the Museums in Lakeview. She will continue contributing as things begin to slow down a bit.

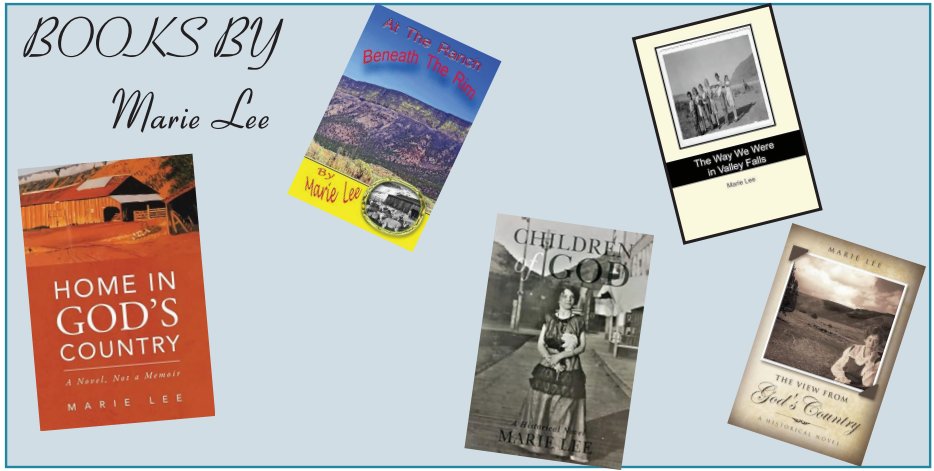
We know, via word of mouth, that area readers look forward to her sharing of historical stories about Lake County, especially the North

End as well as the many archival photographs she digs through to enhance the information she provides.

Marie is a published author, many times over and has written memoirs, short stories, historical accounts and also a bit of historical fiction.

The Breeze will be serializing her first book after the completion of the current book, "Our Homestead in the Canyon."

I can't wait to read her next article and we know it won't be to far into the future. In the interim, get a copy of one of her books and enjoy!



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The 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.

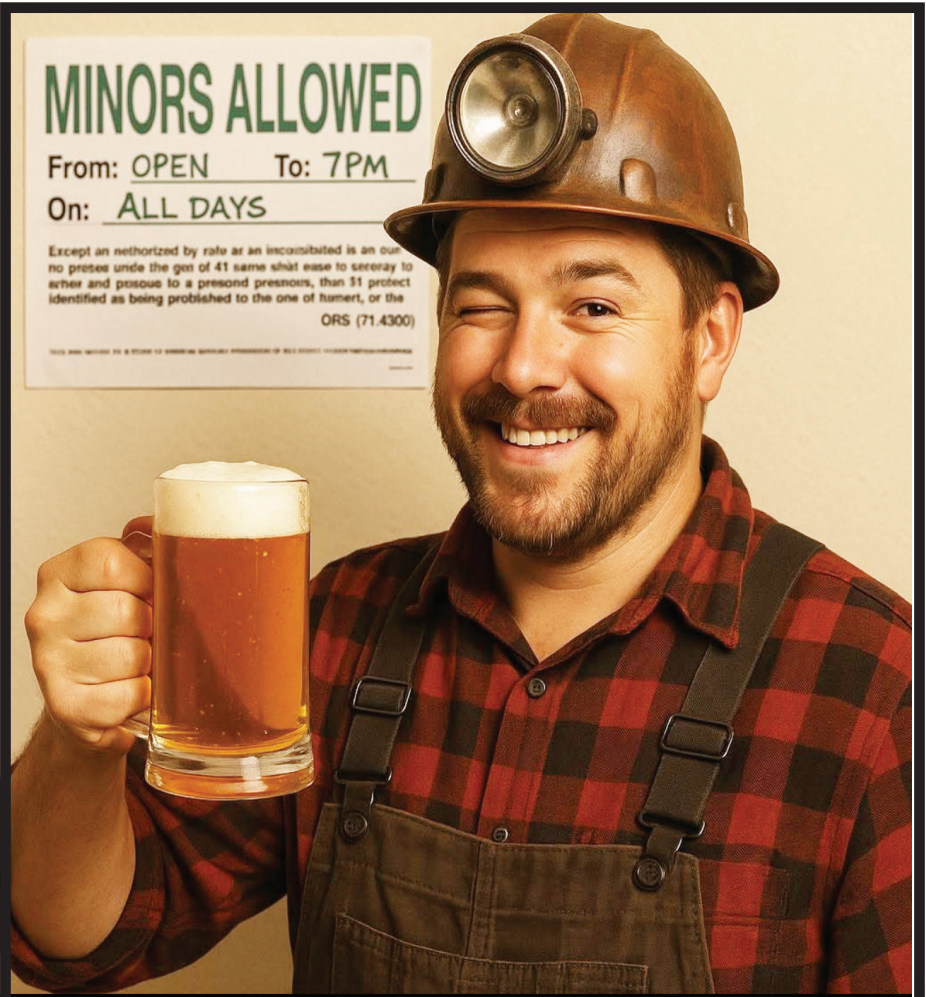
LiDAR By the Prospector

In the past ten years, LiDAR has gone from being almost inaccessible to the average prospector to being widely available if you know where to look. LiDAR stands for Light Detection and Ranging which is a fancy way of saying an airplane, helicopter, or drone flies over an area and shoots lasers at the ground, detects the reflected light, and is able to build a profile of the surface topography from the data. The most valuable data for us as prospectors is a DEM (Digital elevation model), a highly accurate (sub 3ft vertical accuracy) model of the existing ground surface. The most high-profile thing you may have seen this used for is down in the Amazon Jungle, where they have used it to discover massive ancient cities under the jungle canopy. How is this technology used for gold prospecting? In most cases, prospectors go to where gold has been found in the past, increasing the chances of finding good gold again. A lot of times, old workings have massive surface disturbances that are much taller (or shallower) than three vertical feet. These large disturbances mean that LiDAR surveys flown over the gold-bearing areas will show the old mining and prospecting workings left behind. LiDAR will display the old pits, cuts trenches, and any other type of hole the old timers dug.

LiDAR is most beneficial to prospectors in areas where there is thick vegetation obscuring the ground surface and in desert areas that cover great distances. Who else can benefit from this technology?

Do you ride bicycles cross country? This map will tell you where the hills are located and the amount of climb to reach the top. Plan your breaks with this new information. If you're a hunter and you noticed your quarry fly or run up a draw you can look ahead of them to cut them off at the 'proverbial' pass by driving around to get in front of them. If you like to search old homesteads here is your ticket. The stone foundations show up very clearly but that's not what you want. You want the original cabin which was made with a wood foundation prior to the stone foundation. This can happen with a careful search around the stone foundation and most likely you will need to go to the site to physically investigate it. Understand the time saving this technology brings to you. Otherwise you could wander around for days to achieve these same results. If you collect bottles and you think grandpa hid his in the outhouse from the boss then hole dug will appear a red dot, that is unless it's a 'his and hers' then it will appear as two red dots. This is just a small fraction of its uses. Where does one get LiDAR?

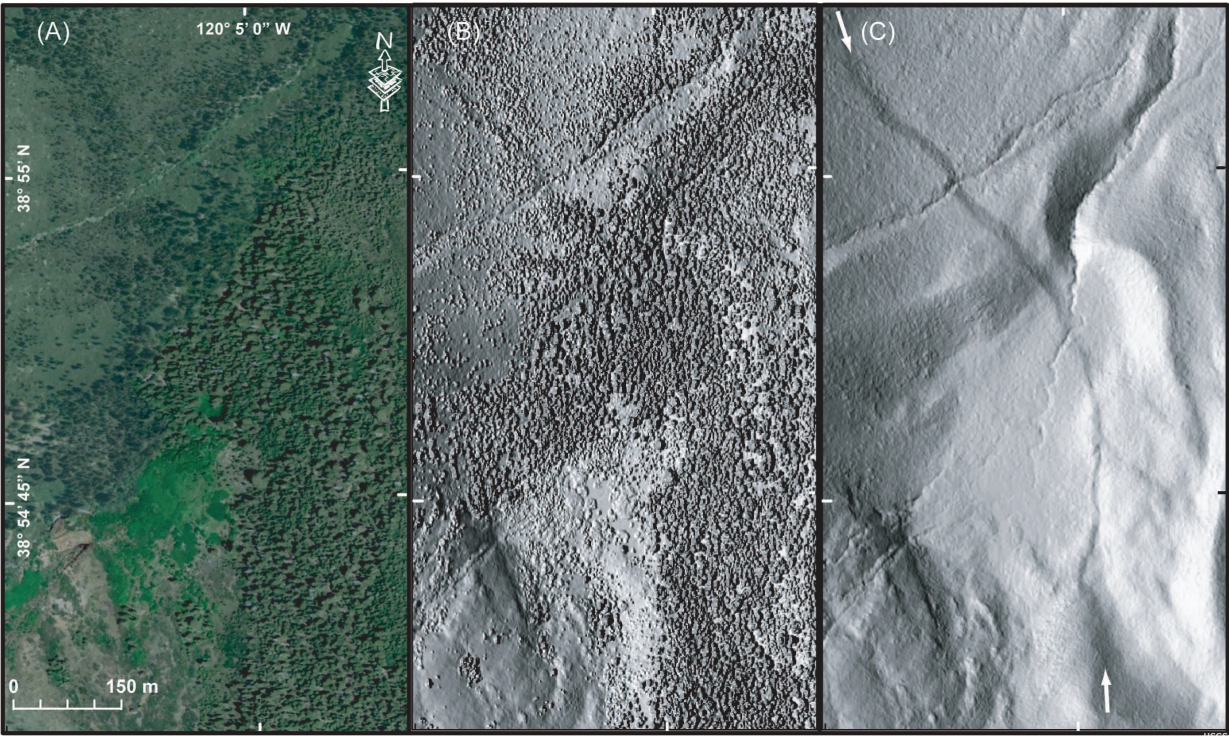
The State of Oregon has its own LiDAR Site. Google-



The Ranch Hand is now
FAMILY FRIENDLY

Minors are welcome every day until 7 PM!

Oregon –LiDAR Data and your on. I consider it to be the best LiDAR source, the CalTopo app and computer program. The app is free to download and use and has LiDAR data already built in. It provides built in geology layers and many different types from topo, USFS, historic, FFA and many others.



It takes time and effort both on the computer and in the field to develop a good sense of what you are seeing on LiDAR. But as this skill is honed, you will start to pick out old workings and begin to figure out the methodology the old miners used and how to exploit what they left behind including areas of virgin ground, mining areas that extend well beyond what is documented, lost or forgotten about mines, and much more. LiDAR ability to view massive regions as quickly as you can scroll through the map. What this allows you to do is basically scout areas and pin all the various mining features so that when you go out into the field, you can hone in on those areas. Another huge benefit is that it gives you an aerial view of the ground and the vein trend which can be extremely difficult to recognize while standing over it.

See LiDAR pg 5



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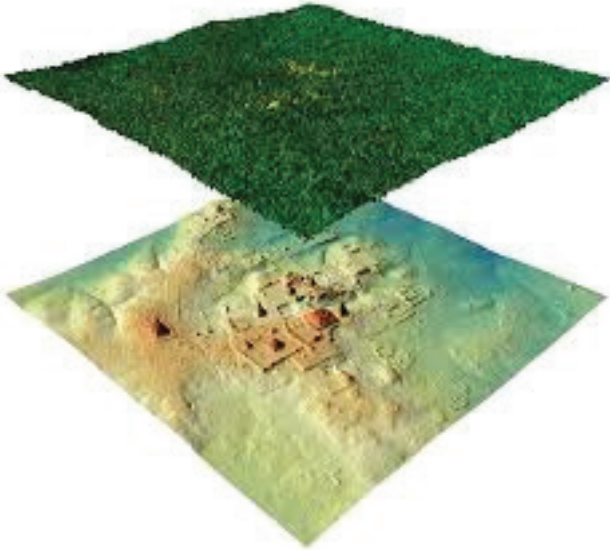
Reservations required for groups of six or more

LiDAR: a Powerful Tool - from page 4

Now you know where the vein is heading. Once you understand where the vein trend is, you can zero in on areas of accessible land, whether it's a claim, private property, or a public river. The ability to locate where a vein potentially crosses various streams, dry washes before you ever get into the field is a huge advantage. It lets you focus your time in the field on the areas that should have the greatest potential to produce the most gold. This ability could probably save you days upon days of wandering around an area blindly searching for hotspots through panning alone.

Knowledge is power, and with these new technologies, you have methods of prospecting our forefathers could only dream about.

Keep looking down,,,you just might ending up smiling!



***The Community
Breeze***

Deadline: The 20th the month

The Breeze Is published monthly and mailed to most of the deliverable addresses in Oregon's northern Lake County's communities. The Publisher is Precision Mail Services. Our mailing address is 85450 Christmas Valley Hwy., Silver Lake, Oregon 97638. Readers may also read the *Breeze* on line by going to thecommunitybreeze.com

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Editor: Terry Crawford 541-480-0753 - terryonitswayhome@gmail.com
Deadline: The 20th the month

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.


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 And Again... we go from Cold to 90 degree temperatures. Hopefully Ma Nature has settled down to a more normal pattern. My gals are happily gathering the bountiful crop of Russian Olive nectar. One thing to mind during the heat of June is to make sure that your colonies have a source of water. As mentioned in previous articles, even though they are gathering lots of liquid gold they still need the basis of life, water. During HOT days the girls will bring in water to the hive and some will fan their wings to create a mini swamp cooler, just like what we use to keep our homes cool; same process just on a much smaller scale.

I opened my swarm hive last week and the first thing I saw was the Queen Mother! She had started laying and I noticed capped brood, eggs and uncapped larva. I was concerned bee-cuzz two weeks after I captured the swarm and inspected them there was no sign of brood or a queen that I could find. It just took a little longer for them to get going.

June 21 was the Summer equinox and now the Queen Mother senses that she needs to start scaling back on her brood production. How does she know that ??? Eons of evolution I would surmise. The girls this month are gathering as much nectar as possible in

preparation for the upcoming dearth and winter. Do a weekly check if you have the time, but if not, make sure to be aware of any changes. So what changes might you notice? If you look at your hives each day or two, you might see a decline in activity around the entrance. Take the time to investigate; the colony might have swarmed out and thereby taken more that half of the girls with the old queen. Not to worry too much but just make sure in a week or two you check to see if you still see new eggs and brood.

Some mistakes Beekeepers tend to make are opening the hives too often. This may make the girls supersede or abscond or just get angry, especially toward the later months of Summer and Fall. Bee vigilant,

but not overly curious. Some new beekeepers may think if sugar water is good, then real honey will bee even better yet. This may bee a serious mistake. Honey from other hives fed to your girls may bring in unwanted diseases. Some of the worst diseases can bee spread by tainted honey. Better to feed sugar water than to risk introducing such diseases as foul brood.

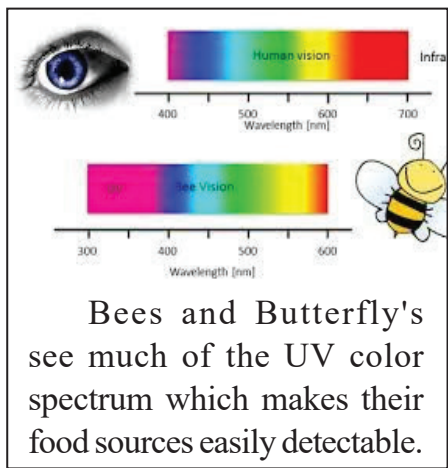
Another big OOPS from your (my) standpoint is skimping on protective gear and/or not making sure you are zipped up! Personal experience; I got in a hurry to work bees and did not zip up my suit. In short order my stomach and chest were on fire with multiple stings! You see experienced beekeepers work their bees

with just a veil - more power to them. I have tried it a few times but...stings HURT! Bee sensible; suit up. Not using your smoker is a biggie. I first thought, "Why torture the girls with smoke?" Bee cuzz it calms them and distracts them! Isn't it better to work your girls with some smoke rather than being bombarded by angry bees? The smoke distracts them and blocks chemical signals the girls send to one another which could help them better organize a defense against you.

Another mistake some new beekeepers make is to hurry through an inspection. The girls will pick up on that and may get agitated. As Woody said in an episode of Cheers, "No Sudden Movements!"

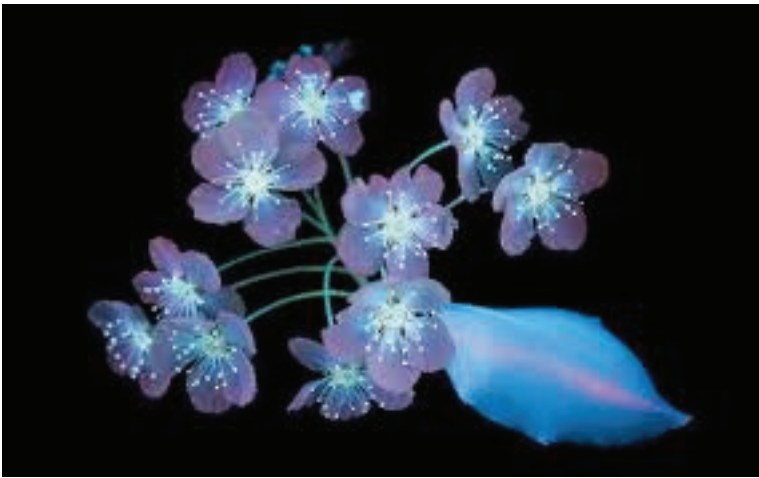
I have learned that the Internet has a wealth of knowledge just waiting for you. Expand your horizons! Just when you think you know what is going on, you might just bee surprised by the Queen Mother and her girls.

Bee Safe this summer!



Bee-Cuzz You Asked JUNE and the Bees

By Gary A. Brain Summer Lake Apiaries



A Little Bit About BEE Keeping Terminology

A honey **super** (short for superstructure) in beekeeping is an additional box placed on top of a beehive to provide extra space for storing honey. It's essentially an extension to the hive that allows bees to build and fill comb with honey, separate from the main brood chamber.

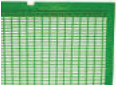
Honey supers are primarily used for honey storage, keeping it separate from the brood chambers where the queen lays eggs and the colony develops.

Supers are placed on top of the beehive, often above a **queen excluder**, which prevents the queen from entering and laying eggs in the super. They typically consist of a box with frames that the bees will use to build and fill with comb for honey storage.

Adding supers allows beekeepers to harvest honey from a hive while ensuring the bees have adequate space for their own brood and honey storage needs.

One of the main benefits is: Supers help prevent swarming (the bees feeling overcrowded and splitting into two colonies), provide more space for honey production, and can be removed before winter to provide a safe food supply for the bees.

A Queen Excluder is



a barrier used in beehives to prevent the queen bee and drones from entering

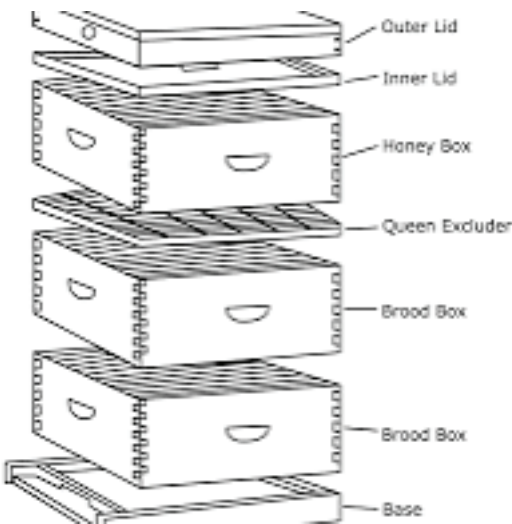
the honey supers, allowing worker bees to access them. This selective barrier ensures that brood is kept out of the honey supers, preventing honey from being contaminated with larvae or pupae.

Queen excluders are typically made of plastic or metal and have small holes that worker bees can pass through, but the larger queen

and drones cannot.

By placing a queen excluder between the brood chambers (where the queen lays eggs) and honey supers, beekeepers can ensure that the honey stored in the supers is free of brood. Thus maintaining honey quality.

By preventing the queen from entering the honey supers, beekeepers can ensure that the combs in the supers are used for



Outback Strong would like to invite you to an informational forum on Behavioral Health Services and Supportive Housing in Lakeview and Lake County.

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Date: July 25th

Time: 11 am - 1 pm

Location: Floweree Park
Christmas Valley



- **RSVP by July 22nd** with how many people in your party will be attending.

Please call us at **541-947-6021** option # 4 to RSVP

Shrimp Salad: the perfect Summer dish!

Shrimp Salad is the perfect Summer dish! Light, full of protein and crisp veggies. If you love shrimp, you'll really enjoy this main dish salad. It only takes about 10 minutes to throw it all together.

Ingredients

- 24 oz of Shrimp, cooked, peeled and deveined
- 3/4 cup Celery, diced finely
- 1/2 C Green Onions, chopped
- Optional: 1 Avocado, peeled, seeded and diced

Salad Dressing

- 3/4 cup Best Foods Mayonnaise
- 1 1/4 tsp Old Bay Seasoning
- 1/4 tsp Sea Salt
- 1/4 tsp freshly ground Black Pepper
- Squeeze of fresh Lemon Juice



Combine the cooked, drained Shrimp, Celery and Onion, plus Avocado if desired

In a small bowl, combine Mayonnaise, Old Bay Seasoning, Salt and Pepper and Lemon Juice.

Pour dressing over the shrimp mixture and mix well to combine.

Cover and refrigerate for at least one hour.

Serve on a bed of crisp Lettuce with some crispy French Bread to accompany.

This makes a nice Summer potluck dish. *ENJOY!*
Marie Brain

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CRACK IN THE GROUND



THE PARADE



Patricia (Pat) Stagner

February 18, 1943 ~ June 7, 2025

It is with deep sorrow that the family of Patricia (Pat) Ann Stagner announces her passing on June 7, 2025 at the age of 82 in Christmas Valley, Oregon. She passed quietly sitting under the bright sun of the place she loved dearly.

Pat was born February 18, 1943 at Centerville, Iowa to Maxine and Thomas Stagner. She grew up in a variety of locals including Iowa, Minnesota, Missouri, and South Dakota. She graduated from Rapid City Central Highschool in 1961 with honors.

Pat married James Bartha in 1963 and they lived together in Rapid City, Tiawan, and Florida. They later divorced and Pat continued her education receiving a degree in Business Administration while in Florida. Subsequently she moved to Denver Colorado where she met Monte McDonald.

Pat traded a high stress life in the business world for a traveling life with Monte, and never looked back. Ultimately, they arrived in Christmas Valley where she would spend the rest of her life.

Pat was well known in her chosen community and prior to her health deteriorating was active in many volunteer activities including the annual Free Thanksgiving and Christmas meals provided to the community. Pat was a devout Christian who loved the Lord and regularly attended bible studies with fellow Christians.

Her hobbies included crafts and writing poetry. Her family hopes to recover her writings from both her laptop and paper files as a way to compile and preserve them.

She is survived by a brother Richard Stagner of Palmetto Florida, a sister Susan Stagner of Fort Lauderdale, and a brother Mike Stagner of Boise Idaho. She will be interred next to her parents in the Garden of Memories Cemetery in Tampa Florida.

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Saturday

Every
Second & Fourth
Saturday

These days, I cannot seem to get enough avocados. I love the creamy taste in salads, as a topping for omelets, and yes, in guacamole. Therefore, I present:

Avocado Seven Layer Salad

Serves 4 (Easily enlarged for a group)

- 1/2 cup plain Greek Yogurt
- 1/2 cup Sour Cream
- 1/2 of a one ounce pkg dry Ranch Dressing mix
- 4 cups mixed salad greens (always use romaine lettuce)
more or less
- 1 cup cooked, cubed Turkey, Ham, or Chicken
(actually Spam is great)
- 2 sliced Hard Cooked Eggs
- 2 Avocados, seeded, sliced and
scooped out of peel
- 1/2 oz Bleu Cheese crumbles
- 2 Green onions, diagonally sliced
- 3 - 4 slices Bacon, cooked and crumbled
- 1/2 pt Grape Tomatoes (or just dice up 1 cup Roma tomatoes)

Mix together Yogurt, Sour Cream & Ranch mix - then chill

Place layers of Greens, Meat, Eggs, and Avocados in a deep glass bowl or 9 X 9 glass baking dish. Spread Dressing evenly over salad. Garnish top of salad with Bacon, Tomatoes, Green Onions and Bleu Cheese Crumbles. Chill a few hours before serving.

I think sliced black olives and/or garbanzo beans would be a good addition as well. And maybe some grated Cheddar too. Experiment and make it your own special salad. A fresh baked loaf of French bread to serve with this salad finishes off the meal.

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Tuesday-Thursday



A man wearing a camouflage shirt and a cap is sitting on a blue New Holland tractor. The tractor has a front loader bucket and is parked in a field of dry grass under a clear blue sky. The text 'NEW HOLLAND' is visible on the side of the tractor.

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Sometimes You Need More than a Shovel, Rake or Hoe

A wide, flat, sandy area under a clear blue sky. In the background, there are some buildings, trees, and a small orange vehicle parked on the right side.



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Our Homestead In the Canyon

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HOME AGAIN

Authored by Ida Dutcher

When we moved home again in the spring, we set out some yellow roses, trees and shrubs. the roses and some of the shrubs are still there, although it has been so many years ago. (1976)

We also planted our first garden that spring, which we had plenty of water for, and it did very well. Our friend Bill Graff who had a ranch near Homedale, gave us some chickens. we built a good chicken house with wire fence to keep them in so wh had all the eggs we could use.

After four year's use, the grates had burned out of the little stove so that they couldn't be fixed any more. the oven filled up with ashes so all the biscuits had to be fired on top of the stove. It was no wonder Willard h ad ulcers in later years.

Then came the time when we build a kitchen in back, with lumber this time, and I had a new range stove. This gave us much more room and we put up a little heating stove in the front room. We filled the cracks of the rock walls with cement. They were still rough but I painted it with Kalsomine and it was pretty with curtains at the windows. We were proud of what we had accomplished.

When Orville was quite small, Willard bought two little burros, Jack and Jimmy. Jack was a cute little fellow. Willard took two coal oil boxes and covered them with cowhide. He put handles on so he could hang them on the pack saddle. We would put the children on each side of the little burros with pillows for them to sit on, and we would travel for miles with them following behind us.

the children always wanted me to tell them storie4s at bed time and one of their favorite ones was about things my brother Robert did to tease me when I was a little girl. He was eight years older than I and a big tease. I adored him and always did what he told me to do. There was a large ant hill near our house where the ants would make mounds of pine needles and small rocks.

He told me if I took one of Mother's tablespoons and dug down deep under the mound, the ants had tiny furniture there. I could just see those little chairs, beds and tables - so I would get the spoon (never thinking of a shovel) and start digging but would soon be running, screaming for mother to get the ants off me as they sure could bite hard.

We were raised in the Long Valley country in Idaho and father and mother had their garden in a clearing near the west mountain. Bears would sometimes come down there and we would see their tracks, so my sister Maude4 and I was somewhat afraid to go over there. Once we had company and mother sent us to get vegetables for dinner. Rob heard this and ran ahead of us and hid behind a bog log and when we started to show the neighbor girl, Grace Curtis, the big bear track there, Rob gave a big growl and we girls took off leaving the vegetables behind. I was four years younger than the other girls so was always behind, so I was sure the bear would get me, but was too scared to look back to see it wasn't following us.

WE CALLED HIM OUR MOUNTAIN FORD

Jack was a sure-footed and trusty little fellow and if one of the children would drop their hat or anything, he would



stop and wait until we went back and picked it up. We never had to lead him, he just followed along. Little Jimmy was a lazy little fellow and when the children wanted to ride him he would soon lay down and they couldn't get him to budge. Or he would walk near a rock and brush them off.

The children eventually out-grew the little burros and the last time we saw them they were down in the Owhee Breaks running with a bunch of wild horses.

As time went on, I had a good horse and saddle of my own and though I was quite a rider. We rode our horses and attended the dances at Rockville. Willard often played the violin and I played the piano with him at these dances. the dances usually lasted all night and we would go home with some of the folks there for breakfast and sleep before going back home.

Although I went there, I did not go to town for two years. It was a long hot trip in summer and cold in winter, so I would rather say hone. The sheep also had to be watched.

MY SADDLE HORSES

However, there came the time when I would take the children and make the trip to Homedale and take the stage from there to Caldwell, Idaho, where I would do my shopping. It took about three days for the trip. Once I had to go in to have some teeth pulled. I wasn't the timid girl any more. I could rope a cow or horse and could ride a pretty bad horse.

My favorite saddle horse was a little sorrel outlaw named Weasel. He had bucked off several good riders and had been ridden at rodeos.

He had thrown me once, so when Willard went to work for a neighboring ranch through haying season, he took Weasel with him,. knowing I would ride him if he was left at home. The lady cook there wanted to rid him so Willard said, "Yes, if you think you are rider enough." She never got in the saddle. He threw h er and her knee went out through her riding pants and she didn't want to try him again. I think I was a little jealous of this girl so I was not sorry my horse bucked her off.

After a few days I went down to the ranch and talked Willard into letting me bring him home with me. I could always catch him out in the pasture, but if any of the men wanted him, they had to rope him.



Ida Dutcher

August, 2024 began the serialization of Ida Dutcher's little book, "Our Homestead In the Canyon: Now Succor Creek State Park" in Malheur County, Oregon.

The book was first printed in 1970 when Mrs. Dutcher was 78 years old and shares her memories of homesteading during the early years of her marriage.

We hope you enjoy the read as much as we did. The book has many photos which we will share but because of their age they will not be crisp.





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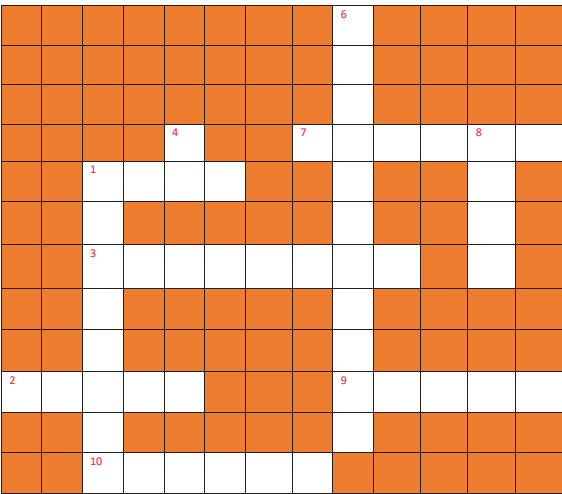
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ACROSS

- 1. A green citrus fruit
- 2. A bone in your mouth
- 3. A job benefit, "2 weeks paid?"

- 7. Frozen drips from the roof
- 9. Childish term for "easy"
- 10. A light primary color

DOWN

- 1. School term for "Bathroom"
- 4. Tells us time after noon
- 6. Department which sells T.V.s, computers, phone:
- 8. The opposite of "more"

"Cognition"; What is it?
What does it have to do with me?

The term "Cognition" refers to the processes that your brain goes through to sense things in the environment, make sense of them, draw conclusions and make plans. The workings of the brain are not completely identified after hundreds of years of research beginning with the ancient Egyptians. It is truly a miracle. From the ability to pay attention and remember to planning and making decisions, cognition and its variations are vast. Have you ever said, "It's on the tip of my tongue.", "I lost my train of thought.", "What was I doing?"? These are evidence of inefficient cognitive skills, for one reason or another.

Thinking skills change over the course of our lifetime. As we change our routines and activities through our daily work tasks, episodes of illness, retirement, different functions within our cognition, are challenged and others are not. The ones challenged, step up to the task and become more efficient; the ones that are not used get weaker and less efficient. Your brain accommodates the challenges you give to it, just like your skeletal muscles do. This is why a variety of activities and interests are important to our growth. But those opportunities don't always present themselves. And what exercises should you do?

You can keep you brain in shape by taking time to do activities that exercise those skills! Puzzles, strategy games, logic and reasoning puzzles, "Therapy for the Adult Mind", section of this paper can help your brain to exercise skills.

No matter your age, disability, or skill level, your brain needs to be exercised. It is true what they say: "If you don't use it, you lose it." And it happens quicker than you think!

If you would like help with exercising your cognition or communication, please email me at helpwspeech@gmail.com

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JULY CROSSWORD

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		

- Across
- 1. A long way off
 - 5. Heidi's height
 - 8. Postpone
 - 13. Airhead's lack?
 - 14. Payment substitute
 - 15. Rolled up, as the flag
 - 16. Silver winner
 - 18. Marzipan base
 - 19. Bury in a pyramid, e.g.
 - 20. Gollywobbler, e.g.
 - 22. Playfully modest
 - 23. Place to dive?
 - 24. ___-relief sculpture
 - 26. It may get a grilling
 - 28. Poppycock
 - 30. Flushing site?

- 33. Slackened
- 36. Split personalities?
- 37. Position of leadership
- 38. Furniture protector
- 39. Fire preceder?
- 40. Something to shoulder
- 41. Pulitzer playwright William
- 42. Uneducated guess
- 43. French painter Odilon
- 44. State on the Miss. River
- 45. Party pooper
- 47. Washbowl, e.g.
- 49. Hearty laugh
- 50. "Casablanca" pianist
- 53. Cultural Revolutionist
- 55. Hankering
- 57. Shake roll divider

- 59. Soon
- 61. Hot-dog
- 63. Swaggers
- 64. Ruin a birdie
- 65. Lone conclusion?
- 66. Wetland plant
- 67. Gridiron meas.
- 68. Move laboriously

- Down
- 1. Field measures
 - 2. Fail to pass
 - 3. Family member, informally (Var.)
 - 4. Western vacation destination, perhaps
 - 5. Lifesaver, at times
 - 6. Singer Rawls
 - 7. Seal babies
 - 8. Bridal veil material
 - 9. Leg partner
 - 10. Dunce
 - 11. Entertaining Jay
 - 12. Current event?
 - 15. Belief systems
 - 17. Personify
 - 21. School gathering
 - 25. Exhibiting nervousness, in a way
 - 27. One of the Judds
 - 28. Montana's capital
 - 29. Located along a central line
 - 31. Lovable muppet
 - 32. Service approval
 - 33. Revise
 - 34. Of the highest quality, informally
 - 35. Advertising medium
 - 40. Emmy-winning newsman
 - 42. Avoids, as an issue
 - 46. Truth seekers
 - 48. Honeymoon choice
 - 50. It has three legs, often
 - 51. Last stand for Bowie
 - 52. Doled (out)
 - 53. Hit alternative
 - 54. Up-front amount, in poker
 - 56. Discover
 - 58. Recipe amt., perhaps
 - 60. Annoy
 - 62. "If I ___ a Hammer"

Each of the digits 1 through 9 is used once and only once in each of these two puzzles. Can you figure out where they must be placed so that each of the equations (both horizontally and vertically) are true? Only positive numbers are involved.

	-		+		= 8
-		+		÷	
	-		+		= 7
x		-		-	
(÷)	+		= 7
= 5		= 10		= 0	

	+		-		= 4
+		x		+	
	-		+		= 8
-		-		-	
(x)	-		= 8
= 6		= 2		= 6	

Public Meetings

- CV Boosters - 2nd Mon at 7pm at Booster Building
- CV/NL Chamber of Commerce - quarterly (watch for posters)
- CV Fire Board - 2rd Tuesday at 6pm at The CVFire Hall
- NL Park & Rec - 2nd Tues at 9am at The Community Hall
- CV Water Board - 2nd Wed at 6 pm at District office
- NLEMS - 1st Tuesday of the month at 7pm
- FT Rock Grange - 2nd Wed at 6:30pm at Grange
- Ft Rock Historical Society - 2nd Tues-10am at the Museum
- NL Health District - 1st Mon at 5:30 pm at the Clinic
- North lake School dist: - 2nd Monday at School Library

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BK	5010	Racing Gasoline Fuel Can with Speed-Flow Spout	5 gal.	\$39.99

LINE	PART	DESCRIPTION	PRICE
NCB	5440030	Blue Shop Towels - 55 sheets	\$2.79
NCB	54416	Blue Shop Towels - 6 Pack Of 55 Towel Rolls	\$14.99

LINE	PART	DESCRIPTION	PRICE
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