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Visit us on-line thecommunitybreeze.com

terryonitsway@aol.com

It's that time of year again. The Cows are on the move. This herd is traveling down Hwy 31 in front of The Lodge at Summer Lake.





NORTH LAKE STRONG
The Class of 2020
in Pictures
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BRIANA CHURCH a Star Athlete!

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THE PUZZLE
PAGE IS BACK

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bostal Customer

Postal Customer

**** ECRWSS****

Life in These Uncertain Times

Living in the middle of a pandemic has been fairly stressful. It's to wear or not to wear a you know what. How much sanitizer do I really need? If I want to employ social distancing, how do I manage it when there is a raft of people that chose not to. These are things that many residents of north and south Lake County mull over daily.

Complacency has set in to some degree because up until just a few days ago Lake County had no positive test results then two months down the road there are two.

Is it a wake-up call? Who knows? But it is, at the very least, a bit of a shake up to our awareness.

This is new territory for all of us and who knows what things will be like when we get to the other side.

Our Senior Graduation was on May 30th and attendance was very restricted. But here is the good news, it was live streamed. Additionally, the graduation ceremony and the traditional slide show will be posted on u-tube and Facebook so anyone wanting to sit back and enjoy what they missed can do so. The exact information is to be posted on the North Lake School web page.

The Fireworks will light up the sky as scheduled but at this time there has been no word regarding live music at Flowerree Memorial Park. The Parade is also a go and it should be good one since the 4th is on a Saturday.

As always the weather does its usual about face and jumps from cool and windy to down right hot. The flowers and gardens are growing and of course the hay fields are taking off. Summer is always a busy time for agricultural communities.

The Chamber has decided to leave the Flags in place until after the 4th. One, they reflect the spirit of the community, and two, Flag Day is June 14th. Placing them and picking them up three times in just over a month is a good deal of work.

The Chamber is asking fellow residents to throw a few six to ten inch zip ties in you glove box so that should you see a flag in distress you can stop and



zip it back together. Of course Chamber Board members and members will also be looking after the flags.

The photo above (from a year ago) is of our post office in full flower. Our post master treats the community to beautiful hanging baskets, window boxes and beds.



The Community Breeze Comings and Goings By Terry Crawford

More often than not I leave writing my column to the last minute because I never know how much room will be available and I hate putting something together only to have to give it a toss and start over.

May was quite a month with ever-changing weather, wind, wind and more wind and wanting to be outside weeding and preparing flower beds and instead hunkering down with a book or cleaning a closet. We all know the drill of trying to me conscientious about health concerns - ours, our families, our friends and our neighbors.

To date Lake County has remained unscathed - no confirmed infections - and with this comes what I hope is not a false sense of security and growing complacency. Many are letting down their guard, leaving the sanitizers and wipes unused and so it goes.

As a driver for the special

transportation program I made ten trips to Bend over the past two months. People need to see their physicians, they need to replenish their pantries and freezers and to pick up supplies for their homes and pets, well you get the picture.

There are now four horses enjoying free feeding on big bails of Timothy hay and with the improved weather they are also doing lawn mower detail which also includes tipping over all lawn furniture to snatch that one bunch of grass that is just a bit longer.

And then there are the trees

- perfect for that long awaited scratch. Poor trees. Oh well everything is a trade off and letting them have a bit of green grass and watching them enjoy it makes it okay.

Over Mother's day weekend I rented a rota-tiller which was pretty big. My son Stephen came out and even added a day. What a wonderful visit. He brought some amazing hand-cut steaks, and fresh asparagus, broccoli and mushrooms all of which was enjoyed not once but twice. Ummm, two BBQ dinners in a row. He also worked up the arena with the machine - I would have never gotten it done - then thing, with me behind it, took corners as if it were a semi - not so good. Stephen watched me make one pass, making it clear that my efforts were just going to make a mess of it.



With daughter Jill's horses now in residence, she is coming out once a month to visit them and me and to help with the extra upkeep. I think she is enjoying the little bit of get-away-time, as we all do. You know, not seeing a project that could use some attention where ever our gaze

The Community Breeze

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

comes to rest. She stopped on the way over and picked up a solid flat of deep purple Petunias to complement the solid flat of

whites I had already purchased and transplanted. So now there would be 72 plants to add to the flower garden, walkway and most likely some pots.

She also brought an amazing bouquet of Peonies from her yard. Their fragrance is so sweet. Additionally she had a bunch of roses from her neighbor, 90 year old Wendy's, 90 plus bush rose

garden. He loves to share.

With the pandemic, virus, whatever you want to label it has come much change to many lives. I for one have been cooking a lot more than I used to. I'm not particularly creative or talented in the culinary department but I will have to say the results are definitely improving.

Jill, always a good cook but often too busy to cook has settled on making soup. Lots of soups. This month she treated me to a

> tasty and somewhat spicy creation called Red Lentil Thai Chili. It was most satisfying and so I asked her to share the recipe for the paper and of course for me. I hope you get a chance to try this one out. It is simple, inexpensive,

and it is quick

RED LENTIL THAI CHILI

With daughter Jill coming over once a month to visit her two retired horses, I have been treated to some of her soups. She loves soup. This recipe is from the cook book "Isa Dose it Vegan" by Isa Chandra Moskowitz. In her pro log to the dish Isa said that she gleaned the idea from a magazine then added her own touches. This is a quick meal that will provide lots of leftovers and it freezes well.

Red Lentil Thai Chili

1 Tablespoon olive oil 1 large yellow onion, diced 1 red bell pepper, diced 1 teaspoon salt, plus a pinch

3 cloves garlic, minced

1 1/2 pounds sweet potatoes, cut into 3/4 inch chunks

1 cup red lentils

4 cups vegetable broth

2 tablespoons chili powder

2 (15-ouce) cans kidney beans, Rinsed and drained (3 cups)

2 tablespoons Thai red curry paste 1 (15-ouce) can lite coconut milk

1 (28-ounce) can diced tomatoes

1/2 cup chopped fresh cilantro plus Extra for garnish

Lime wedges, for garnish (optional)



Preheat a 4-quart pot over medium heat and add the oil. Sauté the onion and bell pepper in the oil with a pinch of salt for 5-7 minutes. Add the garlic and sauté for one more minute.

Add the sweet potatoes, lentils, broth, chili powder and remaining I teaspoon salt. Cover and bring to a boil. Let boil for 15-20 minutes, stirring occasionally to prevent burning. When the lentils are soft and mushy and the sweet potatoes are tender, add the kidney beans, curry paste, coconut milk, tomatoes, and cilantro and heat through.

Taste for seasoning, top with cilantro and lime wedges, if desired & serve. Hope you give it a try!



Gloria Heglar

Stuck in the Middle

By Gloria Heglar

We have waited somewhat patiently to be set free of this siege only to find we are faced with new challenges. Now we must look at our choices and balance everyday decisions. Do I go to the dentist; do I meet my friends for a bite?

Well, I have been out in the world and I tell you nothing feels the same. We stayed at a motel in Bend before I met with my cancer specialist, after a couple of cancellations. I was anxious and felt tired before we got to Bend. I do have to admit I slept like a baby after being told of their disinfectant policy. There were only three people staying in the whole huge motel, each, either providing or needing medical assistance. The quietness was deafening.... Not a creature was stirring, not even a mouse. Next time it will probably be fully open, the poor hotel business is suffering.

This past weekend we enjoyed a delicious dinner and real table service at The Flyway Restaurant at The Lodge at Summer Lake. To sit at a table with friends brought a smile to all of our faces. It gave you that great to be eating a great meal, tall tales told and a feeling of celebration.

We also attended the opening of the Pioneer in Paisley which was much livelier. The meat loaf dinner we have picked up every Wednesday for weeks was this week served at our table by a sweet masked waitress, we recognized as a neighbor. The problem management had was everyone was so happy, people were so glad to see one another. He had done all of the right things but couldn't rope the herd into complete containment.

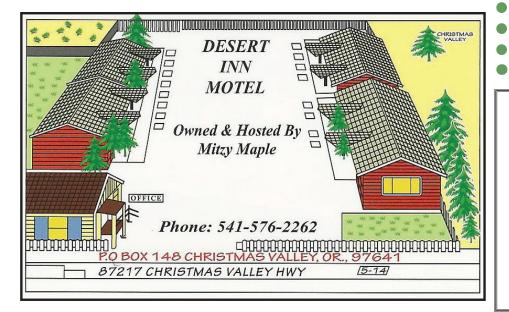


What I would like to say is; we need to play by the rules anywhere we go, without complaint. Running a business is hard enough but to have to follow the guidelines makes the owner have to rely on the customer to do their job too. There was a thing at Summer Lake at another table as well, people get excited and don't think when they see a friend. Respect that friend and keep them safe from you! Stay with the persons you are with and stay at your table. It is hard but necessary.

This virus has not seen its day and Lake County has been blessed. But now, not only are we out but cars are traveling through from states far and near and all it takes is one positive person to send us all back into isolation for weeks. That is a fact.

Bless our hairdressers, a hair cut never felt so important. If you were like me, it took another load off of our shoulders. Even Harry Barker had to wait for the groomer; he started to look like the Rams quarterback at one time.....which reminds me. I gained 5 pounds, Harry gained 2. What about you? We watched more television and ate more ice cream, Oreo's, pop corn and root beer floats. We stayed up later and took more naps. Clark and I stayed up so late some night Harry would cry for us to go to bed.

All I know for sure is "This Too Will Pass." Be kind my friends to all. Be gentle. Be Grateful.



QUILT DRAWING FOR 4H



The High Desert Stitch Rippers, a quilt and craft group in Christmas Valley, will be holding a raffle to benefit the 4H North Lake Sewing group. The quilt will be on display at the Lakeside.

Tickets are \$1.00 each or six for \$5.00. Sales will be ongoing through the 4th of July with the drawing to be held at 4:00 pm that day at Hanks House. You need not be present to win. Tickets are available at the Lakeside or from any of the High Desert Stitch Rippers.

The quilt was made by the High Desert Stitch Rippers in honor of Karen Smith, with the fabric being donated by Jared Smith from Karen's fabric collection. Karen, a very talented quilter, donated a lot of time and energy to the 4H group.

The quilt is a log cabin pattern that measures 94"x 94" and was quilted by Vickie Gibbs.

If you have any questions please call Tara Grassman, 541-410-6060 or Sandie Maerz – 541-815-5683.

In this time of crises it is more important than ever to SHOP LOCAL AND SUPPORT OUR LOCAL BUSINESSES

Christmas Valley/North Lake Chamber of Commerce

Beautiful Montana Silversmith Jewelry







Paisley Fabric and Quilt

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



By Toni Bailie

As our nation and world cope with the pandemic, I turn to diaries my grandmother, Florence Aslin Negus,

wrote from 1934-1941. I am inspired by my ancestors' grit and determination during the Great Depression. They were sustained by strong family ties and community support. During the pandemic, social isolation is our biggest trial. The best we can do is maintain contact through virtual meetings and phone calls. I realize that being a survivor is in my DNA. Here is the story as my grandmother told it:

The wheat farmers in North Dakota were hit by hail, grass-hoppers and drought. Many of us lost our farms. Clare and I moved into Davis, South Dakota, trying to scratch out a living. For a while, Clare had a job buying grain. Then the Great Depression settled in. We heard that the flour mills in Minneapolis were closing. Fixing

From This Angle: Survivors

our meager dinner of biscuits and beans, I scraped the bottom of our flour barrel. Clare swallowed his pride and asked the store keeper for credit. The nest week, a mudslide closed the road. Clare hired on to clear away the debris. He made enough to pay off our bill at the store.

We moved to Hulett, Woming. Clare, Wayne and Tom worked on the construction crew for

Devils Tower National Monument. The project lasted for 2 ½ years. One morning, I was kindling a balky fire in the wood stove, trying to heat the oven to bake corn bread. "I'll get this fire going if I have to burn the house down," I muttered. A few minutes later, a neighbor pounded on the front door shouting "The roof is on fire." We barely had time to



Vagabonds

escape and most of our possessions burned.

Clare's Uncle Web had moved to Oregon. He urged us to leave the depression-struck prairie states and move to the John Day Valley. We packed up and left Wyoming in 1933. There was me, Clare, Wayne, Tom, Dot, Eugene and Mildred with her husband Beverly, his brother Harry and their two-year old daugh-

ter Joan. Wayne had a 1928 Durant. Bev drove, with Midge and Jo in

the front seat, Clare and I in the back. Wayne, Tom, Dot, Gene and Harry bounced along in a two-wheel trailer covered with a tarp stretched over willow bows. They were crowded in with bedding and cooking utensils. We rigged up a speaking tube from an old hose with funnels on each end so those in the trailer could communicate with the car.

We were on the road seven days. I cooked meals over a camp fire. On the last day, we pooled our money. We had a grand total of \$17. It was dark when we pulled into Mt. Vernon. We had no idea where Uncle

Web's house was. Then we spied his son Bud walking down the street. Were we ever glad to see him.

We rented a little house. Aunt Mae helped me can fruit and vegetables. Tom hired on with Civilian Conservation Corps for \$40 a month. As part of the deal, he sent us half his pay. Dot was 16 and Gene was 13. The four of us eked

See Survivors, page five.

New policies at Summer Lake Hot Springs

We have implemented some changes in response to the Covid-19 Virus. For the foreseeable future there will be no day-use. Currently we are open only to those reserve at two-night stay at the Springs. Options are dry camping, RV with and without hook up and any of the on-site cabins.

Its been a difficult decision, but for now we believe it is the right one For more information give us a call.





JULY 4th Parade Categories Fee Schedule and Information

Automobile \$10 each

Children \$ 1 per child

Commercial \$10

Gov/Emergency \$10

Horses \$ 5 per horse

Individual \$ 5

Not for Profit \$10

Motorcycle \$10

Additional Prizes for: Best Costume, Cutest, Most Original, Most Creative and Best Animal

Entries will be taken inside Gifts n More Line up in front of Gifts on Park Rd. Call 541-576-3838 for Info.

Entrants are asked to arrive and sign up between 10 and 10:15 am so that organizers can make sure the parade line-up is safe for all participants

Judging will begin at 10:40 and the trophies will be handed out as entrants enter the highway.

The annual parade is sponsored by the Christmas Valley/North Lake Chamber. If you pay with a check, please make it to CVNL Chamber. If paying with cash it is helpful if you have the correct amount.

Come ~ Be Safe ~ Have Fun

Survivors

From page 4

out a living on \$20 a month. Clare and Wayne worked in the hay fields. Clare suffered a heat stroke that summer and his heart was never the same after that.

The men scrounged for jobs. Clare got \$28 for Forest Service work and had to pay \$20 for rent. In January, Clare was foreman building a road to the cemetery. He walked three miles to and from work when it was 40 below.

At Christmas, Wayne and his new brother-in-law Delmar cut a load of trees and pulled them in the two-wheeled trailer to Hermiston. They stood on a street corner asking each passerby, "Do you want to buy a Christmas tree mister?" But no one had cash for a tree. In exasperation, Wayne pulled the trailer out

of town, piled the trees in the middle of the road and set fire to them.

In 1937, as the Depression deepened, we heard there was work in Klamath Falls. We loaded one car, two pickups and the two-wheeled trailer with tents and camping gear and headed out. We stopped in Chemault to fix a flat tire. I went for a walk and visited with a woman working in her garden. I learned that her husband was looking for a crew to pile brush near Diamond Lake. The men hired on, cutting limbs with double-bitted axes and piling brush for \$6 a day. We lived and cooked in tents and were plagued by mosquitoes. When it rained, the men dried their wet clothes by the fire.

After that job ended, Wayne bought a one-hand pump Signal Service Station in Crescent. He started selling eggs and bread as well as gas. He bought a cow and sold milk

and cream. In 1941, we moved with Gene and Midge to Crescent and we all started a grocery store. Workers from the newly formed Gilchrist Timer Company kept us in business. The store made a living for the bunch of us for 14 years.

In spite of the hardships, we found ways to enjoy life and have fun. We noticed the first meadow lark of spring, and went up Dixie Mountain to pick gallons of huck-

leberries. We went to barn dances and found a couple of quarters to go to the movies in Canyon City. One show I remember was Life Begins at 40 with Will Rogers. We played pinochle and listened to the radio. We baked cakes and popped corn to celebrate birthdays Our family pulled together, pooled our resources and didn't give way to discouragement. We kept looking for the next opportunity.



541-480-0753

We verify all your address information for best results

BEE-Cuzz You Asked

MAY and the Bees

By Gary A. Brain Summer Lake Apiaries



So onto May and what to expect and do. Remember to work your hives with slow deliberate motions, jerky movements will agitate the girls. Inspect to see if the Queen Mother is doing her job. Consider replacing her if she has spotty brood pattern or is giving you mostly drones.

What a May it has been. A

sunny start with the middle of May

snowy and back again at the end of

May warm days and nights. . I got

a call from Mat The Bee Guy from

Apricot Apiaries out of Kimberly

Oregon just a few days ago and

he advised he did have a few nucs

to sell. I met him in Redmond and

picked ups one nuc and another two

Queen Mothers. So now they are

The girls may have already decided to replace her. If you see a queen cell in the upper or middle of the brood frame that comes straight out of a worker cell and takes a 90 degree turn down that is usually a sign the girls are not happy with the reigning Queen Mother and they are in the process of replacing her. I have one hive that I am watching where the girls are building this kind of queen cell. It will be interesting to

see what happens. I shall keep you all informed.

Diligent use of your smoker will keep the girl from getting too riled up when you are inspecting the hives. Remember to work your hives from the side or back to stay out of their flight path.

When working your hive inspect by removing an outside frame first then moving the frames toward the empty space and adding the first frame you pulled out into the last space you created if you intend to inspect all the frames Consider adding supers to your hives. If you have supers with drawn comb from last year use them as it will give the girls a breather from making new honey comb. If the girls need to draw new comb just add one super at a time. Put your second on after the first is almost filled. This will prevent the girls from only building comb in the centers of the supers.

Bees are hoarders so a they will fill up the available space with honey when crowded, give them more room when two thirds of the super is filled so then keep bringing in the gold! Use your queen excluders to keep the Queen Mother from building brood in your supers. Do not remove any supers until they are capped, as the uncapped honey will ferment.

Remember to keep the grass mowed in front of your hives. Give the girls a clear runway to land! You can lay old carpet scraps or roofing to help keep the grass under control. Keep your record keeping up, as this will let you know what hives did well and what you found during your inspections. If you can, keep an extra brood box handy. You may need to capture a swarm. Swarms are an awesome sight to see, thousands of bees hanging on a limb or post. I will go into catching a swarm next month. It is fairly simple if the swarm is not too high up in a tree.

Until next month Bee Safe!



Sheriff's Report Submitted by Sheriff Michael Taylor

March 20, Deputies responded to the 800 block of N. H Street regarding a trespass. The resident reported that an adult male was sitting on the front step of the residence and refused to leave. When

Deputies arrived the male was still seated on the front step and had an Ace Hardware shopping cart in his possession filled with personal possessions. The male was removed from the residence and given a ride to a friend's house. The shopping cart was returned to Ace Hardware where it was valued at \$100.00. The investigation has been forwarded to the DA's Office for review and charging.

his possession filled with personal possessions. The male was removed Gifts "N" More in Christmas Valley from the residence and given a ride regarding someone dumping their

garbage in the dumpster at night which has been an ongoing problem. The owner provided a video recording that captured a Chevrolet Tahoe, light in color, drive up to his dumpster. The driver and passenger both got out of the vehicle, both tossing four large garbage bags of

See Sheriff, Page 9.



The Community Breeze CLASS OF 2020



Graduation is a milestone in our life's journey - a pillar the represents change, transition and new adventures. Milestones mark significant times in our lives. The events of 9-11 - a year when many of you were born is such an event. It is looked upon as a marker of before and after. Members of he graduating classes of 2020 will likely reflect on the unique situation our world is currently experiencing - perhaps thinking, "That was before the virus, or that was after the virus." Right this milestone is the present and is creating much concern. What will our world look like as we become distanced? For you it may in the long-run prove to be a place from which you come into your own. You all deserve bright and fulfilling futures and that is what we at the Community Breeze wish you all.

JOEYSTONE

A Message to Our Customers from Robbins Equipment

To all customers near and far, all of our Robbins Equipment look forward to this virus passing and will plan for an event stores are still open but taking precautions to maintain a healthy environment for our customers & employees.

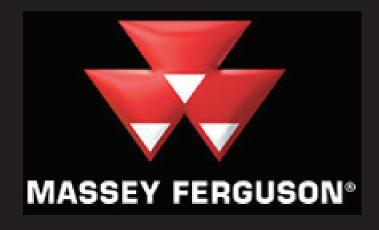
We would like to offer the option of contacting us via phone to place an order for any parts needed and making arrangements to receive those parts. Such as placing them outside or shipping them to you for parts not in stock.

Unfortunately we have to cancel the Baler School that was scheduled for April 6th & 7th in Burns & Christmas Valley. We later this summer or fall.

If you are not wanting to go anywhere but are still needing parts from AGCO, you can use our AGCO parts books on our website to find part numbers. If you do not have a log-in, choose the guest user log-in. Then you can contact your local store to place an order, orders can be sent directly to customers so please ask for that service if you are interested. AGCO parts book link listed below.

https://apb.agcocorp.com/

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Currently our meetings an the Christmas Valley Community Church are Canceled

We are available by text and phone

Sherry 541-576-4509 Del Renee 541 815 4370 541-977-4944

Narcotics Anonymous

Currently our meetings at the Christmas Valley Community Hall are Canceled

Anyone needing information or an Online meeting is encouraged to contact **Andy Cottrell via Facebook**



Limited Take Out Menu

Variety of Burgers

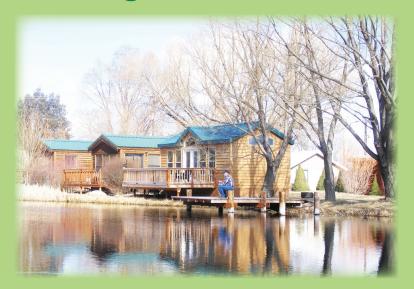
Chicken Strip Baskets

Fish & Chips

We have beverages to go including Beer and Wine

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The Lodge at Summer Lake



Visit our beautiful Gift Shop.

Hand crafted custom leather goods & tack by Doug White!

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Hand-cut Steaks! Grilled Salmon & Fabulous Prawn Dinners

During these difficult times we will attempt to maintain our regular hours, however, there will be days when we may close or shorten our hours. We encourage you to call ahead and verify the plans for that day.

We wish you all a safe journey through this surrealistic experience and that you stay safe and healthy.

We've a nice selection of Oregon Beers and Wines

HOURS

Mon - Thurs

4pm - 7pm

Friday & Saturday

8am - 2pm & 5pm - 8pm

Sunday: 8am-close

Chamber News

Just a couple of notes. The Chamber will be facilitating the annual July 4th parade. The only change will be that participants will not be tossing candy to parade goers due to the current restrictions. Please see page 5 for the entry information. We hope to see you there.

Quarterly Meeting: Scheduled for June 9, 2020 at 4:pm at Gifts n More. All are welcome to attend. On the agenda will be flags, purchase and presentation of the annual awards, Fireworks T Shirt sales, and the Tourist Guide.

The warm weather had the pocket garden taking off and it won't be long before there will be some bright, fragrant and bee friendly blooms to enjoy.

As always we urge you to Shop Local and to shop in a responsible and safe way.

It was reported on May 27th that there were two positive Corona Virus tests in Lake County. There may be more after publication but that is the total for now.

Please stay safe and stay well for your sake and the sake of others.

Sheriff's Report: from page 6

trash into the dumpster. The suspects were contacted and admitted to throwing the trash in the dumpster the night before. The suspect was issued a citation in lieu of custody for theft of services.

May 7th, Deputies responded to the 1000 block of S. G Street regarding a domestic altercation. Upon arrival both the male and female were contacted along with three independent witnesses. The investigation revealed that the female half and a friend arrived at her estranged boyfriend's house to retrieve her belongings. The female's friend knocked on the door but didn't get an answer. The friend forced the door in and began choking the occupant of the house. The resident attempted to defend himself until the police arrived. The friend of the female was consequently arrested for Criminal Mischief and Strangulation, transported to the Lake County Correction's Facility and booked.

This dish is one that some High School friends of ours prepared for us when we were newly married. The warm memory of that long ago evening lingers in our minds and hearts.

Chicken, Asparagus and Mushroom Casserole

- 1 Stewing Chicken (3-4 lbs)
- 1 bunch fresh Asparagus Spears, steamed crisp tender (or one can)
- 1/2 lb Morel Mushrooms, sautéed in butter (may substitute any mushroom)
- 1/2 cup cream
- 1/2 cup butter
- 3 cups chicken broth (or 3 chicken stock cubes in 3 cups water)
- 3 eggs, beaten
- 2 TBSP fresh lemon juice



Cook chicken in enough water to get 3 cups chicken broth. If using leftover chicken, use chicken stock cubes or base to equal 3 cups

Make sauce as follows:

In sauce pan on medium heat, melt butter, stir in cream & chicken broth. Cook slowly, stirring until sauce thickens; temper the eggs by stirring a bit of the sauce into the beaten eggs. Then stir the egg mixture into the rest of the sauce. (This will keep the eggs from cooking too fast and scrambling) Cook sauce 1 minute until smooth, stirring frequently. Add lemon juice

Layer in buttered casserole:

Asparagus, chicken, mushrooms. Pour sauce over all. Bake at 350°F for about 30 minutes until bubbly. Great over brown rice or quinoa! Serve with crisp green salad and enjoy!

Gary & Marie

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



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Therapeutic Technique, Cranial Sacral Therapy,
Family health care, Flower essence prescribing,
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health care, Personalized nutrition, Shiatsu
Massage, Stop smoking treatments, and Vitality
Longevity evaluations.

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.

Dr. Helmut Eichner

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Lake Clinic



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Board Members (541) 576-2165 Carl Shumway, President Alice Dinsdale, Vice President Sandie Maerz, Sec./Treas. Earl Diment, Board Member Kathy Thompson, Board Member

Services Offered

Primary Medical Care Provided by La Pine Community Health Center 541-536-3435

Dr. Michael Allen DO Denise Griffiths, FNP Megan Lewis, FNP Clinic Hours: 8:00 - 5:00 Mon - Thur 9:00 - 4:00 Friday Closed daily 11:45-12:45

Massage Therapy 541-576-2110 or 576-2043 (Home) Shawn Lavallee, LMT By Appointment

Lake District Wellness Center Behavioral Health Services 541-947-6021 By Appointment



Chiropractic 541-633-6563 Helmut Eichner DC By Appointment

Naturopath/ Acupuncture 541-385-6249 Natasha Rudd, N.D., L.Ac. By Appointment

Optometrist 541-554-9888 Timothy Arbow, O.D. By Appointment

Mental Health 541-515-9233 Tara Jones By Appointment



Your Christmas Valley Health Center!

Monday-Thursday | 8:00 am - 5:00 pm
Friday | 9:00 am - 4:00 pm
X-Ray | Tuesday & Thursday

Family Medical Care • Women's Health • Men's Health • Pediatric Care

Preventative Services ◆ Digital X-Ray ◆ Lab ◆ Referrals to Specialists

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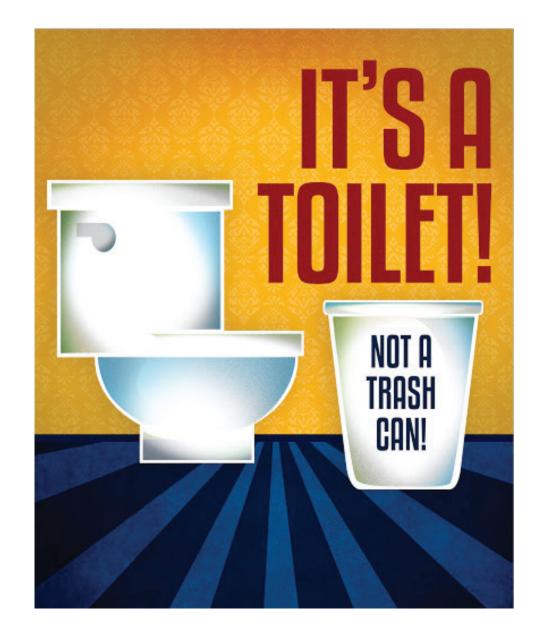
AN UNPLEASANT BUT NECESSARY CONVERSATION

Your North Lake Health District (NLHD) is so proud of the facility we maintain on Bay Road. The building is beautiful, the location is ideal and over the years it's housed a variety of providers to meet the needs of our ever-growing community. In addition, the clinic offers public use of the conference room for health-related meetings and public use of the restrooms.

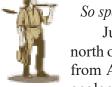
We're happy these services are available to our community and invest considerable time and money to ensure the building is sound and well maintained. Recently, the NLHD has spent several thousand dollars in plumbing services due to clogged plumbing, and you can help reduce these costs. Changes in regulations for water usage and available types of bathroom fixtures contribute, but the #1 cause for our need to call a plumber are avoidable, and you can help!

We need your help to better manage plumbing lines in the building. Many products that claim to be "flushable" aren't when using current day fixtures and water usage restrictions. We ask that only seat covers and toilet paper are flushed down the toilet along with your "business". EVERYTHING else needs to be disposed of in the trash cans. This includes paper towels, personal wipes, diapers, panty liners, sanitary napkins, tampons and incontinent pads. These items must be disposed of in the trash can. Please keep in mind we're a medical facility and understand sometimes bodily functions can be embarrassing, but we need your help to dispose of products responsibly. If you feel you've disposed of product that would be best if we empty the trash immediately, just notify the clinic receptionist and we'll take care of it right away. If you have need to use excessive toilet paper, please flush a couple times to ensure sufficient water is used to clear

Thanks in advance for your help in keeping these public services available.



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.



Just forty-five miles north on the Anasazi Trail from Ana Springs, noted geologist Ken Brogen of

Bend, Oregon examined a human pelvic stated "that it was at least 80,00 years old" and the medical doctors said it had all the characteristic of "modern man."

This ancient trail splits at the springs with one going along the top of Winter Rim and the other under Highway 31 heading south. Fremont used this trail splitting his group at Fremont Point. This is an intersection of this beautiful trail and skirts the seven-hundred-foot precipice of Winter Rim back (from the edge about fifty feet) for entire twenty-six miles. This choice was made to allow the eastern morning sun and the afternoon winds to keep the trail free from snow.

It was working when Fremont used the it on December 19th to attack a group of miners camped at the springs where they were working the old Spanish Mine just above on that bluff which overlooks the reservoir.

A few miles north of Fremont Point the trail splits with one continuing north to Picture Rock Pass and the other going down the face of the fault and ending up behind the restored Harris Schoolhouse where it heads north to converge with Ana Springs.

The 575-pound cannon went the other way so as to give the Army

ANA SPRINGS

Opinion by the Prospector



high ground.

largest gold lode in Oregon, Gold Hill operated this very mine in 1880's. Fremont felt that the ore of this mine was of militarily important ce and wanted secured.

This is the only action we know about (in his mission of listing all the ores in the Shoshoni Land) that used military action. This was something he was forbidden to do He ignored his superior officers.

Ana Springs has been flowing from the ground with a hot spring right next to it - provided mankind an oasis in the desert since its dawn in Lake County.

To see the amount of flow from John Kipple who found the the springs park at the parking lot and walk towards the south/east and follow your ears. Within a hundred yards you will come upon a depression with a large pipe spewing clean water several feet from the mouth into a deep pool which is noted for its Trout fishing and is the beginning of the ten-mile-long Ana River.

> After admiring this true desert oasis look on the north side and you'll see that the dam is breeched. It is only a matter of time before this earthen dam is destroyed forcing the question, are 'We the People' and repair this dam or how about returning it native state with a three foot

geysers coming out of the ground and a natural hot springs right next door just as it's been since of the Dawn of Man here in Lake County.

My thoughts: Eco-tourism is one of the fastest growing segments in our economy. There would be no other place that I'm aware of that comes even close to matching the history of Ana Springs. Arguments such as containing rain run off to protect from flooding doesn't wash in this situation. There is no run off. Nor is the argument used to justify damming of a river is to control the flow to provide water for good times and dry times. There is no control, the flow is constant year around.

Opening the valve right now and draining the silty water to the south end of Summer Lake 'We' could create a tourist destination site that would complement the entire Summer Lake area with its diversity of activity, hiking, swimming, bird watching and shooting. After a day of adventuring nothing would feel better than a soak in a natural hot springs with the stars close enough to reach out and touch.

It was good intentions that built the reservoir but let's hope its common sense that removes this destroyer of history and provides the future generations what our distant forefathers enjoyed thru the beginning of mankind here in Lake County.







Briana Church - 4? time state champion, not so fast!

Entering her senior year, Briana Church had the opportunity to do what no other female in Oregon History (nor future) could exceed. That was win her fourth straight pole vault state championship. Throughout the course of her career she has seen it all. When we started track here at North Lake, we had a dirt track(ish) and that was it. We cleared out some sod for a dirt runway, dug a hole in the ground for the plant box, bought a roll-out rubber runway and put a 27 year old pit on pallets on the grass. And pole vault began for the Cowboys and Cowgirls. This was how it was when she was a freshman. Halfway through the year we had fund-raised enough money to break ground on an 8-lane, all-weather track.

Nonetheless, Briana won our district meet and qualified for the state meet with the top vault in the state entering the 1A championship competition. I remember being on the runway at Hayward with her and her freshman teammate Jessica House and my last words of encouragement to them being met with two young ladies visibly trembling with fear.

Imagine standing on the hallowed grounds of Hayward Field, The University of Oregon, Tracktown USA, the most picturesque scene in all the world as a 15 year old from a town where their "nextdoor neighbor" is more than a mile away. Lake County is one of the largest counties in America in terms of square miles, larger than three states. However the 7,000 people in population could easily fit within the venue in which they were competing.

During the competition, Briana was flawless. She went throughout the competition without a miss until after she had it won. The first and most important step to becoming a four-time state champion.

Fast forward to her sophomore year when she had the opportunity to receive some expert mentoring from THE pioneer in women's Pole Vaulting, Olympic Gold medalist and former world record holder Stacy Dragila. While Briana had the opportunity to train with Stacy at her home (and even babysit the kids) the overwhelming amount of information she had to absorb put her into a funk and much of her sophomore year was spent vaulting better in practice than in a meet.

She won her second straight state championship but was extremely disappointed because the Written by Coach Scott Brown she was supposed height wasn't as high

as the previous year. The funny part of the story was what actually, I think, helped her



relax and win. It came in her first vault at her opening height. Things weren't great in warmups and she was snippy at me wanting me to fix it. Telling her to relax wasn't going to work. We decided to start really low and get some more "run-thru's" while vault-

I had her really focus on her plant on her first vault, which was about two feet lower than her best and she nailed her approach and her plant. I was happy. Apparently so was she. She was so happy with the plant she forgot about the rest of the vault and literally brought the pole with her over the crossbar. She cleared the bar legally and almost knocked out the official waiting to catch her pole when

The crowd didn't know what to think. I heard tons of murmuring asking, "Is that legal?" Up went the white flag by the head official indicating a legal jump and clearance and the crowd erupted in cheers and laughter at the same time. That funny moment helped relax her enough to get out of her own head. I still get a kick out of that story.

to 'throw' it back.

As a junior she had incredible focus had blossomed into a leader on our team improving in every area of her life. Her grades improved a ton, her workouts had purpose. Yet, the heights didn't come immediately. Then, the good weather arrived track season and so did the heights.

In a side note, the week before districts, she asked if she could throw the javelin in a meet. I said sure, and she proceeded to throw a mark that was top-10 in the state. She had a new event. She went on to place 5th in the state. She had again led our level throughout the year in the

> there were a number of challengers from

> pole vault but now



Yes, because of how she handled it. Missing the first attempt at the first height puts an enormous of pressure on a vaulter and

causes the coach to lose more hairs. In addition to that, this was at the state meet and she was two-time defending state champion.

She walked away and turned her back. I waited and watched. She looked away from the competition area and I saw her shoulders rise with the expanding of a deep breath and slowly lower with the exhale. She sat down, went back to her routine and crushed the next six vaults by a mile equaling her PR of 9'6" on the sixth. However this year, unlike those in the past, after Briana had equaled that PR she wasn't alone. Another vaulter also cleared that same height which for her was 12" PR. The entire field was vaulting incredible throughout. On the first attempt at 9'9" the Imbler girl cleared again adding three more inches to her unheard of PR and Briana missed. She stepped away again, took a deep breath and crushed the next two vaults and won her third straight 1A State Championship.

This year as a senior she was looking towards a fourth straight title when she had to vault against a new foe. One invisible to the naked eye. She had vaulted in sun, good wind, bad wind, rain, even snow. She had never vaulted against someone or something that couldn't even run. The senior season was ended for her

This was extremely disappointing for her as you can imagine but that was met with joy and the drive to move forward

to college. Her hopes were renewed when she received a scholarship offer to compete for the Mountaineers of Eastern Oregon University in La Grande, OR. An NAIA school with a reputation for success and a fantastic pole vault coach. She plans on studying Agriculture and Business and plans to try out for the women's basketball team.

Briana will be sorely missed this year, as will all of our seniors. We wish them all skill (luck has nothing to do with it) and blessings as

they go forth to make those of us in the north end of Lake county proud!

Gifts-N-More

WE ARE STILL HERE STARTING OUR 8TH YEAR

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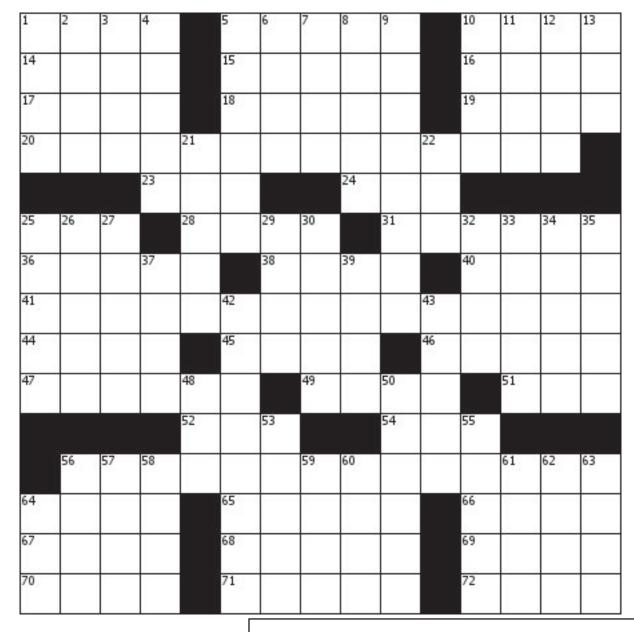
CROSSWORDS.NET DAILY CROSSWROD PUZZLE #3 FOR MAY 26, 2020

ACROSS

- 1. Life partner
- 5. Caribbean vacation spot
- **10**. Parsley-rosemary gobetween, in song
- 14. Landfill problem
- 15. Bill worth billions
- 16. Pizzazz
- 17. It's sometimes jerked
- 18. Dizzying genre
- 19. Vacuum hookup
- **20**. K
- 23. Bullring "Bravo!"
- 24. Palindromist's preposition
- **25**. First name among directors
- 28. Waste allowance
- 31. Penn film
- **36**. Zorro's first name
- 38. Sediment
- **40**. Spots for teens?
- **41**. K
- 44. Ones of a kind?
- **45**. Per
- **46**. 1/100 of a rial
- **47**. Fitted within one another
- 49. Pueblo Indian
- **51**. Jeff Lynne grp.
- **52**. Item listed in "Thou shalt not covet . . ."
- 54. Weight room unit
- **56**. K
- 64. Shade of green
- 65. Give in to gravity
- 66. Atlas datum
- **67**. Similar in nature
- **68**. Like an eager date, say
- 69. Neeson of "Nell"
- 70. Source of some sugar
- **71**. Pitch
- 72. She ain't what she used to be

DOWN

- 1.Suffer
- deprivation
- 2. Fan club focus
- 3. Statistics calculation
- 4. "Well done!"
- 5. What one beyond help may be called
- 6. Entranced
- 7. Arches National Park state
- **8**. Uncle Milty
- **9**. Little star
- **10**. The Amish, for one
- 11. Soothing plant



- 12. Teri of "Tootsie"
- 13. Conclude
- 21. Hit-maker John
- 22. Long Island drink
- 25. Spot specialist
- **26**. One of the family
- **27**. Chromosome occupants
- 29. 1940s actress Raines
- **30**. Be a mentor
- **32**. Wise guys
- **33**. It can be stolen
- 34. Single year's record
- 35. D.C. railway
- **37**. Essence
- **39**. Off-the-wall answer?
- **42**. Places to display manners?
- 43. Toulouse "toodles"
- 48. Kernel site
- 50. Word before alcohol or aldehyde
- 53. Discontinue, as a project
- 55. "The Lord is my shepherd" begins one
- 56. Fashion
- 57. Peter Gunn's girlfriend
- 58. It may be pitched
- 59. Pop singer Amos
- 60. Pocket problem
- 61. High point at the Met
- 62. Warm, in searches
- 63. Title for Agatha Christie
- 64. Poke

PUBLIC TRANSPORTATION INFORMATION

Submitted by Ann Kasbohm

Lake County Public Transit Has Two Providers To Help Those Without Transportation

Special Transportation and the Lake County Senior Center both serve North Lake

If you are confused by which service to use, check with the schedulers of both programs to see which service can accommodate your needs. The goal is to get folks to medical care and also get them to shopping facilities.

Anyone without their own safe transportation is qualified to use either service. If you are using a wheelchair, the Senior Center has ADA equipped vans; they also give scheduling priority to seniors and those with disabilities, and medical trips, and only have 2 vehicles, so that's one thing to consider before you call.

Frequently, vehicles will have more than one passenger and more than one appointment time to meet. At times, this makes for a long day, especially when appointments fall hours apart.

Special Transportation relies upon a network of volunteer drivers who use their own vehicles. When scheduling, it is important to remember that Special Transportation drivers do not work for a wage. They are paid a reimbursement for their mileage only.

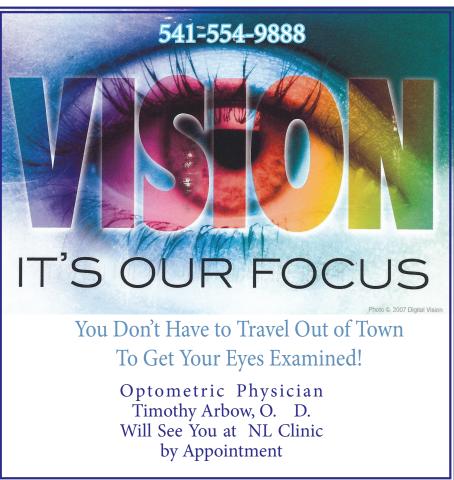
Drivers may also take care of some of their own business while a rider is at an appointment or shopping elsewhere. Be patient and remember that it is just as long a day for your driver as it is for you. Be sure to bring your own funds for a meal, or bring your own lunch that will not make a mess or stain your driver's upholstery.

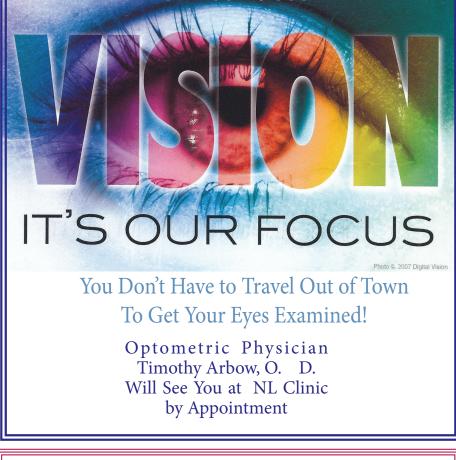
We all love living in the high desert, and we all know that we may have to travel 60 or 100 miles to take care of health issues and major shopping. We encourage you to use these services, and at the same time be appreciative of those who use their time and vehicles to make your rides possible.

North Lake Dispatch - 541576-4689 Paisley Dispatch - 541-943-3551

Lakeview Dispatch - 541-947-4966 ext. 106

HANDDE PUMP & ELECTRIC, INC. Zimmatic Pivot Systems CCB 45220 Duane Hand PO Box 707 86908 Christmas Valley Highway (541) 576-2206 Fax (541) 576-2702 Christmas Valley, OR 97641









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 Wed 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







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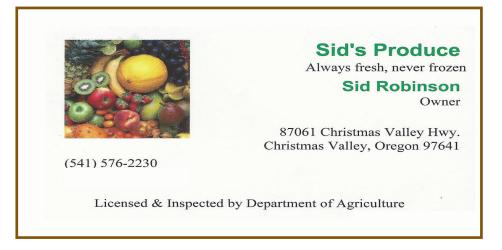
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FR/SL SWCD - 2nd Thurs at noon at Silver Lake Fire Hall Lake Co. Hay & Forage - 1st Thurs at 6pm at Lodge at Summer Lake Lions Club - 2nd Mon at 6:30 am at Silver Lake Fire Hall **NA Wednesdays** at CV Community Hall at 7pm NL Health District - 1st 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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