



MARCH 2019

The Community Breeze

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

Published by Precision Mail Services

terryonitsway@aol. com



This painting by James Follis captures both the beauty and intensity of the high desert. It was one of the first place winners at the Doldrums Art Show

May Election Information *positions up for election*

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

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

The May 21 2019 election may seem far off, but for people interested in becoming a board member for one of our many districts time is short. Your application and \$10 filing fee must be into the County Clerk's office by March 21 if your name is to appear on the ballot.

North Lake Health District has three board positions up for election: Positions Three and Four are each for four year terms and Position Five is for a two year term.

North Lake School District 14 has three board positions up for election: they are positions One, Two and Five and all are four year terms.

The Christmas Valley Rural Fire Protection District has three positions up for election and all three are for four year terms. The are Positions One, Two and Four.

North Lake Park and Recreation District has four positions up for election. They are positions One, Two, Four and Five. All but position Five are for four year terms. Position Five is for the two year duration of a four year term.

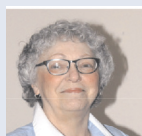
Christmas Valley Domestic Water District has positions One, Two, Four and Five up for election. One, Two and Five are for four year terms and Position Five is for two years - to complete a position that was vacated and appointed.

For more information you can call any of these districts or the County Clerk's office at 5451-947-6006. Also there will be a school bond measure on the ballot (see text on page seven where you will also find a copy of the form to file for candidacy.

Please see Election, Page Seven.

Commissioners Meeting March 6 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 or Post Office for agenda information.



By Gloria Heglar

**Think
Twice . . .**

Page 3



By Toni Bailie

**Safety
Net**

Page 4

PLAYA PRESENTS



MARCH 23 - 3-5 pm

Open Studios
& Presentations

Page 3

ALIBIS

**&
Wash Your Troubles Away**

On the
North Lake Stage

ADMIT
ONE

March 20

April 5,
6 & 7

Pages 5 & 8



**Sheriff's
Report**

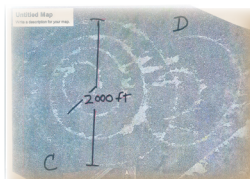
Page 6

Bee-cuzz You Asked

**February
and the Bees**

By Gary Brain

Page 6



**Parabola
Spirals**

By The Prospector

Page 13

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Remember to spring your clocks forward one hour before you go to bed on March 9th because Daylight Savings Time begins on **March 10**



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Laura Parks
owner

87531 Christmas Valley Hwy | Christmas Valley, OR 97641 | 541-576-2199

Comings and Goings

By Terry Crawford

On the evening of February 17, just two days shy of the second super moon of the year I enjoyed a cool brisk outside time playing Frisbee with the dogs as I headed to the barn to feed the horses. The sky was nearly clear, the moonlight brilliant and still the winter sky was filled with the sparkle of our galaxy. Our night sky is one of my favorite aspects of living in the high desert. It reminds me of what the sky looked like on the eastern outskirts of Bend 40 years ago - when I first experienced it. The ambient light was far away then and the magnificence of the sky was there to savor and enjoy. Twenty nine years later the outskirts of Bend had edged ever further east and with growth came less and less sparkle in the night sky.

I am often surprised by how many folks out here choose to light their yards with one or more huge lights. Lights so bright that they cause me to drape the bedroom window to block their disruptive glare. I understand people feel more secure with their sentry lights ablaze but I wonder if they ever consider how they affect their view as well and other's view of the sky at night.

My little farm has two of these sentry lights, one at the Barn and one on the shop. Neither have been used in the past twelve years. They are there if I need them, but so far that has not been the case. The porch light and the motion sensor light at the shop work just fine.

We live in such an amazing environment. Few days go by that I don't get to enjoy the antics of the local ravens, the cautious grazing or nibbling on the haystack of a cottontail, or a covey of quail chowing down on the treats set out for them by the neighbors.

I drive a lot, not just for work but also as a volunteer driver for the special transportation program and I have great peripheral vision. The corner of my eye, generally my right eye seldom fails to notice the pair of Golden Eagles atop power polls just east of Fort Rock. They are almost always within a quarter mile of one another. I spot Red Tails, and Gos Hawks perched at the tops of the tallest poles - they look so tiny. On the windiest of days the Bald Eagles take refuge on the ground - it's just too much work to stay high above on a pole.

Most times of the year I see herds of Prong Horns out in the alfalfa fields and frequently pull over just to enjoy their beauty and to seek out their ever-present curiosity. All I need do is roll down the passenger side window and make a few chirping sounds and the turn their heads in unison to see what that noise is all about.

Often I see small groups of deer, I wouldn't call them herds and on occasion I will see a large herd of 50 - 100 animals quite a distance off the road grazing or bedded down enjoying a sunny respite. I know the elk are out there but I seldom see them. My sightings: Two huge bulls at dusk between Hwy 31 and Ft. Rock, a couple of cows meandering down 31 outside of Silver Lake, and recently part of the herd that moves about the La Pine end of 31. Several years ago I had to stop as hundreds of what I learned was a much larger herd crossed near the Poplars Ranch.

The cougars are elusive but I did sight one last year crossing 31
See Comings, Page Nine

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.

“One kind word can warm three winter months.” — Italian Proverb

Spring in Lake County is a nice time to curl up by the fire and become an armchair traveler. For March let's travel to Italy, a country with an unforgettable soft, clear light and food that lingers in your thoughts and in your recipes. Italians wax poetic about spring vegetables, display summer vegetables in their markets that are worthy of paintings, and look forward to fall with its abundance of mushrooms, olives and oil and - always, always - the grapes.

The Emilia-Romagna region of Italy is famous for its balsamic vinegars. Try a dollop on this classic soup which blends squash, Parmesan, and sage. Yum!

BUTTERNUT SQUASH WITH PARMESAN

2	sm butternut squash	2 Tbls	grated Parmesan cheese
2 Tbls	butter	2	fresh sage leaves, chopped
1	lg onion, chopped	1 tsp	salt
3	celery stalks, chopped	¼ tsp	nutmeg
5 c	water or chicken broth	¼ tsp	black pepper
2-4"	Parmesan cheese rind	3 shakes	Tabasco sauce
2	bay leaves	¼ c	fresh parsley, chopped

First, peel, seed and chop the butternut squash into 1-inch cubes and set aside. In a large stockpot melt the butter then add the onion and celery. Sauté 4-5 min. Add the stock, Parmesan rind and bay leaves. Bring to a boil. Reduce heat, partially cover, and simmer for 15 min. Add the cubed squash, simmer another 20 minutes. After removing the Parmesan rind and bay leaves, puree about 1/2 of the soup in a food processor, returning the puree to the pot. Stir in the 2 tablespoons grated Parmesan, sage, salt, nutmeg, pepper and Tabasco. Simmer about 5 minutes. Serve with chopped parsley. I like to refrigerate the soup for a day before serving.

Italian foods seem to have a natural affinity for each other, whether from the North or from all the way to Sicily. The best ingredients combined with simple preparation produce a fine and ancient cuisine.

TUSCAN SCHIACCIATA BREAD

Olive oil makes this bread fantastic. It stays moist and combines well with meats, cheeses and soups. Makes 1 rectangular loaf.

3 c	bread flour	To place on top:
½ tsp	salt	2 Tbls extra virgin olive, for brushing
1 pkg	dry yeast, not rapid rise	2 Tbls fresh rosemary leaves
1 c	lukewarm water	coarse sea salt, for sprinkling
4 Tbls	olive oil - the best	

Sift the flour and salt into a large bowl. Mix the yeast with half of the lukewarm water and stir into flour mixture. Add the remaining ½ cup lukewarm water with the olive oil and mix to a soft dough. Turn out onto a lightly floured board and knead for 10 minutes, until smooth and elastic. Place in a lightly oiled bowl and cover with plastic wrap that is oiled. Let rise in a warm place about 1 hour.

Punch down the dough and knead gently on floured board. Roll out to a 12 by 8 rectangle and place on an oiled baking sheet. Brush with some of the olive oil, cover with plastic wrap. Let rise in a warm place about 20 minutes. Now prick with a fork all over the bread and sprinkle with the large grained sea salt and the rosemary. Let rise again for 15 minutes. Bake at 400 degrees about 30 minutes or until golden brown. Transfer to a wire rack to cool slightly.

Buon Appetito!



The Willows Antiques, Vintage & Gifts

Laura Parks 541-576-2199 Christmas Valley, Oregon



Think Twice before walking on ice

By Gloria Heglar



Gloria Heglar

We buried my friend Patty Schuman on one of the coldest days of winter, in the sweet little cemetery in Summer Lake overlooking the dry lake bed. I watched as the VFW honored her for her service in the US Air Force in uniforms not sufficiently warm for the harsh weather but very honorable.

The wind chill was as unkind to all of us who stood there. I was deeply added pain we were as we mourned a too lady of 48 who loved was a springtime girl through. We paid honor we never imagined

“Cold as frozen iron, with a hard frost every morning and icy drafts that bit at exposed hands and faces”

JK Rowling

of us who stood saddened by the all subjected to young to die Daisies. She through and to her in a way that morning just a couple of leased from St.

The burial was days after I had been re-Charles Hospital and I was weak from inactivity. I had a week to steady up for the Memorial Service in Paisley.

It snowed that Saturday morning, but we were warm in the Community Center and we celebrated her life with music, prayer by the Pastor and a bible reading suggested by Patty herself, led beautifully by Bob Story. Clark made a video of her family with her at St. Charles. There was the wedding picture of Patty and Derek who had been married for 28 years.

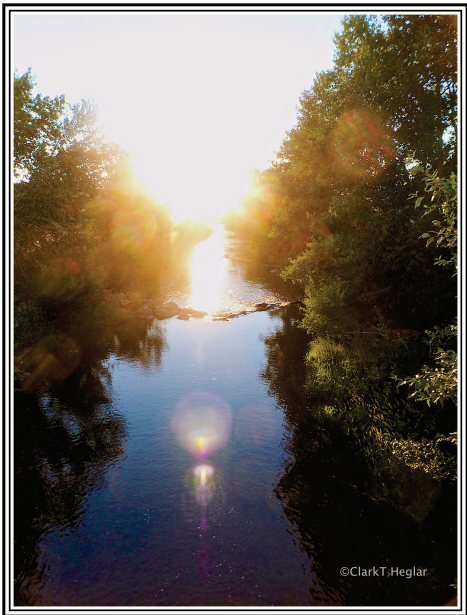
The people that came were people who again braved the elements to show the love she had shared with them. The Volunteers in Paisley served lunch following the service, they are always the heart of an event. What more could anyone want following a loss like this. Her smile will never be forgotten. Her goodness will be felt in our hearts forever.

What have I been doing since then? I have been hibernating, staying in most of the time. I have been making soup, all kinds of soup. Potato Corn chowder, Plain Potato and onion soup cooked in Chicken broth and butter, Chicken breast and vegetables spiced up with a little Cajun seasoning and we even had a taco soup with one of those 6 cans of assorted beans, tomatoes and corn with a sprinkling of taco seasoning and then an avocado cut in chunks with a scattering of shredded cheese thrown on top.

There has been one more kind of soup, one of my favorites, navy bean soup with ham. I was raised to put it in a bowl over a buttered piece of white bread and add chopped onion on top.

I did send Clark to the bar a few times to get me a salad to balance my diet. I still have no plans to get out much except to get my hair done every week, and maybe to attend a social occasion when necessary to not get too weird.

I have read a series on my kindle of ten mystery books plus another mystery. I am discovering having an Amazon Stick for streaming television instead of cable and have watched more amazing shows than all the years I have dealt with cable. The only thing you could get me out to would be able to see my kids but they are still dealing with 101 being closed due to flooding following the fire near Santa Barbara. As Percy Shelly said “If winter comes, can spring be far behind?”



This photo by Clark was one of Patty’s favorites

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LAKE COUNTY ROAD
ADVISORY MEETING

Thursday, March 7th

10:00 a.m.

The Pioneer Restaurant/Saloon

Paisley, Oregon

Public Invited

The Community Breeze

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

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

Deadline: The 20th the month



Toni Bailie

From This Angle: Safety Net

I m a g i n e a trapeze artist poised on a platform high above the circus tent floor. Far below, upturned faces of the crowd are watching. She takes a deep breath, swings out on the waiting bar, then hurls herself into space trusting that her partner will catch her. But if she slips, she will bounce into the big safety net that keeps her from crashing.

During challenging times in our lives, it helps to have a safety net of friends and family who surround us with love and prayers. I visualize each caring heart as a transmission tower beaming loving thoughts of strength and encouragement to those in need.

As I supported my daughter Angela during her cancer treatment, I felt the energy of prayer buoy us up, easing our tension and anxiety. During times of pain, conflict and grief it means so much to receive support in big and little ways. Angela's co-workers purchased a \$500 gift certificate from an Albuquerque catering company. All of us in the household could choose from a menu of delicious entrées that were

delivered each evening to my son-in-law's office. When he brought them home, we popped them in the oven to reheat and dinner was served. One friend sent a daily dose of humor text – laughter really is the best medicine. Another long-time friend sent an extravagant bouquet of roses – in January those roses were a promise of new life that would emerge in spring.

Recently our community mourned the passing of Patty Schuman, who died from a rare form of cancer at age 48. Patty and her husband Derek operated the Homestead Restaurant in Paisley for five years. More recently, they returned to Lake County to open the Coyote Creek Café in Lakeview. Patty touched many lives over the years with her warm smile and joyful appreciation of life.

Their close friends Clark and Gloria Heglar supported Derek with their loving presence when Patty was moved to hospice. Many stalwart friends came to the Summer Lake cemetery for the graveyard service. Ryan Lehman had

By Toni Bailie

plowed snow so cars could enter. Those who loved Patty braved the frigid wind blowing off Winter Rim. In spite of the cold, the VFW conducted a ceremony to honor Patty's service in the Air Force and Pastor Wayne Boyd delivered a heart-felt eulogy. Later, at the memorial service in Paisley Community Center, Clark presented a slide show that captured Patty's joyful spirit, while Gloria had prepared a delicious lunch.

The following day, Paisley friends and co-workers attended a benefit spaghetti dinner and silent auction at the Community Center for Sheila Stephens, the Paisley school cafeteria cook, who is recovering from a knee injury. School staff and students, served the dinner and cleaned up afterward. Many generous donors and bidders made the silent auction a success.

With our love, prayers and service all of us weave a safety net for each other. We give and receive in a big circle of caring and support.

"More things are wrought by prayer than this world dreams of. Wherefore, let thy voice raise like a fountain for me day and night."

Alfred Lord Tennyson

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.

One Supermoon to Go

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 know as the Full Flower moon for it is when spring flowers are in full bloom.

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Two Comedies to be Performed

"ALIBIS"

MARCH 20 at 7PM

Admission by Donation

ADMIT ONE

Two comedies to be performed on the North Lake Stage: First, on the evening of Wednesday, March 20h at 7:00 pm, the North Lake High School drama class will present "Alibis." This play is a comedy written by Peter Kennedy. Under the direction of Roxanne Hand, "Alibis" is a classic who-done-it interlaced with healthy doses of hijinks and hilarity. The drama class has been rehearsing this play since January, and it's sure to be another crowd-pleasing show. For more information contact North Lake School at 541-576-2121. Admission will be by donation.



"Alibis" cast members Kendrick Stone, Caraline Rutter, Shelby Bruhn, Leon Price, Pyper-Rae Edwards, and Harley Gibbons.

See "Wash Your Troubles..." Pg 8

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f

U.S. Department of Veterans Affairs

Veterans Listening Session and VBA Claims Clinic

Wednesday, April 24, 2019

11:00 to 2:00 p.m.

Outback Retirement Center "Hanks House"

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You are invited to join VA Portland Health Care System and Portland Regional Benefits Office (VBA) Directors to discuss ideas, ask questions, or raise concerns regarding VA services or meet with a VBA claims representative. Other VA staff, Veteran Service Organizations, and La Pine Community Health Center, will be present to provide information about resources and programs available for Veterans. VA will have staff from services such as:

- VBA Claims Representatives (meet one-on-one to discuss your claim)
- National Cemetery Administration
- VA Health Care Enrollment
- My HealtheVet
- Women's Health
- Suicide Prevention
- Primary Care
- Transition and Care Management
- Office of veteran Experience
- Community Care (non-VA Care)

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

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f

Welcome to the Farmhouse !!

Ok here is my plan to change the weather pattern. Put a bounty on **Punxsutawney Phil!!** Or, any other critter that sees their shadow. Problem solved!

This month has been hard on the Queen Mother and what is left of the girls. Most likely food stores are low; remember that most colonies will consume 25 pounds of what's left in the hive just this month alone. They are struggling with the extreme weather temperatures we have had this winter. It would be wise to put some protein patties and candy boards to insure survival.

The Queen Mother is starting to lay eggs and the brood will need food. If you feed candy boards or sugar syrup (1/1 sugar water ratio) add a feed stimulant or essential oils such as lemon-grass or peppermint to get the girls interested. In weather years such as this it is do or die for weak hives so keep on top of the food situation. Candy boards and/or protein patties should *bee* fed on top of the hive just under the inner cover. Do not dally in placing the



BEE-Cuzz You Asked
Fe brrrrr ary and the Bees

By Gary A. Brain Summer Lake Apiaries



feed, as you do not want to chill the brood. I noticed when checking the entrances to my hives most all colonies have "poop" stains around the entrance and top escape holes. Most likely the girls have not been

able to get out for a cleansing flight. (The girls will not poop in the hive)

A best practice dictates a treatment of fumagilin-B, which combats Nosema a disease that affects the digestive track of the girls. The only way to distinguish common diarrhea from Nosema is through a lab sample and that is normally very expensive. Nosema generally is treated both in the fall and spring to ensure a healthy population. I

will be treating all the affected hives as soon as I can have a week of above freezing conditions as the fumagilin is mixed with sugar syrup. With all the snow we have had, keep checking the entrance of the hives keep them clear of snow and dead girls. A clear entrance gives the girls a way to keep their house clean and provides ventilation to help with condensation buildup. A wet cold house is not a good thing for the girls.

If you are going to purchase bees now is the time to order. Early reports indicate a lower than normal survival rate for colonies nation wide. Early reports show up to a 54 percent winter-kill in northeast states alone. One of the largest beekeepers in the United States lost over 50,000 hives between September and January of this year alone! And

now at the end of February we have another winter storm warning for up to 9 inches of snow and 60 mph. winds. AUGGH!

This will place a high demand on replacement bees.

Well that is it for this month. Keep your cuffs tight and your smoker Lit and your hive tool handy!

Bee safe!



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87217 CHRISTMAS VALLEY HWY [5-14]

Sheriff's Report

Submitted by Sheriff Michael Taylor

January 3: Deputies responded to a two car motor vehicle crash. Investigation revealed that driver #1, who was traveling eastbound on Stock Drive pulled out in front of another vehicle being operated by driver #2. Driver #1 was having trouble seeing out of her muddy windows, which is believed to be the contributing factor to the crash. Subsequently driver #1 was issued a citation for obstructed windows. No one was injured in the crash and both vehicles were towed from the scene.

January 4: Deputies responded to the 900 block of North Sixth Street for a welfare check. Investigation revealed that the resident had fallen in his kitchen and was found by Law Enforcement deceased on the kitchen floor. The decedent had several health problems and the death was determined to be of natural causes.

January 5: Deputies responded to the Lakeview High School parking lot to a reported hit and run. Investigation revealed that the driver of the second vehicle was not aware he hit another vehicle and there was no damage to his vehicle. The driver of the second vehicle agreed to make contact with the owners of the vehicle he hit and give them his insurance information.

January 12: Deputies responded to the 1000 block of South H Street regarding a stolen vehicle. At the conclusion of obtaining information on the vehicle it was entered into the State wide computer system. On January 15, the vehicle was located in Sutherlin, Oregon and an adult male was arrested. The investigation has been forwarded to the DA's Office for review and charging of Unlawful use of a Motor Vehicle and Burglary II. Investigation is ongoing.

January 18: Deputies and Lake County Search and Rescue responded to Forest Service Road 22 near milepost 18 to help recover a couple stuck in the snow. Lake County Sheriff's Office and Lake County Search and Rescue were canceled in-route after Highlakes Towing was able to reach the couple and pull them out of the snow.

See Sheriff's page 12

Gifts-N-More



OPEN 5:30 AM TO 5:00 PM

CORNER OF CHRISTMAS VALLEY HWY. AND PARK ROAD *FOR ORDERS TO GO CALL* 541-576-3600

All Districts use the form at right for candidate filing. Anyone can download this form by going to <https://sos.oregon.gov/documents/sel.190.pdf>.

Warning Supplying false information on this form may result in conviction of a felony with a fine of up to \$125,000 and/or prison for up to 5 years. (ORS 260.715) A person may only file for one lucrative office at the same election. (ORS 249.013 and ORS 249.170)

The Friends of the
Christmas Valley
Library Winter
Doldrums
Art Show



Julie Peterson’s talented hand captures the cowboy way of life as seen here in the high desert. Again a photo in the paper does not do justice to this lovely work of art.



First place in photography went to Barbara Johnson with a stunning photo capturing Ft. Rock on Easter Sunday just as day was breaking. This photo needs to be seen in person to appreciate its clarity.



Jerry Tracey’s oil, with its subtle colors, draws viewers in to life on the farms and ranches with a landscape featuring outbuildings.



There was a lot of children’s art at the show but this painting by Jamey took the first place ribbon, I love the way kids see the world!

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

ADMIT
★ ONE ★

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

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

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A photograph of a rustic wooden cabin with a green roof and a person sitting on a dock by a lake. The cabin is built on stilts and has a large deck. A person is sitting on the dock in front of the cabin. The lake is calm, reflecting the cabin and the trees. There are bare trees in the background, suggesting a cool season.

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An issue he spoke strongly about was the need for cooperation and coordination of local fire departments, ranchers, farmers and loggers in managing forest fires, noting that as a young man he listened to his father talk of getting loggers who were in close proximity to a fire to bring their equipment so the fire could at stopped or at least managed until more equipment from state and federal agencies arrived.

That's the basic cake. For an over the top version, make a *ganache* of 1 cup semi or bittersweet chocolate chips and ½ cup cream melted and whisked together. Pour this over cooled, unmolded cake drizzling down sides. Add raspberries or raspberry sauce to the plate for garnish if desired. Gotta go now. I need some chocolate!

NORTH LAKE HEALTH DISTRICT: Health Care Feature of the Month

Dr. Timothy Arbow, Optometric Physician has been providing eye care to North Lake County for over seven years. Born and raised in Bend, he has a strong connection with Lake County through a long held family ranch in Silver Lake. Over the past 40 years he has practiced with offices at times in Christmas Valley, Bend and Eugene. The main office is located in Eugene. The office staff and Dr. Arbow are dedicated to providing excellence in patient care, educa-

tion, and optical services. Dr. Arbow is a graduate of Seattle University and the College of Optometry at Pacific University, where he received his doctorate, and currently serves as a Pacific University adjunct Clinical Professor. As a dedicated health care professional, Dr. Arbow has been thoroughly educated and trained to provide you and your

For your EYE CARE needs



Dr. Timothy Arbow, O.D.

family with the highest standard in eye care.

He is a Board Certified diplomat by the American Board of Optometry. He

is a member of the American Optometric Association, the Oregon Optometric Physicians Association and the Lane Optometric Society. He is a past president of the Eugene Jaycees and an active member of the Eugene Downtown Lions Club. For the past 20 years Dr. Arbow has served as the Chairman of the Sight and Hearing Committee providing eye and hearing care for those

in need. He was named a Helen Keller Benefactor by the Oregon Lions and has received the Spirit of Service Award by the Oregon Lion Foundation. He also serves on the Board of Directors for Eugene Hearing and Speech Center and chairs their foundation.

Dr. Arbow provides primary eye care as well as routine vision examinations. He is experienced in diabetic eye care, cataract pre and post-surgical care, glaucoma detection and management, and LASIK eye care.

A proud grandpa, he enjoys sharing his love of North Lake County with his wife, Susan, his three children and their spouses and six very special grand kids.

Your North Lake Health District welcomes public attendance to monthly board meetings.
Meetings are generally @ 5 pm the 1st Monday of each month but may deviate as needed.
Notices are hung on the Post Office bulletin board 4 to 7 days before meetings.

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

BAND OF BROTHERS
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Call Chapter Rep Amador Aguirre 541-576-4503

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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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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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Sheriff's Report

From page six.

January 26: Deputies responded to 1000 block of South G Street regarding a reckless driver. The manager of the trailer park reported there was a beige Chevrolet Yukon tearing up the park and going in and out. She also reported there was an argument between two people. One subject was contacted and removed from the property. At about 2200 hours the manager reported the trouble maker was back on the property. The adult male was arrested for criminal trespass in the second degree and fail to carry and present a driver's license.

January 29: Deputies were contacted at the Lake County Sheriff's Office regarding an individual with a felony warrant. The female had a confirmed state wide felony warrant for her arrest. The adult female was taken into custody and lodged in the Lake County Jail.

January 29: Deputies responded to a 911 report of three males arguing along highway 31 at MP 40. The suspect vehicle was stopped near mile post 28, close to the Horse Ranch RV Park. The vehicle stop led to an arrest for DUII of the driver who had a blood alcohol content of 0.16.

February 6: Deputies responded to the 87000 block of North Star Ln. regarding an injured child. The investigation revealed that a seven year old had been bitten by a neighbor's dog three times. The injuries revealed three bites marks resulting in swollen and slightly bruised areas on the right outer calf. The dog was taken into custody and quarantined. The investigation including a dog bite report was forwarded to the Health Department for review and follow-up. An adult at the residence was cited and released for an outstanding arrest warrant out of Sweet Home, Oregon Municipal Court.

February 9: Deputies responded to the 56000 block of Twilight in Christmas Valley regarding a 911 report including gunshots. The parties involved have been frequent fliers with the Sheriff's Office in the past month. The male half of the domestic disturbance was arrested on a Lake County Circuit Court restraining order. Witnesses were interviewed and confirmed no gunshots had been fired. The male half was booked into the Lake County Correction's Facility for violation of the restraining order.

February 10: Deputies observed an adult male at the Chevron Station who had an outstanding misdemeanor warrant out of Harney County. The male was contacted, arrested and booked into the Lake County Correction's Facility on the warrant.

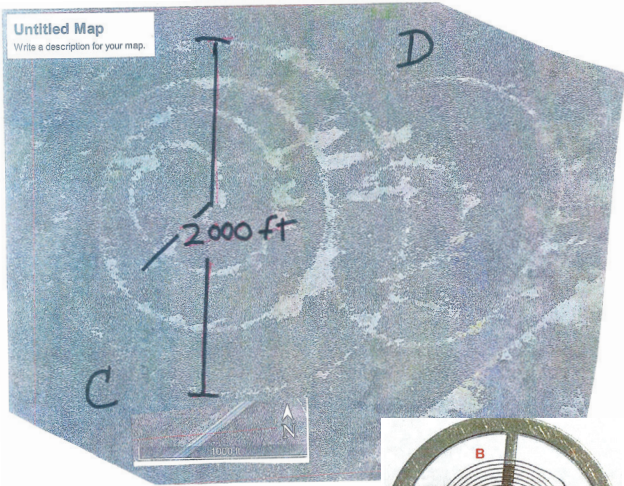
February 15: Deputies responded to the Summer Lake Store for a report of a motor vehicle crash, in which a fuel pump at the store had been struck and knocked off the fuel pump island. The investigation revealed that the driver had pulled into the store to get some snacks and when he went to back out of the parking space in front of the store, he could not see the fuel pump in his rear view mirror. The driver said when he was backing up he struck the fuel pump and knocked it off the island. An accident investigation report was completed and forwarded to the Department of Motor Vehicles.

February 15: While Deputies were on routine patrol an adult female was observed at South First and F Street. It was known to the Deputy that the female had an outstanding warrant for her arrest. The female was contacted, taken into custody and booked into the Lake County Corrections Facility.

February 16: Deputies responded to the 1100 block of South H Street regarding an unresponsive male. The investigation revealed that a 56 year old male had passed away due to natural causes. The male was found by his neighbor who had checked on the decedent approximately two hours earlier. The neighbor asked if he could take the decedent to the hospital however the offer was declined. The neighbor once again checked on the decedent and found him lying on the floor unresponsive. The investigation revealed multiple medical issues attributing to his death. Investigation has been forwarded to the medical examiner.

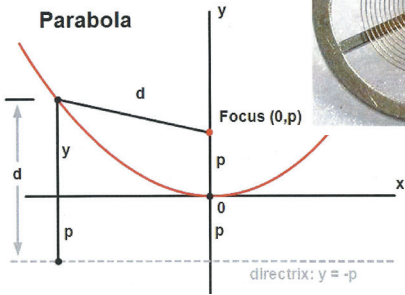
February 19: Deputies responded to the 500 block of North J Street regarding an adult male who was armed with a knife and threatening to

Parabola Spirals



These are visuals that the Prospector sent in with the Parabola Spirals story.

The Friends of the CV Library will be handing out free prints of the aerial photo of the spirals. Please only one per family.



The exact location of the spirals is not divulged in the hope of maintaining them in an undisturbed state.

harm himself. When Deputies arrived they were able to disarm the male. The subsequent investigation revealed that the male was hallucinating due to an overdose of prescription medication and was hearing voices. The male was transported to the Lake District Hospital where he is being help for a mental examination.

February 21: Deputies began an investigation involving a report of a violation of restraining order. The victim is an adult female and the suspect is her husband. Witnesses were interviewed and a local warrant out of Lake County was found outstanding for the male half. Deputies made telephone contact with the male half who was in Redmond at the time and consequently turned himself into the Redmond Police Department. The male half was detained on Lake County's warrant until he was transported to the Lake County Correction's Facility where he was also booked on the charges of Violation of a Restraining Order. The investigation has been forwarded to the DA's Office pending formal charging.

February 22: Deputies were contacted at the Sheriff's Office by an adult female regarding a domestic assault the occurred approximately 11:00 AM. The victim stated that her live-in boyfriend, Russell Rohwer, threw her to the ground and began punching and kicking her. She screamed out for help when Rohwer started strangling her. The victim stated Rohwer strangled her to the point of unconsciousness. When the victim regained consciousness she heard someone at the front door attempting to gain entry to the residence, possibly to help the victim. Rohwer told the victim that if she made any sound at all she would be taking her last breath. When the person outside the residence left, Rohwer left also. Rohwer is wanted for Harassment, Assault III, Menacing and Strangulation. The Sheriff's Office is asking the citizens of Lake County to report any information they have on Russell Rohwer. A cash reward is available for anyone providing information leading to the arrest and conviction of Russell Rohwer. The Sheriff's Office is also seeking the identity of the person who may have come to the aid of the victim the morning of this incident. Please contact Deputy Kintzley with information.



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.

Watching the winter storm rage I opened my mail to pictures of spirals that measure five telephone poles in distance across in width, identical in parabola design with a four o'clock bulge in all but one with a two o'clock, all spinning counter clock wise, all expanding and all in Lake County; then asks, “What are these?” An Adventure!

A parabola is a mathematical equation used to measure the geometric area within a bulge in a circle. This is a common math formula but to find not just one but four parabolas just under a half mile across in a row, is simply man-made, but when?

Every civilization since the Dawn of Man has known where the North Star, Polaris, is located in the Sky. The Ancients called her Prey and every day she gets surrounded by the Six Hunters which we know as the constellation Little Dipper. She is surrounded and every twenty-three hours and fifty-six minutes. The Six Hunters can teach you to tell time within minutes by observing the stars. Also of note is that the magnetic North moves one degree every hundred years. With this in mind, and using the tiny tunnels that were driven thru the pyramids to spot the North Star one can age the structures. The number of degrees off, times one hundred years equals the time elapsed since construction of that pyramid. An interesting method to age old structures.

Imagine driving around the back roads when the road you are on jogs bit and then comes into an intersection at a right angle. Your compass says that the roads represent the four Cardinal Points minus five degrees- Spanish intersec-

tion - they were here five hundred years ago. Using the North as a reference point and assuming that the only straight section near the center and heading west would point at Polaris during its construction. This section, we will call **Stem**, is the only straight piece and slightly larger in width than the rest of the spirals, better constructed because of lack of erosion and quite visible in all four designs.

If the Stem pointed due North during construction multiply the difference the number of degrees, C 55 from today's True North would equal approximately fifty-five hundred years old for the oldest parabola and forty-three hundred the age of the youngest.

So to see how this works, place a tall stick at the end of a stem in its center and walk about three football fields in length and place another stick in the center. Use these two reference points to determine the angle of the stem then walk another section in that direction for an accurate North reading. Area photographs from Space can never be riled on for Cardinal Direction but imaging is a good start. Dealing with artifacts these old assumptions are very large factors in this equation.

Lake County five thousand years ago was called Lake Evidence signifying the ‘tub ring’ erosion that is found throughout. Did the Anasazi build these structures as they did in the Four Corners Area and their cliff dwellings?

The Hopi were too busy with their agriculture for such nonsense. The Spanish didn't build these gigantic geometric designs because the King would not allow it. Many of the old island cultures worshiped

PARABOLA SPIRALS

Opinion by The Prospector

the concave design of the shells. These

spirals were on a shore of a massive inland sea at one time but my first thought, Spiral Galaxy. Spinning the right direction, counter clock wise.

Looking at the Milky Way we see huge flares of stars being thrown out to who knows where and which show the rotation we are being rolled in thru Space. The amount of energy created by spinning and ejecting stars that number, to quote the late Dr. Carl Sagan, “billions and billions of stars and thousands and thousands of Solar Systems,” would cause, we assume, a parabolic design to our Galaxy.

Does the erosion in each of the designs facing the bulge indicate this discharge and was it built into the design? I don't know of any spiral galaxies that have a stem core. With the oldest (D) outer flare piecing (C) all the way thru the center gives this thesis an ominous feeling. The Stem is the

reason I THINK I know what it is: A Parabolic Spring. The part of the spring that fastens to the frame to control the spring is most solid thus wider, as in the designs. The area on the spring say as a watch spring needs to be flat otherwise it will not fasten properly therefore a ‘kink’ is placed on the spring to accommodate this necessary engineering and located at the very end of the Stem and at the very beginning of the spring. As the springs unwind it reflexes its power to distort the circle to a parabolic design. In Spiral (A) and (B) there is a distinct kink that is very visible. Spiral (C) and (D) have large areas under construction and erosion in this exact spot. The really big question is why would anybody go to such a degree of difficulty to remove twenty miles of Terra Firma by hand in an exacting geometric design? For what beneficial purpose? If you say that it is evidence of extraterrestrial visitation; I say you watch too much television.

To Be Continued
in the Spring!

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.

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A	M	D	I	U	M	I	M	M	B	L	M	D	L
M	M	S	M	U	A	U	B	U	I	E	O	O	S
I	I	E	I	I	L	A	O	I	S	N	L	N	T
U	A	R	O	A	U	A	R	D	M	I	Y	M	H
I	A	M	T	I	N	M	O	O	U	U	B	U	A
B	M	N	D	U	M	T	N	H	T	M	D	I	L
M	A	O	M	I	B	U	I	R	H	U	E	L	L
T	N	R	M	I	Y	B	I	M	T	A	N	L	I
I	M	U	I	S	E	C	D	D	O	M	U	A	U
R	U	L	D	S	U	R	M	D	N	N	M	G	M
S	G	E	R	M	A	N	I	U	M	I	Y	U	A

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Play this puzzle online at : <http://thewordsearch.com/puzzle/30/>

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26th Tuesday
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21st Thursday La Pine

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on March 5, 8 and 13

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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.

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Sudoku #1

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

Fill in the blank squares so that each row, each column and each
3-by-3 block contain all of the digits 1 thru 9.
If you use logic you can solve the puzzle without guesswork.

Sudoku #2

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

Fill in the blank squares so that each row, each column and each
3-by-3 block contain all of the digits 1 thru 9.
If you use logic you can solve the puzzle without guesswork.

Sudoku #3

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

Fill in the blank squares so that each row, each column and each
3-by-3 block contain all of the digits 1 thru 9.
If you use logic you can solve the puzzle without guesswork.

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3 Adjure
4 Quisling

1		2		3		4
5						
6						
7						


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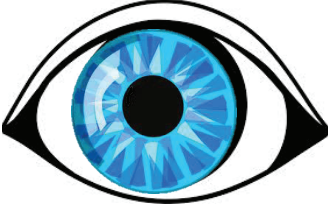
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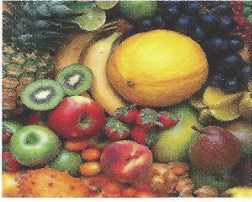
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Public Meetings

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

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

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