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

Visit us on-line thecommunitybreeze.com

terryonitsway@aol.com

<u>MARCH 2020</u>



Winter Rim at Winter's End - two seasons in one.



North Lake Wrestlers make it to State



L-R North Lake District wrestling competitors: Keith Swan, Nik Shumway, Trent Tobiasson, Craig Puckett, Shelby Bruhn, Dalton Puckett, Walter Brown, Mason Hiteshew and Leon Price

Dalton Puckett places fourth in the district tournament. in the State in the 195 weight

Thank you to our two our team. It is a great day



The Community Breeze

Comings and Goings By Terry Crawford

February was a wild and crazy month, I think I was on the road for nearly as many miles as I was on the Colorado adventure. This time, however, there were several not so long trips and a lot of volunteer driving.

One trip was to Swquim Washington to pick up a watercolor my youngest daughter Christa painted of her older sister Jill riding her now retired horse Easy Jet and her long-time dog companion Joker.

The plan was for me to drive to Damascas and stay over with my Son Stephen on Friday and then together drive to Christa's, stay over and come home on Sunday - when we would give Jill the painting.

The time-line changed drastically when only nine miles from our destination a suicidal doe ran up an embankment and right into the front

of Stephen's car. Needless to say the car lost its water, we had a two hour wait for AAA, Of course that meant we had to stay over until Monday to get a rental car and then somehow try to catch up with Jill to giver her gift.

The photo at right doesn't come close to capturing the amazing capture of the actual painting. Jill was thrilled and did a bit of crying as the photo from which the painting was done was very important to her.

Christa also did a watercolor of me and Alex in a speed round one of last year's Work-





ing Equitation shows. Actually it was done prior to my asking her if she was up to doing one of Jill. It is her hobby and I definitely did not want her to feel pressure. But she saw the love in that photo and painted.

What a remarkable talent she has, to capture the energy and emotion of the horse and rider. Especially when Christa is not a horse-a-holic like her mom and sis are.

At any rate I got home late Monday and right away did some volunteer driving. Next I saw a break in the weather - so loaded Alex up and drove over Hood to Jill's barn where he will be getting some serious riding and a tune-up. He has had the whole winter off and we have a show coming up in March. And since he is over the mountain I have been driving over to ride and get some much needed coaching on the weekends. Even went for a great trail ride at Mciver State Park in Estacada -- Pretty saddle sore after three months out of the saddle.

I will be heading back over on the 6th for another weekend of riding. This one will include some cow work. Alex knows all about cows but I haven't a clue. It should be interesting. We may even get another outing to Mciver in, if the weather is nice. *See Comings & Goings page 7*

The Community Breeze

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

Deadline: The 20th the month

Golfer ~ CV Golf Course Advocate and Long-time Golf Course Caretaker Passes

Shawn J. Berberick November16, 1959 ~ February 2020

Known as the Golf Course guy by locals Shawn Berberick arrived in Christmas Valley in 2006 and quickly became interested in the community golf course. At the time the course was in what might be termed disarray. Initially he

put hours of volunteer time into improving mowing patters as a way to make the course more welcoming and playable.

A lifelong golfer who was passionate about the game, Shawn was not only a student of the games technical aspects but he also had college training in turf management and greens keeping experience at Oregon's highly rated Crosswater course in Sunriver.



Dan Kinion (L) and Shawn enjoying a beautiful golfing day

As with all passionate

people, Shawn tended to hyper focus on the course, what it needed and options that he believed would eventually enhance the playability as well as the ascetics of the course. He worked for Christmas Valley Park and Recreation District - the owner's of the course) beginning in April of 2010. Along the way he bumped heads with a good many folks over maintenance aspects but it was always related to the well being of the course.

Shawn was gearing up for the 2020 golf season when he unexpectedly passed away at his home. Local golfers will miss him and all that he did, and plans are underway to establish a tournament in his memory.

Shawn was proceeded in death by his parents and is survived by his daughters Nicole and Danielle, his brother Russ and his sister Stacy. A celebration of life will be announced later this spring.

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.



Local business owners live here & Hire Locally The Chamber urges residents to Shop Local Christmas Valley/North Lake Chamber of Commerce

The Community Breeze

"Help Yourself by Helping Others"



MARCH 2020

I have been kinda preaching to the choir lately about being kind and com-Gloria Heglar passionate towards others.

I am a strong believer in the fact that the energy of the masses can become unbalanced and we can see more crime, selfishness, and evil in other's behavior. We must

counteract that with a more than equal amount of kindness and goodness and positive thinking. It is a simple explanation for an imbalance in the earth that can be corrected with more love and kindness. The Chinese call this theory Yen and Yang.

This can be

done in many ways. I will use my husband as an example. Clark has seen what a war can do to both sides. Life is sometimes a struggle for those who endured it. It has been found that the more we do for others, the happier we are, and more successful at living during the tough times we all go through as they occur in our life.

After Viet Nam, Clark was accepted to The Art Center College of Design in Los Angeles. Before Nam he had spent four years at Kansas State University until he was drafted, studying architecture. He received a Bachelor of Fine Arts in Photography at the Art Center.

celebration of the arts the last few For the next 28 years he traveled the west photographing years. national parks and the west with What can you share of yourthe help of an agent in New York self that may benefit someone else? who used his photos in books, We can all start by not judging others. We all have our right to magazines and for advertising. our opinion. We live in the United Locally, at his home in Idaho, he photographed for architectural States of America and we are the and advertising assignments. luckiest people in the world. We have the freedom to honor our own Throughout his career he had ideas, and beliefs, and don't forget, in the past taught photography at colleges throughout Southern the right to vote as we choose. We Idaho. also have a duty to stay lawful in In Paisley while at the Forest order to maintain a safe environ-Service he taught the 4H girls and ment for our communities to enjoy their freedoms. many of the young ladies went on to win blue ribbons at the county There is an American responfair. Now retired, he is teaching sibility and laws to protect a person students at Paisley School after that differs in some way than us. If getting a special teachers certifiwe think and breathe, compassion

cation this past summer.

Clark, at 75, has a gift to offer others, not just as a teacher but as a giver of himself to others. This helps the student to feel accomplished and increases their self esteem. This could lead to a profession in photography someday for some of these students, if they so choose. Clark's class is an elective the student chooses among other choices available; including



Clark Heglar working with Paisley student Mike from Vietnam and photographed by fellow photography student Mars from Kyrguzdstan.

Wood Shop and Welding. These classes are also taught by local professionals.

Lake County has many people contributing to others with a wealth of knowledge to share, or volunteering many hours a week such as Pierre Hoppe who works in cafeteria and after helping with preparations for lunch, he helps to serve and then washes dishes before going home. He is only one example of sharing himself to the betterment of our communities.

Al Bailie has recently agreed to start up our Theater Company again this year. A successful director of our program in the past, we have missed this fun, successful





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for others, we will begin to see the results in our own lives with a peace we have never felt before. We do not know what has led another person to conduct their life in a certain way. "Life should be like a photograph. It begins like a negative" and then becomes what our eyes see and our heart feels and our mouths speak.

Be kind to one another, tender hearted, forgiving one another, as God, in Christ forgave you. Ephesians 4:32 If you really want to help yourself, by helping others, If you want the world to be a better place, a hug, a kind word, and a helping hand are free for each of us to start with.

The Community Breeze

From This Angle: 2020 Washington D.C. Electric Cooperative Youth Tour **By** Toni Bailie



Surprise Valley Electric Cooperative (SVE) serves 7,650 square miles that includes Summer

Toni Bailie

Lake, Paisley

and Northern California. The non-profit electric cooperative (incorporated in 1937) is owned by those it serves At the advice of President Franklin Roosevelt, three men from Eagleville applied for financing through the Rural Electrification Act to bring power to the remote ranches. In 1940, the Paisley Power Plant was acquired and line was first constructed to serve this area.

Each year SVE sponsors a competition for high school students in their service district. The winning entry is chosen to represent SVE at the Washington D.C. Electric Cooperative Youth Tour, June 18-25.

Bridgette Williams, a sophomore at Paisley High School, has been selected to participate in the upcoming trip. She says she entered the competition at the suggestion of high school academic counselor Michael Jones. Bridgette submitted the winning essay and credits Mr. Jones as well as her science teacher Mrs. Haggett for guiding her through the application process.

Bridgette will travel with the Oregon Electric Cooperative Delegation to the nation's capital where she will meet students from around the country as they explore monuments and museums and meet with members of Congress. They will discover leadership lessons from U.S. history and learn about the history of rural electric cooperatives.

In her essay, Bridgette mentioned her interest in renewable resources and energy production. As a resident of Summer Lake Valley, she recognizes that her home, school and work places are powered by Surprise Valley Electric.

In his work with Oregon Department of Transportation, her father Rolon has worked with SVE linemen in public safety and appreciates their dedication. Her mother Trina was employed at the Paisley Geothermal Project. Bridgette has taken a field trip through the project

and is pleased to see renewable resources available in her area. Bridgette

has been on the volleyball team and student council, as well as doing community service with the High Deseret Range **Fire Protection** Association. After high school, she intends to pursue a college degree, focusing on renewable energy resources. "I am very passionate about the health and well-being of our planet," Bridgette says.

Bridgette is the daughter of Rolon and Trina Williams. Her grandparents are Lyle and Angie Negus and Greg and Regina Williams, all of Summer Lake. As her



great Aunt, I join her family and friends in applauding her accomplishments. She is an example of the outstanding young people here in Lake County.





Inner Court Family Center Recycling Service

Accepting all glass and plastic with an Oregon bottle deposit

Find

Collection bins at the Inner Court Family Center office, near public restrooms at the Community Center and at the Paisley Transfer Site.

Proceeds will help support Food Share and School Lunch



Recycling service in Paisley sponsored by Inner Court Family Center



• All After-Market Accessories



Metal Fabrication

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541-536-1646 DJ Olson, Owner 16605 Assembly Way, La Pine

We had some exceptionally nice weather in this month. Several days of temperatures over 50. My Girls were out and about looking for anything eatable. Do not bee surprised to see the Girls on the ground in the leaves or in my case, fresh chainsaw chips, looking for any nectar, propolis (that stuff they use for glue) or pollen. I saw some of the Girls bringing back pale yellow pollen to their hives. My guess is that maybe some of the Junipers are starting to release pollen.

On these warm days you need to take a peak to see where the Girls are and what they are doing. Hopefully they are active on the top main body wondering why the heck you opened them up!

Remember to have at least a veil on to protect you from the guard bees. When they are on top that means they may bee low of food stores. Tilt the hive and if feels light in comparison to the other hives, they need food! If you have only one hive to tilt, remember what it felt like the last time you checked it for weight. If in doubt get or make a shim to go between the inner cover and main hive body. This will make room to put winter food patties on top of the hive. I have a few light hives I am feeding this way and am keeping a closer eye on them now. This month and March is the time when colonies are most susceptible to starving out.

Now onto Nosema Apis which is the name of the fungus like parasite that develops in the mid gut of the bee. Simply put it gives the

The Community Breeze **BEE-Cuzz You Asked** January and the Bees

By Gary A. Brain Summer Lake Apiaries



Girls Diarrhea. It occurs mostly in the early spring or occasionally after a long spell of bad weather when the Girls cannot get out to do cleansing flights. If you see brownish-yellow stains on the front of the hive or inside the hive it may be a sign of Nosema. As I mentioned I

his vehicle. When contact was made

the male would not roll down the

saw this on a couple of my hives last month and was worried that it might be Nosema. Good news, I do not think it is, as the hives are doing fine and there is no new staining on the outside of the hives.

Both common diarrhea and Nosema generally go away as spring

Sheriff's Report: Submitted by Sheriff Michael Taylor

January 26, Deputies responded window or open the door to speak to the 1000 block of South E Street regarding a dropped 911 call. The felony warrant was confirmed out female victim advised that she and her husband had engaged in a verbal argument and the husband left the house. Deputies searched the area and located the male half sitting in

January 28, Deputies responded to Paisley High School regarding

progresses but it is a good idea to remember to treat your hives in the fall with fumagillin-medicated, heavy (two parts sugar: one part water) syrup after you collect your gold from the hives.

During the process of checking your bees this spring, note if any of your frames are stained with the brown/yellow stain that you saw on the outside of your hive. If the frame is not in use pull it and put a clean frame and foundation in its place as the stains carry the spores of Nosema Apis. Make sure you also treat that hive in the fall for Nosema.

Again a "cliff notes" version. If you suspect Nosema, go on line, talk to local beekeepers and find out what to do. Next month we will discuss what to look for when we do

a full-on inspection of our over-wintered hives. This will take sunny, warm days, "no sudden movements" and a good smoker so let's hope for some good days in March! Until then Bee Safe!

students who had consumed alcohol and were intoxicated. Prior to the Deputies arrival one student had been transported by ambulance due to his level of intoxication. The investigation revealed that several students brought alcohol to school and hid it in the toilet tanks in the boys restroom. The alcohol was consumed until the students became intoxicated. The students were contacted and taken *See Sheriff's Report page 8*





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Comings & Goings From Page 2

Another adventure was a trip to Eugene to scribe for two judges at a Working Equitation show. Scribing is highly educational however, it can, at times, be pretty stressful. As the rider is performing the required movements in Dressage or the obstacles in Ease of Handling the judge is commenting on each aspect of the movement. There is no way a judge can record their comments and watch the competitor simultaneously therefore the scribe.

This task was made a bit more challenging as one of the Judges had a hefty British accent and used terms that required a bit of translating. But she was also a great teacher and quite patient with me when I asked for clarification which I frequently did until I developed a better ear for the differences and inflections.

The other judge is very soft spoken and generally had her head turned away from me, with people talking in the background and music pumping out from all directions getting what she said was difficult. I have scribed for her at several shows and this time I just said I really needed her to talk just a little louder so I would get all her comments down. And she did.

It was a long two days but enjoyed a great prime-rib dinner on Valentines day with the friends I stay with in Junction City. Several great chats with fellow riders I haven't seen for several months, and a very nice after show dinner at Eugene's Oliver Garden with Erin, the lady that housed my horse when I broke down last year.

I never thought I would say I was glad to see weeds beginning to show but I am. I have great intentions of staying ahead of them in the flower beds and in the arena and was all set to spray the arena as a way to save time. I checked on per-emergent and ground-sterilizing sprays and learned that for the arena they really won't do much good as their affect is pretty much lost when the soil is disturbed. And of course the horse will disturb the ground as will the rota-tilling. So I guess it is going to be back to using my hoe for weed control. Oh well it keeps me moving.

Well the first week in March is going to be full, I will pick up the paper in Bend on the 3rd, attend the Commissioner's meeting in Christmas Valley on the 4th before mailing out the paper and a Chamber meeting on the 5th. I know it is late but The Bulletin is printing it in Wenatchee, WA while they are working out all the kinks in the press in Prineville. It has publication dates out of whack but hopefully next month's paper will be printed closer to home.

Is Volunteering in Oregon's High Desert for You?

Oregon Natural Desert Association (ONDA) will open reregistration for its 2020 stewardship trips. A program that "is designed to ensure that public lands in eastern Oregon get the care they need in order to be healthy and resilient enough to support the needs of fish, wildlife, and local communities."

Benefits that the volunteers get aren't bad either. Studies have shown that spending time in a natural setting is beneficial to overall health and the exercise you get is also beneficial.

Each ONDA stewardship trip offers chances to learn about the desert with an expert and to

meet new people with similar *Volunteers retrofit fence* interests. Best of all, volunteers can look forward to the satisfaction of participating in meaningful work. Volunteers make habitat safer for wildlife, restore streams, inventory wild lands and maintain hiking and biking trails.

All of this work takes place in some of the most scenic, remote and awe-inspiring places in Oregon's high desert, including the John Day Fossil Beds National Volcanic Monument, Steens Mountain Wilderness and the Hart Mountain National Antelope Refuge.

There are 35 stewardship trips planned. To view ONDA's field season line up and learn how to register visit https://onda.org/trips.

You don't have to be an ONDA member and there is no cost to participate. No prior experience is required and trip difficulty ratings allow people to find a trip that is a good match for them physically.

Registration opened February 24th but it is not too late to sign up as ONDA's field season runs from February through December. For more information about ONDA visit ONDA.org.





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Sheriff's Report From page 6

to the office where one of the students became unresponsive. When questioned about the alcohol, one of the students confessed to stealing alcohol and marijuana from his mother. Both students were cited for possession and consumption of alcohol by a minor and one of the students was issued a citation for furnishing alcohol to a minor. The student taken to the hospital was admitted for observation and both were consequently released to their parents. Investigation has been forwarded to the Juvenile Department for follow up.

January 29, Deputies responded to the 83000 block of Christmas Valley Highway due to a report of a domestic violence incident. When the female victim was questioned she stated her boyfriend struck her in the face with a fist and told her if she called the cops he would kill her. The female victim stated that her boyfriend was currently in the The house was searched residence. however the boyfriend was not located. The next day Deputies received a call that the boyfriend had returned to the house and was currently there. The house was searched again and the male suspect was found hiding behind a door in one of the bedrooms. The male suspect was arrested for Menacing and outstanding warrants. The male suspect was transported to the Lake County Correction's Facility and booked. The investigation has been forwarded to the DA's Office for charging.

August 19, 2019; Deputies responded to the Shell Station regarding a burglary where the suspects smashed the plate glass door, entered the business and stole a safe. The suspects loaded the safe in a stolen vehicle and fled the scene. During the investigation evidence was discovered, collected and sent to the Oregon State Crime Lab for analysis. The evidence was evaluated and revealed a suspect. An evidence warrant was written and signed by the Lake County Circuit Court Judge for DNA evidence on the known suspect. On February 7, 2020, the results of the buccal swabs obtained through the search warrant executed by an Oregon State Police Detective at the Klamath County Jail on January 3, 2020 at approximately 14:45 hours, were a conclusive match for Bryce Allen Stewart. Stewart remains in custody in the Klamath County Jail on a Parole Board Warrant and Klamath County charges. The investigation has been forwarded to the DA's Office requesting charges of Burglary II, Theft I, UUMV, and Criminal Mischief. Investigation is ongoing. It is believed that Stewart is the suspect in multiple burglaries in Lake County.

contacted the female and queried her about harming herself. The female was emotionally upset and said she needed help. The female was transported to the Lake District Hospital and released.

Fees apply

February 2, Deputies responded to the report of a domestic disturbance in the 1000 block of South J Street. It was determined the domestic altercation was between mother and son. The investigation revealed that a verbal argument turned physical when the mother assaulted her son by strike him in the face. The victim sustained a fat lip and blood was observed on the right side of his mouth. The mother was arrested, transported to the Lake County Correction's Facility and booked for Assault. The investigation has been forwarded to the DA's Office for charging.

to a known male with a felony warrant. Deputies observed the suspect driving out of the parking lot and conducted a traffic stop on North H near 3rd Street. A statewide felony warrant was confirmed at which time the suspect was arrested. During a search of the vehicle, a blue glass pipe was located which field tested presumptive positive for methamphetamine. The suspect was transported to the Lake County Correction's Facility and booked on the warrants and PCS-Meth.

February 18, Deputies responded to the AD Hay School regarding threats to a teacher. The investigation revealed that a student was playing with a toy gun and was told to put the toy away or it would be confiscated. The student put the toy away however later told the teacher if she would February 4, Deputies responded to have confiscated the toy the student would have had his big brother go to her house at night and snap her neck. The student was suspended for two days and his parents were notified. The incident has been forwarded to the juvenile department for followup.

February 2, Deputies conducted a traffic stop in the 900 block of South 9th. When contacted the driver became very emotional and told Deputies that his female friend was distraught and was wanting to hurt herself. Deputies

Dollar General regarding a shoplifting complaint. Investigation revealed that a known female stole several items from Dollar General and while she was exiting the door she triggered the anti-theft alarm and then took off running. The total value of items stolen is approximately \$21.00 and the theft was captured on Surveillance Video. The suspect has not been located and a warrant for her arrest has been requested from the Lake County District Attorney's Office. Investigation is ongoing.

February 17, Deputies responded to the Dollar General in regards

February 19, Deputies responded to a two car crash occurring at the check point at the Depcom Construction Site off Webster Road in Fort Rock. The investigation led to the issuance of two citations for driving a motor vehicle uninsured and fail to register a vehicle.

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PORK CHOPS WITH CRANBERRY HONEY-PECAN SAUCE

Dried Cranberries and pecans make this simple dish festive for the Holidays

PORK CHOPS WITH CRANBERRY HONEY-PECAN SAUCE

1/2 cup Flour (use almond flour for less carbs)

- 4 Boneless Pork Loin Chops, or
- Boneless Pork Shoulder Steaks,
- pounded to 1/2" thick
- 1/2 tsp Salt
- 1/2 tsp fresh ground Pepper
- 2 Tbsp Butter
- 1/4 cup chopped Pecans (slightly toasted)
- 2 Tbsp fresh Lemon Juice
- 2 Tbsp Chicken Stock
- 2 tsp Honey (more if desired for a sweeter dish)
- 2 3 Tbsp dried Cranberries (Craisins)

•Pound chops to 1/2 inch thickness; Dredge cutlets in flour and season on both sides with salt and pepper.

Honey Mustard Chicken

Happy March! Spring is right around the corner nowwe hope anyway.

We've been buying big packs of chicken thighs lately as you can do so many different things with them. Here is a really simple recipe with just a few ingredients that is ready in about half an hour. Actually you can do this with a whole chicken or breasts or leg quarters too. Just adjust the cooking time as needed. And this is perfect for using a cast iron skillet as you brown and crisp chicken skin first and then put the whole shebang in the oven to finish!

Honey Mustard Chicken (Serves 2-3 depending on size of pieces)

- 1/4 C Dijon Mustard
- 1/4 C honey
 - 2 cloves Garlic, smashed & minced 4 skin-on, bone-in Chicken Thighs
- Sea Salt
- Fresh ground Pepper
- 1 Tbsp Olive Oil
- 1 C Chicken Stock (homemade or commercial)
- Fresh chopped Parsley or other herbs for garnish
- Cooked Black Rice (or whatever you have)
 - Preheat oven to 425º F



Enjoy!

•Brown and cook cutlets in melted butter in large skillet set over

medium heat,

about 2 min per side. Remove to serving platter and keep warm, reserving drippings in pan.

•Add Toasted Pecans, Lemon Juice, Broth, 2 tsp Honey, and Cranberries to drippings in skillet. Heat through, stirring constantly, about a minute.

Marie

•Pour sauce over Pork cutlets.

Enjoy with Garlic Mashed Potatoes and a crisp Green Salad.

Mix together Honey, Mustard and Garlic in small bowl

- Season Chicken Thighs with Salt & Pepper to taste and brown them, skin side down, in Olive Oil over medium high heat in an oven proof skillet. Cook 'til skin is golden brown and crispy, about 8 - 10 minutes.
- Turn Chicken skin side up; add Chicken Stock to the pan and bring to simmer. Spoon Honey-Mustard mixture over chicken and transfer pan to oven. Bake until chicken is cooked through, 10 -15 minutes more.

Serve with cooked rice, spooning pan juices over chicken and rice. Veggies and crisp salad completes this meal. Gary Marie &

The Community Breeze

Dr. Helmut Eichner *Chiropractic Physician*

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Call Dr. Eichner at 541-977-2767 to Schedule your appointment

WHAT'S IN THE WORKS WITH BEHAVIORAL HEALTH SERVICES

Many of you may be have read recent articles in the Lake County Examiner regarding the North Lake Health District's (NLHD) efforts to secure expanded behavioral health services in the north end of the county. The discussion and supporting actions to expand services have been underway since the summer of 2018. Your NLHD has continued in its efforts to secure services through the Lake District Hospital's Wellness Center.

Locally, the NLHD renovated the old physical therapy room in the clinic to provide office space for private behavioral health counseling and have made the conference room available group educational activities provided by The Wellness Center. We continue to work with the Lake District Hospital to secure services.

Our board president accompanied by a representative of the La Pine Community Health Center recently attended a Lake County commissioner's meeting to address needs and concerns about moving forward.

These services are vital to the entire community, not just those individuals seeking counseling, and the need to expand services is critical to the health and welfare of the communities on the north end of the county.

Your NLHD has, and will continue to be, involved in the pursuit of expanded services. As always, we welcome community participation and would, particularly in this endeavor, appreciate community involvement.

We encourage you to attend our board meetings to enable you to understand the information you may have read in the Lake County Examiner and also to ensure you are fully informed of who's involved in the process, the concerns being raised, community needs and steps that are being taken to secure expanded services. Your NLHD works for YOU!

It's important for us to hear your ideas and concerns directly from you and you are always welcome.

NLHD Board meets the First Monday of every month, 5:00 p.m. Conference Room @ 87520 Bay Road / entrance behind the C.V. County Annex buildings (Aways check postings @ the Post Office bulletin board for changes in meeting dates)

Summer Lake Hot Springs Paisley, Oregon A Healing Retreat Come Experience the Energy of Nature! Enjoy a Exhilarating Winter Soak in our Healing Waters!



NORTH LAKE HEALTH DISTRICT

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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

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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

Park	North Lake Health District	Bay St.						
Christmas Valley Hwy								

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



Acupuncture, botanical medicine, Bowen Therapeutic Technique, Cranial Sacral Therapy, Family health care, Flower essence prescribing, General Internal Medicine, Homeopathy, Primary 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.

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

Transportation Assistance • Dental Vouchers • Assistance Applying for Medicaid/OHP

And More!

North Lake Health District Medical Center 87520 Bay Rd | Christmas Valley, OR 97641 (541) 536-3435

www.lapinehealth.org



LaPine Community HEALTH CENTER



The Community Breeze

Page 12

the fire pit the next morning for the

presence of quicksilver, if it's not



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.

John C. Fremont went to the butte the Shoshoni called Utum Paints which

translate to Arrowhead Land not because his map said it was an ammunition factory of the enemy but for the ore that is the essence metal of war that and that surrounds the butte and most of our Lake County

This agate looking rock that resembles the color of blood is used in every article of war today. Torpedoes, satellites, computers, drones, battleships, space shuttle, aircraft, cell phones and bombs cannot operate without this ore.

Spaniards who owned the world for a time, except England, called our deposits the finest in the world. They were so proud of our rocks its official name was Bloodstone.

When heat is applied to raw cinnabar pure Mercury and sulfur are released. This metal is so microscopic it becomes airborne --its most dangerous state.

During an explosion mercury becomes microscopic and the metal radiates out 360 degrees as a vapor. When these vapors are inhaled into the lungs or sinus it's equivalent to filling them with solid metal. Mercury won't poison you because it can't be dissolved (otherwise the fish the experts catch containing mercury would be dead.) However, if greatly reduced lung function doesn't kill you -- you will, at the very least, be brain dead.

The natural occurring mercury our sun produces when its heat hits an exposed lode come thru a fish's mouth and pass harmlessly thru the internal organs without damage; only stopping when it hits the outer skin. If you're still worried about that fish you caught, check it with your metal detector, that's what the experts do.

Glass Butte

Opinion by The Prospector

This unique property of mercury was used by the Spanish to retrieve their gold as mercury attaches itself only to gold, just as a magnet to steel -- even tiny particles of placer gold. To separate the mercury from gold they placed the contents in a leather pouch with the skin to the inside and squeezed. The metal becomes microscopic and passes thru the skin leaving the gold behind.

After the turn of the 18th century the Spanish were fully aware of our deposits of mercury and the proper name is Quicksilver. A miner may refer to it as 'quick' or 'silver' but he never called it mercury. If King Charles of

tin it becomes dental fillings highly

frowned upon by the health experts

of the 90's and no longer used in

mirror look straight ahead and notice

the flawless Quick. The Hubble

Telescope keeps a bowl on board and

whenever the need for a brand new

mirror 250 miles in space arises, all

they do is flip a switch and spin the

Next time you're looking into a

most modern dentistry.

there, move on to the next fire pit in the area. He said that even if the pit is 500 years old the metal will appear liquid. Prospector Art at the age of 17 used this method to discover the

glory hole of the Mother Lode Mine. This mine produced the quickest in Oregon's history. The high grade vein of cinnabar that young Art discovered wasn't touched for several years because the parent ore contained far too much copper and gold.

If 'We the People' of Lake County understood that 'we' own this resource, how is produced and how the World's finest quicksilver enters the market, the profits returned home would be comparable to being in California

Spain knew of our Glass Butte near Hampton - an Obsidian Hunter's dream. lodes you can rest

assured his two cousins, William II of Great Britain and Louis XIV of France also knew of them.

In 1906 a prospector stumbled onto these deposits and within 30 years, Quicksilver mining eclipsed the gold industry in eastern Oregon. Quick is a rare metal which is only found in three parts of the world and 'we' own the finest or, so say the **Spaniards**

This horrible, terrible ore, according to the experts, is used in cosmetics which the French ladies call 'rouge', medicine, especially and in the treatment of skin diseases. It may be combined with chlorine it is used in antiseptics, as a disinfectant and for the purification of water. Amalgamated with silver, gold and



bowl. the centripetal force causes this metal to ride up equally up the sides until a flawless concave mirror appears.

With a freezing point of minus 40 degrees and a boiling point of 674 degrees this metal is virtually

wandering in circles is allowed.

in 1848. However currently U.S. Quicksilver production is very low as stratigic metals are imported rather than produced. It is unfortunate that it is only in times of significant mlitary conflicts that the ore value rises and domestic mining ramps up.

maintenance free even in space. This You didn't have to stand knee deep in the Sierra Madres frigid runoff metal also guarantees that an astronto get rich. The hardest workers we omer's worst nightmare, specks on the magnifier, will not occur for the know; the service workers, were making a month's salary every day. entire life of this spacecraft. The blood red cinnabar is Keeping an employee was vital. The spin-off industry and businesses that obvious but the parent ore that this newly created recession proof it attaches itself to is what to be studied. There are 25 minerals that industry would be innumerable. People from all around the world cinnabar attaches itself to. One parent ore may be gold bearing and would flock to Lake County to share in our new found wealth because the another vein 25 feet away may not sparse population couldn't support have a trace of gold. The veins with the needed employment and with the highest concentrations stop just people, we all know would bring their prior to breaking the surface. The problems and please forget what I School of Prospecting says that cinnabar is the only precious ore that just wrote. We do not want to be in a war that requires domestic mining. Art Champion, who made the And remember that Glass Butte is cover of "Mining World," gave me famous for its remarkable obsidian for which Rock Hounders from near some advice that I'll share with you. The night before you begin your hunt and far come to seek that special multi-colored piece of obsidian. stay upwind of your campfire just in case it was placed on a vein. Check

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Hours: Tuesday Wednesday Thursday & Friday 8:30am to 5pm Located in Ann's Styling Salon **Narcotics Anonymous** Wednesdays at 7 pm Christmas Valley

Speakers Meeting the Last Wednesday of the Month

Community Hall

Celebrate Recovery

Mondays at 6:30 pm Christmas Valley Community Church

> Sherry 541-5576-4509 541-977-4944 Tim

The Community Breeze

MARCH 2020 Silver Lake Lions Leap-Night Chili Feed

nual Chili Feed and Auction held on February (leap-day 29th)was a huge success with the old Silver Lake Youth Centre filled to near of donated auction items for the

Silver Lake Lions Club"s An- and general help wherever needed. They were great and their efforts were much appreciated.

There was a wide variety



Mom and daughter Katherine Gillette and Sandra Overton Pump, severcapacity.

This year saw eleven entries in the Chili Making Contest. The tasting line was fun with so many variations on chili to sample and vote on.



Pies, brownies, cakes, cookies and more filled the dessert table and all went up for bid. Several of the



Spicy, mild, a hint of BBQ, a blend of many beans, and white bean chili challenged tasters to chose their favorite.

First place was awarded to Tyla Haigh, Second place to Juan Pereda and Third place to Landon Elise Cohen. Congrats to all.

The North Lake County 4H Cooking Club as the event's servers, clean-up crew, auction helpers,



pies and cakes garnered more than \$50 each. There were a lot of sweet tooths in attendance.

Being a horse nut my attention focused on a replica of an old-fashioned mounted brass horse and clock. It probably wasn't a piece for most but I sure had my eye on it.

It is now in 🜉 the living room waiting for a permanent spot to be set up for it.



Basketball Ends at



North Lake School 57566 Fort Rock Road Silver Lake, OR 97638 541-576-2121

2019-2020 High School Basketball Schedule

DAY	DATE		OPPONENT		LOCATION	LEVEL	GAME TIME	DISMISS			
BOYS GIRLS											
Thur	Dec 5	W	Powder Valley	L	North Lake	· VG/VB	6:00/7:30 PM				
Fri	Dec 6	W	Jordan Valley	L	North Lake	VG/VB	2:00/3:30 PM				
Fri	Dec 13	W	Mitchell/Spray	W	North Lake	VG/VB	5:00/6:30 PM				
Sat	Dec 14	W	NL Tourney	W	North Lake	VG/VB	TBD				
Tue	Dec 17	L	Triad	L	Triad	VG/VB	4:00/5:30 PM	12:30/12:45PM			
Fri	Dec 20	W	Gilchrist	W	North Lake	VG/VB	5:30/7:00 PM				
Sat	Dec 21	L	Hosanna	W W	Hosanna	JVB/VG/VB	1:00/2:30/4:00 P	M 9:30 AM			
Fri	Jan 3	W	Central Ch	ŵ	North Lake	VG/VB	5:30/7:00 PM				
Sat	Jan 4	W	Prospect	w	Prospect	VG/VB	2:00/3:30 PM	10:00 AM			
Tue	Jan 7	W	Paisley	w	Paisley	VG/VB	5:00/6:30 PM	2:45/3:00 PM			
Fri	Jan 10	L	RVAA	L	North Lake	VG/VB	2:00/3:30 PM				
Sat	Jan 11	W	Trinity	L	Trinity	VG/VB	2:00/3:30 PM	11:30 AM			
Tue	Jan 14	L W	Prospect	w	North Lake	VG/VB	5:00/6:30 PM				
Fri	Jan 17	L VV	Triad	w	North Lake	JVB/VG/VB	3:00/5:30/7:00 P	M			
Sat	Jan 18	W	Chiloquin	L	Chiloquin	JVB/VG/VB	2:00/3:30/5:00 P	M 11:00 AM			
Fri	Jan 24	w	Gilchrist	W	Gilchrist	VG/VB	5:30/7:00 PM	3:00 PM			
Sat	Jan 25	w	Hosanna	W	North Lake	JVB/VG/VB	2:00/3:30/5:00 P	M			
Tue	Jan 28	w	Paisley	L	North Lake	VG/VB	5:00/6:30 PM				
Fri	Feb 7	w	RVAA	L	RVAA	VG/VB	2:00/3:30 PM	9:00 AM			
Sat	Feb 8	W	Chiloquin	L	North Lake	JVB/VG/VB	2:00/3:30/5:00 P	M			
Tue	Feb 11	L	Trinity	W	North Lake	VG/VB	5:30/7:00 PM				
Fri	Feb 14	W	Central Ch	W	Redmond	VG/VB	5:00/6:30 PM	1:15 PM			
Sat	Feb15	L	OPEN DATE		(NOT FOR N	L)					
Tue	Feb 18		Tie Breaker Date for Boys								
Wed	Feb 19		Tie Breaker Da	te fo	' Girls league play off 1 to Trinity						
Fri	Feb 21	L	Mountain Valle	y Le	ague District '	Tournament	Bend, OR	Trinity Lutheran			
Sat	Feb 22	W	Mountain Valle	y Le	ague District '	Tournament					
11-4-19											
Schedu	les are alw	ays sub	ject to change								



Lattes ~ hot & cold **Breakfast Sandwiches Root Beer Floats Biscuits & Gravy Smoothies Bagels and Biscuits Cream Sodas** Ice Cream Sandwiches **Blended Drinks** Cupcakes **Infused RedBull Krispie Treats** Milkshakes Chips Chocolate Vanilla Ask About our Peanut Butter Strawberry Gift Cards Banana Pineapple Buy Ten ~ Get One Free Stamp Cards Soft Serve **Double Stamp Mondays** Cones



(541) 576-2032

86908 Christmas Vallev Hwv www.PointSTire.com/NorthLake



Lake County Public **Transportation**

Lunch and Bus Schedule **Operated by Lake Co.** Senior Citizens Assoc.

LUNCHES

Lunch at Summer Lake 10th Tuesday 17th Tuesday

Lunch in Christmas Valley 19th Thursday (3rd Thurs)

Bus will run for each Lunch location if enough riders sign up

TRIPS

La Pine Shopping Shuttle The La Pine Shuttle is free to all riders -**Donations** accepted Wed 4th & Wed 18th

Medical Appointments to Bend No information at this time

Medical Appointments Lakeview No information at this time

NOTE: Please call 541-4947-4966 ext. 106 for reservations at least three working days in advance and to check for other dates that may come available.

You can also Call Debbie @ 541-480-3600 for more information or for a reservation on the bus.

A little About Special Transportation

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

All you need to do is call 541-480-3221 Three days in advance, further out is better but not required. And be sure to leave a

clear message so we can call you back. The coordinator will do her best to get you scheduled, but remember it will still depend on available space and driver availability.

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

Transportation scheduling can be confusing

Special Transportation is not the same program and Lake County Public Transit.

It is important to understand that Special Transportation drivers do not work for a wage. They are paid a stipend for their mileage and the cost of maintaining their vehicles. Frequently vehicles have more than one passenger and more than one appointment time to meet. At times this may make for a long day, especially if one appointment is at say 10am and someone else's is at 2pm.

So if you are confused about which service to use, check with the schedulers of both programs to see which services you qualify for. The real goal here is to get folks to medical care and also to get them to major shopping facilities.

Drivers may also have to take care of some of their own business, or shopping while a rider is at an appointment, or shopping somewhere else. Be patient, remember it is just as long a day for the driver as it is for you. If you know it will be an especially long day and you don't have funds to eat then please bring something to eat that will not make a mess in the car or stain upholstery.

We all love living out in the high desert and we all know that at times we will have to travel 60 to 100 miles to take care of health issues and major shopping. We encourage you to use the services and at the same time appreciate those that are making your rides and trips possible.

LA	Times, Sat, F	eb	15, 2020	1
	Julian Lim / Ed. Ric			14
© 2	020 Tribune Content Agend	cy, LL	.C	17
AC	ROSS	40	Fellow	11/
			Swerves at sea	19
	Toys with tails		Boobird's output	23
6	Mineral used in		It unfolds before	
10	roofing	40		28
	Short answer?	10	you retire	
	Sukiyaki ingredient	49	Mortal Kombat's	
15	Disney theme park		Kang	
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18	55-Down warranty		Abbr.	39
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23	George's musical	60	Classic TV nerd	59
	sibling	61	Match	155
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	or earned		House variety	L
27	Convergence	63	Kind of tire	C
	points	DO	WN	
28	Feline rapper?	1	Generous words	10
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ər	12	2 "Aww!" 35 "Wish I knew"							5	51 Scorecard numbe							

EMS **Changes Monthly Meeting Day** They will now be meeting at the EMS Building on the **2nd Wednesday** of the month.

> MARCH'S **CRYPTOGRAM QUOTE**

ZDK ZUMM, MGYUB; SKO RDGB XQU

KS KFOB BDKFML EKR TU EFATUOUL

TP PUXOB, LXPB, XEL DKFOB

fields

32 Convert wrongly 36 Game with a pecking order? 38 OkCupid alternative with an oceanic name 39 Droid's "surname"

brand 13 Basic part of a TV 5 Bit of middle showrunner's pitch management? 16 Guerrilla combat 6 "Crimson Peak" coweapon: Abbr. star Wasikowska 20 Steed modifier 7 Prankster 25 Right at the start? 8 __ pants 26 Night light source

35 "Wish I knew 36 Tired way to talk 37 William who plays Grissom on "CSI" 56 Economic stat 38 "A Taste for Death" author 42 Kenai Fjords National Park site

53 Koi, e.g.

1998

focus

55 Tech brand since

57 Certain maniac's

Answer to February's Cryptogram Quote:

NATURE PROVIDE FREE LUNCH, BUT ONLY IF WE CONTROL **OUR APPETITES.**

William Ruckelshaus

Guillaume de Salluste Du Bartas

Guillaume de Salluste, seigneur du Bartas, (born 1544, Montfort, near Auch, France—died July 1590 at the age of 46. He was the author of La



Semaine (1578), an influential poem about the creation of the world.

Business Directory



Call 541-576-2336 Come join us at the Christmas Valley Library on the 2nd and 4th Tuesday of every month





(541) 576-2230

Owner

Page 15

87061 Christmas Valley Hwy. Christmas Valley, Oregon 97641

from 10am-11am

excluding holidays

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

Licensed & Inspected by Department of Agriculture

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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