

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

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terryonitsway@aol.com



This stunning Washington Post photo of New York City's Manhattan skyline four days after the attacks on September 11, 2001 stand as a reminder of an event that must never be put on the back burner of recorded history or be reduced to one or two lines in a text book.



It has been a year without seeing my family
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Waiting until Next Year
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Bee-cuzz You Asked

AUGUST



and The Bees

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My Life Now
Life in a nursing home from the inside
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PLANNING COMMISSION MEETING SLATED Sept 15th
Nine conditional and variance permits requests to be addressed
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Let Us Not Forget September 11, 2001

- September 11, 2001 - 8:46 am:** An American Airlines Boeing 767 loaded with 20,000 gallons of jet fuel crashed into the North Tower of the World Trade Center.


September 11, 2001 - 9:03 am: A second 767 sliced into the South Tower of the World Trade Center and also loaded with 20,000 gallons of jet fuel.

September 11, 2001 - 9:45 am: American Airlines Flight 77 crashed into the west side of the Pentagon killing 125 military and
- civilian personnel at the Pentagon and all 64 passengers aboard.

September 11, 2001 -10:00 am: The South Tower imploded and collapsed

September 11, 2001 - 10:30 am: The North Tower collapsed.

September 11, 2001 - 10:30 am: United Flight 93, having been hijacked at 9:28 am crashed into the country side Shanksville, Pennsylvania. **See page five for more**



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Comings and Goings

By Terry Crawford

So a couple of weeks ago my friend Alisa McElhatton and I were chatting on the phone - she lives in Oakland, Oregon - and she mentioned she had four days off. Well that set off the bells and whistles in my brain and I said I had really been wanting to get over to the coast and



The view from our camp on the Sislaw River that maybe we could go camping near Florence. She said let's do it and I made a call over to Mapleton to see if we could reserve a camping site. That set up, the adventure was on.

A few days before leaving I cooked most of the food I was taking as I would much rather just heat and eat than spend time prepping, cooking and cleaning up. Alisa thought that was strange - she likes to cook - but she also pre-cooked quite a bit. We each brought along a small steak to grill.

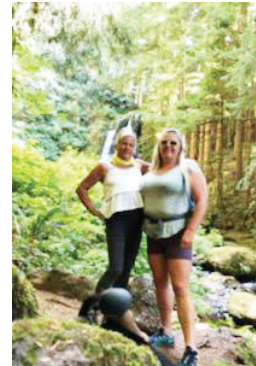
Saturday the 15th I headed out to the coast - much later than planned but for me that's normal. I got there and set up camp as Alisa would be working until 6:30 and then driving. By 8:30 we had everything set up, snacked on cold cuts, tuna, and crackers and enjoyed a huge communal bonfire.

On Sunday, my son Stephen and his dog Star arrived and we all just enjoyed the beautiful day and relaxed around camp. Early evening we ventured to Old Town Florence to get dinner at one of the many restaurants. The food

was great and the atmosphere was relaxed.

Dark arrived and we enjoyed another fire. Steve and I played Cribbage by lantern light - it went right down to the last to pegs. He won.

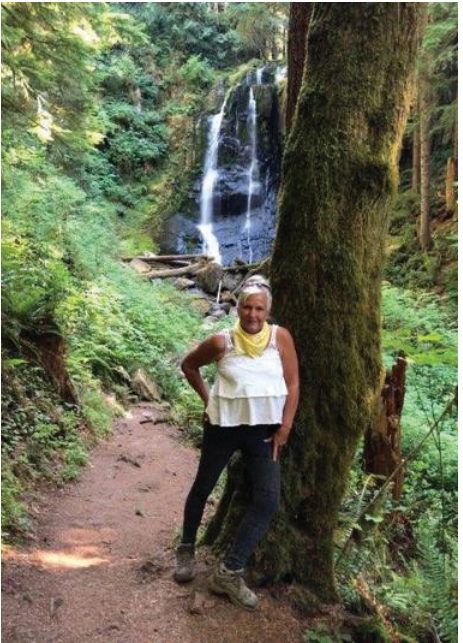
Off to sleep with the sounds of the Sislaw River lazily lapping the shore. Monday morning we lazed around, ate and then headed out to



Hiking Buddies!

Sweet Creek Trail which is across the river from camp and up ten miles. This 1.5 mile hike is a steady gradual up hill which

treats hikers to 13 waterfalls, old growth and rich



Me with Kentucky Falls in the Background

green vegetation. Its only downfall is that it is highly used. Even so it is a hike worth taking.

We went back to camp, ate a late lunch and Steve headed back to the valley. We needed ice so headed to Florence, and decided we really should go to the beach.

Well we probably didn't walk 100 yards as the wind was really blowing and it was pretty cold. There is a reason for the sand dunes south of Florence - kind of reminds me of home.

Tuesday we slept in and then used Google to see what other hike might be nearby. Kentucky Falls was only 30 miles away and had rave reviews - however, every review said getting there was a challenge. With the campground owner's permission to leave our

See Comings & Goings page seven

Thank you to Our Community

This community never ceases to amaze me. I had undergone surgery in early June and the care, concern and prayers from this valley just kept on coming. I'm on the road to recovery and what has kept me in high spirits is the love and light this community creates.

I'm grateful to have lived here for close to 30 years now. And when the chips are down for anyone, all of these northern towns unfailingly pull together to help one another. It was this kindness that inspired me to move here and the blessings have never ended.

Thank you so much and bless us all, particularly during these trying times.

Shawn Lavallee

Congratulations Graduate

Colton Koehler of North Lake County is a May 2020 Solid rock Graduate.

His community, his friends, his family and the host of believers who prayed diligently for him during his many health challenges celebrate his graduation!

His life is the fruit and the answer to many prayers. All of us honor, salute and congratulate Colton! God Bless him now and always!



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.

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

Deadline: The 20th the month

It Has Been a Year without Seeing My Family

By Gloria Heglar



Gloria Heglar

It has been a year that our life, as we had lived it, began to change for Clark and I. Tonight; we will celebrate my 79th birthday with our friends at the Lodge at Summer Lake.

Last year we were with my family at this time and jointly celebrated my day with my daughter whose birthday is five days before mine. Clark lost his eyesight in one eye, the next day as we drove Interstate 5 back towards Paisley.

The next months of surgeries and trips to Portland melted the rest of the year 2019, just as the virus raised its ugly head and in 2020 we have experienced lessons in life that should allow us a medal in the Life Olympics if there was such a thing.

During this time of isolation I have had ideas of things I wanted to accomplish such as watercolor painting. I am the proud owner of the equipment needed to accomplish the task but so far I have yet to begin. I also wanted to clear and clean our sun porch at the rear of the house and storage shed full of old treasures. Each has only become more junked up as the months passed. The reservations

for a trip to Canada were canceled along with several other travel plans. I have a pile of jigsaw puzzles stacked on a table on the sun

the hill and sitting on the porch for a while to visit. Thank you, Lavonna. My girlfriend Alta Lee drives down to Paisley from Summer Lake



Photo by Clark Heglar

porch that have gathered dust. I have accomplished nothing except winning a crossword puzzle contest on my Kindle fire. What have I done with my precious time, my limited energy and a husband who wants me to do whatever makes me happy? So, I think a lot! Yes I think! My mom used to say Think long, Think wrong!

I think how grateful I am for each and every day. I am thankful for the people in my life. I find joy in the simple things such as going up to Lavonna Temple's home on

most weeks and we eat lunch at the bar and then add Harry, our dog, to the car and we go to the Perk for "TEA". Harry gets treats and Lori joins us in a visit about life in Paisley. Thank you, girl friends! A special thanks to Alta for organizing my birthday dinner. She knew how much I wanted to go to California to see my family. She knows my heart.

My favorite time is when Clark and I are both settled down in our personal cozy spaces and we are both reading or playing a game

on our pads. The stillness and quiet fills the room with peace. I feel I am the luckiest lady in the whole world to be alive and sharing time with this man, in this room. I think it is joy in its purest form. Peace, we all want peace, in our marriages, everyday lives, in the entire world and in our hearts and minds. I THINK.... Thinking for me is a prayer to Jesus, but, it is love, kindness, forgiveness and joy in all things like a gift I want others to feel. Thoughts are what make the world, thoughts can become things.

My friend Angela Paul wrote a book called "It's Hard Being Human" that talks about being in this world today of turmoil unlike anything we have ever experienced. We can suffer through it or live each day with joy. It is up to each of us. Think about it! Bless you, Lake County.

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By Toni Baillie

Every time I turn around I hear about some event being canceled because of Covid-19. The precautions to prevent spread of the virus have shut down so many of our community gatherings. For the first time in over 30 years, Paisley's annual Mosquito Festival was canceled. This was a big disappointment for Amy Davis and her committee who had been hosting events to raise money for the 2020 Festival.

Paisley's first Mosquito Festival was held on August 4, 1984 to raise funds for vector control. The marshes and irrigation ditches of the Chewaucan Valley are prime mosquito breeding territory. Before 1984, local residents who stepped outside their screened-in porches were besieged by the blood-thirsty predators. According to one legend, a mosquito landed at Paisley's airport and the locals pumped 2,000 gallons of gasoline into its wing tanks before noticing it was a mosquito.

At the inaugural festival in 1984, Ms Quito, elected by popular ballot, led the parade which featured modern and antique farm

equipment. Visitors for the event could wield their guns at a turkey shoot, race a raft down the Chewaucan River, sample beef roasted overnight in a pit barbecue or enter



the "Spittin' Hollerin' Cussin' Contest. Proceeds from the Festival helped purchase mosquito fogging equipment and electric mosquito zappers, placed strategically at two-block intervals. The zappers proved ineffective, but the anti-mosquito mist kept the insects under control.

By 1986, Mosquito Festival included draft horse and mule pulling contests, a 10K run, art show, bingo game and Sunday morning breakfast prepared by the Lioness Club. That year, 225 people chowed down on pancakes, sausage and scrambled eggs. A horse-sized mosquito held pride of place in the parade, while Carol Jones reigned as Ms Quito. In

1987, Oregon Public Broadcasting filmed the unique festival. Leading the parade in 1988 was Ms Quito Kari McAllister and Paisley Pioneer Norman "Snooks" Bannister. A Jackpot Axe Throw and 50's Classic Car Cruise and Dance were featured activities.

The 2011 Paisley Mosquito Festival included the parade, a Civil War Reenactment with live cannon fire, a dance with live music in the Community



Center; and roping competition at the Paisley Rodeo Grounds.

The 2017 Festival also celebrated the 100th birthday of Paisley School. High School students Ashley O'Leary and Kaylin Arrington organized the centennial with the

help of Edna Vernon DeLarm (class of 1965) and Carolyn Pottorff (class of 1954). On Saturday afternoon students paraded down the school steps, modeling letterman jackets, cheerleader and sports uniforms from past years. After the fashion show, alumni were invited to share memories from their days at Paisley school.

For many years the Mosquito Festival parade featured creative entries from the Gaylord family and friends who converged at the old Gaylord farm house. One year they had a Swat Team marching to a military cadence, brandishing giant mosquito swatters. Another entry featured a replica of the Paisley Rodeo announcer's stand and a giant mosquito saddled up for the bucking bronco event. The mosquito made another appearance

being chased by a fish the size of a Volkswagen.

Meanwhile, we keep those memories of past festivals alive and hope for a bigger and better one in July 2021.

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List of “Don’t Forgets” and “Remembers”

We were eight.

Before September 11th, we would wake up
with a list of “Don’t Forgets”

- Don’t forget to wash your face
- Don’t forget to brush your teeth
- Don’t forget to do your homework
- Don’t forget to wear your jacket
- Don’t forget to clean your room
- Don’t forget to take a bath

After September 11th, we wake up
with a list of “Remembers”

- Remember to greet the sun each morning
- Remember to enjoy every meal
- Remember to thank your parents for their hard work
- Remember to honor those who keep you safe
- Remember to value each person you meet
- Remember to respect other’s beliefs

Now we are nine.

You have seen this poem before and in all likelihood you will see it again. Written by children who experienced the horror of 9-11. Their thoughts highlight the importance of how each of us may chose to move forward in our daily lives regardless of the circumstances - COVID-19 included.



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Well here it is August -- A busy time for beekeepers

I had the pleasure of working with a new beekeeper in North Lake County. Master Jack Roscoe and his dad Jamie came over to help me check my hives. Jack has been reading up on bee keeping and is getting geared up to purchase his first colony this next spring. This young man has been doing his homework, as he was quite knowledgeable as to what he was seeing when we inspected my hives. I have high hopes for his success in beekeeping. The girls were corporative with little agitation when we were poking and prodding into their homes. Jamie helped me lift the hive boxes into place after the inspection. Thanks guys for the help! We, will hopefully put the Queen Mothers and girls to bed in late October together for another learning session for all of us. We can never stop learning from one another. Young minds stimulate us older folks to make sure we pass on our knowledge and experience. On to August...

All except one hive were stuffed with bees, brood, and honey stores for the winter. I will keep a watchful eye on the one errant hive in hopes it will pull through the winter.

August is a good month to get ready for the fall and winter months. Some of the chores we need to complete in August are a final haircut around the entrances of the hives as well as inspection of your apiary perimeter to see that it is still bear proof. Depending on

where you are in Lake County, August may be a good month to pull full supers and extract the honey. I normally will put the extracted supers back on to let the girls clean them up before storing them for the winter. Store any frames with drawn comb with para-Dichlorobenzene (moth crystals). Wax moth damage can be devastating to your combs. Store them in a cool ventilated area. Do not store your supers in plastic garbage bags as this acts as an incubator for the wax moth! I have had an ongoing issue with these wax moths. I store all of my hive boxes and supers with moth crystals year-round and still get some damage. Mostly my fault for not keeping the moth crystals stocked in the boxes. After pulling off your supers

check your hives to make sure they have laying queens and a good laying pattern. She should be laying in an orderly pattern, eggs and brood clustered close to each other not randomly. Provide water for your bees—this will keep your bees alive in this heat. A simple method is to just fill a shallow pan with rocks and fill the pan half full of water, the girls have a place to drink and the rocks give them a perching place to drink without drowning. Bees may be hanging on the outside of the hives to help keep it cooler inside the hives—not much honey coming in so they are just keeping cool. You should see some of the girls fanning their wings at the entrance this is their way of turning

on the fan! Not to worry- normal stuff going on. Check your hives for stored honey. Most colonies will need at least 60 pounds of honey to winter successfully. The top deep super/hive body should be packed full of honey. If it isn't, you should feed the bees some syrup. Use the mantra FEED FEED FEED whenever you have doubts about their stores. If mixing your own syrup in the fall, the mixture should be 2:1 sugar to water by weight. Add some peppermint or lemongrass oil to stimulate the feeding activity. That would be 4 lbs. of sugar to 2 lbs. of boiling water. However, you may **not** use corn syrup or any type of syrup that you purchase at the grocery store. A **fructose** solution always contains some level of hydroxymethylfurfural (HMF) that increases over time, especially with heat. HMF is toxic to **honeybees** at **high** enough concentrations. NEVER feed honey purchased from the grocery store or other beekeepers—it can spread diseases to your bees. Remember to get your mouse guards on, bee sure to check to see if you have any mice in the hives before installing the guards. If the hives are strong, mice will not attempt to set up housekeeping this time of the year.

Bee Happy ~ Bee Safe

Editor's note: This column appeared in the September 2019 edition of the Breeze. A family loss has the Brain family away for a bit, but this article is timeless so please enjoy.

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Comings & Goings

From page two

camp set up so we could hike. We headed out. An hour and half later we reached the trail head. The reviews were right. Was it worth it? Absolutely. We only saw two other hikers in 3.8 miles and the trail was stunning - ancient trees, and soft moist air.

The trial’s beginning parallels the flow - you can’t see the falls. The trail is not technical but it does have some pretty steep switchbacks and it is all downhill with a total elevation change of 730 feet. The falls, shown in the photo on page two, has a drop of 125 feet fall with summer flow it is lacy. I used walking poles for the first time and they really made a difference on the hike back up the trail.

Since our drive time was three hours and so was our hike, it was 8:30 pm by the time we had camp broken, loaded in the cars and started homeward.

By the way my little KIA

could have passed for a clown mobile, but it held everything!

The article on page seven got me thinking about all the folks that have become more isolated than ever. What if just ordinary people touched bases with the facilities and were able to obtain enough information to allow cards, notes and letters to reach residents still able to process?

I would have no trouble taking a few minutes a day to write a note, send a card, write a chatty letter - just some sort of communication. I am going to make an effort to do this and hope some of the facilities will work with me so it can happen.

Last week while out and about I encountered this little Welsh Corgi and couldn’t resist taking her picture. A family member decided she needed a little pizazz and gave her some very impressive eyebrows. If she isn’t just too cute

I was over at the Park and Rec



office the other day and happy to see the flower bed in front had been reworked. Karen added some amendments, a lot of new flowers and trimmed the roses and other plants .

I bought and donated the roses and a few other plants years ago and it is so nice to see them blooming and robust. Thanks Karen.

Park and Rec has also been buying materials and repairing fencing at the rode grounds and will also be adding some new gates. It may be able to hold cattle again in the not too distant future and maybe folks will be able to get together and do some sorting, or penning.

I guess a few people thought our flags were too worn to be



displayed. Granted the wind and sun have taken their toll. Becky Womack was kind enough to single handedly drive the highway and trim the tatters off of them. They will be coming down after Labor Day. The Chamber already has new flags for the remainder of this year and hopefully all of next year.



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Thank you for Saving My Home!



Sue Pettijohn’s home and barn on Twilight

So much and many Thanks to our community for the fast response to the fire that was started by a young raven.

It started with a Puuff and in less than a minute it was as big as a truck, a fire ball raging in the sage, winds spreading it so fastand in minutes neighbors, and friends were on the scene with shovels doing everything they could to keep the fire away from my house.

With little water pressure and only a garden hose, I really didn’t think there would be anything left.

Suddenly farmers were sending water trucks and the Christmas

Valley Fire arrived and they held the line with only 20 feet between the flames and my home and barn!

That fire took seven acres so fast. From a puuff to an inferno in seconds. So if you hear a weird puuff, look toward the power lines and hope it isn’t a fireball of a bird carcass heading for the tender dry brush.

A friend said, “ You must feel traumatized.” I said, “No I feel Blessed.”

Thank you Christmas Valley. I wish the country could come together as well as our little community did!

Sue Pettijohn

Have we lost the spirit of Labor Day?

Today Labor Day is no longer about trade unionists marching down the street with banners and their tools of trade. Instead, it is a confused holiday with no associated rituals.

The original holiday was meant to handle a problem of long working hours and no time off. Although the battle over these issues would seem to have been won long ago, this issue is starting to come back with a vengeance, not for manufacturing workers but for highly skilled white-collar workers, many of whom are constantly connected to work.

If you work all the time and never really take a vacation, start a new ritual that honors the original spirit of Labor Day. Give yourself the day off. Don’t go in to work. Shut off your phone, computer and other electronic devices connecting you to your daily grind. Then go to a barbecue, like the original participants did over a century ago, and celebrate having at least one day off from work during the year!

Sheriff’s Report: submitted by Sheriff Michael Taylor



On July 28, 2020 Deputies were called out to 5800 Maple Circle Christmas Valley in regards to a 911 report of a domestic assault in Christmas Valley. An adult male was the suspect, an adult female the victim. While in route, dispatch said the male ran from the scene. The female was interviewed along with her minor son. Injuries and the crime scene were photographed. Initially, the male was searched for and not found. Arrangements were made through the crisis center for the female to stay at a motel in Bend. Once the female was safely on her way, the male was contacted by phone. The investigation is ongoing and has been forwarded to the DA’s Office for charging

August 2, 2020 near Fort Rock Oregon. At about 8:35 pm Deputies witnessed a motor vehicle crash east of Fort Rock on Fort Rock Rd. Deputies administered medical aid to several injured passengers. The other vehicle was observed on the south side of the road on its side; the driver of that vehicle was out of her vehicle and walking around. Deputies made contact with an adult female who was visibly intoxicated. After refusing to cooperate with Deputies and refusing field sobriety test the adult female was arrested for DUII. The female was transported to Lakeview where she was booked into the Lake County Correction’s Facility for DUII and assault III. The investigation has been forwarded to the DA’s Office for charging.

Editor’s Note: I reprinted Sue Pettijohn’s thank you as a reminder that fire season is far from over and a few showers from passing thunder storms is not going to dampen the dry brush enough to stop a runaway burn. Please make sure your home is defensible.

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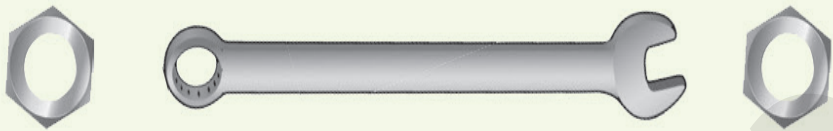
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During these difficult times we will attempt to maintain our regular hours, however, there will be days when we may close or shorten our hours. We encourage you to call ahead and verify the plans for that day.

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

We've a nice selection of Oregon Beers and Wines

HOURS
Mon - Thurs
4pm - 7pm
Friday & Saturday
8am - 2pm & 5pm - 8pm
Sunday: 8am-close



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541-536-1646

DJ Olson, Owner

16605 Assembly Way, La Pine

Curry Chicken Salad

- 1/2 cup mayonnaise
- 2 tbsp freshly squeezed lemon juice
- 1 tbsp yellow curry powder
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper
- 3 cooked Crockpot chicken breasts cut into bite-size chunks*
- 1 tart apple, peeled and cut into bite-sized pieces**
- 2/3 cup chopped celery
- 1/2 cup cashews or Walnuts (optional)
- 1/3 cup raisins
- 1/4 cup sliced chives
- Over a bed of lettuce or on your choice of bread



ENJOY
Fawn Newport

MEETING COMMUNITY HEALTH NEEDS IS TOP PRIORITY

AT YOUR LOCAL HEALTH CENTER

La Pine Community Health Center (LCHC) is committed to the health and wellness of Central Eastern Oregon communities and offers a variety of medical, behavioral, dietary and outreach services.

In order to better serve the growing and diverse population of Lake County, LCHC's Christmas Valley location is undergoing a few changes. Beginning September 8, 2020 your local health center in Christmas Valley will be open Monday through Friday from 8:00 a.m. to 4:00 p.m., which provides additional availability on Fridays.

The health center's lab will also be able to offer appointments every weekday morning, extending lab appointment opportunities to include Fridays.

X-ray services will continue to be offered each Tuesday and Thursday.

New Hours		
CLINIC	LAB	X-ray
Open	Open weekday	Offered each
Monday - Friday	Mornings for	Tuesday &
8am ~ 4pm	Appointments	Thursday

Denise Griffiths, FNP, will see patients Monday through Friday, which will enable her to build long-term, stable patient-provider relationships with more local residents.

Michael Allen, MD will continue to come to Christmas Valley two Thursdays each month and will expand his patient base beyond the initial prenatal and complex patients currently under his care.

Behavioral health consultant, Beth Erickson, LCSW, will continue to see patients in Christmas Valley every Tuesday


and in-person Outreach services appointments will be offered on two Thursdays each month, or by telephone Monday through Friday. Qualifying patients may be eligible for our produce voucher program through Health Education services.

Assistance enrolling in or applying for food stamps, energy assistance, Oregon Health Plan (OHP) and transportation services is available through our Outreach department.


These are trying times, for many Oregonians—financially,

socially and medically. If you are already a patient, we encourage you to utilize your local health center to maintain optimum health and receive regular check-ups (annual wellness visits). If you are new to the area, please stop in to fill out a new patient packet. Once you establish care you will be eligible to take advantage of the many services we have to offer. At all of LCHC's locations, Veterans are welcomed with open arms and are able to receive Veterans Affairs (VA) authorized services, often eliminating the need for Veterans to travel out of the area unnecessarily.

Our friendly and knowledgeable staff are here to assist you. For more information call (541) 536-3435, stop by to see us at 87520 Bay Road, Christmas Valley, Oregon or visit our website, www.lapinehealth.org.



Hey Folks,
It's that time of year. It's dark earlier and School is in session. Please slow down and give our children the safe space needed as they get on and off their school buses.



PUBLIC TRANSPORTATION
INFORMATION

Submitted by Ann Kasbohm

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

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

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

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

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

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

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


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

North Lake Dispatch - 541576-4689

Paisley Dispatch - 541-943-3551

Lakeview Dispatch - 541-947-4966 ext. 106

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.

Dr. Helmut Eichner

Chiropractic Physician

Providing Chiropractic Services

Thursdays 9am to 5pm at North Lake Clinic



“Every day I’m blessed to help people with headaches, migraines, chronic pain, neck pain, shoulder/arm pain, whiplash from car accidents, backaches, carpal tunnel syndrome, numbness in limbs and athletic injuries, just to name a few. I often see people who’ve come to me as a *last resort*. I’m a chiropractor, and I do things differently. I’m not going to give you medications to cover up symptoms. My job is to get to the root cause of health problems.”

Call Dr. Eichner at **541-633-6563** to Schedule your appointment

NORTH LAKE HEALTH DISTRICT

Serving North Lake County Communities for Twenty Years



87520 Bay Street Christmas Valley, OR 97641

Board Members (541) 576-2165

Carl Shumway, President

Alice Dinsdale, Vice President

Sandie Maerz, Sec./Treas.

Earl Diment, Board Member

Kathy Thompson, Board Member

Services Offered

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

Dr. Michael Allen DO

Denise Griffiths, FNP

Megan Lewis, FNP

Clinic Hours: Mon - Fri 8 am - 4 pm

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





Who *needs a check-up each year?* EVERYONE!

People of **all ages** need to have a **wellness visit** each year to spot any potential health issues **before** they begin to interfere with everyday life. Annual wellness visits increase your chances of a longer, healthier life.

Call today to schedule your appointment!

Your Christmas Valley Health Center!

North Lake Health District Medical Center
87520 Bay Rd | Christmas Valley, OR 97641

 (541) 536-3435 | www.lapinehealth.org



LaPine Community HEALTH CENTER



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.

City of Azatlan

Opinion by the Prospector

As it was with the Great Shoshoni Nation if enough people of like mind got together they could form their own nation and try to exceed in doing whatever came naturally to the group.

The Shoshoni Nation encompasses many different nations with each one unique on to itself. Whatever God given traits that your offspring were blessed with, you could choose a nation that would match their personality. A great environment to place your child with hopes of them finding that life-long partner.

If you had a child that was shy and the solitary type you moved them to the nation simply called Numa-The People. These timid souls were called the Paiute by the Europeans.

If you had a child that was born with a ‘green thumb’ and a love for the spiritual life, you would send them to the Shoshoni Nation of Children of the Peaceful Ones (Moki) who were later renamed by the Europeans in the 1600’s as the Hopi.

Say you had a child that never lost in ‘Hide In Seek’ and had a knack for the highest paying job available, horse stealing, you sent them to live with the Children of the South Wind. This nation was the advanced military unit from the Ochocos with the sole purpose of harassing Spain and stealing her horses (then located in west Texas).

The Spaniards were terrified of this nation because of their uncanny ability to walk around inside their forts leaving only moccasin footprints or to suddenly appear from behind holding a knife that was 500 times sharper than anything the Spaniard’s had -- a knife imported from their homeland (Glass Butte).

The Conquistadors called these people the Ghost People.

We know this nation by the name given to them by the native Mexicans who had to coexist with

fierce hunting skills but their love for the sciences. As the Hopi were unsurpassed in agriculture, the Children of Aztlan were scientists, astronomers, engineers and brain surgeons. Tough, brutal, hungry, they crowded in the Valley of Mexico where they seized, sacked and destroyed everything in sight.

By 1300 this group of Shoshonis emerged as the rulers of Mexico. A trail, etched deep through the centuries of use, linked the Blue Mountains of Oregon with the east coast of Mexico, a pre-historic trade route which in time be-



came over-lain by the roads of the late-coming Europeans. It extended from Vera Cruz northward to the Rio Grande River. From there it continued north to Santa Fe, angled across western Colorado into Utah, where it crossed the White River, then on to the Green River crossing where Fort Thornbury was located. From this point the trail followed over the Uinta Mountains to the Snake River and thence west, where it followed the Malheur River into our Lake County.

At Glass Butte the road turned north to the headwaters of the Crooked River and crossed the Big Summit Prairie into the John Day Valley. At

Picture Gorge on the John Day River the Shoshoni Trail from Mexico joined the ancient trade routes of the Columbia.

Used by the Mayan centuries earlier to barter for our glass it was also the most likely the route of the Aztec Treasure.

A legend passed down through the centuries recalled that light-skinned warriors marched onto the lands of the Aztecs. The legend describes these warriors riding “On great puffy clouds, being lead by a man with a red beard, this man will be received as their great God, Quetzalcoatl.”

Don’t confuse Montezuma Treasure with the horde that was protected by the fore fathers of the Aztecs, Shoshoni Warriors of the Ochocos. Montezuma’s treasure was the last of the science instruments that were made from gold and silver for its durability and low maintenance, that were ferried out of Mexico City when the Aztec realized that their great god was killing their woman and children for the ore.

It was during the days when the People of Aztlan welcomed the divine visitors into their heart and home they told about the location of the Aztec Treasure, City of Aztlan. Converting their leagues to our miles, it was said the treasure lay 225 miles to and I quote the “South, Southeast” from their home in the Ochocos. Many interpretations have been made from this information and mine is based on the ‘All Eggs in One Basket’ theorem and their use of the capital letters..

The treasure has been divided for better protection and all the clues point to the treasures still being buried right here in Lake County.

NEXT: City of Aztlan Part II
Until then, keep looking down you just might end up smiling

them, the most fearsome name a military unit could be called, The Snake That Bites; Com-Man-Chee.

The Children of Aztlan were altogether different. Leaving the Ochocos early in the 12th century this



band of people started moving south. What set them apart was not only being large in stature and possessing

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&

Baked Goods!



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Editor’s Note: I came across a folder while reorganized my office. I honestly don’t know its origins. Maybe it was from a long-ago college class, or was somehow part of the mountains of archived Chamber documents that have been pared down to a manageable volume. It really doesn’t matter. I opened it and read. The writing of the author grabbed my attention immediately. Maybe it is because I am an older person, or maybe it seemed especially relevant with our nursing homes locked down causing even greater isolation for the residents. Regardless, after deliberating whether to share it, I decided that it ought to be shared. Mrs. Seaver, who lived in Wauwatosa, Wisconsin, died in March of 1994. Her son found these notes in her room after her death. Her writings were printed in Newsweek, June, 27, 1994.

This is my world now. It’s all I have left. You see, I’m old. And, I’m not as health as I used to be. I’m not necessarily happy with it but I accept it. Occasionally, a member of my family will stop in to see me. Her or she will bring me some flowers or a little present, maybe a set of slippers - I’ve got 8 pair. We’ll visit for awhile and then they will return to the outside world and I’ll be alone again.

Oh, there are other people here in the nursing home. Resident, we’re called. The majority are about my age. I’m 84. Many are in wheelchairs. The lucky ones are passing through - a broken hip, a diseased heart, something that has brought them here for rehabilitation. When they’re well they’ll be going home.

Most of us are aware of our plight - some are not. Varying stages of Alzheimer’s have robbed several of their mental capacities. We listen to endlessly repeated stories and questions. We meet them anew daily, hourly or more often. We smile and not gracefully each time we hear a retelling. They seldom listen to my stories, so I’ve stopped trying.

The help here is basically pretty good, although there’s a large turnover. Just when I get comfortable with someone he or she moves on to another job. I understand that. this is not the best job to have.

I don’t much like some of the physical things that happen to us. I don’t care much for a diaper. I seem to have lost the control acquired so diligently as a child. The difference is that I’m aware and embarrassed but I can’t do anything about it. Ive had 3 children and I know it isn’t pleasant to clean another’s diaper. My husband used to wear a gas mask when he changed the kids. I wish I had one now.

Why do you think the staff insists on talking baby talk when speaking to me? I understand English. I have a degree in music and am a certified teacher. Now I hear a lot of words that end in “y.” Is this how my kids felt? My hearing

My World Now

Life in a nursing home, from the inside

By Anna Mae Halgrim Seaver

aid works fine. There is little need for anyone to position their face directly in front of mine and raise their voice with those “y” words. Sometimes it takes longer for a meaning to sink in; sometimes my mind wanders with I am bored. But



there’s no need to shout.

I tried once or twice to make my feelings known. I even shouted once. That gained me a reputation of being “crotchety.” Imagine me, crotchety. My children never heard me raise my voice. I surprised myself. After I’ve asked for help more than a dozen times and received nothing more than a dozen condescending smiles and a “Yes, deary, I’m working on it,” something begins to break. That time I wanted to be taken to the bathroom.

I’d love to go out for a meal, to travel again. I’d love to go to my own church, sing with my own choir. I’d love to visit my friends. Most of them are gone now or else they are in different “homes” of their children’s choosing. I’d love to play a good game of bridge but no one here seems to concentrate very well.

My children put me here for my own good. They said they would be able to visit me frequently. But they have their own lives to lead. That sounds normal. I don’t want to be a burden. They know that. But I would like to see them

more. One of them is here in town. He visits as much as he can.

Something else I’ve learned to accept is loss of privacy. Quite often I’ll close my door when my roommate - imagine having a roommate at my age - is in the TV room. I do

appreciate some time to myself and believe that I have earned at least that courtesy. As I sit thinking or writing, one of the aids invariably opens the door unannounced and walks in as if I’m not there. Sometimes she even opens my drawers and begins rummaging around. Am I invisible? Have I lost my right to respect and dignity? What would happen if the roles were reversed? I am still a human being. I would like to be treated as one.

The meals are not what I would choose for myself. We get variety but we don’t get a choice. I am one of the fortunate ones who can still handle utensils. I remember eating off such cheap utensils in the Great Depression. I worked hard so I would not have to ever use them again. But here I am.

Did you ever sit in a wheelchair over an extended period of time? It’s not comfortable. the seat squeezes you into the middle and applies constant pressure on your hips. The armrests are too narrow and my arms slip off. I am luckier than some. Others are strapped into their chairs and abandoned in front

of the TV. Captive prisoners of daytime television; soap operas, talk shows and commercials.

One of the residents died today. He was a loner who, at one time, started a business and developed a multimillion-dollar company. His children move him here when he could no longer control his bowels. Hew didn’t talk to most of us. He often snapped at the aides as though they were his employees. But he just gave up ; will his own demise. The staff has made up his room and another man has moved in.

A typical day. Awakened by the woman in the nest bed wheezing - a former chain smoker with asthma. Call an aide to wash me and place me in my wheelchair to wait for breakfast. Only 67 minutes until breakfast. I’ll wait. Breakfast in the dining area. Most of the residents are in wheelchairs. Others use canes or walkers. Some sit and wonder what they are waiting for. First meal of the day. Only 3 hours and 26 minutes until lunch. Maybe I’ll sit around and wait for it. What is today? One day blends into the next until day and date mean nothing.

Let’s watch a little TV. Oprah and Phil and Geraldo and who cares if some transvestite is having trouble picking a color-coordinated wardrobe from his husband’s girlfriend’s mother’s collection? Can’t wait. Dried something with pureed peas and coconut pudding. No wonder I’m losing weight.

Back to my semiprivate room for a little semiprivacy or a nap. I do need my beauty rest, company may come today. What is today again? The afternoon drags into early evening. This used to be my favorite time fo the day. Things would wind down. I would kick off my shoes. Put my feet up on the coffee table. Pop open a bottle of Chablis and enjoy the fruits of my day’s labor with my husband. He’s gone. So is my health. *This* is my world.

Elderly persons have a one in five chance of being in a nursing home sometime during their lifetime.

In 1990, 31.2 million persons were age 65 and over - 12.6 percent of the population. By the year 2030 this group will represent 21.8 percent of the population			
95 percent of the elderly live in the community.	5 percent of people over 65 live in long term care facilities.	25 percent of elderly 85 and over live in long term care facilities.	

A HAUNTING WE WILL GO

By Rob Lee

1	2	3	4		5	6	7	8		9	10	11	12	13
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ACROSS

- 1) Bygone period

5) "Head" or "heart" hurt

9) Some finger foods

14) Better this than never

15) Answered "not guilty"

16) Notre Dame faithful?

17) Archer on Olympus

18) Gave money for

19) Recess for a statue
- 20) Space shuttle part

23) Wind up or wind down

24) Sturdy furniture material

25) End product

28) Leather piercer

29) Pouring vessel

31) Bit of sunlight

32) Current units

35) Punishment's partner

36) Squid's weapon

37) Atlas, encyclopedia or dictionary

- 41) Bleacher feature

42) Finish in the money

43) Who-knows-how-long

44) Beverage in a yard

45) Sunroof option

46) Drill sergeant's title

48) Big game fisherman's catch

50) Antiquated

51) Blue ____ (cops' sick-out)

54) Dances, in old slang

58) Part of a power saw

60) "____ and Otis" (film)

61) Fish tank organism

62) Iraqi city

63) Make ready

64) Metal refuse

65) "Man of ____" (Superman)

66) Theatrical trappings

67) Sitcom role for Nabors
- 29) Put up a building

30) Legitimate deduction

32) The "A" in James A. Garfield

33) Money, in slang

34) Political source of influence

35) Start of some juice blend name

38) Not mandatory

39) Self indulging escapade

40) Stirrup's spot

46) Single-masted vessels

47) Prenuptial agreement?

49) The longest river in France

50) Little wise bird

51) Young mare

52) Conforming to the rules

53) Customary habit

55) Mischief-makers

56) Leprechauns' home

57) Exhibit shock

58) Breakers' equipment

59) It may be passed

DOWN

- 1) USMA rookie

2) Hank, of baseball fame

3) Honored the flag

4) Trueheart of comics

5) Take it to a higher court

6) Second half of an exploring duo

7) Beneficiary

8) Taro corn

9) Mister fix-it, typically

10) Springtime arrival

11) Forming mental images of

12) A tray may hold it

13) Common pronoun

21) It may be covered by insurance

22) Oreo innards

26) Tilting weapon

27) Nursery denizens

28) Assume the role of interviewer

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The Lodge at Summer Lake

PUBLIC NOTICE: Lake County Planning Commission public hearing September 15, 2020

NOTICE IS HEREBY given that the Lake County Planning Commission will hold a public hearing Tuesday, September 15, 2020, at 6:00pm, by phone call-in by dialing 877-411-9748 and access code 8038540, or in-person (with physical distancing and a mask) in the Board of Commissioners Meeting Room of the County Courthouse at 513 Center Street, Lakeview, Oregon, to receive public comment and testimony on the following applications. Failure to raise an issue at the hearing or to provide sufficient specificity precludes your ability to appeal the decision to the Board of Commissioners. If you have needs requiring special arrangements, please call 541-947-6036 at least 24 hours prior to the meeting.

CONDITIONAL USE PERMIT APPLICATION NO. 20-033-CUP

Public Hearing concerning an application by Allen Hambleton to establish a Similar Uses (Automobile Wrecking Yard, Disposal Site, Junkyard, and/or Transfer Station) on a 28.00-acre parcel, described as T39S R18E S14 TL3700, at 90400 Hwy 140 W, Lakeview, Oregon which is approximately 11.25 miles west of Lakeview on the south side of the road; in an A-2 Agriculture Use Zone, with a Comprehensive Plan Designation of R – Range. A decision will be based on Articles 3, 20.07 and 24 of the amended Lake County Zoning Ordinance of 1980.

CONDITIONAL USE PERMIT APPLICATION NO. 20-035-CUP

Public Hearing concerning an application by Gary Addington to establish a Non-Farm Dwelling on a 15.00-acre parcel, described as T26S R18E S36 TL301, at 58936 Fossil Lake Road Christmas Valley, Oregon which is approximately 11.50 miles northeast of Christmas Valley, 3 miles north on Fossil Lake Road, then west a half mile to the northeast corner of the property; in an A-2 Agriculture Use Zone, with a Comprehensive Plan Designation of R – Range. A decision will be based on Articles 3 and 24 of the amended Lake County Zoning Ordinance of 1980.

CONDITIONAL USE PERMIT APPLICATION NO. 20-036-CUP

Public Hearing concerning an application by Susannah Jones to establish a Non-Farm Dwelling on a 12.33-acre parcel, described as T41S R19E TL1300, approximately 20.75 miles southwest of Lakeview, 1.55 miles north on the California state line to the southwest corner of the property on the east side of Westside Road; in an A-2 Agriculture Use Zone, with a Comprehensive Plan Designation of R – Range. A decision will be based on Articles 3 and 24 of the amended Lake County Zoning Ordinance of 1980.

CONDITIONAL USE PERMIT APPLICATION NO. 20-037-CUP

Public Hearing concerning an application by Jim & Billie Jo DeMaagd to establish a Non-Farm Dwelling on a 9.67-acre parcel, described as T39S R20E S07 TL301, approximately 4.75 miles west of Lakeview, 1 mile north on Thomas Creek Road to the southwest corner of the property on the east side of the road; in an A-1 Exclusive Farm Use Zone, with a Comprehensive Plan Designation of A – Agriculture. A

decision will be based on Articles 2 and 24 of the amended Lake County Zoning Ordinance of 1980.

CONDITIONAL USE PERMIT APPLICATION NO. 20-039-CUP

Public Hearing concerning an application by Mark & Wanda Kutsch to establish a Non-Farm Dwelling on a 5.00-acre parcel, described as T26S R17E S34 TL2200, approximately 4.15 miles northwest of Christmas Valley, 2.75 miles north on Rainbow Road, then east .4 mile to the northwest corner of the property; in an A-2 Agriculture Use Zone, with a Comprehensive Plan Designation of A – Agriculture. A decision will be based on Articles 3 and 24 of the amended Lake County Zoning Ordinance of 1980.

CONDITIONAL USE PERMIT APPLICATION NO. 20-040-CUP

Public Hearing concerning an application by Lynn E & Karen T McCormick to establish a Non-Farm Dwelling on a 40.00-acre parcel, described as T27S R16E S21 TL400, approximately 8.50 miles west of Christmas Valley, 1 mile south on McKinney Road, then west ½ mile to the northeast corner of the property; in an A-2 Agriculture Use Zone, with a Comprehensive Plan Designation of A – Agriculture. A decision will be based on Articles 3 and 24 of the amended Lake County Zoning Ordinance of 1980.

VARIANCE PERMIT APPLICATION NO. 20-041-VAR

Public Hearing concerning an application by Tom & Hayley Roark to establish a Garage within the setback minimums on a .76-acre parcel, described as T28S R14E S22CA TL5500, at 53210 Second Street, Silver Lake, Oregon; in an A-3 Rural Center Zone, with a Comprehensive Plan Designation of RC – Rural Center. A decision will be based on Articles 4 and 27 of the amended Lake County Zoning Ordinance of 1980.

CONDITIONAL USE PERMIT APPLICATION NO. 20-042-CUP

Public Hearing concerning an application by Jerry Markley to establish a Non-Farm Dwelling on a 20.00-acre parcel, described as T27S R17E S23 TL102, approximately 3.25 miles southeast of Christmas Valley, 2 miles south on to Fermac Lane, then east .75 mile, then north .25, then east .125 of a mile to the southwest corner of the property; in an A-2 Agriculture Use Zone, with a Comprehensive Plan Designation of A – Agriculture. A decision will be based on Articles 3 and 24 of the amended Lake County Zoning Ordinance of 1980.

VARIANCE PERMIT APPLICATION NO. 20-045-VAR

Public Hearing concerning an application by Jason Davis to establish a Garage within the setback minimums on a .86-acre parcel, described as T36S R24E S28CC TL5100, at 18246 Boone Lane, Plush, Oregon; in an A-3 Rural Center Zone, with a Comprehensive Plan Designation of RC – Rural Center. A decision will be based on Articles 4 and 27 of the amended Lake County Zoning Ordinance of 1980..




SHARA SHUMWAY
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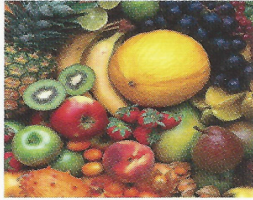
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Public Meetings

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 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

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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