

# 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](http://thecommunitybreeze.com) terryonitsway@aol.com



Freezing fog creates sparkling visuals making a venture out into the frosty cold much more pleasant.

## The New Normal Can Be Stressful

From a Post by Peace Health October 15, 2020

Here are a few tips on how to manage stress

- 1. Throttle your media consumption:** Seek out reliable news sources – such as the [Centers for Disease Control and Prevention \(CDC\)](http://CentersforDiseaseControlandPrevention.org) or your state health board – for the latest information about COVID-19. However, we recommend limiting the news to less than a few times per day. Check first thing in the morning and the late afternoon. But not before bedtime. Constantly tuning into the news increases stress and often draws attention to things that you have little control over.
- 2. Get outside:** No matter what the season, take an opportunity to get outside and experience nature – but be sure to follow any shelter-in-place and social distancing guidelines. Step away from your home office and take a walk around your neighborhood or a local trail – if opened. If you have kids, go on a nature scavenger hunt or play “I spy” in the yard.
- 3. Control What You Can:** During this time of uncertainty, take the opportunity to control what you can in your home environment. Get the family to pitch in for some deep cleaning. Sort through your family’s clothing and set aside any donations for when donation centers open back up. Do some cleanup outdoors. In the fall, rake the yard and check the gutters, if you can do so safely. If it’s spring, clean out your flower garden or prepare your vegetable garden for planting. Accomplishing tasks such as these can be rewarding.
- 4. Get Creative:** Using your hands and your creative brain can be a great way to relieve stress. It helps you focus on the present and create something new. If you have arts and crafts supplies on hand, use them to create something special. If you need a little inspiration, check out this [list of kids’ crafts](#) to make with minimal supplies. There are also several [fun crafts](#) that artists of all ages and skill levels can make using household items.
- 5. Seek Help When Needed:** If your stress is causing you to feel more anxious or depressed, don’t be afraid to reach out. Many experts are available to provide virtual support during these uncertain times



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**CATCH-22**  
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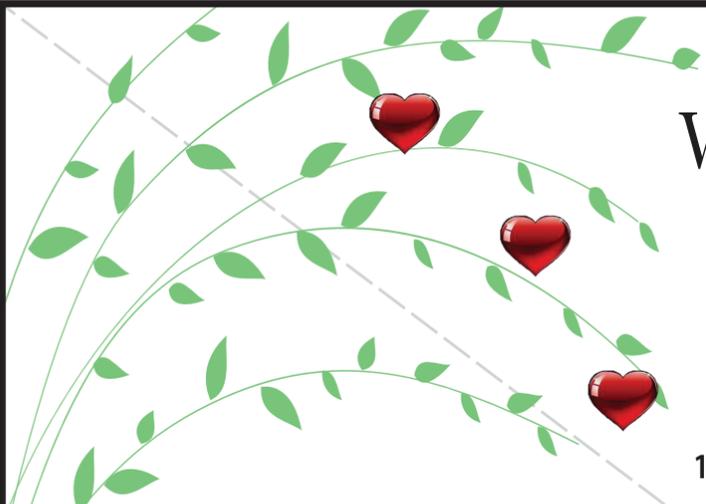
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**Annual Rabies Shot  
& Vaccination Clinic**



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# Comings and Goings

By Terry Crawford

Well here it is the second month of 2021. We have survived a contentious general election that as it turns out reflects a shift in the balance of power at the national level of legislation. Agree or disagree, it is what it is. But I for one am ready to move on. So much so in fact that I am limiting myself to social media content in the horse groups I follow and also the great animal pages. I also enjoy posts from A View From My Window. This site features photos from around the world. Some have commentary while others simply state the location. Many are spectacular.

And when it comes to spectacular, my Amaryllis, a gift from Marie Brain about three years ago, surprised me by throwing up a huge stalk that now has five magnificent red flowers - each roughly seven inches in diameter. The photo doesn't do it justice. It is such a joy to have this lovely flower's presence in my front room in the middle of winter.



Keeping up with the horses has been a challenge with the ground frozen much of the time. The paddocks have gotten out of control several times, which translates

to moving four or five days of digested hay in one or two days. It is a work-out for sure, and can be a bit of a back breaker if I am not careful. The darling 'Hay Burners' are definitely living up to that moniker. Of course since they are Pet Horses, they get lots of hay and also receive special feed every evening. First the feed tubs are gathered, and their rolled barley and rice bran rations are measured out (I keep grain in an old chest freezer in the tack room and it works great for rodent control.) The next step is to put the tubs up on the freezer, add the allotted amount of shredded beet pulp and then hot water so it can soak for a bit. Then it is back to the house to cut up carrots. It is a great way to use ~ up the 15 minute soak time. Back at the barn I mix everything together while the impatient, spoiled horses carry on. There is, however, a peacefulness in the barn as they enjoy their nightly ration.

Last Thursday I visited Sage Mountain Primitives and after meandering through their retail store (they have an amazing variety of items), I ordered one of their wraps. It was huge and so I had it quartered and brought three quarters home. It came with a side - I had the soup. Yumm. Next visit I will be having an individual pizza. I would love to indulge in their amazing baked goods but I never have room for dessert. Deanna says she will be having take and bake pies in the near future, and oh yes, hard ice cream.



*Continued on page five*

## The Community Breeze

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

Editor: Terry Crawford 541-480-0753 - [terryonitsway@aol.com](mailto:terryonitsway@aol.com)

Deadline: The 20th the month

Editorial commentary is welcome and all letters to the editor that are clearly signed with the writer's full legal signature and also include the writer's phone number will be considered for publication.

The following criteria will be applied equally to all submissions in determining a letter's appropriateness for publication: Letters may not include personal attacks, inappropriate language, libelous content, negativity which serves no other purpose than to harm or unverifiable facts. Letters are limited to 300-600 words. Letters may not promote businesses - to do so is considered advertising.

The Community Breeze neither supports or condemns any ideas, creeds, religions, customs, attitudes or beliefs and letters to the editor do not necessarily reflect the beliefs of its editor or its advertisers.

Please mail Letters to the Editor to *The Community Breeze* ATTN: Terry Crawford, 85450 Christmas Valley Highway, Silver Lake, OR 97638.

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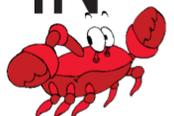
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Marie Lee

Marie Lee was born on her family's ranch near Valley Falls. She studied journalism at Southern Oregon College (now Southern Oregon University), and has published a memoir of life on the ranch, "At the Ranch Beneath the Rim." She has also published a collection of stories about growing up, "The Way We Were in Valley Falls," a children's book, "Cowgirl Lessons," and in 2017 a historical novel, "The View From God's Country." After growing up in Lake County, Lee lived in Texas and elsewhere in Oregon before returning to Lakeview, where she has lived for the past 30 years. Currently, Lee is researching another book about the families and history of Lake County.

## Arrow, Buffalo, Connley and Fleetwood

### Old-Time Settlements of Fort Rock Valley

By Marie Lee

Fort Rock Valley's homestead rush lasted from approximately 1905 to 1915. Among those early settlements were the communities of Arrow, Buffalo, Connley and Fleetwood. Memories of those High-Desert communities remain for only a few, but some of their names are still associated with local landmarks.



#### Arrow

In 1910 Edith Reigel applied for a post office to serve the community of Arrow located ten miles northeast of Silver Lake. Edith expected the Arrow Post Office to eventually serve as many as ninety. It was on the star route postal delivery between Cliff and Silver Lake with mail delivery once a week. The Arrow Post Office closed early in 1918 with no record indicating whether it ever served ninety customers.

A school was established at Arrow in 1911 in a typical school building measuring 20 feet by 30 feet with a cloak closet across one end and a front porch. The Reigels also maintained a general store in the same building with the post office. Perhaps the most notable

distinction about Arrow was that

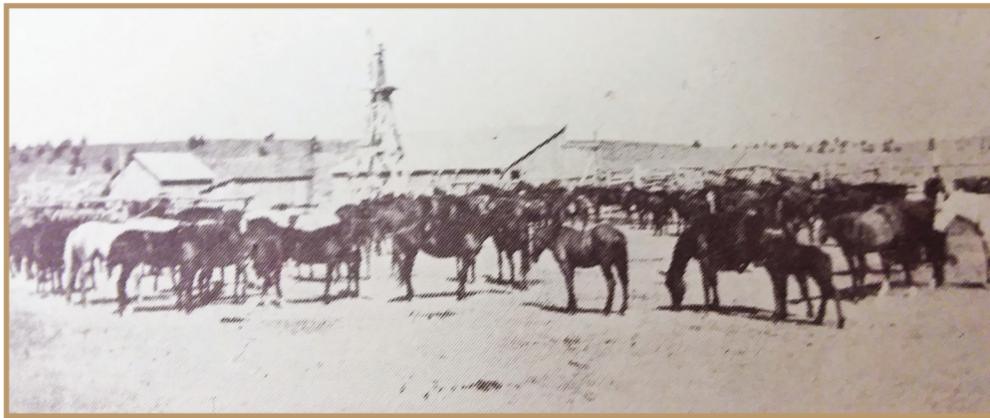
a homesteader whose name was Arnsparger built an adobe brick house, completely out of ordinary for its time and placement, slightly to the north of Table Mountain, a prominent landmark to the north of Oregon State Highway 31.

#### Buffalo

In April of 1913 a post office was established at Buffalo. The community of Buffalo was located twelve miles east of Christmas Lake. The post office was closed in 1918 and there appears to be no record of a school's existence at Buffalo

#### Connley

James Connley's death was reported in the March 8, 1917 edi-



ed on March 29, 1917 that the Connley area was isolated by snow and there was a shortage of food.

#### Fleetwood

Fleetwood School was established in 1912. According to some, the school was held in a woodshed until a more suitable building could be constructed.

Helen A. Fleet, the wife of Mortimer Fleet, established the Fleetwood Post Office in September of 1913. Mortimer was an industrious person who had a store, accommodated travelers, was assistant postmaster and published a newspaper. "Wood" was tacked onto "Fleet" to make the settlement appear more colorful. Somewhat noteworthy because widely scattered juniper was the only wood in that area. During World War I home-

steadlers gradually moved out of the Fleetwood area and the post office closed in June of 1920.

As one by one little towns in the valley disappeared so

did the cabins as they were gradually re-purposed. The Fleetwood school building was moved to Fort Rock and became part of the grange hall. Scattered here and there, reappearing to glisten in the ever-shifting sand, sometimes there are still found the treasures of abandoned households. Lodged in worn tracks of old roads, or perhaps kicked to one side, are signs of long-forgotten desert communities.

Information extracted from: *Far Corners Seldom Seen Places in the Land of Lakes*, by Marie Lee, Vol. 31, 2020 Journal of the Shaw Historical Library.

PHOTOS: Top-Picnic dinner at Ice Caves Middle-Ranch scene on the Swingle Ranch at Fleetwood. Bottom-How Northern Lake County receives its mail.

A school was started at Connley in 1909 and Warren Benjamin Graham established the Connley Post Office in April of 1912. Graham preferred the name of "Pleasant Valley," but postal authorities did not care for long names. Settlers at Connley suffered an unusually hard winter in 1917. The Lake County Examiner report-

Editor's note: Isn't it nice to have these fun and interesting articles about the History of northern end of Lake County. I knew there were many small communities throughout the area and even some of their names but not much else. Thank you, Marie

**LAKE COUNTY**

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**March 11<sup>th</sup> ~ 10:00 am**

**Public Welcome**

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**Lake County Road Department**  
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# From This Angle: *Highs and Lows of 2020*

By Toni Bailie



Toni Bailie

As I reflect on the turbulent year 2020, I ponder the effects of a global pandemic with

knowing if all that is beloved and familiar would be there when we returned. Yet in the midst of the chaos there shone the bright light of valor as our local firefighters put their lives on the line to defend our town and ranches.

warmth, playing board games.

When the evacuation alert extended to Summer Lake, our friend Karen invited us to her home along the shores of Agency Lake. It was like Eden after the drab, smoky moonscape at Summer

home was wrapping welcoming arms around us. Our dog Smokey was overjoyed to be back in his familiar territory. He ran around, sniffing every corner of the yard, then flopped down in the sun and slept all afternoon—the first time he'd relaxed in days.

To celebrate our 37<sup>th</sup> anniversary in April, Al and I drove to the western edge of Klamath Marsh. Sunshine gleamed on the vista of Mt. Thielson, Mt. Scott and Mt. McLoughlin etched against the blue sky. We ate our picnic in the quiet of a pine forest.

A visit from Al's daughter Lisa and husband Kelly was a gift in October. While Kelly helped Al tune up the used yard tractor he had purchased, Lisa and I drove up Thomas Creek Road to view the splendid display of red and yellow aspen. Our weekly Easy Writers Zoom meeting continues to be a bright spot in each week, allowing us to stay connected and encourage our creative writing.

The challenges of 2020 have made evident to me how much we need each other, how we must find ways to foster community and bridge the chasms of divisiveness that threaten to polarize us.

Photo by Toni Bailie



When we evacuated to my brother and sister-in-law's home at Summer Lake we had hours of quality time together that seldom happens, although we are only 30 miles apart. Their adult grandchildren were there also and we shared some lively hours of laughter and

Lake. Bright dahlias bloomed in her yard and I watched pelicans skim the waves of the lake.

What a blessed relief it was when we drove back along Hwy 31, rounded the corner and found Paisley still standing. As we crossed the threshold, it felt as if our

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### Comings and Goings *From page two*

The Christmas Valley Lodge has a new, top-of-the-line copper colored metal roof. It looks terrific - what a great improvement to the overall appearance of the grand old building. I believe there are some upgrades to the interior as well.

It is nice to see some of the happenings that would have most likely been put on hold a few months ago taking place.

On the Friday and Saturday before Valentine's Day, the Boosters will be offering a variety of flower arrangements, along with stuffed animals and candy for sale. For details check out their ad on page eight.

The Lodge at Summer Lake's Flyway Restaurant is hosting a reservation only Special Valentine Dinner. Check out the menu on page eight. I'm thinking I may just be my own valentine and enjoy one of the offerings.

Stacy Geaney and her crew will be holding their annual Rabies Shot and vaccination and licensing clinics throughout the county. The cost is very reasonable. They will be in Christmas Valley on the morning of February 18th. See their information on page thirteen.

My plan was to have the Breeze pages sent off to pre-print before midnight on the 28th, (it's now 12:30 am on the 29th as I write this) so I almost made it. It goes to press on the 30th. Deadlines are pretty much set in stone when it comes to print schedules. On the few occasions that I was beyond the last minute Holly at the Bend Bulletin has worked her magic - but that is a blessing not to be taken advantage of.

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Ann will be back as soon as her hip heals!

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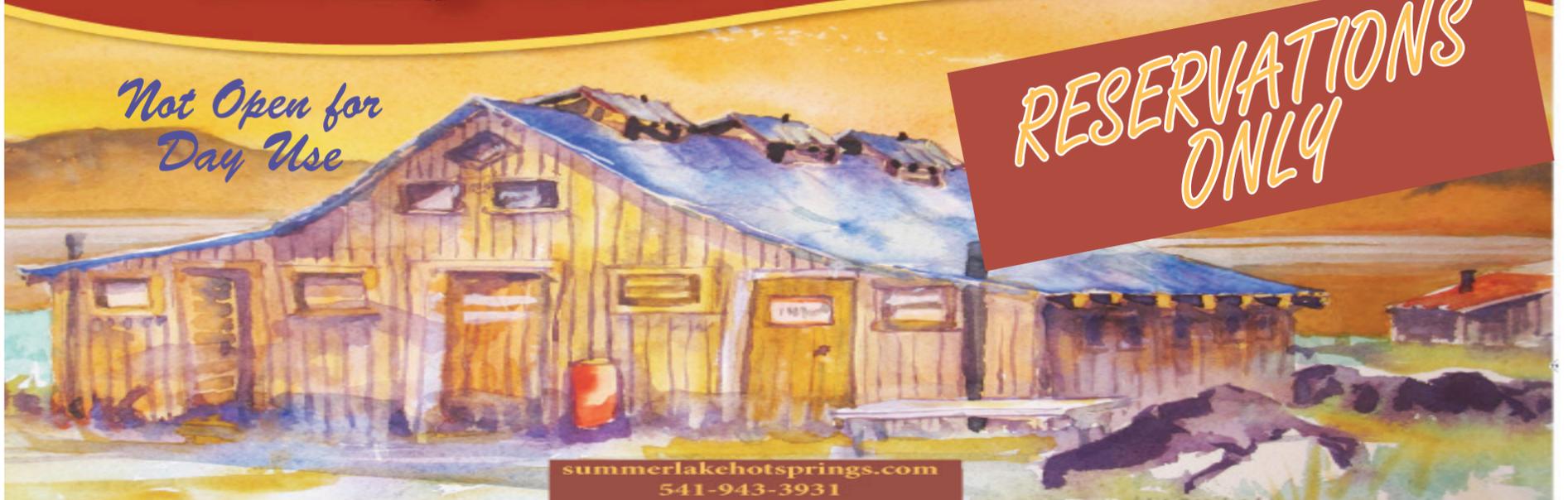
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Hey Folks,  
It's that time of year. It's dark earlier and School is in session. Please slow down and give our children the safe space needed as they get on and off their school buses.



Greetings everyone! I hope you all had a great Christmas and have a great New Year!

January has been a cold month but as luck would have it the third week warmed up for a couple of days. I took the opportunity to do a quick inspection of the Girls and add some winter sugar patties to all the hives to help with their food stores.

Since we are having a long cold winter, I was not sure their winter stores would get them to spring.

The Girls were not in the best of moods and I did get tagged a couple of times because I chose not to smoke the hives much as this stimulates the Girls to dive into the remaining stores.

I lost one hive to the cold weather as the hive boxes still had several frames of capped honey. It is always sad when you lose a colony of bees but that is the nature of things.

I will use the two empty deep hive boxes for splits this spring. The comb is already drawn out and the splits will have an instant food source so they can concentrate on building their population up for this year's honey production. All but two hives were in great shape. The two problem hives have diarrhea. Hopefully this will clear up in a few weeks. I think the reason for this condition may be that, due to



# BEE-Cuzz You Asked JANUARY and the Bees

By Gary A. Brain Summer Lake Apiaries



the cold weather, the girls could not get out and do their cleansing flights. One of the hives did have the entrance reducer partially clogged with dead bees so they may have had difficulty getting out of the hive.

There is also a bacterial disease that affects over-wintering hives, which is called Nosema. It also gives the bees diarrhea so I will be watching closely to see if in a few days the bee's condition improves. Both Nosema and simple diarrhea occur in the winter months and are very difficult to diagnose without laboratory equipment. I

will delve into Nosema and some other problems that may pop up in the early spring and what to do if they occur.

Now onto a recipe for those winter colds and coughs. Honey has long been noted to help with coughs, colds and cuts, as bacteria cannot grow in pure raw honey. Many cultures still use honey to speed up the healing process from cuts, scrapes and the like. More on that later. So here is one recipe that is simple and effective

**Well that is all until next month, Bee Safe!**

# SOOTHING HONEY COLD TONIC

- 1 1/2 Tablespoons - Zest of 2 lemons
- 1/4 cup - peeled, sliced ginger, or 1/2 teaspoon of ground ginger
- 1 cup - water
- 1 cup - honey
- 1/2 cup - lemon juice

In a small saucepan, combine lemon zest, sliced ginger and 1 cup of water. Bring mixture to a boil, simmer for 5 minutes, then strain into a heat-proof measuring cup. Rinse the saucepan out and pour in 1 cup of honey. On low heat, warm the honey, but do not allow it to boil. It is important to keep the honey below 140 degrees. Any higher and the heat will degrade the antibacterial properties of the honey. Add the strained lemon ginger water and the lemon juice. Stir the mixture until it combines to form a thick syrup. Pour into a clean jar with a lid. Note: This can be refrigerated for up to 2 months.

For children ages 1 to 5, use 1/2 to 1 teaspoon every 2 hours. For children ages 5 to 12, use 1 to 2 teaspoons every 2 hours. For children 12 and older and adults, use 1 to 2 tablespoons every 4 hours.

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Perry and Alta Smith were an oddly-matched couple, at least it seemed so when I was a child. Alta was a teacher and a lady. She was always neatly turned out in an 'afternoon' dress with Cuban-heeled shoes and an 'invisible' hairnet keeping her hair tidy and in place.

For many years, Alta coached



Alta Smith coaching the 1930 Paisley Girls' basketball team.

the Paisley High School girl's basketball team. There is a picture on the wall of the Paisley Community Center of Alma, holding a basketball, surrounded by teenage girls in the woolen uniforms worn in the 1920s and 30s.

She was active in the local Methodist church. My clearest memory of her is when she served as the Sunday school superintendent. A small woman, she wasn't given to smiling (at least in my recollection). She had very poor vision and always wore thick eyeglasses of the kind often described as, "coke -bottle."

Perry was a trapper, and apparently a good one, based on the number of drying animal hides around their house. He wasn't well groomed; for months at a time he seemed to wear the same old trousers with suspenders, a work shirt with rolled-up sleeves, topped by a greasy old fedora.

He drove an old rattle-trap pickup of 1930s vintage with rusted fenders and bald tires. When he drove through Paisley, every dog in town followed along behind because his coyote bait was especially pungent. Perry used to visit in my grandfather's yard from time to time. My calm quiet, well-behaved dog would go completely nuts -- whining barking and trying to jump on Perry. I'm not sure where they lived before arriving in Paisley, but they were originally from California. They had two sons and a daughter who were adults when Perry and Alta come to town. My mother told me that Alta was buried wearing her glasses. I think it makes perfect sense -- the angels and St. Peter wouldn't recognize her without them.

## Colorful Characters from Paisley's Past

From the same-titled book by (now deceased) Carolyn Silveria Pottorff Of Carolyn, friend and fellow author Toni Bailie wrote, "With her brilliant mind and rapier wit, Carolyn could deliver barbs that always made me laugh. She was a wealth of information about Paisley residents, all their intermarriages and peccadilleos.

CHARLES E. CAMPBELL  
January 2, 1867 - Sept 28, 1952  
MARY WINGFIELD CAMPBELL  
August 3, 1870 - February 9, 1963

Charles Campbell and Mary Wingfield married in Paisley in 1898. Charlie was 31 and Mary was 28. Charlie operated a blacksmith shop in Paislen that was located where the present post office stands. Mary was a teacher before they married.

Mary's brother George Wingfield was a prominent citizen of Reno, Nevada. He owned the Mapes Hotel, financially backed Harold Smith of Harold's Club, and bred race horses. His family disapproved of gambling in any form. According to my grandmother, George often sneaked up to visit the McCall brothers to play cards, unbeknownst to his parents.

Mary and Charlie owned several thousand acres in the Chewaucan Valley and Summer Lake, where they ran thousands of head of sheep. In the 1930s, they had one of the wealthiest ranches in Lake County. They build a big white house on Chewaucan Street where they lived the rest of their lives. In spite of their wealth, Mary was famous for being extremely thrifty.

According to Howard Nelson's book, "As I Remember It," Charlie butchered a beef once a year, cut it into chunks and stored it in a wooden barrel with lots of saltpeter so it would last the entire year. The salt peter preserved the beef, but spoiled the taste. Most of us are aware of the alleged effects of saltpeter (suppression of male libido.) This may or may not be true, but the wives of several of their hired men believed it.

Neighbors said if Mary noticed one of her chickens acting sickly, she would hurry and butcher it, and fry it up for supper, so it wasn't wasted. She was a faithful member of the Rebekah Lodge. Several people remember she always took the used coffee grounds home after the meeting and re-used them.

Charlie died of a stroke in 1952. Mary continued to live in her home until her death in 1963,

POWELL CLAYTON  
"P.C." COON  
Sept. 15, 1875 - Sept. 3, 1959

P.C. was one of the old single men who quietly lived in the Paisley area. He was born in Missouri and spent some time in Oklahoma Territory. He eventually settled in Lake

County in 1911. He owned a small ranch near Johnson Corner, where he raised grain. The property had originally been the Witham ranch. One woman who lived nearby recalls a combine sitting in the field.

P.C. never married and seldom washed either himself or his clothes. Rosie Bagley recalls being afraid of him when she was a small child because his face was so darkened with grease and dirt. My recollection of P.C. is of a white-haired man of medium height, with very disheveled hair. Sometimes he wore a cloth cap that was so dirty it was impossible to tell the original color.

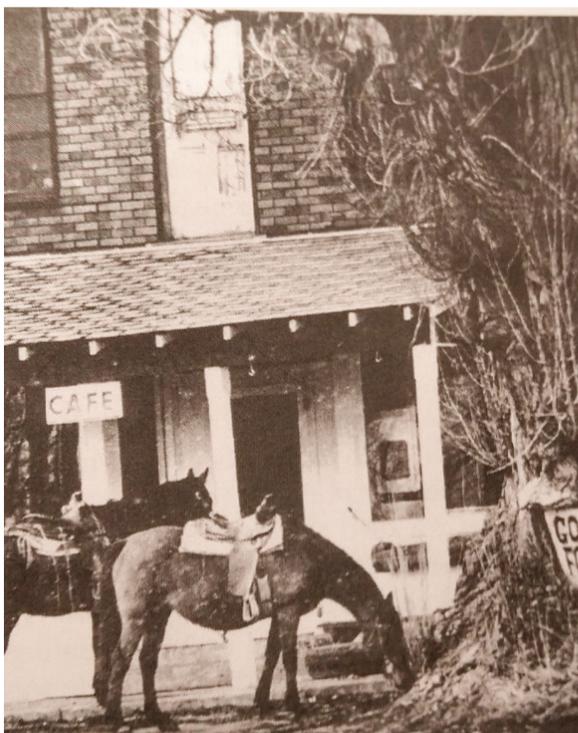
For many years, a man named Shorty Foster lived with him. Shorty drove the south-end school bus.

Census records state that he was a house painter, although I don't think he every painted his own house. Once when the Jerry O'Leary family was wallpapering their living room they ran out of wall paper. So they hired P.C. to paint that part of the wall so it matched the paper.

Surprisingly, he also painted pictures. I've been told one of his pictures hung in the George Elder ranch house. (The house later burned.) He was also a musician and played at local dances.

In 1912, P.C. shot a man named Alex Savoy in the arm, presumably in a dispute over water rights. The arm was amputated, but Savoy apparently survived.

Coon Canyon, which used to be a popular place to pick wild plums, was named for P.C. He was found dead in his home on September 2, 1959.



Next Month from Carolyn Silveria Pottorff's "Colorful Characters from Paisley's Past: Ethel Banister Elder-Fairchild; Claud Minton and John Henry Young

Dr. Sheldon S. Thayer  
Dec. 12, 1874-April 16, 1916

Several months ago, (it would be years now,) a local house was being remodeled. The owners discovered old newspapers had been used as insulation between the walls. One of the papers was the April 28, 1916 edition of the Chewaucan Press. The Press contained Dr. Thayer's obituary.

Dr. Thayer was born in Nodaway County Missouri. He was a graduate of the State Normal School of Salina, Kansas; the University of Oregon School of Medicine in Portland; and a post-graduate of the Kentucky School of Medicine. He was a licensed physician in Oregon, Washington, California and Colorado. At the time of his death, he was practicing in Paisley, with his home and office located in what is now the Bagley house.

The Press said the doctor :took an active interest in every progressive movement. . . . He was a member of the city council and the school board," He died of pneumonia complicated by pulmonary tuberculosis at the age of 42.

Dr. Thayer was buried in Paisley, with the Woodmen of the World Lodge officiating and the local Boy Scouts participating. He was lauded as "a man of character. . . a large influence for good. (As a personal aside, Dr. Thayer delivered my aunt in 1912 and my mother in 1914.)

There is some mystery because there is no official record of Dr. Thayer's burial. The local group, Friends of the Paisley Cemetery, does not have his name on any of their records and there is no notation of a grave on the official map or the cemetery. There are at least 25 unmarked graves in the Paisley Cemetery. Does Dr. Thayer lie in one of them? If so, why? He was

apparently well-liked, an active member of a fraternal order and a married man with three children and four brothers. Yet no one provided his grave with a marker. Was he really buried there, or was he later moved elsewhere? No one knows.

*Paisley Cafe' at what was the site of the Homestead Restaurant. The Homestead was lost in a fire several years ago.*

# Boosters Annual Valentine Day Flower Sale



Friday, Feb. 12 ~ Noon to 5pm  
Saturday, Feb.13 ~ Noon to 4pm  
At the Booster Building

*Saturday, February 13<sup>th</sup>*  
***Valentine Dinner***  
*The Flyway*  
*At The Lodge at Summer Lake*

*Sauteed Lemon Terrigon Salmon*

*Rib-eye Steak Dinner*

*Stuffed Chicken Parmesan*

*Prawn Dinner (choice of preparation)*

*Top off your meal with our Special Valentine Dessert!*

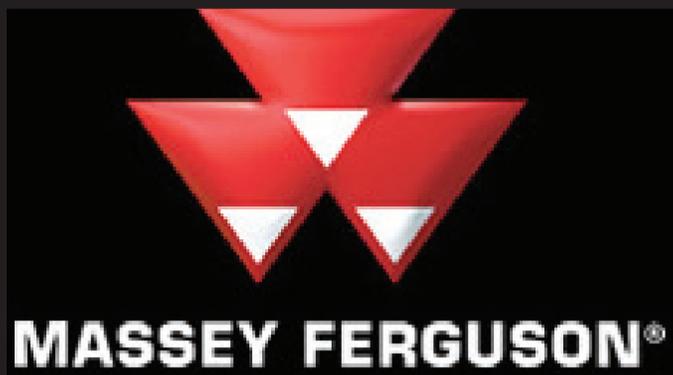
*This is a Reservations Only evening. We are offering two seatings beginning at 5pm. Group size must be six or less.*

*Please call 541-943-3999 to schedule*

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Closed Sunday

*Happy 2021!*

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Fees apply



# The Flyway Restaurant

*The Lodge at Summer Lake*



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: 8am Breakfast - 5-6pm Dinner  
 Fri & Sat: 8am to 2pm and 5-7 pm Dinner  
 Sundays: Breakfast Only

Please Call to Verify Hours

**Daily Specials**  
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**Specialties of the House!**

**Hand-cut Steaks! Grilled Salmon & Fabulous Prawn Dinners**

## YUMM SAUCE

**Preparation:**

In a small measuring cup, mix together the water and lemon juice. In a separate small measuring cup, measure out the appropriate amount of oil. Set both aside.

In a blender or food processor, process the almonds, nutritional yeast, garbanzo beans, soybeans or tofu, garlic, salt, curry, oregano, and cilantro together until almost fully ground, about 15 seconds.

Scrape down the bowl with a rubber spatula. With the machine running, add lemon juice-water mixture in steady stream through feed tube. Scrape down bowl and continue to process for 1 minute. With the machine running, add the oil mixture in a steady stream through feed tube; continue to process until the sauce is smooth and creamy, about 15 seconds, scraping down bowl as needed.

Transfer the sauce to a clean bottle or jar, cover, and refrigerate overnight to allow the flavors to blend.

**SERVING**

Place a scoop of brown rice in an individual-sized serving bowl, then layer a scoop of black beans over the rice. Drizzle the rice and beans with a desired amount of Yumm Sauce, then sprinkle shredded cheddar cheese over the rice.

Spoon a dollop of salsa in the middle of the bowl, then spoon the tomato, avocado, and olives around the perimeter. Place a dollop of sour cream in the center of the bowl, garnish with some cilantro sprigs, and serve.

**Cook's Notes:**

Careful not to go too overboard with the Yumm Sauce! The prepared sauce from Café Yumm has 70 calories and 7 grams of fat per tablespoon!

**Thanks to Fawn Newport for sharing this Yummy recipe!**

## The Original YUMM Bowl

**Eight Servings**

- 1/2 Cup water
- 1/2 Cup fresh lemon juice
- 1/2 cup grape seed or canola oil
- 1/2 cup almond meal or finely chopped almonds
- 1/3 cup nutritional yeast
- 1/2 cup cooked garbanzo beans
- 1/4 cup cooked soybeans or 1/3 cup tofu
- 1 to 2 garlic cloves, minced or pressed
- 1/2 teaspoon salt
- 1 1/2 teaspoon curry powder
- 1 teaspoon dried oregano
- 1 teaspoon dried cilantro

**ASSEMBLY:**

- Brown rice, cooked
- Black beans, cooked
- Shredded cheddar cheese
- Salsa
- Diced fresh tomato
- Sliced fresh avocado
- Sliced black olives
- Sour cream
- Fresh cilantro sprigs

Preparation time: 15 minutes  
 Cook time: 20 minutes



**This Vegetarian dish is absolutely delicious. The Yumm Sauce recipe is worth saving in and of itself.**

Find more recipes like this at [keyingredient.com](http://keyingredient.com)

# COVID VACCINES FOR LAKE COUNTY RESIDENTS

Submitted by North Lake Health District

La Pine Community Health Center (LCHC) has been approved to receive and administer the Moderna COVID-19 vaccine. Due to distribution and handling regulations, the La Pine location on Huntington Rd. will be the only site approved for administering the vaccine, so Lake County residents who are established patients of LCHC will need to go to La Pine to receive their vaccine. Residents who are not established patients of LCHC will need to call their primary care provider or the Lake County Health Department for information on when and where they can receive their vaccine.

The time-line of when LCHC can expect to receive a shipment of the vaccine continues to change, but the leadership team at LCHC is working diligently to develop a plan for how to roll out vaccines upon their arrival. This plan will follow the Oregon Health Authority (OHA) guidelines regarding the eligible groups. Initial scheduling discussion suggests that LCHC staff will contact patients directly to schedule an appointment, and those who call LCHC seeking vaccination will be transferred to a voice-mail for a return call from a clinical staff member—this will ensure that patients meet vaccination requirements prior to placing them on the schedule.

**It is IMPERATIVE that patients keep their appointments.**

Appointments will be required to maximize available dosages of each vial opened. Since opened vials cannot be stored, any unused doses must be discarded. Supplies are limited so please support the health center’s efforts to vaccinate all patients seeking vaccination by committing to your appointment time.

**If you have questions about efficacy or safety of the vaccine please call 541-536-3435.**

Leave a voice-mail and a member from the clinical team will return your call to answer questions about safety, efficacy, and risk factors in vaccination.

**Vaccination is only one piece of the battle.**

Once you are vaccinated, it is still recommended that you continue to follow CDC guidelines which include wearing masks and maintaining physical distance in public places and gatherings and washing or sanitizing your hands regularly. Also remember to stay home if you are ill or suspect you have been exposed to someone confirmed to have COVID-19.

**Check the La Pine Community Health Center Facebook page or website for updates on vaccine availability.**

Notices will be posted when vaccines arrive and will have information about how patients can be screened and scheduled for vaccination.

It has been a difficult, heartbreaking undertaking just getting through the many months of altered and restricted living. We are SO close to better days and you can help by adhering to CDC recommendations, including vaccination.

## 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 - 541-576-4689**
- Paisley Dispatch - 541-943-3551**
- Lakeview Dispatch - 541-947-4966 ext. 106**

## Dr. Helmut Eichner

*Chiropractic Physician*

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Services  
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9am to 5pm  
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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**

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*Dr. Rudd is currently accepting new patients and referrals for patients seeking natural therapies for any type of health condition.*

To schedule an appointment to be seen by Dr. Rudd at the North Lake Health District's Medical Complex please call 541-385-6249.

## NORTH LAKE HEALTH DISTRICT

*Serving North Lake County Communities for Twenty Years*



87520 Bay Street Christmas Valley, OR 97641

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- Alice Dinsdale, Vice President
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- Earl Diment, Board Member
- Kathy Thompson, Board Member

### Services Offered

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Denise Griffiths, FNP  
Megan Lewis, FNP  
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Closed daily 11:45-12:45

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Timothy Arbow, O.D.  
By Appointment

**Mental Health**  
541-515-9233  
Tara Jones  
By Appointment



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.



How can I ever become a prospector when I don't know in what kind of terrain my treasure lies nor how to even find it once I find the right area? The answer: By studying the excising and abandoned mines in our area as a way to understand how they were located and found.

Starting at the intersection of Highway 31 and Old Lake Road come just a mile down the road towards Christmas Valley then look towards Table Mountain, the same Table Mountain people call Table Rock and you'll see on that bluff rising up from the desert floor in front two mine openings.

Directly on top of the highest opening you'll see a 'straight' dark line that not only pierces the upper mine opening but also goes to the lower mine opening on a direct line. The dark line, which is very visible in the upper mine, was once filled with quarts crystal.

Before trekking to the mines take time and study the lay of the land that the fissure is running thru. Straight lines in nature indicate fissure, a crack in the mantel. Trees

growing in a straight line indicate a fissure or the 'hand of man' which might direct you to an old foundation. It's what has caused the crack that we are interested

# CATCH-22

By the prospector

eye is being trained to look at your surroundings in a different fashion. Before you go to the mines take a little flag with you.

The lower mine entrance has

would be ideally located you will see a round hole going straight up. This is called a pozo, a mining term meaning ventilation shaft. The other end of the pozo would have been located below the lower mine entrance thus causing a draft of clean air throughout the mine.

Stand over the vein to sight down to your flag on the bluff. gives you a reasonable idea the direction that vein is heading. Look for obvious signs of the fissure such as; uplifting of rock, a dry stream bed, a group of well-watered trees and cracks in rock bluffs. This is where you're headed.

Dry streams first because it's the easiest area to clean material from and discover where the quartz vein crossed. Quartz for some unknown reason attracts gold and silver. These veins that cross our desert in a very orderly fashion need to be located because the vein that played out at

Table Mountain could very well have loaded up on precious ore a few miles away. When you add in the factor of erosion over the past few hundred years you can almost hear someone yelling "Eureka!!!".

Now that you know the vein is heading eastbound you need to know where it's heading westbound because the vein is coming out of the bluff on the other side.

You can drive but must walk the last half mile to the mine entrance. You know the angle now and can easily surmise the direction of the vein heading towards the mountain. Repeat the process by looking into the distance, and seeing the obvious signs of the quartz vein. When your viewing thru your favorite binoculars and you think your seeing broken glass way out there in the distance, remember the spot.

**KEEP LOOKING DOWN,  
YOU JUST MIGHT END UP  
SMILING**



in. If the fissure you're studying now happened to roll to the south, towards Picture Rock Pass towards the very top that would indicate metal that was attracted to the sun. You are still miles away but your

been silted in but try to locate the vein of quartz and place your flag directly above on the bluff in plain view. On your way to the upper mine notice the huge rocks that were placed on top of even larger rocks that have light appearing under it. This is the most common Spanish Monuments.

Light under rocks is not natural. This area was under water at one time and would have been silted in. If these were indeed Spanish then these lodes haven't been touched in five hundred years. But bare in mind that the Mexican people were operating here legally for over eighty years. That's who John Fremont battled, his only military engagement on his trip Ana (Reservoir) Springs mines that were quartz veins. These veins of quartz all seem to be heading to Black Hills a dozen or so mile away.

As you enter the upper mine notice that there are no smoke stains anywhere. Where a chimney

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**RABIES CLINIC**



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**9:00 A.M. TO 12:00 P.M.**  
 LAKEVIEW ANIMAL HOSPITAL  
 18644 ROBERTA RD  
 LAKEVIEW, OREGON

**CHRISTMAS VALLEY COMMUNITY CENTER**  
**FEBRUARY 18, 2021 FROM 9:00 A.M. TO 11:00 A.M.**  
**PAISLEY COMMUNITY CENTER**  
**FEBRUARY 18, 2021 FROM 1:00 P.M. TO 3:00 P.M.**

*We will be offering a rabies vaccination for \$13.00 with no exam charge, also other Dog and Cat vaccinations at a discounted cost. CASH OR CHECKS ONLY!*

*We will not accept debit or credit cards! Questions please call (541) 947-3383*

**DOG LICENSE**  
**SENIOR CITIZEN \$5.00**  
**SPAYED/NEUTERED \$10.00**  
**NOT SPAYED/NEUTERED \$15.00**  
*(Must have proof of rabies shot in order to get a dog license!)*

**PLEASE REMEMBER THAT DOG LICENSE FEES DOUBLE THE 1ST OF MARCH!**  
**FOR MORE INFORMATION CALL (541) 947-6006**

**WINTER PET SAFETY TIPS**

*From the magazine Health Pet*

Thumbing through the Winter 2020 edition of Healthy Pet, I came across an article titled, "Winter Safety: seasonal precautions for your pet" by Robin Henry, in which much of what I knew was discussed but also there was much that was new to me. I am just highlighting some of this information for the benefit of all our pets.

Liquid potpourri and diffusers cause essential oils to settle on objects and pets and when licked can cause illness and also chemical burns in the mouth. Sugar alternatives, especially those containing Xylitol is extremely toxic to dogs. By the way peanut butter often contains this chemical. Alcohol, Marijuana and chocolate can all cause life-threatening reactions including seizures and abnormal heartbeat. The darker the chocolate and the smaller the dog, the more dangerous. Cats also suffer from chocolate poisoning. Grapes, raisins and macadamia nuts are all poisonous to pets.

When it comes to leftovers be ware of bones which if very hard can break teeth and when brittle can turn into sharp fragments that can cause choking, or internal damaged. And about all that fat and the trimmings - you can expect vomiting, diarrhea or even pancreatitis. Henry's rule of thumb, "If you wouldn't eat it, don't let your bet do so." She also noted that while leftovers such as stuffing may seem safe they frequently contain garlic and onions, both of which are toxic to dogs and cats -- even in small amounts.

Plants often are problematic. Poinsettias are only mildly toxic and usually only cause tummy upsets. However, plants such as mistletoe and holly can make pets ill, and lilies can cause lethal liver damage in cats..

Outside seasonal hazards can also be tracked inside so be diligent. Ice and Ice Melt can be harsh on paws. Booties work but if you dog doesn't like them then wipe paws off when you get inside. Antifreeze and Wiper fluid: Antifreeze has a sweet taste that may attract dogs and very little is needed to cause severe liver damage. Wiper fluid may cause seizures.

Another reminder. Cats may find the engine compartment a good place to get warm or in which to take shelter. Just knock on the hood before starting your car in cold weather. Here are two emergency numbers if you suspect poisoning: ASPCA Animal Poison Control Center (888-426-4435 and the Pet Poison Helpline at (855-764-7761). There may be a fee for the call, but the professional advise you receive may save your pet.

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# crossword

**Across**

- 1. Mast attachment
- 5. Greeting bearer
- 9. Stinging insects
- 14. Pokémon character #63
- 15. Water in Juárez
- 16. Alan or Adam of film
- 17. "Ode on a Grecian Urn," e.g.
- 19. Alpaca's cousin
- 20. Think about overnight
- 21. Suitcase ID
- 23. Feel sorry for
- 24. Lion's locks
- 25. \_\_\_-Lorraine
- 28. Warm up in the ring
- 30. Scrooge's epithet
- 33. Bold
- 34. Big blast of the '50s
- 35. Start of a long-distance call
- 36. Infuriates
- 37. Shipbuilding woods
- 38. ITAR-\_\_\_ (news agency)
- 39. Afternoon social
- 40. Viper or adder
- 41. Facial astringent targets
- 42. Establish, as a price
- 43. Wear a long face
- 44. Table tennis racket
- 45. Half hitch, e.g.
- 47. Child's plea
- 48. Fission fighter's slogan?
- 51. Sister of Apollo
- 55. Thumb \_\_\_ (hitchhike)
- 56. Relaxes for a bit
- 58. Deduce
- 59. Store door sign
- 60. Warning sign
- 61. Windblown soil
- 62. Nuisance
- 63. Musical pause

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

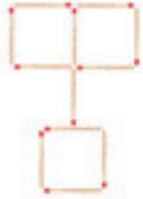
- |                                    |                              |                                    |
|------------------------------------|------------------------------|------------------------------------|
| 1. Fifth Avenue store              | 11. Kid's conveyance         | 31. Photographer Adams             |
| 2. Biblical brother                | 12. Fine cotton              | 32. Hermann who wrote "Siddhartha" |
| 3. "Dies ___" (Latin hymn)         | 13. Glitch                   | 47. Tortes and petits fours        |
| 4. Note excusing tardiness         | 18. Hot, on a Chinese menu   | 48. Surface to polish              |
| 5. "Breakfast at Tiffany's" author | 22. Accumulate               | 49. Yes-___ question               |
| 6. Serious suffering               | 25. Anxiety                  | 50. "Cut it out!"                  |
| 7. Street, in Montreal             | 26. Fisherman's boxful       | 52. Silent performer               |
| 8. "___ Yankees"                   | 27. Sirloin slicer           | 53. Folk singer Burl               |
| 9. Sam's Club parent company       | 28. Vampire killer           | 54. In the mail                    |
| 10. Senator Specter                | 29. Yappy dog, briefly       | 57. Copycat                        |
|                                    | 34. Jalopy                   |                                    |
|                                    | 37. Govt. debt instrument    |                                    |
|                                    | 38. Beyond fabulous          |                                    |
|                                    | 40. Backyard cooking devices |                                    |
|                                    | 41. Huffs and puffs          |                                    |
|                                    | 44. Orphan's lack            |                                    |
|                                    | 46. Artists' subjects        |                                    |

All Puzzle Solutions next month.

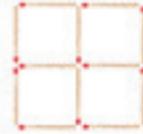
1. Move one matchstick to make a square.



2. Move six matches to make five squares.



3. Move two matchsticks to make six squares.



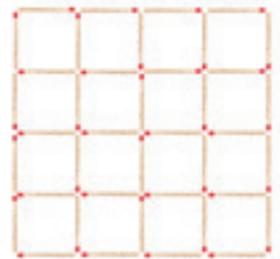
4. Take one away from seven matchsticks, then move two to leave zero.



5. Take away six matchsticks from the fifteen shown to leave ten.



6. Remove 9 matchsticks leaving no square of any size.



**MURDER MYSTERY**

## Friend Turned Foe

Amy goes to her friend, Maria's house, on a wintry evening only to find her dead. When the police learn about the incident, they question Amy how she found out. Amy says that she knocked on the door and rang the bell repeatedly. Since the light was on in one of the rooms, Amy knew Maria must be home and decided to look through the window.

The windows were frozen, so she breathed on the iced glass, and that's when she noticed Maria's body on the floor.

The police suspect Amy is the murderer. Are they correct? Or is it just one of those riddles with no definite answer?

### POSITION OPENING: DAY CARE PROVIDER

Your North Lake Health District is looking for a (preferred) licensed Day Care Provide to operate services in our annex building on Spruce Road, Christmas Valley.

Please leave a message @nlhd@ymail.com with your name and phone number and we will return your call within 5 to 7 business days to discuss details.

On 01/09/21, Deputies responded to a complaint of a restraining order violation. The suspect is an adult male, the victim is an adult female. After witnesses were interviewed the male was arrested of for violation of the order

On 01/20/2021, Deputies responded to the 8800 block of Cedar Ln regarding a violation of a Restraining Order. Deputies contacted the witness who reported the violation. The investigation determined the incident was a neighbor dispute where on neighbor has a restraining order against the owner of the adjacent property. The investigation also determined there was not violation of the restraining order.

On 01/20/21/ Deputies took a complaint of a theft from the intersection of Holiday and Summer Lane. There is no suspect information at the time of report. Ongoing.



## Sheriff's Report Submitted by Sheriff Michael Taylor

On 12/11/2020, Deputies were dispatched to a report of a possible burglary in the 86000 block of Christmas Valley Highway. The victim was contacted who said she received a phone call from her property caretaker stating there was someone in her house and the locks had been changed. The suspect was contacted who reported she had a court order stating the property was hers. The investigation has been forwarded to the DA's Office for review. Investigation is ongoing

On 12/12/ 2020 Deputies responded to a vehicle on it's top in the ditch on Old Lake Road approximately a half mile east of highway 31. There were no occupants of the vehicle present at the scene when Deputies arrived. Investigation is ongoing

On 12/12/2020, Deputies responded to a 911 report of an unattended death of a 94-year-old female. The investigation revealed no evidence of crime. The D.A. and Medical Examiner were notified. At the direction of the Medical Examiner the decedent was released to Desert Rose Funeral Home.

On 12/29/2020, Deputies responded to Paisley for a report of harassment. Deputies contacted the victim in the 600 block of Mill Street. The victim stated Seth Billick had pushed her and threw a partially full beer at her hitting her in the forehead. Billick was arrested for Probation Violation and Harassment and lodged in the Lake County Jail.

On 01/03/2020, Deputies responded to a call concerning a Motor Vehicle Crash on Arrow Gap Rd. The investigation revealed a motor home had run off the road and hit a power pole. The driver of the Motorhome was not injured in the crash. Investigation is ongoing

On 01/08/2021, Deputies were dispatched to a report of a rollover vehicle crash in the area of Bear Flat Road in Silver Lake. The investigation revealed the vehicle attempted to negotiate a corner coming down a hill and lost control, going off the side of the road. Photographs and an Oregon State Police Crash Report form will be included in the case file.

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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

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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 Rural Fire Dist - 2nd Mon at 7pm at Silver Lake Fire Hall



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