The Community Breeze

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

Published by Precision Mail Services



The Back Bar at the Ranchhand



thecommunitybreeze.com Visit us on-line

terryonitsway@aol.com

Christmas Valley is Growing

By Terry Crawford

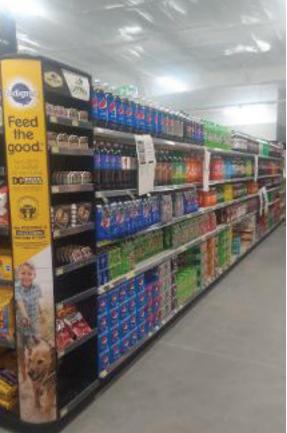
You know your on the map when Dollar General comes to town. The chain does its research before building - making sure the area has both the need and the customer base for one of their stores.

FEBRUARY 2022

Thursday, January 27th at 1 pm, saw the soft opening of the new Dollar General store -- fully stocked with a wide variety of food items including an expansive produce section. Store manager Rachelle says she is excited for the store and for the community and sees the addition of Dollar General as highly beneficial.

This store, designated a DG-21 features a new layout - and the Christmas Valley store is the first store in Oregon using the new design. It's bigger. Indeed it has more square footage than any other Dollar General store in Oregon.

Customers will discover there are 38 cooler doors - that in itself indicates just how wide range of products are to be found behind those doors. Additionally, the



store carries a broad range of non-consumables. Items such as home decor and party supplies, for example. Another new offering is the availability of self-checkout. I know this is a feature I will be using when shopping there.

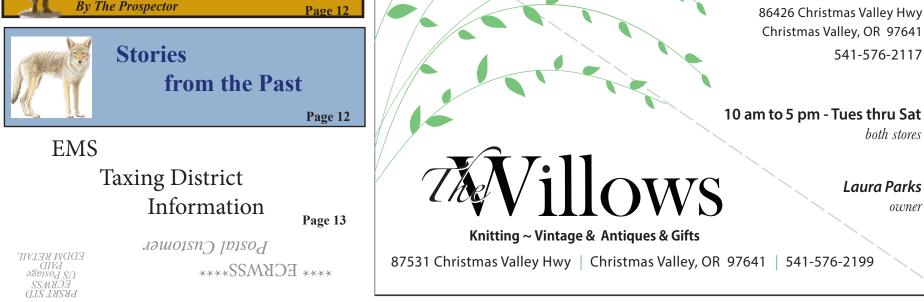
Are Christmas Valley and Lake County's north end ready for a Dollar General? The consensus based on the many folks I chatted with can be considered a strong yes.

Certainly there were voiced concerns about our local groceries and produce stand being negatively impacted, but even when stating their concerns they nevertheless believe the addition of the Dollar General will be good for Christmas Valley and the surrounding communities.

As one gentleman said, "This store is going to make my life a lot easier...I won't have to drive all the way to La Pine to shop, it's going to help me stretch my dollars."



owner



The Community Breeze January has been quite the ride in our neck of the By Terry Crawford is still

woods. The weather has been beyond interesting with bouts of super photo of it in time for this edition. The painting below is of my friend cold, then mild then freezing fog -for four days and then more mild days with really cold nights. My electric bill was way up - I just couldn't seem to get warm. Then I realized that I had left two heaters on in

the apartment without turning down their thermostats. I won't make that mistake again. All the animals are doing fine - they should be as the only ones living outside are the horses and they seem to think a very cold brisk day signals time for a gallop and play.

The end of this month has come far to quickly. I will have driven over to Portland to help my artist daughter Christa with her booth at the Pacific Northwest Endurance Riders Convention. She was invited to participate at the event because some of the riders in the

organization have seen her work and suggested she take advantage of the exposure this even offers.



I'm excited for her because she is my daughter and because she has an amazing artistic eye that captures action and emotion. Her watercolors she has done for me and daughter Jill are shown here but I am sharing a few of the other works that I think illustrate her talent and versatility. One of the things I find most interesting

about her paintings featuring horses is that Christa, unlike me and her sister Jill, is not a horse-a-holic, and yet she captures the essence of the horse.

Last Spring she attended a workshop on the Oregon coast and the one painting she shared with me is quite stunning.

Being the proud parent and having a newspaper gives me a little license to brag and share so I am adding a few more photos of her work. I

hope you enjoy them as much as I do. The painting of the three horses

If you are interested in receiving a COVID-19 vaccine, call Lilli at the Christmas Valley Annex ~ 541-576-2176 opt. 1 or LCPH at 541-947-6045

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

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

Deadline: The 20th the month

is still a work in progress but I won't have the final Holly and her mare. Again might be seen as static becomes alive with



ta's paintings are done from photographs and many of the works here were commissioned. She is pickey about her subjects and says that the picture needs to say something to her emotionally and will often request a client supply multiple images and let her decide which will provide the painting the client is hoping for.



the capturing of emotion. There is no way a viewer can miss the connection between the two.

One of my favorites is the work I call "Feet". It is just a fun little work that lways makes me smile. The majority of Chris-



If you are interested in commissioning a painting by Christa for yourself, a family member or a friend you can contact her via email at christsweers@gmail.com



MEET AND GREET Saturday, March 5, 2022 **5PM** Christmas Valley Boosters building 86962 Aspen Lane (right behind the post office)

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.

Debra-Kay Ann Brusatori 2/10/53 - 11/10/21

Debi passed away unexpectedly on November 10th 2021.

She will be missed greatly and leaves behind a Husband, a Sister and Brother, 6 children and 13 grandchildren.

Debi loved Jesus and was an avid christian in the community. She loved her chickens, dogs, cats and bird. She also enjoyed working in the garden and now she is wrapped in Jesus arms. Any donations will go towards funeral and other expenses and can be made to paypal link https://www.paypal.me/JBrusatori



From This Angle: Historians Lake County has been blessed with local historians who research

By Toni Bailie

memories of the past. Marie Lee diligently attends the collection at Lake County Museum and publishes information she discovers in the archives. Brenda Morgan is working on a history of settlers of the Chewaucan Valley. She spends hours digging through records at the county court house and museum. Patty Westgate has assembled pictures and accounts of Paisley's early days, displaying them in several collages at the Community Center.

My friend Carolyn Pottorff was a rich treasure trove of Paisley history, recalling the stories her grandmother Neva related when she was a child and doing her own research. We published those stories in "Colorful Characters From Paisley's Past" and performed a play based on her book.

Carolyn's great grandparents, Isabell and William Hayes McCall, moved from Silver Lake to Paisley and pre-

in 1905. They purchased the two story brick house on the corner of Mill and Stratton Street. The home was constructed in 1895 by Ernest serve the Stickles who

had established a brick yard in Paisley. Carolyn's grandfather Henry eloped to Lakeview with Neva Holder in 1911. Their

Marie Lee sharing a photo of her Great Grandparents father Chet daughters Audra and Ardith were born in that brick house where Carolyn lived after her retirement. Audra was named after a character in a Swedish novel and her sister after a Longfellow poem. "I come from a long line of readers," Carolyn said. She usually had several books going at once.

In the 1980s when we came to visit my parents in Paisley, I spent many hours hiking up the river. I became fascinated with old homestead cabins, imagining what it was like living in one of them, trying to make a go of farming and ranching. With my tape recorder, I collected reminiscences from

The Community Breeze

Paul and Tom Brattain, Johnny Branch, Mary Frances Harrison and Paul Aikens.

> Mary Frances'

Withers had a sheep ranch adjoining his homestead along the Chewaucan River near Ben Young Creek. She and her mother spent summers in the one-room cabin. One of their neighbors was Helen Strohm. She came from a wealthy family back east, but adapted to homestead life. She wore bib overalls, used rough language but was good hearted. She and her husband lived off the land, raising

Page 3 sheep and turkeys, fending off the coyotes.

Paul Aikens recalled Paisley's 1964 flood that washed away the weir. Up at the mill pond water was raging high behind a dam of trees and logs. Ernie Green, who couldn't swim, crawled out on logs over deep icy black water in driving rain, fastened chokers to one log after another so a tractor could pull them out.

I had discovered an old homestead house and barn on the edge of South Flat. The structures were obviously built by a master carpenter. Johnny Branch said the place was settled prior to 1920 by a man named LeVeque. There used to be a sawmill 5 miles south, sitting right on the meadow. Logging was done with horses, there was a big barn, cook house and bunk house. Johnny also told me about the Whitehouse place east of the Chewaucan River. I viewed the house and barn situated in a lovely aspen grove. Brenda Morgan tells about old Mr. Whitehouse forging up deep snow in Avery Canyon to the Morgan place to tell them his wife had died. Brenda's father was See Historians, Page 4.



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The Community Breeze

Christmas Valley Boosters Valentines Flower Sale



Saturday February 12 from 1-4 pm Sunday February 13 from 11am-3 pm Monday February 14 from 10am-4pm

At the Booster Building behind the Christmas Valley Post Office



SATURDAY, FEBRUARY 12, 2022 9:00 A.M. TO 12:00 P.M. LAKEVIEW ANIMAL HOSPITAL 18644 ROBERTA RD LAKEVIEW, OREGON

CHRISTMAS VALLEY COMMUNITY CENTER FEBRUARY 17, 2022 FROM 9:00 A.M. TO 11:00 A.M.

PAISLEY COMMUNITY CENTER FEBRUARY 17, 2022 FROM 1:00 P.M. TO 3:00 P.M.

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ROAD ADVISORY MEETING

THURSDAY, MARCH 3, 2022

10:00 AM

PAISLEY COMMUNITY CENTER, PAISLEY OREGON

PUBLIC WELCOME

Historians From page 3

a young boy at the time. He and his father hitched up a wagon and traversed the canyon to retrieve the body.

Paul Brattain was 9 years old when his grandfather Thomas Jefferson Brattain died. "My

ate the hay; more rails were added to the fence. In Bly, 2500 cattle died, cow carcasses were piled up against the fences.

Paul remembered when there was water in Silver Lake and down into the marshes. In winter when the lake froze Paul's father bundled him up, tied him to a chair, and towed him along as he skated across the ice. A canal across the valley to the Coglin house froze over in the winter. "We'd get on that iced over canal and come up it like a race horse," Paul said. Our hardy ancestors had the fortitude to cope with challenges that would seem daunting to us today. We are fortunate to have historians who preserve these chronicles.

P Care Proc

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 grandfather was always thinking about gold," Paul said. "Although he was a successful stock raiser, he'd go up in the hills and dig up a bag of rocks, crush them and pan them out. He put gold dust in little pill bottles. He had boxes of them after 39 years."

During the hard winter of 1889-90 it started snowing the last two weeks in January and snowed every day for six weeks. The snow drifted up 10 feet high, the stock walked right over the fences and

M. PENN PHILLIPS COMPANY



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.

Marie Lee

By Marie Lee

M. Penn Phillips was a real estate developer, a wheeler-dealer and a scalawag. He was called a charlatan in one article. His name may not be familiar to those who have lived in North Lake County for short amounts of time, but for those who have been around since the late 1950s and 1960s his name will probably never be forgotten. I broke in my writing fingers when I researched and wrote a college paper during the spring of 1962 about M. Penn Phillips' grand Christmas Valley promotion. I once had an ashtray with an inscription on the bottom: "Stolen from Christmas Valley Lodge."

Phillips was invested in more than one shaky real estate promotion before he invested in Christmas Valley. Prior to Lake County he was involved in a scheme on the edge of Salton Sea, California. He promoted his investment as the next "Riviera," and invited



wood personalities of the 1950s.) Most who showed up were real estate salesmen. On the opening day of sales, he sold lots that he purchased for under \$2 for \$3,000 making \$4.25 million in less than twenty-four hours. After selling his interest and the suspension of his California real estate license had ended, he turned his attention to North Lake County, Oregon.



Guy Lombardo, Jack Dempsey, Graucho Marx, Jerry Lewis and Frank Sinatra to attend boat races on the sea. (For younger folks, those names were A-List Holly-

His company bought over 72,000 acres of High-Desert country in an area that was previously known as Christmas Lake. He constructed a \$100,000 A-framed

We Love Sharing Your Submissions!!

As a monthly paper *The Community Breeze* is an avenue for

lodge, a nine-hole golf course, an airstrip, a small artificial lake and proceeded with an aggressive sales campaign. Phillips' salespeople predicted that Christmas Valley's

population would soon blossom to 5,000.

During this past week one of Phillips promotional brochures surfaced at Lake County Museum. Promises in-

cluded: "Rural living in an invigorating climate," Ride and share the fellowship of the range," "Raise cattle or crops-part-time or as full-time business."

His brochures never spouted actual untruths; they simply did not divulge the whole truth. "Water is plentiful," claimed the brochure, "Power (from Bonneville Dam) is cheap. And the soil is fertile. This is the rich heartland grazing cattle, sheep, horses, fields

the promise of bountiful game, neighboring lakes and streams, and promising that Christmas Valley was the very center of a rapidly-developing area.

Phillips was eventually charged with misrepresentation by the State of Oregon, as a result of lawsuits brought by discontented purchasers. M. Penn Phillips Co. ended corporate operations in 1970. He died in 1979 at the age of ninety-one in Southern California where he remained living in wealth and comfortable surroundings.

I don't pretend to know much about the economic conditions of North Lake County, but it is probably safe to say that indirectly his real estate venture did bring some of the vibrancy we see in



Christmas Valley today. During late spring and early summer when fields of alfalfa at are their peak, I enjoy a drive through North Lake County and I am amazed at what the desert does produce. M. Penn Philips didn't aim his land promotion scheme toward the right people-folks who have the right skills and determination to make the desert bloom.

Note: Some information in of Oregon. Everywhere you see the above was taken from an online article published by Venturi of alfalfa (5 and 6 tons per acre in on July 25, 2015, "Penn Phillips: two cuttings!), mint, a wide vari-Developer, Government Official, ety of crops." And on it went with Charlatan."

news and acts as a community forum where writers from throughout Lake County can share information, stories, history, art and so much more. The Community Breeze is open to all submissions as long as they do no harm. Opinions are welcome too as are letters to the editor.

We would enjoy seeing photos of artistic creations with stories about the artist. There is no doubt that a wealth of talented writers and artists live in the amazing Oregon Outback and we want to share their work with our readers.

The Breeze is posted on-line every month shortly after being printed and can be found by typing in: the community breeze.com. It's that simple. So tell your friends in the County's south end to check out what you have had published and invite them to become regular readers and contributors.

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

Christmas Valley/North Lake Chamber of Commerce

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 u for a couple of days. I took the opportunity to do a quick inspection of the Girls and to 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. I chose not to smoke the hives much as this stimulates the Girls to dive into the remaining stores.

I lost two hives to the cold weather, however the hive boxes still had several frames of capped honey.

It is always sad to when you loose 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.

I have also ordered three, five-frame hives to be picked up in mid May.

During January and into next month we should bee tending to repairs and the maintenance of our surplus hove bodies.

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

By Gary A. Brain Summer Lake Apiaries



I still have many to scrape and paint.

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. Many horse folks use honey as a poultice for cuts and fence mishaps.

Here is one recipe that is simple and effective:

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

1/2 cup lemon juice

Fun Honey Facts

Bees are the only insect in the world that make food that people can eat

Honey contains all of the substances needed to sustain life, including enzymes, water, minerals and vitamins

Eating honey can help you be smarter! It is the only food to contain 'pinocembrin' that is an antioxidant that improves brain function

One bee will only make 1/12 of a teaspoon on honey in its entire life

Many plants rely on insects like bees in order to be pollinated; which is why they provide nectar to say thanks

Lake County Road **Department is seeking** a Heavy Equipment **Operator**

Candidate must reside in North Lake County and will perform most work in the northern part of the county.

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The Community Breeze



Residents of Lake County, my name is Karen Morgan and I am announcing my candidacy for Lake County Commissioner, Position 3.

I was raised in rural Southern Oregon and highly value the farming and ranching, rural lifestyle. My family are multi-generational loggers, ranchers and farmers. We raise registered black Angus on our small ranch in Christmas Valley. I graduated from Ashland Senior High School in 1980 and have a B.A. in International Relations from the International University Europe in England. I am the mother of seven grown children and have six grandchildren.

My position as Office Manager of Christmas Valley Park and Recreation District and as Office Manager of North Lake Health District has enabled me to become familiar with some of the problems that face Lake County residents.

My 30 years of Risk Management and Contract Administration for Federal, State, municipality, and private sector land use, hazardous waste clean up and remediation, and handling complex commercial insurance claims, along with managing my own residential rental, logging, and farm/ranching businesses gives me the knowledge and experience for the decisions required for county government.

I am hard-working and I will be a strong advocate and a strong voice for all the residents of Lake County. My pledge to Lake County is to be dependable, to make informed decisions and to take action and follow through on those decisions and to put my heart into every effort at being a loyal and trusted County Commissioner for ALL of Lake County.

Showing up for, Speaking up for, Standing up for Lake County

Paid for by the committee to elect Karen Morgan for Lake County Commissioner.

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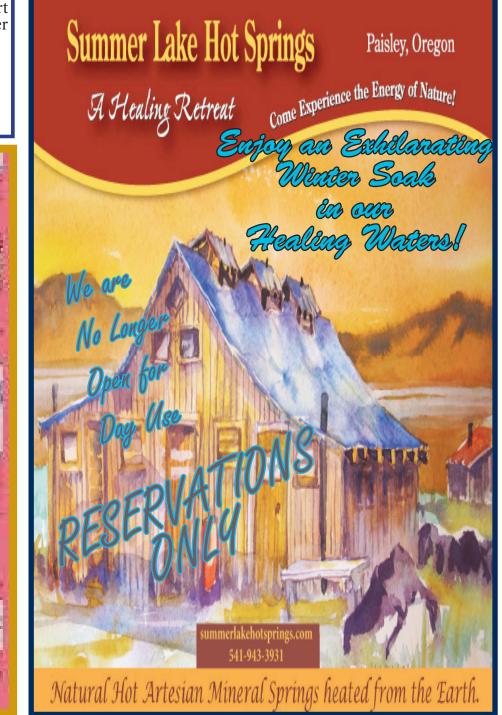
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ROASTED CHICKEN AND VEGGIES

This is such a pretty dish, good enough for company. Add a green salad and you have a complete meal that you don't have to babysit. Just assemble, put the pan in the oven and set the timer. Experiment with different veggies. It's the sauce that makes the dish!

Ingredients:

Sauce

3 TBSP lemon juice (Fresh gives best, brightest flavor)
2 TBSP balsamic vinegar
2 TBSP EVOO
1 tsp dried oregano (can use fresh)
1 tsp dried tarragon (again, can sub fresh)
1 tsp paprika
1/2 tsp sea salt
1/2 tsp fresh coarsely ground

(These ingredients can be doubled if you want extra sauce for drizzling) 2 red and/or yellow bell peppers cut into 1x2 inch pieces 1 lb of fresh or frozen Brussel sprouts (cut in half if large) **Optional**

1 large lemon thinly sliced 1/4 cup feta cheese crumbles (you can substitute parmesan cheese) 1/4 cup or more coarsely

chopped parsley, fresh or dried 1/4 cup green or Kalamata pitted olives halved or sliced

Preheat oven to 425° F and line a 10 x 15" rimmed baking sheet with foil for easy cleanup. (My oven runs a little hot so I roasted at 400° F)

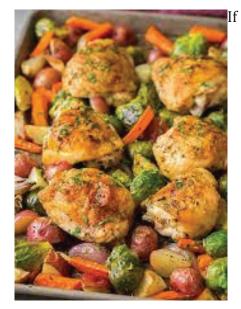
Bell Peppers, & Sprouts

Toss everything together to coat Arrange chicken pieces and veggies in a single layer on lined baking sheet

Scatter lemon slices over veggies, leaving chicken pieces uncovered so they will brown

Roast 55 minutes <u>or</u> until chicken and veggies are browned and chicken has reached 165° on instant read thermometer. Take a peek after 40 - 45 minutes

Garnish with Feta, parsley, olives



you use bottled lemon juice, a few shakes of Real Lemon Crystals will make the flavor pop!

for drizzling)

pepper

The Chicken & Vegies 4 Bone in, skin-on chicken thighs or equivalent chicken pieces,

(2-3 lbs)

1 lb baby potatoes, halved 1 red onion cut into 1x2 inch pieces (about a cup) **Putting it all together** Get all your veggies cut up per recipe Assemble all ingredients

Whisk together first eight ingredients in a large bowl Add Chicken, Potatoes, Onion, and black pepper

This recipe should feed 4 but it can easily be enlarged or reduced to accommodate a larger or smaller number of diners. This is good without the Feta and olives, but the lemon is a must have!

Enjoy the adventure!

A special shout-out to Marie Brain for taking time from her very busy schedule to share tried and true recipes with reader's of the Community Breeze. I especially appreciate her submissions because I am really not a very good cook - actually I don't even like to cook. It really is nice to know that I can go to the paper and find any number of easy to prepare and cook dishes for the occasions when I do have guests for dinner. Currently I am compiling a cookbook featuring all the recipe submissions that have appeared in the Breeze over the past 10 years.

RIVER S D



WE ARE IN NEED OF DRIVERS FOR OUR SPECIAL TRANSPORTATION PROGRAM

We are looking for volunteers willing to drive their own vehicles and provide rides for people for: appointments, shopping, and social outings.

We reimburse you mileage using the current IRS guidelines. You will need a reliable vehicle and are required to provide proof of a valid driver's license and insurance.

If you would like to be a part of our team please call us at 541 943 3551. We are a part of Lake County's Public Transit System.

COVID cases by county in Oregon

As of January 26, 2022 Lake County had 1221 recorded cases of the virus and the loss of 23 lives. Currently the county is seeing 30 to 50 new cases a week. We went from below 300 to the current number in just five months. When one looks at the statistics our county's numbers look pretty low compared to the rest of the state - excepting the extremely rural low-population counties. But that isn't doing the math.

Multnomah County with a high population density saw 12 percent of the population being reported as having had the virus. Well that same math shows our Lake County with 14 percent of our population having been infected. Of course that is only numbers for people who were treated or who tested positive. No doubt the number would be much higher if more testing were to be done.

This virus is going to be around for a while and hopefully as it mutates and morphs it will become less and less powerful.

I have visited with several people who have had COVID and

NORTH LAKE HEALTH DISTRICT **HEALTH CARE FEATURE OF THE MONTH**



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

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

He is a Board Certified diplomat of the American Board of Optometry. He is also a member of: The American Optometric Association; The Oregon Optometric Physicians Association and The Lane Optometric Society.

Dr. Arbow is a past president of the Eugene Jaycees and an active member of the Eugene Downtown Lions Club. For the past 20 years he has served as the Chairman of the Sight and Hearing Committee providing eye and hearing care for those in need. He was named a Helen Keller Benefactor by the Oregon Lions and has received the Spirit of Service Award by the Oregon Lion Foundation. He also serves on the Board of Directors for Eugene Hearing and Speech Center and chairs their foundation.

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

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

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.

many of them reported it was just as if they had a bad cold. However, others told me how horribly sick they were and how frightening it was to have their ability to breath highly compromised. And of course we have lost friends, family and acquaintances.

Hopefully the current predictions are accurate and the infection rate will begin to drop significantly in the next several months. Until then, it is up to each of us to do our part to limit the spread by self-isolating if we are exposed or if we are sick.

No one should be exposed by a person who stands in line with them, and then announces to those around him that he has COVID. That cost people work hours, missed appointments and more. Some of them were high risk and had been being very careful only to have this inconsiderate person find it humorous to move throughout his community, intentionally exposing them.

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 Paisly Dispatch:541-943-3551 Lakeview Dispatch - 541-947-4966 ext. 106

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



Board Members Alice Dinsdale Kathy Thompson Deanna Roberts Danial Miles Nathan Church

37520 Bay Street Christmas Valley, OR 97641

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

Mon \sim Thurs $9 \sim 5$

Services Offered Optometric Physician TIMOTHY ARBOW, O.D. By appointment: 541-544-9888

Chiropractic Physician HELMUT EICHNER, D.C. By appointment: 541-633-6563

Lake Health District **Mental Health**

JAMA NELSON, CADC-1 HAYLEY ROARK, LPC By appointment: 541-947-6021



NLHD Office Manager Karen Morgan: 541-576-2165

Psychiatric Care in Christmas Valley!

NOW OFFERING: Psychiatric Mental Health

- Depression
- PTSD
- Anxiety
- Substance Abuse
- Mood Disorders
- and more! •

As a Psychiatric Mental Health Nurse Practitioner, Kristina will be able to treat mental health issues by developing treatment plans, education, collaborating with the patients primary care provider and prescribing or adjusting medication as needed.

You DO NOT need to be a patient at LCHC to



Kristina Timmons DNP, FNP-c, PMHNP-bc

Kristina Timmons has provided primary medical care at La Pine Community Health Center since 2014. Though Kristina has valued

her time treating patients medical conditions, her passion lies in behavioral and mental health care and she has now received a Doctorate of Nursing Practice degree with a focus in Psychiatric Mental Health.

She will now be treating patients of all ages, addressing mental health concerns as part of our Behavioral

utilize this service.

Health team.

Your Christmas Valley Health Center! North Lake Health District Medical Center 87520 Bay Rd | Christmas Valley, OR 97641 LaPine Community Monday - Thursday | 8 a.m. - 5 p.m. HEALT Psychiatric Mental Health | 2nd & 4th Tuesday each month CENTER (541) 576-2343 or (541) 536-3435 www.lapinehealth.org

The Community Breeze



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.

The Dalton brothers -- Gratton (Grat) family with a lot Bill, Bob and Emmett (were sons of Adeline Younger Dalton (aunt of outlaws Cole and Jim Younger), were bond in Missouri. They were part of a large family that ultimate-

ly included fifteen children. The four mentioned Daltons' would go on to become the main members of one of the most brutal band of outlaws on the western frontier, the same did not hold true for their eleven siblings.

Their older brother was a highly respected deputy U.S. marshal who was killed in pursuit of whiskey runners in the Indian Territory near the Arkansas border. The other siblings achieved high respect in their endeavors. Remarkably the five daughters broke ground in areas that were previously considered 'male' occupations. Four of the women became Headmasters of colleges and special schools of higher education, but the fifth became involved with politics - particularly the Right for Women to Vote.

The Dalton's were a very tight

The Dalton Brothers

By the Prospector

of hugging and

affection between them when Lap, Furniture Dealers they gathered after being apart for a while. Perhaps in hopes of avenging their oldest brother's death, Grat, Bob and Emmett became lawmen. Bill, who moved to California, became a farmer. It didn't take long to become clear that law enforcement didn't suit the brothers. At age 19, Bob, now a deputy U.S. marshal, killed a man and declared he had done so in his official capacity. This was disputed.



Dalton gang members, Broadwell - Bob - Grat and Powers.

It was the undertaker at 'Lang &

and Undertakers' that raised the alarm. When the body was turned on its side, a round bullet-shaped hole was discovered at the nape of the neck, a revelation that tells a fearful story.

The dead man, Charley Montgomery, had been shot dead from behind and the undertaker announced there had been murder

> here -- revolting, cowardly murder.

Mr. Mont-Grat Dalton and **Bill Powers** gomery was seeing 'Bob's girl' and she decided to leave Bob without informing him. When asked what the boyfriend looked like the answer was that he had a rather prominent

nose with a large wart

John J Kloehr

Liveryman who

shot dead Bob &

The heroic

on the left side.

Bob Dalton had, for the past six months, had been head and

ears in love with the heartless coquette of a country lass, the sprightly, saucy, thoughtless Minnie Johnson. The stage was set for a change in direction.

Soon thereafter, bob and Emmett were accused of introducing alcohol into the Indian Territory. Later that same year, a charge was brought against Grat for horse stealing. This was the beginning of the Dalton Band, as they were known. Only a few years later in their hometown they were going to "best the James Gang by robbing two banks at once."

Riding their very well known

horses and dressed in their very well known clothes - wearing fake beards and straw under their hats for disguise. But by this time the outlaws had bounty's on their heads and everyone saw them go-See The Dalton Brothers pg. 13.



Every Sunday Tuesday





5% proceeds go to local Veterans Charities Applies to BrewNation Small, Medium, and Large Coffee Drinks only. Does not apply to Expresso Drinks. Offer valid

The Community Breeze

Old Man Coyote of Bunch Grass Butte **By Beckie Womack**



Several years ago we had a place at the sink outside of Christmas Valley, Just below Bunch Grass Butte and we ran our cattle there in the summer.

On day I saw a coyote out in the distance walking along the fence and going away from the house. I didn't think much about it at the time. Then one evening I had a bag of garbage and set it on the out-

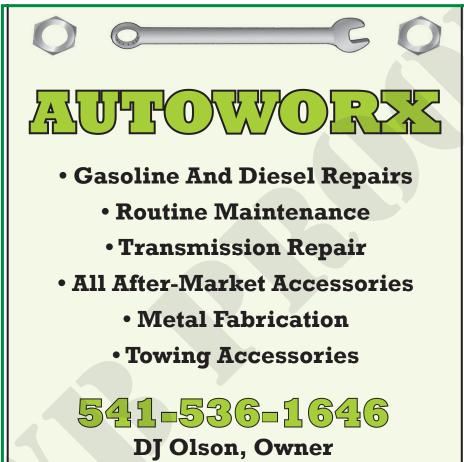
side porch. The next morning the bag was torn open and garbage was scattered all over the yard. I cleaned up the mess.

Several days later I had another sack of garbage on the outside porch. I had gotten up early that morning and I looked out the window and there was an Old coyote going through the garbage. I could tell that he was old. He looked bad, and I was sure his teeth were so bad that he couldn't hunt for himself anymore.

I pulled some old hamburger meat out of the freezer and set it out for him and some water too. I took hay and made beds for him in the sage brush, and he used them. I started buying cases of dog food for him and he even got steak at one point. I watched out for him. When he would go away for a few days I would go looking for him.

He got so gentle around me that each morning and evening I would call for him, "Come on Old Man," and here he would come. One day I had the yard gate open and he came right into the yard and walked about.

He stayed all summer but when fall came he started coming in later each night and one day my Old Man didn't come home.



Cold Winter Temperatures Are Still With Us

Here are some pet-care tips

https://www.avma.org/resources-tools/pet-owners/petcare/cold-weather-animal-safety

It's a good idea to like people, pets' cold pet to pet based on their activity level, and health. tolerance for cold weathingly. You will probably dog's walks in very cold



- Know the limits: Just tolerance can vary from coat, body fat stores, Be aware of your pet's er, and adjust accordneed to shorten your weather to protect you

both from weather-associated health risks. Arthritic and elderly pets may have more difficulty walking on snow and ice and may be more prone to slipping and falling. Be especially careful with very young and very old pets. If you need help determining your pet's temperature limits, consult your veterinarian.

Cats and dogs should be kept inside during cold weather. It's a common belief that dogs and cats are more resistant than people to cold weather because of their fur, but it's untrue. Like people, cats and dogs are susceptible to frostbite and hypothermia and should be kept inside. Longer-haired and thick-coated dog breeds, such as huskies and other dogs bred for colder climates, are more tolerant of cold weather; but no pet should be left outside for long periods in below-freezing weather.

Check the paws: Check your dog's paws frequently for signs of cold-weather injury or damage, such as cracked paw pads or bleeding. During a walk, a sudden lameness may be due to an injury or may be due to ice accumulation between his/her toes. You may be able to reduce the chance of iceball accumulation by clipping the hair between your dog's toes.

Play dress-up: If your dog has a short coat or seems bothered by the cold weather, consider a sweater or dog coat. Have several on hand, so you can use a dry sweater or coat each time your dog goes outside. Wet sweaters or coats can actually make your dog colder. Some pet owners also use booties to protect their dog's feet; if you choose to use them, make sure they fit properly.

Wipe down: During walks, your dog's feet, legs and belly may pick up deicers, antifreeze, or other chemicals that could be toxic. When you get back inside, wipe down (or wash) your pet's feet, legs and belly to remove these chemicals and reduce the risk that your dog will be poisoned after (s)he licks them off of his/her feet or fur. Consider using pet-safe deicers on your property to protect your pets and the others in your neighborhood.

Collar and chip: Many pets become lost in winter because snow and ice can hide recognizable scents that might normally help your pet find his/her way back home. Make sure your pet has a well-fitting collar with up-to-date identification and contact information. A microchip is a more permanent means of identification, but it's critical that you keep the registration up to date.

Stay home: Hot cars are a known threat to pets, but cold cars also pose significant risk to your pet's health. You're already familiar with how a car can rapidly cool down in cold weather; it becomes like a refrigerator, and can rapidly chill your pet.

Recognize problems: If your pet is whining, shivering, seems anxious, slows down or stops moving, seems weak, or starts looking for warm places to burrow, get them back inside quickly because they are showing signs of hypothermia. Frostbite is harder to detect, and may not be fully recognized until a few days after the damage is done. If you suspect your pet has hypothermia or frostbite, consult your veterinarian immediately.

The Dalton Brothers From page 13

ing into the banks. The hardware gunfight four citizens were killed store owner started handing out and three were wounded before brand new loaded Winchesters. the Dalton's were dropped. The There behind the counters, with enraged citizens of Coffeyville, interposing panels of glass and wickets of brass was a cashier with brains in his head. Charles Ball told Grat that the time-lock on the vault would not open for three more minutes." Grat's reply was, "We'll wait." Most bank robberies are over within minutes, but this little delay gave the town's people time to set up an ambush.

Kansas even shot Emmett Dalton several more times. Miraculously, Emmett lived and fully recovered to enjoy fourteen years in the Kansas penitentiary before being pardoned. It is interesting to note that the Dalton Gang's method of robbing a train was so successful that every train robbing gang in the west: Hole-in-the Wall Gang, Butch Cassidy and Sundance, the Black Jack Ketchum Gang, Kid Curry and more used the Dalton's method.

16605 Assembly Way, La Pine

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Give us a call at 541-480-0753 Or, email us at terryonitsway@aol.com

Our Ads are All Full Color

The Community Breeze Reaches More Than 1200 North Lake County Households Each Month

The vault was already open but no one cared to check. Leaving the bank with \$20,000 they ran into a hail of bullets. In the ensuing

The Community Breeze

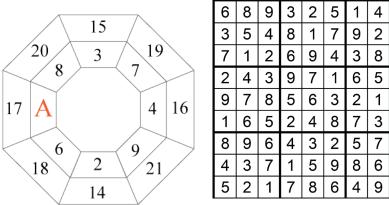
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Fun little Sudoku puzzle Solution



HONEY

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4	З	7	1	5	9	8	6	2
5	2	1	7	8	6	4	9	3

SWEETS

7

6

VALENTINE

Which 1-digit number replaces A in this puzzle

The answer is 5. The difference between the numbers in the inner and outer ring is 12. This means that A must be 5 in this math puzzle.

Business Directory



Public Meetings

CV Boosters - 2nd Mon at 6pm at Booster Building

FR/SL SWCD - 2nd Thurs at noon at Silver Lake Fire Hall

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 The Community Hall

CV Water Board - 2nd Wed at 6 pm at District office

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

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



The only thing you should worry about while driving, is where to next. Let North Lake Point S take care of the rest.



(541) 576-2032 86908 Christmas Valley Hwy www.PointSTire.com/NorthLake

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