

57334 Christmas Tree Road P.O. Box 184 Christmas Valley, Oregon 97641 Phone: 541-576-2216 Fax: 541-576-2272 desertwhispers@yahoo.com Volume 39 Issue 01



HAPPY NEW YEAR WELCOME TO 2019

Next Desert Whispers DEADLINE 7 DAYS PRIOR at 2:00 p.m.

DESERT WHISPERS

The intent of DESERT WHISPERS is to publish a variety of information from all aspects of life in North Lake County. We neither support nor condemn any ideas, creed, religion, custom, attitude, belief or law. Opinions expressed are not necessarily the opinions of the North Lake Park & Recreation District Board members, staff, personnel or advertisers. The North Lake Park & Recreation District is not responsible for errors in articles and/or ads submitted to be published without change. The North Lake Park & Recreation District Board of Directors reserves the right to reject any submitted material for any reason.

DESERT WHISPERS welcomes letters to the Editor. Letters should be printed or written clearly. Each letter <u>must be signed</u>. DESERT WHIS-PERS reserves the right to condense long letters or to edit for content. We will avoid this whenever possible. DESERT WHISPERS reserves the right to judge the acceptability of a letter in regards to vulgarities, profanities, or slanderous content.

Deadlines for *DESERT WHISPERS* are at least seven (7) Days before issue dates of the 1st and 15th of each month. Please have your ad or article to the *DESERT WHISPERS* office BEFORE the published deadline. If the ad or article is NOT received by 2 pm on the deadline, it may not make it into that issue. Ads and articles can be received by mail, by e-mail, or dropped off at the office.

- The Editor



Renting the Christmas Valley Community Hall

Park and Rec

The Christmas Valley Community Hall, located at 87345 Holly Lane, in Christmas Valley, is available for rent.

A refundable cleaning/damage deposit of \$50 is required for the rental of the building. The deposit will be returned if the building is left in the same (or better) condition as you found it.

At the conclusion of your event, if the heater in the main area of the hall is not turned down to 52° (as the instructions posted state), you will be billed \$9.00/hr for fuel, until the setting is corrected.

Call for availability: 541-576-2216.

DESERT WHISPERS is a twice-monthly publication of NORTH LAKE PARK & RECREATION

57334 Christmas Tree Rd. / P.O. Box 181 Christmas Valley, Oregon 97641 541-576-2216[рноме]

541-576-2272[FAX] DesertWhispers@yahoo.com CVParkandRec.org

North Lake Park and Recreation

Park & Rec Board Members

Ron Wilson	503-250-3134
Glenna Wade	541-576-2216
Barbara Ferrando	541-576-2140
Jack Mason	707-845-3372

Christmas Valley Park & Rec Office Open: Monday - Friday • 10 am - 2 pm

IMPORTANT NUMBERS

INFORMATION NUMBERS

Air Link (Emergency Dispatch)
All Link (Linergency Dispaten)
Air Link (Business Office)
A.A. (Central Oregon)
C.V. Fire Dept541-576-2212
or541-480-3979
Emergencies911
C.V. Post Office 541-576-2657
C.V. Water Supply 541-576-2090
Lake Co. Sheriff CV. 541-576-2781
Lake Co. Sheriff-Lakeview
State Police (Lakeview)
Midstate Electric 800-752-5935
NLC, EMS Business #541-576-2759
NL Health District 541-576-2165
NL Public Health 541-576-2115
New Beginnings (24hrs)
or 1-800-850-4838
St. Charles Hospital541-382-4321
Women's Crisis Center.

LANDFILL SCHEDULE

Christmas Valley (on Rainbow Road): Thursday - Saturday, 8:30 am - 4:30 pm Fort Rock (1.5 miles west of town): Sunday 9:00 am - 12:00 pm Paisley: Saturday 8:30 pm - 4:30 pm, Wednesday 12:00 pm - 4:30 pm Silver Lake: Sunday 1:00 pm - 4:00 pm

All transfer sites closed on: Easter, Thanksgiving & Christmas. Bring washers, dryers, stoves, etc., to the Christmas Valley Landfill ONLY for the North end. 541-417-1255 Volume: 39 Issue: 01 January 01, 2019

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Freedom of the Press

Christmas Valley Park and Rec Freedom of the press gives Christmas Valley Park and Recreation exclusive control over what we choose to publish in Desert Whispers, including <u>the right to refuse to print</u> <u>anything for any reason.</u>

LOCAL RESOURCES

FREE

Food, clothing, shoes, household items and more! Exchange items & donate. Wednesday-Friday, 10 am-3 pm **Praise The Lord Fellowship** 576-3079 • 35 NE Arrowhead CV Hwy to Snowflake, turn left on Arrowhead (come to NE corner)

DORCAS DEPOT THRIFT SHOP



All proceeds are used for needs in the community

On Aspen Lane next to Food Share 12 - 4 PM Wednesdays and Saturdays! Sponsored by Christmas Valley Community Church

> \$1.00 Bag Sale! Wed. Jan 30th

Lake County Public Transportation Operated by Lake Co. Senior Citizens Assoc.

January Lunch & Bus Schedule

LUNCHES: No Bus

Summer Lake Jan 8th Christmas Valley Jan 17th Summer Lake Jan 22nd

TRIPS:

Bend Jan 10th La Pine Jan. 16th (Please make appts. after 9:45 am & before 1:00 pm)

Call Debbie @ 541-480-3600 for a reservation on the bus.

Please be aware that schedule is subject to change

Veteran Medical trips available

Non Emergency Medical are available to those who have Medicaid, a medical appointment and qualify.

Please call Ecolane @ 877-875-4657 to see if you qualify.





January 01, 2019



Live Radio Programs On **KPAI Radio** Current Programming Schedule is

at: www.paisleyschooldistrict.com when you get in there you click on KPAI radio 103.1 FM on the left side.

When you get there choose

click here to listen.

The school has classes in radio so they are on the air at times through the day.

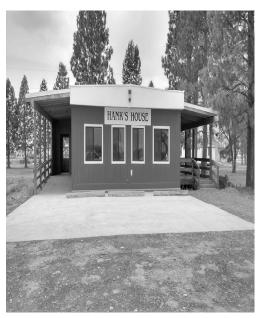


at the "Hank's House" 9:30 am - 3:00 pm \$4.00 each Bring a sack lunch and join us for a fun day. We are sorry we can not allow children due to liability. Karen: 541-576-2364 Sandie: 541-815-5683



Something to Think About

Well the temps are dropping below freezing now that winter is here. Be a friend and lend a hand to someone who needs wood to keep warm or maybe shovel the snow from the steps The Editor



How To Rent Hanks House: The Activity Center at the Outback Retirement Center, Inc. also called "Hanks House" in memory of our founder Mr. Hank Warkentin is now available to the public for private events. The fees are as follows:

Kitchen Only: \$50/day
Building w/Kitchen: \$100/day
Building Only: \$75/day
Long term use: To be determined by ORC Board as presented

 Additional Set-up day: \$30/day
 A \$100 refundable cleaning fee and proof of insurance will be required

To make reservations or to get additional information: Call 541-576-2225 or Email: outbackretirementcenter@gmail.com

To check out the online calendar to see if your date is open: https://www.outbackretirementcenter.org/events-calendar

Renting Hanks House is one way of supporting our mission of providing affordable housing for the elderly. Thank you for your support. Volume: 39 Issue: 01

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Library Kicker Country Dance Night January 5^{th,} 2018 At the Booster Hall

\$3 per person or \$5 per couple Doors open at 5pm for soups and snacks

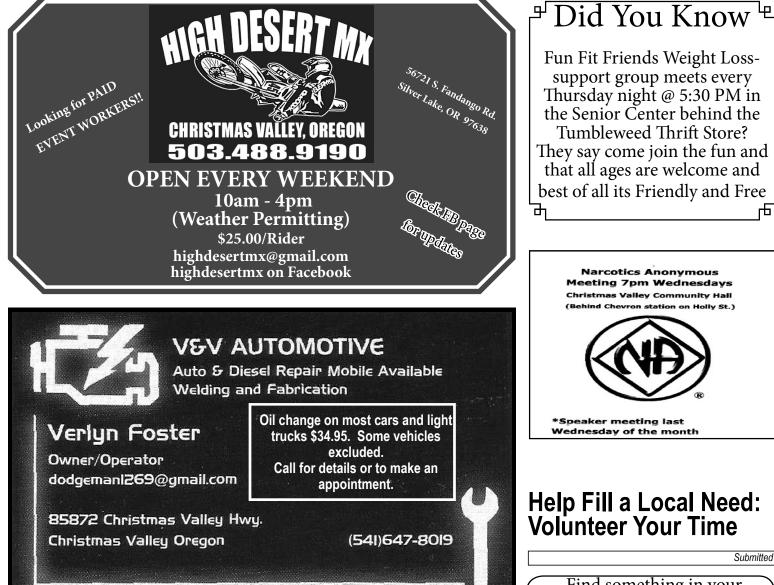
Dancing starts at 6pm Dancing ends at 9pm 13 and under must be accompanied by an adult Rides home must be picked up by 9:15pm

> Drug and alcohol free event First in a series of dances

Angel Forbes Jan 23rd Skyler Hays Jan 23rd Malachi Sickles Jan 23rd Amber Absher Jan 26th Jon Treber Jan 27th Claude Blackman Jan 28th Amy Conrad Jan 30th Leah G Willden Jan 30th Robert Young Jan 31st

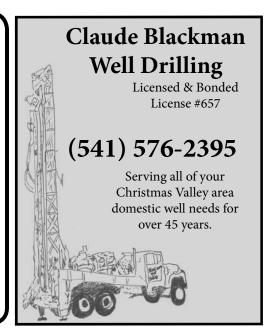
Happy 16th Birthday to Jacob Phillips Jan 21st

January 01, 2019



Keep Lake County Warm

You can drop off Clothes, shoes, blankets etc. at the Christmas Valley Library on Christmas Tree Road. The Library is open Tuesday, Thursday and Saturday. This is a Drop Off site only



Submitted

Find something in your community that suits you. This community primarily functions through volunteers. We have many new community members and this community can benefit from a little bit of your time. The many new community members tax the already over stretched, long standing volunteers that oil the works of the under supported needs of the north end communities.

If you have questions of how you can help feel free to contact me, Glenna Wade, via Facebook [glennasonly] and I can help you find an activity that suits you.

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Prices are valid during January 2019. All sales limited to stock on hand.



Christmas Valley Health Center!

La Pine Community Health Center 87520 Bay Rd Christmas Valley, OR 97641

> Monday-Thurs 8:00 am - 5:00 pm

> Priday 9:00 am - 4:00 pm

(Closed 12 pm - 1 pm for Lunch)

(541) 536-3435

- Family Medical Care
- Women's Health
- Men's Health
- Pediatric Care
- Preventative Services
- Behavioral Health
- Digital X-Rey
- Referrals to specialista
- Transportation assistance
- Dental vouchers
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Christmas Valley Light Parade

Photo by: Johnny Martinez and Nicole Forbes







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Dr. Natasha S. Rudd, N.D., L.Ac. Acupuncture, botanical medicine, Bowen Therapeutic Technique, Cranial Sacral Therapy, family health care, flower essence prescribing, general internal medicine, homeopathy, primary health care, personalized nutrition, shiatsu massage, stop smoking treatments, and vitality longevity evaluations.

Dr. Rudd is accepting new patients and referrals for patients seeking natural therapies. To schedule an appointment to be seen by Dr. Rudd at the North Lake Health District's Medical Complex, please call 541-385-6249. Outback Retirement Center, Inc. Board of Directors meets monthly on the 4th Mon. at 6 pm at the Outback Office.

ESPECIAL ANNOUNCEMENTS

Growers Meeting

- January 8th, 2019
- 8:00 am and ends with Lunch
- Chemical and Fertillizer
 Market updates
- Nitrogen Management in Alfalfa

 Financing Options
 Come look over our new facility,
 Enjoy good food and information.

Please R.S.V.P Larry (541)480-6819 or Adam (503) 949-6514

The Desert Whisper - Park and Recreation would like to wish you all a Very Happy New Year. We look forward to another year of great things to come for all of us in 2019. From our Family to Yours Happy New Year!!

Everyone at Sagewood Grocery would like to thank our generous customers who allowed us to be part of making Christmas a VERY MERRY ONE For some special families in the community!.

We hope the New Year is Fantastic for everyone!

Santa Stopped by our office and asked that we send Sagewood Market a BIG Thank you for donating the Candy Canes this year for him to hand out.

Thank you Sagewood Market!!! Sincerely,

Light Parade

A big Thank You goes out to all the Hearty Souls that Braved the cold so that we could enjoy our annual Christmas Light Parade.

The Light Parade began at KBE and Ended at the Christmas Valley Community Hall where everyone was invited to enjoy the presentation of the Light Parade Prizes. The Christmas Valley Boosters donated Cookies, Candy and Fruit for all to enjoy. Thank You Boosters

The Parade was Sponsored by the Christmas Valley Chamber who also set up the Hall, supplied the Hot Chocolate, Coffee and Donated the money for all prizes. A Special Thank You to the Chamber.

> Most Lights Mace, Anderson, Widenoja and Kroencke

> > Best Commercial Lights 1. Christmas Valley Market 2. North Lake Towing

Best Non Profit 1. New Life Fellowship 2. Christmas Valley Fireworks Fun

A Honorable try by the Christmas Valley Fire Department who worked so hard putting the amazing lights together only to have generator trouble this year.

We look forward to Seeing you All again next Year

Happy New Year!!!

From Ann's Salon & Sids Produce

Would like to wish everyone a Happy Healthy & Prosperous New Year

Ann and Sid

Happy New Year!!! We all are looking forward to a wonderful New Year and Hope to see you all Healthy and Happy as the New Year Arrives

From The Soup Kitchen & Bingo Group

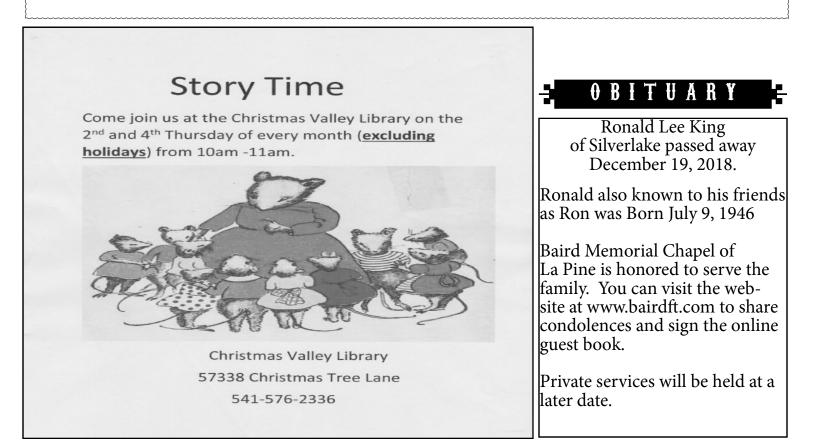
2019 New Year's Resolution

So many of us make New Year's resolutions to improve the quality of our lives only to find 2 or 3 months into the year we slip back into old habits. Your North Lake Health District is happy to offer you the resources you need to successfully win the battle with those self-destructive habits you'd like to shake.

When you step into the lobby of the La Pine Community Health Center you'll find an amazing variety of brochures to support healthier living. There are brochures on breaking free from abusive relationships, elder abuse and self-abuse. You'll also find support to help stop smoking, drinking or drug dependency. Other brochures offer information and referrals for men, women and children recovering from sexual violence. You'll also find information to help you if you are providing care for others and much more.

These brochures don't offer the magic cure, they are simply invitations for you to make positive changes in your life and they will only enhance your life when you make the choice to involve others. For a small community, Christmas Valley is blessed to have in our midst a wide variety of licensed professionals to help you, and if they can't, they can point you in the right direction. You can make an appointment with any of the medical professionals at the La Pine Community Health Center to help you make healthier choices in the new year. We also have private practitioners that provide support with mental health services or healthy, holistic living.

The bottom line is, most of us find we are more successful when we partner up! Having someone who is working with us, is invested in our welfare or to whom we hold ourselves accountable helps us stay on track. THIS year, when you make those resolutions, make sure one of them is to give yourself permission to ask for help in reaching your goals. You can do it, and we're here to help!



YOUR Meighborhood MARKET CHRISTMAS VALLEY MARKET

87497 Christmas Valley Hwy. - Christmas Valley, OR 97641 • 541-576-2200 Monday - Saturday 6:30 a.m. - 9:00 p.m. and Sunday 7:00 a.m. - 9:00 p.m.



items and prices subject to stock on hand. We reserve the right to limit sales to retail quantities.



January 01, 2019

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December 1980

BLAST FROM THE PAST

DESERT WHISPERS

MERRY CHRISTMAS

BUSINESS OF THE MONTH

The Trail Tavern is owned by Patch and Ava Parker. The Parkers, who moved to Christmas Valley from Bend in 1977, purchased the Trail Tavern from Paul, Elsie, Claude and Shirley Blackman. Patch and Ava lived in Bend for ten years where he worked for the City of Bend in the engineering Dept. Ava was employed by CBI Reporting and Collection Agency as a credit reporter and collector. She was with the firm for 16 years. Ava also worked as a fry cook and waitress at the D & D Club.

The Farkers have two sons. Cary is serving in the Air Force. He is stationed at Grand Forks, North Dakota where he is studying jet mechanics. Joe is attending high school in Madras where he is a member of the golf team and appears in the school dramatic productions.

Patch and Ava have been very active in Boy Scouts. One year between the two they held down 27 positions in Scouting.

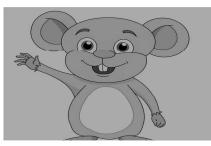
The Parkers moved to Christmas Valley because Bend was growing too fast and they liked the desert. They bought the Trail, Ava said, because it was the only thing available.

In August of 1979, Patch and Ava opened the Trail Restaurant next to the Tavern. They opened the Restaurant because there wasn't a full service in Christmas Valley at the time. Little did Ava realize at that time that she would soon be getting up and going to work at 4:00 AM.!!!

For good home cooked food and cold beer, drop in and see Patch and Ava at the Trail Tavern and Restaurant.

THE QUESN BEE

There will be a special Christmas Sale and drawing during the month of December at the Queen Bee. The December 8, The Queen Bee will have a special one day sale on Christmas gift items including Jewelry, perfume, stuffed animals, slippers, craft kits, etc. On that day patrons may start signing up for the Christmas gift drawing. On December 24 at 6 PM The Queen Bee will give away an Am-FM clock radio with alarm. You need not be present to win the prize.



Military Mouse here and we are doing this by the numbers:

1) I hope everyone had a beautiful and joyous Christmas—I risked life and limb to hang out at the Community Hall with Reverend Birch and the dinner she, the Conaway Nation, Praise the Lord Fellowship, and so many others worked to put together. There were no mouse presents, BUT I did get some yummy food scraps!!

2) PUT ON YOUR DANCING SHOES!! The Friends of the Library are having a country kicker dance/social/bake sale on January 5^{th.} The doors open at 5pm with soups, snacks, and assorted non-alcoholic drinks; the dancing begins at 6pm and goes until 9pm. 13 and younger must be accompanied by an adult, and anyone 14 and older requiring a ride home must be picked up by 9:15. The cost is \$3 per person or \$5 per couple.

3) CALLING ALL ARTISANS AND CRAFTERS!! February 15th and 16th is the Friends of the Library Annual Art Show...I am so excited because I love seeing all the art and talented people in our area!!! It is looking like we will have our first custom award ribbons, so get your projects going so you can show off your talent and we have lots to vote on—

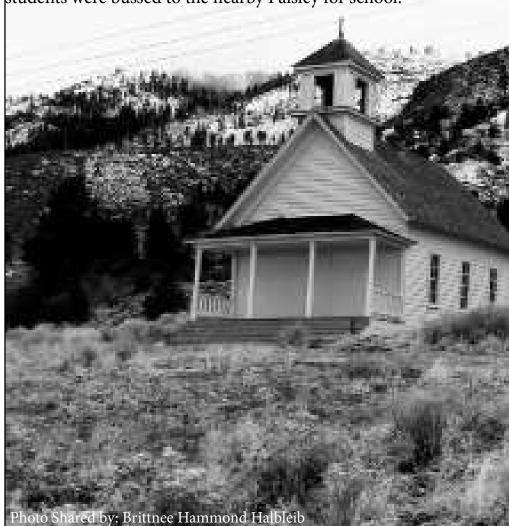
Military Mouse signing off--

Christmas Valley Park and Recreation would like to thank all the attendants of our last meeting. We look forward to working with many of those who were interested in forming special committees for special interests and projects.

If you are interested in these committees or interested in learning more, please feel free to submit a letter of interest to Park and Recreation.

If you are interested in donating to these projects all donations and ideas should be submitted through the Park and Recreation District. Thank you for your time and commitment , and we look forward to working with you!!

This picturesque one-room school was built in 1890 by the Harris family, who were pioneers in the Summer Lake area. The school operated until 1919 when shifting population forced its closure. It reopened in 1926 for another three years, but beginning in 1929 students were bussed to the nearby Paisley for school.



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TIRE, Inc.:

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PUBLIC MEETINGS

Christmas Valley Boosters: 2nd Monday @ 6:00 pm Booster's Building

Christmas Valley / North Lake Chamber of Commerce: Meets Quarterly Call for location: 541-576-3838

Christmas Valley Fire Board: 3rd Monday @ 7:00 pm CV Fire Hall

Christmas Valley Water Board: 2nd Wednesday @ 1:00 pm CV Community Hall

EMS: 2nd Thursday @ 7:00 pm EMS Building

Fort Rock Grange: 2nd Wednesday @ 6:30 pm Fort Rock Grange Hall, Potluck TBA. 541-576-2335

Fort Rock Historical Society: 2nd Tuesday @ 6:30 pm Homestead Museum

FR/SL SWCD: 541-947-5855

Lake Co. Commissioners: 1st & 3rd Wednesday @ 10 am Lake County Courthouse

Lake Co. Hay & Forage Association: 1st Thursday @ 6:00 pm Lodge at Summer Lake

North Lake Health District: 1st Monday @ 5:00 pm NL Health District Conf. Room

North Lake Park & Rec Board: 2nd Tuesday @ 9:00 am Park & Rec. office 541-576-2216

North Lake School Board: 2nd Monday @ 5:30 pm North Lake School Library

Silver Lake Lioness: 2nd Wednesday @ 10:00 am Silver Lake Fire Hall

Silver Lake Rural Fire District: 2nd Monday @ 7:00 pm Silver Lake Fire Hall

If you know of corrections, changes, or additions to this list, please call Park and Rec. at 541-576-2216. or email desertwhispers@yahoo.com

North Lake School Christmas Photos by: Rachel Joye and Laura Paolone















January 01, 2019

PUBLIC NOTICES

High Desert Rangeland Fire Protection Association 2019 Training calendar

High Desert Rangeland Fire Protection Association is a membership based association seeking members and volunteers. HRDFPA responded to 28 fires in 2018. HDRFPA protects over 1.7 million acres of private and mixed public land. All of our funding comes from memberships provided by landowners. To become a member or volunteer visit our website at hdrfpa.org or our Facebook page. You do not need to be a member to volunteer, but we are emphasizing training. We would like each volunteer to at a minimum attend a 6 hour RT-130 refresher training to respond on our equipment. We would prefer each volunteer attend a Basic 2 day fire training. Please RSVP on our website for the basic fire training or contact us to add an additional Basic class if needed. We have 17 pieces of equipment that needs volunteers to respond on, and members to support. Oregon law can hold landowners responsible for fire suppression costs that cross property boundaries. Members of HDRFPA are exempt from billing.

- RT-130 refresher January 5th 4:30 pm Paisley community center. Kevin Leehmann
- HDRFPA public board meeting January 12th 6:00pm Summer Lake lodge.
- Basic Fire Training January 26th&27th Paisley Community Center 9:00am instructor Marvin Vetters/Lakeview District BLM.
- RT- 130 Refresher January 19th 900am Summer Lake lodge Mark Hedrick
- RT-130 Refresher February 2nd 300pm Christmas Valley boosters Kevin Leehmann
- All member/volunteer training May 11th 900am Summer Lake HD RFPA lot.

North Lake School District #14 receives conditional \$3 million in construction grant

The State Legislature passed SB 447 in 2015. The law is entitled the Oregon School Capital Improvement Matching Program (OSCIM) and provides matching funds for construction upgrades to Oregon Schools. The program provides pools of money for priority schools and funds for schools selected through a lottery.

Priority schools are often aging schools and schools whose infrastructure is no longer in compliance with state and federal standards. The lottery schools are schools whose application is selected randomly.

After several attempts in the application process North Lake was selected in the lottery to receive \$3 million dollars for construction costs on classroom additions and upgrades. North Lake is also eligible for an additional \$1 million from the lottery pool if other variables are met.

These are matching funds. To receive the \$3 to \$4 million for upgrades to our school North Lake would have to successfully pass a bond of comparable size in May.

The North Lake Facilities Committee was formed in the 2015-16 school year consisting of community members representing all three of our communities (Fort Rock, Silver Lake and Christmas Valley) and have met multiple times to evaluate and assess the needs of our school. The Committee members (past and present) consist of: Mike House (Chair), Clayton Sharp, Cassie Pierson, Shelley Strong, Scott Duffner, Sonny Forman, Josiah Fritz, Darrell Krabill, Connie Ramage, Chad Waldron, Gail Buermann-Neumann, and David Kerr.

Through other grants the Committee has completed a Facilities Assessment, a Long Range Facilities Plan as well as a conceptual design that they will be presenting to the community in various forums and locations starting after the first of the year.

This is a great opportunity for our community and we look forward to sharing details of the project!

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Christmas Valley Market 87497 Christmas Valley Hwy. Christmas Valley, OR 97641 541-576-2200



Purchase a Chevron gift card and use it in the pumps to bypass the prepay wait!

Fuel Pumps are self serve after Market closes.

BACK IN THYME

by Linda McCoslin

Sinus Support Naturally #3

Fighting infections either acute or chronic often underlie sinusitis, Triggering the inflammation, immune response, and inappropriate mucus production. Researchers tested over 200 chronic sinusitis, finding 96 percent, had fungal cultures present. They then gave 51 chronic sufferers an anti fungal medication with 75 percent improvement and 35 percent no longer afflicted by the condition. A multifaceted approach may be more effective. Bacterial cultures were found also, as many as 3 to 5 simultaneous colonies. With a healthy diet and life style, steams, nasal rinses with saltwater, or salted antimicrobial teas, it is recommended you add antimicrobial herbs to you routine.

Yerba mansa (Anemopsis Californica). Helps clear excess "Catarrh", or mucus build up. It tones boggy mucosal lining while improving the flow and quality of secretions, and can be used internally as a tincture, or externally.

Berberine-rich Herbs

Organically cultivated golden seal, as well as Oregon grape root (Mahonia spp.) and barberry (berberine spp.), all contain "berberine," an alkaloid that has potent antimicrobial activity on contact, such as rinsing with a neti pot.

Bee Balm is a favorite, but oregano and thyme have similar properties and can be used interchangeably. They help move and disinfect the fluid and air spaces within the respiratory tract. Bee Balm makes a lovely steam, and it combines well with horehound and goldenrod when infections are present.

Choose a couple of the herbs mentioned that seem best for you needs, or combine them and hit your remedies pretty hard. Take them 2 to 5 times a day. As the symptoms resdue, gradually taper back to maintenance routine.

I hope this helps some of you get rid of sinus problems. Be Healthy!!

Onto another subject. I have found, in the Sagewood parking lot near the trees by highway, a mans large ring! If you have lost one please call me to identify =. You describe the ring and see if it is yours. 541-977-2902

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LOOK WHAT"S COOKING

Celebrate JANUARY Nourishment

ADAPT, CREATE, INSPIRE BY CRYSTAL COULTER

Snack-it-Up in the New Year

ChickPea Snack Mix	6			
Ingredient List: 2 low-sodium chickpeas (15 ounces) rinsed and drained 1 tablespoon coconut oil — melted 1 tablespoon pure maple syrup 1 teaspoon ground cinnamon 1 teaspoon kosher salt ½ cup raw pumpkin seeds	Bake for 10 minutes. Remove the chickpeas from the oven and drizzle with the coconut oil and maple syrup. Sprinkle with the cinnamon, and salt. Toss to evenly coat "the pan will be hot-be careful!"*, then return the chickpeas to the oven for an additional 10 minutes. Remove the pan from the oven once more and give it a			
 % cup raw almonds % cup pecan halves % cup dried cranberries % cup dark chocolate chips 	little shake to rotate the chickpeas. Add the seeds and almonds to the pan in a single layer. Continue baking until the nuts are toasty and the chickpeas are brown and crisp, about 8 to 10 additional minutes. Place the pan on a wire rack and let cool completely.			
Directions: Place oven rack in the center of your oven and preheat to 350°. Line a baking sheet with parchment paper and set aside. Drain chickpeas and lay on a double layer of paper towels, dry them very well, changing out the towels as needed. Remove any skins that come loose. Spread the chickpeas in a single layer on the prepared baking	Once the chickpeas and nuts are cool, add them to a serving bowl. Stir in the dried cranberries and dark chocolate chips. Divide into desired portions and store for later or munch immediately! Store for up to 1 week in an airtight container at room temperature.			
sheet. easoned Pretzels	2			
Ingredient List:	Directions:			
1 16 oz bag small pretzels 1 cup vegetable oil 1 tablespoon garlic salt 1 tablespoon dried dill weed 1 envelope (1 oz) ranch dressing mix	Pour the pretzels into a gallon-size zip top bag. In a small bowl stir together the oil, garlic salt, dill, and ranch dressing mix. Pour the mixture over the pretzels and seal the top. Shake to cover the pretzels in the seasoning, turning the bag every few hours, at least 6 times to get everything coated. Allow the pretzels to marinate overnight.			
rotein Powered No Bake Cookie				
Ingredient List:	Directions			
1 cup pure grade A maple syrup % cup unsweetened protein powder % cup unsweetened vanilla almond milk % cup coconut oil % cup creamy almond butter 1 tablespoon vanilla extract % teaspoon sea salt 4 cups rolled oats Chocolate Drizzle - 1 teaspoon coconut oil 1 cup semi sweet dairy free chocolate chips % teaspoon sea salt	In a saucepan, whisk together protein powder and maple syrup over medium low heat until combined. Add coconut oil and almond milk, whisking until fully incorporated. Add almond butter, salt, and vanilla extract, stirring until combined. Add oats, stir, and remove from heat. Line baking sheets with wax paper and drop batter by spoonfuls onto the sheets. Lightly press tops with a fork to flatten then place the baking sheets in fridge until cookies are set, about 45 minutes. Once cookies have hardened, make the chocolate drizzle. Melt coconut oil over low heat, stirring in the chocolate chips and salt until the mixture is melted and drippy Drizzle chocolate over tops of cookies using a spoon. Return to fridge until chocolate hardens - 10 minutes or less.Store in the freezer for a fudgy texture.			

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January 01, 2019





CLASSIFIEDS

FOR SALE

That Dragonfly Stuff is a locally made, all natural soothing balm available at: thatdragonflystuff.com or call (503) 882-5609 (MASSAGE OIL ALSO AVAILABLE) 26

1994 Jeep Cherokee lifted with Goodyear tires 4x4 4.0 straight 6 5spd \$1000.00 541-576-9141₂₅

Bicycle-Mongoose XR 200-7 speed with disc Brakes Excellent condition, rarely ridden. Can be boys or girls \$60.00 OBO 541-815-**5683**₂₅

1979 Winnebago Itasca Sundancer 20' motorhome. Completely remodeled, Sleeps 4 \$7395.00 Located between Bend & Sisters 541-480-0330 Bend.craigslist.org/rvs/6714468405. html₂₆

2-5 Gal Red Barn Paint, Stored in insulated room best offer 541-576-2237₂₆

iPhone 6S 64 GB \$200. (new reman. used for 2 months) 2011 iMac 27" desk top \$300 call or text 541-576-4802₂₆

1978 Chev. 3/4 ton Pickup bed trailer Metal box with side and back doors \$400.00 458-221-0407227

1948 GMC Silversides Bus Motorhome Conversion 35' Needs work to make run. Call for information \$8000.00 Part trade for truck 458-221-0407,77

15' Johnson Boat & Trailer, Seats 3 Center Steering 40hp Evenrude \$500.00 458-221-0407227

2001 Ford Escape 244,467K miles, Tires, Interior and body great, Engine needs replaced. \$500.00 541-408-2642

Kubota 175 tractor, 3 point hitch, PTo good rubber, diesel, runs good would be a great tractor to tow rotertiller, harrow, brush hog asking \$2500.00 OBO 541-536-3889 or 420-6215

2010 Ford Focus SE \$5500 OBO Excellent Condition with 56K miles 541-410-6366

Murphy Bed 8.5" tall 55 3/4" wide 15 1/2 deep \$850.00 541-576-2268

FIREWOOD

Firewood for sale. \$125.00 Pine rounds or Juniper rounds \$150.00 Call or Text Connor 541-508-6217

HAY FOR SALE

Grass Hay dirt free 80lb bales \$200 a Ton or \$8.00 a bale one ton minimum 541-576-2352,77

FOR RENT/LEASE

For Rent Larger office with private Bathroom, Handicap excessable. Call Shara 541-576-2772

FORT ROCK GRANGE Community hall is available for rent. There is a main hall with stage, rest rooms, and fully equipped kitchen. 541-576-2335

CHRISTMAS VALLEY COMMUNITY HALL for rent.desertwhispers@yahoo.com or 541-576-2216

REAL ESTATE

40 Acres off the Grid. Base of table rock east side, lots of Juniper trees, Nice View of the Valley \$32,000. 541-410-9621 or 541-576-2639₂₇

40 Acres South Oil Dry Road on Power and Pavement \$ 32,000.00 541-410-9621 or 541-576-2639₂₇ Baert Lake waterfront lot for home or rec-

reational cabin, all utilities in, fenced, gated, \$59,500 Call Dave @ 503-502-4662

5AC bare flat land, \$5000.00 OBO off Cook Rd. Great location 11 miles West of Christmas Valley, 2 Miles From School Call Rebekah or Wayne at 541-771-3748,

Christmas Valley 21.37ac \$20,000.0 obo Township 27 South Range 16 EWM Section 19 west one half Government Lot 1 Tax lot 800 Arrow Gap Rd. turn Bowens Rd. One Mile turn Left property starts next intersection 530-366-4424

WANTED

Family of five in need of running vehicle, Automatic, seats 5. Have low income so can pay very little. I am willing to work in exchange 415-385-8738,25

FLEECE: For making hats for cancer patients. Please drop off at the library. Thank you!₂₅

WANTED: YARN for free projects for the community. Can be left-overs. Thanks. Donna 541-576-2022.

In search of rental for my family of five. Need a 2 or 3 bedroom, have 3 children and large dog. Please text if you have anything or know anyone who does.

415-385-8738. Text only please.25

Wanted a small Camp Trailer 60's or older 16ft or smaller Fixer okay if not to bad, No Bathroom preferred Call 541-419-5870 or 541-447-5000 leave message

Looking for someone with the equipment to reposition a 40ft metal storage container in Fort Rock Area. Please call 541-733-2155 or 541-733-2869

SERVICES

Mobile Forklift Service: I will bring my Towable Forklift to you & Do the lifting up to 4K lbs. capacity. \$50 first hour \$35 thereafter 541-815-4004₂₄

SERVICES

Barlow solutions will get your RV ready for the hunting season give Terry a call at 541-5 76-4280 Terry can do maintenance on appliances, wheel bearings, water systems, roof repair, & more.25

SageBush Salon by Appt. only. Call Robin @541-576-4229. Men, Women & Children. Cuts, Color, Perms, Foils, Scalp Massaging Treatments, Great nourishment for your hair.

Triple-T Firewood, Yard work, Hog Mowing, Clean-up work, Brush Hauling \$35 a hr yard work, \$65 hr tractor work 2hr min. 2 man team. 541-408-4852₂₂

North Lake Towing & Service

AAA Service provided Doug Polhans-Owner Operator 541-771-6645

THE TINSEL TAILOR: Sewing/alterations shop in CV. Zipper replacement, knit or crochet repairs, general clothing repairs, reasonable rates. Hem jeans \$6 & up; slacks \$9 & up. 541-576-2022

Lawn Care and More: odd jobs, wood chopping/stacking, chainsaw, power washing, call Robbie 541-653-0682

Alora's Outback Cleaning - dependable and reputable cleaning services available for move in/out's, commercial, and residential properties. (541) 213-3309 261

Stephanie's Cleaning Services

Providing home cleaning & auto detailing. Basic cleaning services as well as deep cleaning. One time -weekly or monthly, can customize a schedule to meet your needs. Price based on job. 541-576-4461

Dog Grooming! over 30yrs experience w/ tons of references. Can only do dogs under 50 pounds. Call for Price and Appointments 541-420-2365

Mobile Shear Care Specializing in Salon Shears, Grooming and veterinarian Instruments Charlie 208-369-7227

HELP WANTED

Christmas Valley Fire is accepting applications for Fire Chief,

Desired qualifications-

FF1, FF2, NFPA instrutor 1, S110,130,190. ICS 100,200,300,700,800. Wildland FF1. Application period will be open January 1st through January 15th. Applications can be obtained by contacting the business office at 541-576-2640 A small stipen is provided to the chief of this small frontier volunteer fire dept.

Advertise in DESERT WHISPERS

Twice monthly issues are distributed, on the 1st and 15th, throughout the north end of Lake County, including Fort Rock, Christmas Valley, Silver Lake, Summer Lake and Paisley. Additionally, there are a growing number of subscribers, and many readers that see **DESERT WHISPERS** online.

The chart to the right outlines the cost for display advertising in DESERT WHISPERS. Organizations with 501(c)(3) status receive a discount. Printready artwork is appreciated. We can design your ad for an additional fee. Prices shown in the chart are per issue.

Deadlines are seven days prior to the publication date. IF space allows, ads may be accepted after the deadline for an additional \$15 fee. Email us at: desertwhispers@yahoo.com or call 541-576-2216 with questions.

SUBSCRIBE!

To receive 24 issues send \$27 to cover postage & handling to:

DESERT WHISPERS P.O. Box 181 Christmas Valley, OR 97641

Call 541-576-2216 or 541-576-2640 for more information.

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3 column x 10" (full page) \$80.00 (1 column = 2.5" width. 2 columns =	3 column x 10" (full page) \$120.00 = 5.25" width. 3 columns = 8.0" width)	

PUBLISHERS NOTICE:

All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise "any preference, limitations or discrimination based on race, color, religion, sex, handicap, familial status, marital status or national origin, or an intention to make such preference, limitation or discrimination. Familial status includes children under the age of 18 living with parents or legal custodians. pregnant women, and people securing custody of children under 18. This newspaper will not accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain about discrimination, call HUD toll free at 1-800-877-0246. The toll-free telephone number for the hearing impaired is 1-800-927-9275.

EREE Local Classified Ad Form (up to 35 words)

FREE CLASSIFIED AD POLICY

Please submit your ad in writing, either by e-mail or in person. DO NOT "call-in" your ad. You may run up to FIVE Free Classified Ads per issue but are limited to 35 words per ad. If you need more space, please purchase a DISPLAY ad.

All Free Classified Ads (FOR SALE, WANTED, SER-VICES, EMPLOYMENT, REAL ESTATE, RENTALS, ETC.) will run until your item sells or for SIX issues, whichever comes first. When your item sells please let us know so we can remove your ad. To have your ad continue beyond SIX issues you MUST re-submit your ad in writing, either by e-mail or in person.

To remove your ad please contact the North Lake Park and Recreation office by calling 541-576-2216 or by e-mail: office@desertwhispers@yahoo.com

These local classified ads are a Free service to the community. Adhering to the stated policy will help ensure this service can continue.

- Lisa Cooper, Editor

TREE Elocal Classified Ad Form (up to 55 Words)							
	YOUR NAME: YOUR PHONE:	our	This information is for our records and will not appear in the ad.				
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RI ACK & WHITE



suicidepreventionlifeline.org

SUICIDE WARNING SIGNS

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious, agitated or behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

Suicide Is Preventable. Call the Lifeline at: 1-800-273-TALK (8255).

Mommy & Me Group

Do you have a little one, age birth to three years old, who doesn't meet the requirements for Preschool on Tuesdays? You and your child are invited to join Mrs. Anthony on the first and third Thursdays of each month from 10:00 a.m. - 11:30 a.m. at the North Lake School annex building for a **Mommy and Me Play Group**. "We will be exploring our world around us through music, movement, and sensory play," says Mrs. Anthony. "We will also be doing **Make and Take** activities once a month that you can do with your kiddos at home."

If you have questions, please call Mrs. Anthony at 503-351-7855.₂

North Lake County Church Directory

Christmas Valley Community Church

Christmas Valley Seventh-day Adventist

Fort Rock Community Church

Free Church Of God

www.freechurchofgod.org True theology lies with the Apostles that Jesus, himself, trained and ordained.

Lutheran Bible Study and Worship

call for location/directions **541-576-2593** Pastor Peter Pagel of Faith Lutheran Church in La Pine leads a local meeting Tuesdays at 6:00pm

New Life Fellowship of Christmas Valley 87218 Glitter Lane

Praise The Lord Fellowship

35 NE Arrowhead Rd, CV...... 541-576-3079 Pastor: Rev. Suzan Burch/Fowler Assistant Pastor: Marvin Fowler Worship Gathering Sunday 11:00am followed by Potalatch (Blessing Meal) Song & Praise Sunday 4:00pm • Bible Study Wednesday 4:00pm • Prayer Saturday 4:00pm

Silver Lake Church of the Bible

Hwy 31, Silver Lake..... **541-576-2367** Pastor Leon Baker Sunday School 10:00am Morning Service 11:00am Second Sunday Potluck

Well in the Wilderness Church

Sunrise Circle, Christmas VIy **541-977-5296** Pastor Kerry Cardwell: 541-977-5296 Pastor Bon Puckett: 541-576-4765 Sunday School (for all ages) 9:45am Morning Worship 11:00am Wednesday night 6:00pm

Holy Family Catholic Church

57255 Fort Rock Rd 541-576-2415 Sundays at 3:30pm Contact - Mike & Laura House: 541-576-2415

The Konaway Nation

Council Meetings every 2nd. Saturday of each month at Noon at the Chief's home.

Potalatch to follow.

Call 541-576-3079 for info.

Rev. Suzan Burch will be teaching Coastal Jargon. This is one of 14 Native American trade languages. if interested, call 541-576-3079

SOBRIETY IN THE DESERT

FRIDAYS @ 5:00 PM ON THE BACK SIDE OF NORTH LAKE CLINIC 87520 BAY ROAD CHRISTMAS VALLEY, OR 97641



CV Community Church Sherry 541-576-4509 or Tim 541-977-4944

January 01, 2019



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Lakeview, OR 97630 541-947-2188 Volume: 39 Issue: 01

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