

January 15, 2022

Volume 42 Issue 2

DESERT WHISPERS



**57334 Christmas Tree Road
P.O. Box 181
Christmas Valley, Oregon 97641**

**Phone: 541-576-2216
Fax: 541-576-2272
desertwhispers@yahoo.com**

Photo © Rob Pettit

Next Desert Whispers DEADLINE
7 DAYS PRIOR
to publication on the 15th of the month.

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 Christmas Valley Park and Recreation District Board members, staff, personnel or advertisers. The Christmas Valley Park and Recreation District is not responsible for errors in articles and/or ads submitted to be published without change. The Christmas Valley Park and 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 **must be signed**. *DESERT WHISPERS* 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

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 Christmas Valley Park and Recreation for availability:
541-576-2216.

DESERT WHISPERS
is a bi-monthly publication of
CHRISTMAS VALLEY PARK and RECREATION

57334 Christmas Tree Rd. / P.O. Box 181
Christmas Valley, Oregon 97641

541-576-2216[PHONE]

541-576-2272[FAX]

DesertWhispers@yahoo.com
CVParkandRec.org

f CV Park and Recreation

Christmas Valley Park and Rec Board Members

Glenna Wade..... 541-576-2216

Shara Shumway.....541-480-6461

David Uran541-576-4177

Gary Kelso.....541-410-3621

Barbara Ferrando....650-455-0052

Christmas Valley Park and Rec Office
Open: Monday - Friday • 10 am - 2 pm
Closed all Holidays

IMPORTANT NUMBERS

INFORMATION NUMBERS

Emergencies	911
Air Link (Emergency Dispatch)	
.....	800-621-5433
Air Link (Business Office)	
.....	800-353-0497
A.A.A.(Central Oregon).....	
.....	541-548-0440
C.V. Fire Dept.....	541-576-2212
or.....	541-480-3979
C.V. Post Office	541-576-2657
C.V. Water District ...	541-576-2090
C.V. La Pine Com. Health Center....	
.....	541-576-2343
Lake Co. Sheriff CV..	541-576-2781
Lake Co. Sheriff-Lakeview	
.....	541-947-6027
State Police (Lakeview)	
.....	541-947-2267
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).....	
.....	541-576-3051
or.....	1-800-850-4838
St. Charles Hospital..	541-382-4321
Women's Crisis Center.	
.....	800-338-7590

LANDFILL SCHEDULE

Christmas Valley (on Rainbow Road):

Thursday - Saturday, 8:30 am - 4:30 pm

Closed for lunch between 12-12:30

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

North Lake Health District



87520 Bay Road, Christmas Valley

541-576-2165

NLHD Office Manager: Karen Morgan

LA PINE COMMUNITY HEALTH CENTER

541-576-2343

Optometric Physician
TIMOTHY ARBOW, O.D.

By appointment: 541-554-9888

Chiropractic Physician
HELMUT E. EICHNER, D.C.

By appointment: 541-633-6563

Lake Health District
Wellness Center

By appointment: 541-947-6021 ext. 4

JAMA NELSON, CAD-C-I

HAYLEY ROARK, LPC

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*

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Food, clothing, shoes,
household items and more!
We are open for you to browse,
exchange items and/or donate
Wednesday-Friday, 10 am-3 pm

Praise The Lord Fellowship

576-3079 • 35 NE Arrowhead

*Take CV Hwy to Snowflake, turn
left on Arrowhead
(come to NE corner)*

Food Share:

Third Tuesday
of every month.
9am-2pm
(closed 12-12:30)

Located next door
to Dorcas

NORTH LAKE COUNTY KIDS KORNER

Food Relief Outreach

87450 Spruce Lane
Christmas Valley, Oregon

541-410-3086

Open

**First and Third Saturdays of
the month; 11 a.m. - 2 p.m.**

*~ Serving the Youth of
North Lake County ~*

Lake County Public Transit Operated by Lake County Senior Citizens Association

Christmas Valley to La Pine
Shopping Shuttles are scheduled for
every Wednesday leaving from the
CV Community Center at 8 a.m.
Stops vary depending upon riders'
needs. Please call Linda at 541-947-
4966 ext. 106 to schedule. Bus fares
are *not* required, although donations
are accepted and encouraged for
shopping trips.

Routine Medical Trips:

- La Pine
- Bend
- Portland

Call our new Transportation
Coordinator, Linda, to be scheduled
to join any of these trips, or to in-
quire about additional trips as they
come in.

Promoting the health and safety of
all Lake County residents is our mis-
sion. We encourage seniors, those
with disabilities, and those who do
not have other access to safe trans-
portation to call us about availabil-
ity. Our vehicles are ADA-approved
for those with mobility aids, such as,
wheelchairs, walkers, etc.

Per OHA and ODOT requirements
under the COVID pandemic, rid-
ers and drivers are required to wear
masks or face coverings at all times.
Vehicles are disinfected between each
trip, and a 6 foot minimum distance
must be maintained between driver
and each rider-household at all times.

If you have OHP, please call:
EOCCO Ride Share at 877-875-4657
for non-emergency medical
transport.

CHRISTMAS VALLEY WEEKEND MARKET

at the Christmas Valley Community Hall

Soup Kitchen
Bake Sale

Friday & Saturday
FEBRUARY 4TH & 5TH
9AM-5PM

Biscuits & Gravy Chili
Cheese Nachos and
Hot Dogs!

Fine Jewelry • Electronics • Hand Crafted Items
and so much MORE!

Vendor Tables Available. \$5.00 per day.

For information call Barbara at 541-576-2140 or 650-455-0052



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Located on Old Lake Road
near the Seventh Day
Adventist Church.

For information call
Liz Ewell 541-410-5936

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CHRISTMAS VALLEY MINI STORAGE

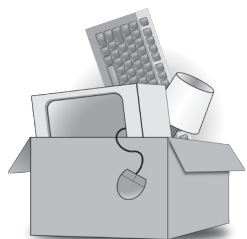
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12 x 20 \$80/month

20 x 24 \$100/month

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DESERT WHISPERS

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See subscription mail
in form in the back of
this issue.

10 Things You May Not Know About Martin Luther King Jr.

Explore 10 surprising facts about the civil rights leader.

by: CHRISTOPHER KLEIN

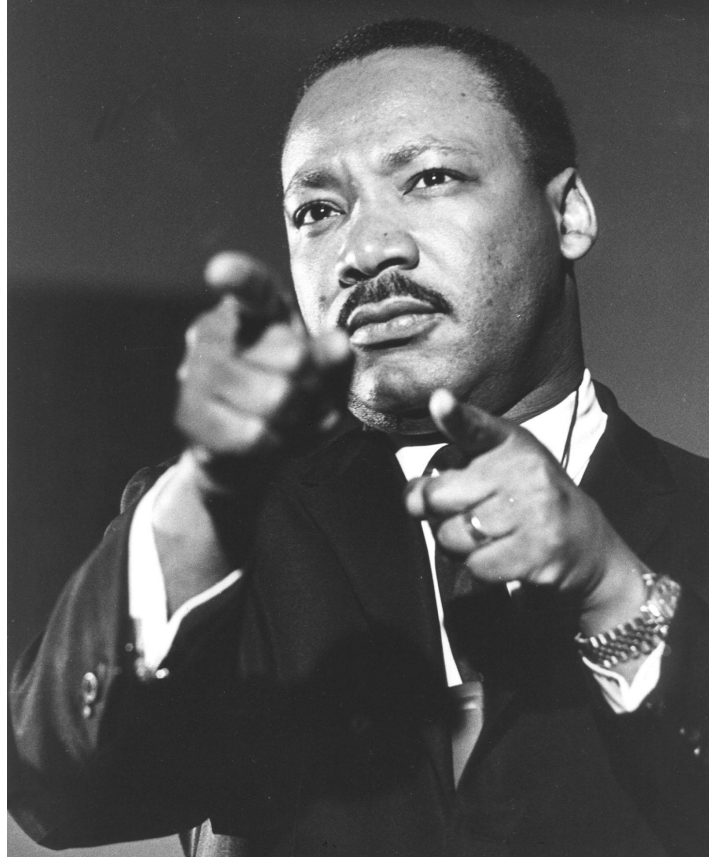
Baptist minister and social activist Dr. Martin Luther King, Jr. (1929-1968) dedicated his life to the non-violent struggle for justice in the United States. King's leadership played a pivotal role in ending entrenched segregation for African Americans and to the creation of the Civil Rights Act of 1964.

1. King's Birth Name Was Michael, Not Martin

King was born Michael King Jr. on January 15, 1929. In 1934, however, his father, a pastor at Atlanta's Ebenezer Baptist Church, traveled to Germany and became inspired by the Protestant Reformation leader Martin Luther. As a result, King Sr. changed his own name as well as that of his five-year-old son.

2. King Entered College At the Age of 15

King was such a gifted student that he skipped grades nine and 12 before enrolling in 1944 at Morehouse College, the alma mater of his father and maternal grandfather. Although he was the son, grandson and great-grandson of Baptist ministers, King did not intend to follow the family vocation until Morehouse president Benjamin E. Mays, a noted theologian, convinced him otherwise. King was ordained before



graduating college with a degree in sociology.

3. King Received His Doctorate in Systematic Theology

After earning a divinity degree from Pennsylvania's Crozer Theological Seminary, King attended graduate school at Boston University, where he received his Ph.D. degree in 1955. The title of his dissertation was "A Comparison of the Conceptions of God in the Thinking of Paul Tillich and Henry Nelson Wieman."

4. King's 'I Have a Dream' Speech Was Not His First At the Lincoln Memorial

Six years before his iconic ora-

tion at the March on Washington, King was among the civil rights leaders who spoke in the shadow of the Great Emancipator during the Prayer Pilgrimage for Freedom on May 17, 1957. Before a crowd estimated at between 15,000 and 30,000, King delivered his first national address on the topic of voting rights. His speech, in which he urged America to "give us the ballot," drew strong reviews and positioned him at the forefront of the civil rights leadership.

5. King Was Imprisoned Nearly 30 Times

According to the King Center, the civil rights leader went to jail 29 times. He was arrested for acts of civil disobedience and on trumped-up charges, such as when he was jailed in Montgomery, Alabama, in 1956 for driving 30 miles per hour in a 25-mile-per-hour zone.

6. King Narrowly Escaped an Assassination Attempt a Decade Before His Death

On September 20, 1958, King was in Harlem signing copies of his new book, *Stride Toward Freedom*, in Blumstein's department store when he was approached by Izola Ware Curry. The woman

Continued on Page 6.

asked if he was Martin Luther King Jr. After he said yes, Curry said, "I've been looking for you for five years," and she plunged a seven-inch letter opener into his chest. The tip of the blade came to rest alongside his aorta, and King underwent hours of delicate emergency surgery. Surgeons later told King that just one sneeze could have punctured the aorta and killed him. From his hospital bed where he convalesced for weeks, King issued a statement affirming his nonviolent principles and saying he felt no ill will toward his mentally ill attacker.

7. King's Last Public Speech Foretold His Death

King had come to Memphis in April 1968 to support the strike of the city's Black garbage workers, and in a speech on the night before his assassination, he told an audience at Mason Temple Church: "Like anybody, I would like to live a long life. Longevity has its place. But I'm not concerned about that now ... I've seen the Promised Land. I may not get there with you. But I want you to know tonight, that we, as a people, will get to the Promised Land. And I'm happy tonight. I'm not worried about anything. I'm not fearing any man. Mine eyes have seen the glory of the coming of the Lord."

8. Members of King's Family Did Not Believe James Earl Ray Acted Alone

Ray, a career criminal, pled guilty to King's assassination but later recanted. King's son Dexter met publicly with Ray in 1997 and argued for the case to be reopened. King's widow, Coretta, believed the Mafia and local, state and

federal government agencies were deeply involved in the murder. She praised the result of a 1999 civil trial in which a Memphis jury decided the assassination was the result of a conspiracy and that Ray was set up to take the blame. A U.S. Department of Justice investigation released in 2000 reported no evidence of a conspiracy.

9. King's Mother Was Also Slain By a Bullet

On June 30, 1974, as 69-year-old Alberta Williams King played the organ at a Sunday service inside Ebenezer Baptist Church, Marcus Wayne Chenault Jr. rose from the front pew, drew two pistols and began to fire shots. One of the bullets struck and killed King, who died steps from where her son had preached nonviolence. The deranged gunman said that Christians were his enemy and that although he had received divine instructions to kill King's father, who was in the congregation, he killed King's mother instead because she was closer. The shooting also left a church deacon dead. Chenault received a death penalty sentence that was later changed to life imprisonment, in part due to the King family's opposition to capital punishment.

10. George Washington and Abraham Lincoln Are the Only Other Americans to Have Had Their Birthdays Observed as a National Holiday

In 1983 President Ronald Reagan signed a bill that created a federal holiday to honor King. The holiday, first commemorated in 1986, is celebrated on the third Monday in January, close to the civil rights leader's January 15 birthday.

Thank You!

On behalf of the Christmas Valley Park and Recreation District, Barabara Ferrando, Board Member and organizer of the Christmas Valley Trunk-or-Treat, would like to thank everyone that made Trunk-or-Treat a great success in 2021!

A big thank you to Kenny LaPlant, Floweree Farms, for donating the straw and Frank Crocker, Jimmy Dodge, and Travis Scheel for doing such a wonderful job of decorating the Christmas Valley Committee Hall.



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.

Candidate will perform manual tasks and operate various heavy equipment in maintenance and construction of County roads and bridges.

High school diploma/GED; 5 years' experience preferred.

Must have a current Oregon Class A CDL and be able to pass a background check.

Full time, starting wage of \$20/ hour DOE – full benefits.

To apply, complete Lake County Job Application and return to Lake County Road Dept., 95574 Highway 140 West, Lakeview, OR
email to lakecoroad@co.lake.or.us by Friday, December 31st.

Applications can be downloaded from lakecountyor.org or picked up at the Road Department or courthouse.

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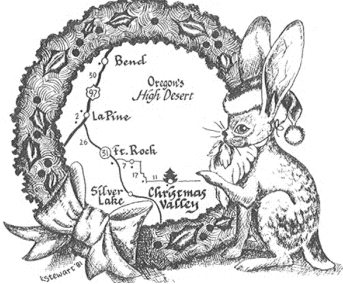
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Breakfast & Bouquets

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COMMUNITY MEETINGS

Christmas Valley Boosters

Invite you to our next meeting!



Second Monday at 6pm at
The Booster's Building
(On Aspen, behind the Post Office)
See you there!

**Place your
Community
Meeting
Here.**

SCHOOL BOARD

The North Lake School Board
meets on the second Monday
of each month at 5:30 p.m. in
the school library.

These meetings are open to the
public. Community members
who wish to address the board
may contact the superintendent
prior to the meeting or may
sign up at the board meeting
to speak to the board. A three-
minute time limit has been
established by board policy for
community members to
address the board.

Christmas Valley Boosters

Is not accepting used ink
cartridges or yard sale items.

Thank you for your past help.

Christmas Valley Park and Recreation

**Regular Board Meeting
will be held at the
Christmas Valley
Community Hall**

**Tuesday,
February 8, 2022,
at 9:00 a.m.**

Christmas Valley E.M.S.

**Regular Board Meeting
the second Wednesday
of every month
at 7 p.m. at the E.M.S.
building located on
Holly Street next to the
Water District Office.**

**Lake County
Board of Commissioners
513 Center Street
Lakeview, Oregon 97630**

**Work Session
Tuesday, January 18, 2022
9:00 a.m.**

**Regular Session
Wednesday, January 19, 2022
10:00 a.m.**

Christmas Valley Rural Fire Protection District


**Regular Board Meeting
the third Monday of
every month
at 7 p.m. at the
CVRFPD station
located at
58733 Holly Street.**

CHRISTMAS VALLEY DOMESTIC WATER DISTRICT

**REGULAR BOARD
MEETING
THE SECOND
WEDNESDAY OF EVERY
MONTH AT 6:00 P.M. AT
THE DISTRICT OFFICE
LOCATED AT
87379 HOLLY STREET
CHRISTMAS VALLEY**

**NLHD
Regular Board Meeting
will be held
Monday,
February 7, 2022
at 5:00 p.m.**

**at the District Office
87520 Bay Road**



Willows-West
Knitting & Flowers & More
86426 Christmas Valley Hwy
Christmas Valley, OR 97641
541-576-2117

HOLIDAY HOURS:
Nov. 26th through Christmas Eve
MON~SAT 10 a.m. - 5 p.m.
SUNDAY ~ 11 a.m. - 4 p.m.

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Laura Parks
owner

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Field Tech
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541-419-2875

Tristan Grassman
509-330-0297
Driver
Dave Watson
541-280-4160

Sales Associate
David Kerkenes
209-390-2062



at the Christmas Valley Community Hall
Twice a month on Thursdays at 5:30 pm

January 20, 2022
February 3 & 17, 2022
March 3 & 17, 2022

For More Information

Contact Barbara Ferrando (650) 455-0052

SOUP KITCHEN

Meals served
every Tuesday
11:30 a.m. to 1 p.m.

*closed on
November 24th
and
December 22nd & 29th*



at the
Christmas Valley
Community Hall

87345 Holly Street
Christmas Valley, OR

Volunteers and Donations are Welcome!
Contact Barbara Ferrando at (650) 455-0052

*Sponsored by
Christmas Valley Park and Recreation District*

Herbie Says,
"When All Else Fails
Read The Instructions!"

Matthew 5:16
Matthew 7:1-2
Ephesians 3:14-21
Ephesians 15:26-32
James 3:2
2 Peter 3:9



87164 Christmas Valley Hwy
Christmas Valley, Oregon
(541) 576-2500

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& Twinkie**

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Van Horn

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FRAN'S FUN AND GAMES



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 P T I J V L G A U P M K U N E C V G N W
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 E Q F O L Z L E D W A E V F A S M W R E
 G C N M X A U H F D U F D T R X R I S R
 M S A A S H B O B Z M H F H Y W H T E S
 F U X L S N O W I N G T O V C J G W T W
 S I S L P E F W O D M T S H O V E L A E
 R N W E V E Y R L N C L I I Z P X V K A
 E I O Y V R R O A O S L N E Z O R F S T
 T C U W A O C I C C L P G Q A Z A P E E
 A E O U M O L O F Y S T X I D N G U C R
 E T N C N A A G G A V A F Z N D W E I P
 H A L O P F N C F E W O O J W N J A G U
 J L E P M O Q G V Z F C E E T S S X X S
 Y R E P P I L S T S O R F M K C B P S M

BLANKET
 BLIZZARD
 BOOTS
 CHILLY
 COAT
 COLD
 DECEMBER
 FEBRUARY
 FIREPLACE
 FROST
 FROZEN
 GLOVES
 HEATER
 HOT COCOA
 ICE
 ICE SKATES
 ICICLE
 JANUARY
 MELT
 SCARF
 SHOVEL
 SKIING
 SLED
 SLIPPERY
 SNOWING
 SNOW BALL
 SNOWFLAKE
 SNOWMAN
 SWEATER
 WINTER

THE EVENTS OF THE LAKEVIEW CHAMBER OF COMMERCE ANNUAL GALA INCLUDED AN ANNOUNCEMENT OF LAKE COUNTY FAIRGROUNDS PLANS OF A FUTURE EVENT CENTER FACILITY

BY KAREN MORGAN

The Lakeview Chamber of Commerce did a tremendous job of hosting their annual Kentucky Derby themed Gala to present their annual community participation awards.

To lead off the awards ceremony Commissioner Mark Albertyson gave the blessing and then commenced with the announcement of the Lake County Fairgrounds final planning phase of four years of planning to reshape the existing Lake County Fairgrounds. The plan is to build a \$7 Million dollar Event Center, which will consist of a free span building with an arena for rodeo and other events. It will be spacious enough to have concession areas, and designated areas for 4-H and FFA exhibits.

Commissioner Albertyson said, "this facility will give kids and adults more opportunities."

Dustin Simms, a member of the fairgrounds committee, said the final planning stage is finding the funding for the project. He stated that the State has money allocated for Oregon's county fairgrounds and Lake County should see approximately \$250,000.

Lake County created a master plan for the Lake County Fairgrounds thanks to \$50,000 in Oregon Lottery proceeds



in 2019. These dollars were awarded through Business Oregon.

Simms said that they will try to pursue matching grants, perhaps loans, and perhaps a county-wide bond measure to finance the project.

He stated that there are cost cutting plans; such as to have the Lake County Roads Department do all of the necessary site preparation. These are just ideas that the committee has tossed around.

There is still much for the county to consider before embarking on this project.



Former County Commissioner Ken Kestner and Melanie Lasley, Lake County Commissioner's Administrative Assistant



Band Of Brothers Christmas Valley

Band of Brothers Breakfasts
every Thursday at 9 am
at Stockton Farm Market &
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President: Charles Brown

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Secretary: Glenna Wade

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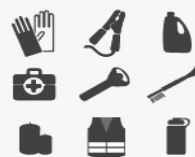
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**We invite you to celebrate with us as we dedicate
our new church building. All are welcome!**

Sunday, January 30, 2022

Dedication Service: 11:00 am

Open House: 12:30 pm - 3:30 pm

"The Lord has done great things
for us, and we are filled with joy."
Psalm 126:3



People...Products...Knowledge...

Growers Meeting

Wednesday, February 16, 2022, at 9:00 a.m.

Helena Agri - Enterprises
57764 Fossil Lake Rd
Christmas Valley, OR

Lunch will be catered by Lakeside Restaurant.

**~2 ODA pesticide credits available
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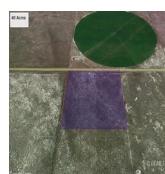
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#: 3006684
5 Acres
Lot 6400 Salt Flat Ln
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#: 3006765
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Christmas Valley, OR
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- Anxiety
- Mood Disorders
- PTSD
- Substance Abuse
- 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 utilize this service.



Kristina Timmons

DNP, FNP-c, PMHNP-bc

Kristina has provided primary medical care at La Pine Community Health Center since 2014. Though she has valued her time treating 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 treat patients of all ages, addressing mental health concerns as part of our Behavioral Health team.

Your Christmas Valley Health Center!

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

Monday - Thursday: 8 a.m. - 5 p.m. | Psychiatric Mental Health: 2nd & 4th Tuesday

(541) 536-3435 or (541) 576-2343 | www.lapinehealth.org



LaPine Community
**HEALTH
CENTER**

DOOR TO DOOR SURVEY UNDERWAY IN CHRISTMAS VALLEY

LAKEVIEW, Ore.—January 12, 2022— Residents in the Christmas Valley area may be getting a knock on their door for a very important reason. Local volunteers will be visiting door-to-door to follow up on mailed income surveys to Christmas Valley Water District residents and selected residents within 10 miles of the Christmas Valley Branch Library. A complete and accurate income survey is the first step of determining funding eligibility for improvements to the Christmas Valley Water District infrastructure and a new library facility. Income surveys must be collected from at least 80% of residents or selected residents for both projects in order to proceed.

The confidential survey is being conducted by staff at Portland State University. Every effort is being made to keep survey answers and respondents names separated. Survey answers are completely confidential. Completed surveys are returned to PSU in sealed envelopes so no local volunteers will see any survey responses. PSU will average all answers and only the averages will be shared.

“We know we are asking for information people may be uncomfortable sharing, but the benefit to the community from doing so has the potential to be huge,” said Library Director Amy Hutchinson. “If the income survey is completed and the library service area qualifies, building a new branch library for Christmas Valley within the next five years suddenly becomes a very real possibility,” said Hutchinson.

***Questions may be directed to Amy Hutchinson at the Main Library at 541-947-6019
or via email at amyh@lakecountylibrary.org.***

JOB OPPORTUNITY

*Lake County Youth Mentor Program
North Lake Program Assistant
15 hours/per month
\$13.55 to \$16.10/hour BOE*

Job Description

The Assistant will act as liaison between the people and communities of North Lake School District and the Lake County Youth Mentor Program office in Lakeview. The Assistant will be responsible for the recruitment, coordination, and oversight of adult volunteer mentors for team mentoring and Girl Talk. The Assistant will also plan and implement all activities for team mentoring and the Girl Talk curriculum with the assistance of Lakeview staff. A well-executed plan of communication is vital to a successful program.

Required Qualifications:

- high school diploma or equivalent*
- valid driver's license*
- familiarity with the people and communities that comprise North Lake School District*
- able to communicate effectively both verbally and in writing with a variety of individuals and organizations*
- ability to recruit adult volunteers and maintain regular contact to support and document mentoring activities*
- ability to work a flexible schedule to meet the needs of the program*
- successful completion of a criminal background and drug test; able to pass a drug test*

**For complete details and application go to <http://lakeesd.schooldesk.net/> or
call Donna Palmer at 1-877-947-2744**

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BACK IN THYME

Article by: Sean Krager

Wild Mint (*Mentha Arvensis*)

Hello, Christmas Valley area. This article I will be writing on wild mint.

While walking Silver Creek, Long Creek, Buck Creek, Sycan and Chewaucan rivers in my travels I run across little wild mint plants. Always a lovely smell in the air when you are around mint.

The name for mint was said to be inspired from a story in Greek Mythology. A nymph by the name of Minthe may have had an affair with Hades. Hades wife Percephone discovered the deception. She was said to have turned Minthe into a plant. Hence, the name mint. A plant where she would remain situated next to the river forever.

Wild mint belongs to the Lamiaceae Family. Lamiaceae is a heavily fragrant plant genus. The genus contains the well known spearmint, peppermint, chocolate mint and others.

Wild mints are native to most of the world. Different species live in different places, but mint grows everywhere in some form or other.

Mints are found next to creek beds. In shaded wooded areas close to pine needles and along rocky lake shores.

The plants grow to 45 cm generally. Square ribbed long stems

with serrated edges and deep veins.

From memosas to mint paste mint has been used in foods and teas for generations.

North American Indians made a cold brewed tea as a lotion for fever and flu. A poultice was applied to the chest for pneumonia. The tea was taken for stomach pain, swelling, headaches, and diarrhea. Leaves were used on rotting teeth for breath. The herbs were used in a bath for rheumatism. The tea was also used for eye trouble.

Valued medicinally as an antiseptic, anti-inflammatory, helps with too much gas in the digestion system, promotes menstrual flow, proper milk secretion for lactating women, tone the tummy, is a stimulant, and a bug repellent. Rats and mice also dislike the smell of mint. Used in houses strewn about for rodent repellent. Mint was spread about around the grain in granaries to keep rodents off of the grain. Used as a perfume to deodorize houses. Leaves were sprinkled on meat and berries as a bug repellent. Mint spray is used to destroy human scent.

Animal studies suggest mint kills bacteria and fights cancerous tumor cells.

Contra indications any member of the mint family should not be

used by pregnant women. In large doses can cause abortion.

Anyone with (GERD) Gastroesophageal reflux disease should not use because the mint causes stronger GERD issues. Is not soothing but is more agitating. Large quantities may be toxic. Do not apply oils to children's faces as may cause suffocation.

In my next article we will discuss giant or anise hyssop. Anise hyssop is an herb I came across by Baert Lake.

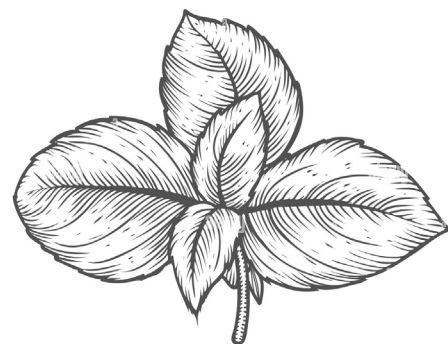
So, until the next exciting adventure in herbs see you next time.

Sincerely,

Sean

Have a nice beginning
of your year.

Info compiled from WebMd.com, Tree Landscape Company.com, Wildflower.org



Mint

Thank You!

Rev. Suzan Burch, Chief of the Konoway Nation and Overseer of the Praise the Lord Fellowship would like to thank everyone for all the help and support for all the celebrations in November and December 2021.

Words cannot express the extreme deep appreciation for all your help and kindness.

Thank you from the Konoway Nation and the Praise the Lord Fellowship,

Rev. Suzan Burch

Call the Local Guys FIRST!



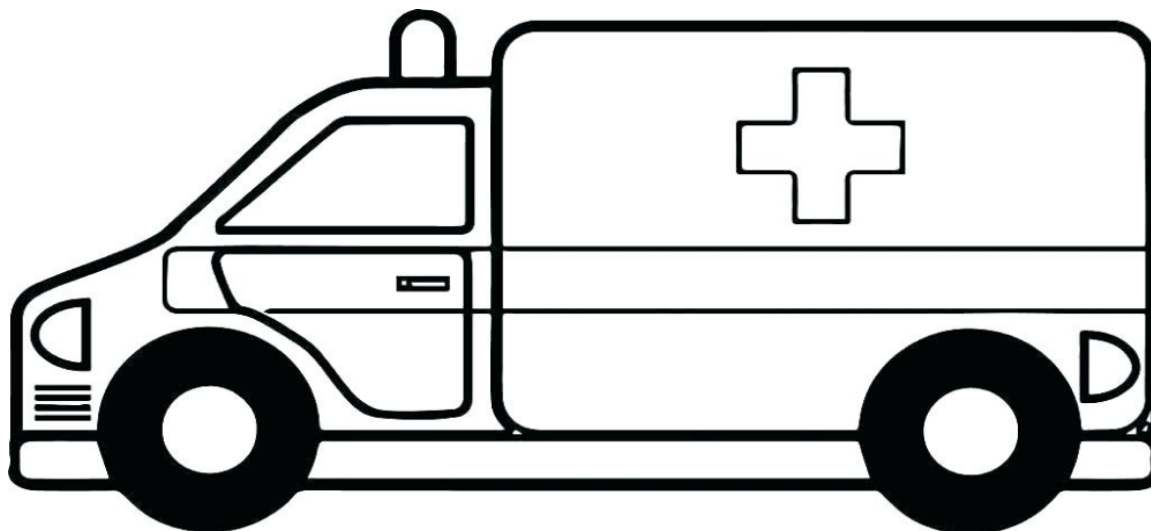
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Frontier volunteer agency seeks two (2) Oregon-licensed EMT's (or higher) to fill on-call positions.

Small stipend possible. Ideal position for online student or retired 'community-oriented' individual. Internet available for online course-work. Additional benefits negotiable.

Leave a message at 541-576-2759.

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Winter!

CLASSIFIEDS

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40' Diesel Motorhome, 1989 Executive on Gillig Wide Body Chassis. \$29,500 obo. Call 541-815-4004

For Sale: Chicken eggs for sale. Organic fed. \$3 a dz; Hatching eggs \$8 a dz.; Rex rabbits for sale. \$20 each. Breeding or meat. Call or text 541-576-4802

Generator for sale, 5500 Watt with 11 HP B&S engine. Recent service \$300 call 541-815-4004

Dell Laptop Latitude E5420 i3 2.5Ghz 4GB 250GB 14" DVD Win 10 Pro HDMI with MS OFFICE \$179.00. Call 541-815-4004.

For Sale: set of 4 firestone tires 225/60R17 lot of tread \$100 541-576-2022

For Sale: D7F Caterpillar, 84 Pete Big Cam 4 axle, International 10 wheeler FB, Call for pricing: Spence (541) 576-3595

GE electric 4 coil burner range with oven. \$100. 541-576-2236

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Four each Michelin Tires on 5-hole wheels 225/50R17. \$400.00 Call 541-821-8307

For Sale: Pro-Tech 10" Bench Saw, very good condition \$50.00; 2-New Life Vests for boating, adult sized \$40.00 for both. Goat milking station-21.5" wide X 55" long, all wood built with wood screws, very good condition. Very heavy, U load, U haul. \$75.00 NO HOLDS Call: 541-706-1860 - Leave message.

FOR SALE: Seasoned Firewood. Will Deliver. Oak and Madrone. Will trade for hay. \$450.00 per cord, \$250 per half cord, \$150.00 per quarter cord. Call to set up delivery 541-671-6072



HELP WANTED

Please contact the Silver Lake cafe and bar if you have experience in cooking, waitressing, and bartending. Please come to the cafe and fill out an application if you have experience.



WANTED

Wanted yarn for making hats and afghans for the children at Ronald McDonald House. To make donations call 541-576-2022

BUSINESS FOR SALE

For Sale: Silver Lake Cafe' & Bar, house, shop, store room, stables and tack room on over 5 acres of property. Please call 805-990-8592 and leave your contact information for Maria.

FOR RENT/LEASE

Vacation Home on the Golf Course for rent. Call for details and pricing. 541-419-2826

SMALL CONFERENCE ROOM for Meetings, Depositions, for rent call 541-480-6461

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20 Acres Industrial property on Rainbow, south of batch plant. Needs cleaning up. \$60,000. Call or text (541) 420-3587

Three adjoining parcels at the corner of North Oil Dri Road and Salt Flat Road. Two twenties and an eighty. \$95,000 (707) 815-8614

4.2 Acres on Old Lake Road \$14,500; 3.34 Acres on Rose Lane near the Black Hills \$14,500; 2 one acre parcels on Chinook Road \$3,500 each - - - Call 541-306-1983

1.63 Acres in the town of Silverlake, OR \$22,500.00 - Surveyed N.E. corner of First Street and Mahogany Street; Tax Lot #802. Driveway constructed South edge extending West 208.96 feet length and width 25 feet North. Call 503-366-4424

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Peters Creek will open March 1st. Remote Camping, RV Hookups, on the Oregon Desert Trail, Shed hunters discount. 541-225-8839

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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 Life-line at:
1-800-273-TALK (8255).

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North Lake County Church Directory

Christmas Valley Community Church

87921 Christmas Vly Hwy **541-576-2757**
Interim Pastor: Greg Melendes
Youth Leader: Fred Chugg
www.christmasvalleycommunitychurch.com
Sunday School 9:45am
Morning Worship 10:45am
Youth Group Wednesday @ 7:00pm

Christmas Valley Seventh-day Adventist

Old Lake Rd & Sunrise Circle.....
mssg. phone.....**541-306-0384**
www.bibleinfo.com
Sabbath School 9:30am
Sabbath Worship 11:00am Saturdays
Midweek Bible Study & Worship 6:00pm

Fort Rock Community Church

Downtown Fort Rock **541-576-2888**
Pastor: Jeremy Warkentin
Sunday School 9:45am
Sunday Morning Worship 11:00am
3rd Sunday Potluck
Saturday Men's Breakfast at 7:00am

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

CHRISTADELPHIANS

A non-Trinitarian Christian group patterned after the early Christian church;
INFORMATION: 541-815- 4004

New Life Fellowship of Christmas Valley

87218 Glitter Lane
Pastor: Doug Polhans**541-591-4067**
Visit us on FACEBOOK
Sunday School 9:30am
Sunday Worship 11:00am & 6:00pm

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 Vly **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 **541-536-3571**
Paster Fr. Paul Antao, SDB
Reconciliation:Sundays at 2:50 - 3:15 pm
Weekend Mass: Sundays at 3:30 pm
Contact - Mike & Laura House: 541-576-2415

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HOTLINE

1-800-799-SAFE (7233)

NARCOTICS ANONYMOUS
Meeting 6:30 pm Wednesdays
Christmas Valley Community Hall
(Behind Chevron station turn right
on Holly Street.)



Literature Study

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.

Celebrate Recovery

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CV Community Church
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