

Local

Winter pampering recipes!



Homemade Goodness
By Eileen Driver

Winter is here with a vengeance! As I write this it's snowing hard and I have no desire to venture forth into the world.

So let's have a day of pampering ourselves instead.

Everyone needs a day all about us every once in awhile, it helps us be ready for whatever life throws at us.

Let's start off by putting some great food in the crock pot so we don't have to worry about dinner while we are being indulgent.

Slow Cooker Jambalaya

1 lb smoked sausage, sliced
1 large onion, chopped
1 bell pepper, chopped
1 1/2 cups chopped celery
4 cloves garlic, minced
28 oz can diced tomatoes
5 cups chicken broth
2 Tablespoons olive oil
1/4 cup chopped parsley
1 Tablespoon fresh thyme
1 teaspoon salt
3/4 teaspoon pepper
1/4 teaspoon cayenne pepper
1 1/2 lbs raw shrimp
2 cups long grain rice
Place all of the ingredi-

ents, except the rice and shrimp, into the slow cooker.

Stir together and cook on low for 6-7 hours. About 45 minutes before dinner time, add the rice and shrimp, stirring to completely cover rice, and cook on high for another 30-40 minutes till rice

is done.

All we will need is a green salad and some garlic bread and dinner is ready. So let's get to pampering. This weather is not conducive to keeping our skin beautiful so let's give it some help.

Honey-Almond Facial Scrub

2 tablespoons finely ground almonds
4 tablespoons oats
2 tablespoons honey
2 tablespoons lemon juice

Put the ingredient in a blender and blend on low speed until a thick oatmeal like consistency.

Gently rub on skin and leave on for 5 minutes, then rinse with warm water.

This can be stored in the fridge for a few weeks.

If you have sensitive skin and don't need as much exfoliating you can leave out the almond and it still works great.

The honey is very hydrating and has antibacterial and healing properties.

Oats not only exfoliate but soothe and heal acne, windburned skin and dry, flaky skin as well.

The lemon juice has vitamin C and alpha hydroxy acids so our skin is going to feel really good.

I have never known what toners were for so I didn't use them but this one made me change my mind.

Toners give you cleaner skin, reduce oil output and give you smaller looking pores.

Since this one is all natural what could be better and it's green, one of my favorite colors.

Cucumber Honey Toner

1 cucumber
2 teaspoons honey
Puree the cucumber in a blender. Strain it and collect the juice. Add the honey to the juice and mix together. Pour mixture into a bottle with a lid. Store in refrigerator for about a week.

Apply toner on the face and neck with a cotton ball or pad morning and evening. Let air dry and rinse clean with warm water.

You've heard "an apple a day keeps the doctor away."

Well I think they meant you were supposed to eat them, but they are great for your skin too. Apples are loaded with vitamins A and C and a alpha hydroxy acid which helps get rid of dry skin and open clogged pores thereby reducing acne. Who knew?

Apple Honey Facial Mask

1 apple
1 tablespoon honey
Pulse together in a blender the roughly chopped and seeded apple with the honey until smooth.
Apply to face with your

fingers, avoiding the eye area.

Leave on for 10-15 minutes and rinse off with warm water. Okay, so I got the order a little wrong so here's how it goes.

Cleanse with the face scrub, then apply the mask followed by the toner and a great moisturizer. The homemade moisturizer recipes are a little more complicated so we will save them for another day.

Meanwhile take a long hot bath, sip a glass of wine and read a good book while you're in there.

When you get out you will feel like a million bucks. And to top off the day make this ice cream topping for dessert, after all the jambalaya is almost ready and you deserve it.

Caramel Syrup

3/4 cup evaporated milk
3/4 tablespoon vinegar
1 cup granulated sugar
1/2 cup brown sugar
1 stick butter
2 tablespoons corn syrup
1 teaspoon baking soda
1 teaspoon vanilla
Add the vinegar to the evaporated milk and let sit 5 minutes.

Meanwhile put sugars, butter and corn syrup in a large pot. Warm over medium heat.

When 5 minutes are up add milk mixture and baking soda.

Mixture will foam up so make sure your pot is big. Bring to boil over medium heat then turn down to low.

Cook about eight minutes stirring constantly while scraping bottom and sides.

Remove from heat and add vanilla. Mix well and serve.

Kidnapping turns fatal in Ontario

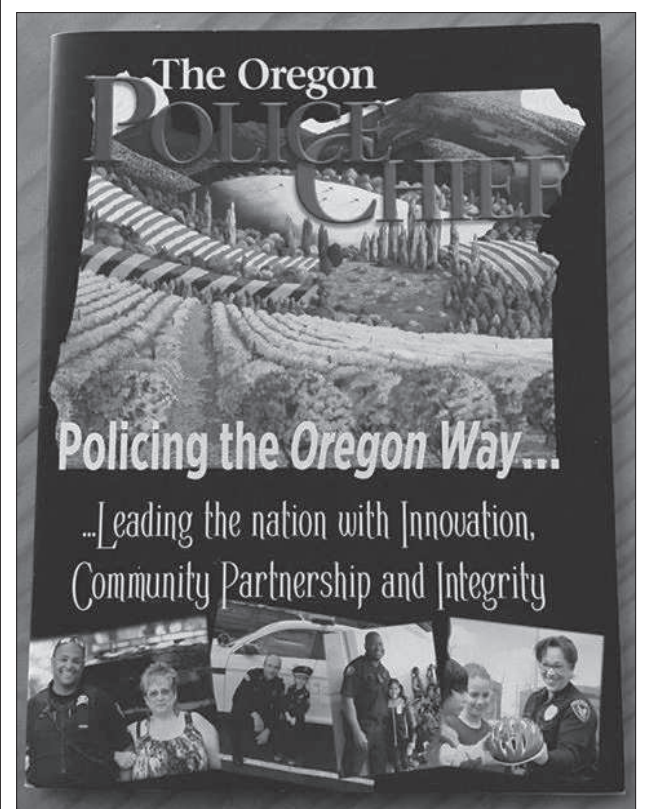
On Jan 9, 2017 at about 6:45 a.m.(MST), the Ontario Police Department responded to the report of a kidnapping in progress at a convenience store in Ontario. Just as Ontario Police arrived on scene, the suspect, Anthony Wayne Montwheeler, age 49, of Nampa, Idaho, fled in a 2014 black Dodge pickup. Officers received information that there was an adult female, Annita S. Harmon, age 40, of Weiser, Idaho, who was being held against her will, in the pickup. Officers pursued the suspect in the city then traveled south onto Highway 201.

As the Dodge was traveling southbound, it crossed the centerline and collided with a northbound 2001 Ford Excursion. The driver of the Ford, David Joseph Bates, age 38, of Vale, was pronounced deceased at the scene. The right front passenger in the Ford, Jessica Sara Bates, age 35, of Vale, was taken to an area hospital with serious injuries. Jessica Bates was later transported to St. Alphonsus Medical Center in Boise, Idaho for further treatment. Jessica Bates is in stable condition at this time.

Montwheeler received serious injuries and also taken to an area hospital where he remains. Inside the Dodge, Bates was deceased. Investigation to Harmon's cause of death is still under investigation.

Highway 201N near milepost 29 was closed for over six hours while investigators processed the scene. The Oregon State Police, Malheur County Sheriff's Office and the Ontario Police Department are continuing the investigation. Investigators from the Idaho State Police, Washington County Sheriff's Office and Weiser Police Department are assisting with the investigation and follow-up as needed.

Police Chief lands on magazine cover



Submitted Photo.

If you look at the brand new issue of "The Oregon Police Chief" you'll recognize Baker City Police Chief Wyn Lohner along with The Baker County Press's "editorial assistant" Vivien on the cover. (Bottom, second from left.) When the Oregon Association Chiefs of Police (OACP) requested photos from departments all across the state, Chief Lohner immediately submitted this one, which was also used in a recent popular ad campaign. The OACP then selected the winning photos for the cover. While law enforcement officers often see the worst of the worst in the line of duty, Lohner says this photo captures "joy and beauty." Congratulations to our local cover models!

Burnt River Initial Attack

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"We got this started after the Comet/Windy Ridge Fire. When we saw everything happening, and as locals, we had no control, and we had no say in how anything went, it really bugged a lot of us," Cassie, BRIA secretary, said. She said she and others felt frustrated, because they offered to help fight the fires, but they had no training and lacked equipment.

Cassie said that she, Pat, and other community members contacted the Oregon Department of Forestry (ODF), and ODF was very supportive—notably Baker City-based Wildland Fire Supervisor Steve Meyer, and La Grande-based Unit Forester Joe Hessel—about assisting with the formation, training, and operation of the group from the start. "If it wouldn't have been for ODF and their cooperation, we probably wouldn't be where we're at, so, we're super grateful to them," she said. This includes the loan from ODF to BRIA of a pickup with a service body, and a slip-in water tank, which is parked at Baker County's building, west of Hereford, during the wildfire season (the County also has a 1,000-gallon fire engine that is for community use, which stays parked there year-round, she said). Provided gear from ODF also includes personal protective equipment (PPE), such as other firefighters have.

She said that Hereford represents a central location for placement of the

engines, but there is a plan to also locate one in the Bridgeport area, to fill the Bridgeport-to-Durkee gap, when available (possibly this summer). Bridgeport area rancher Dennis Kiely is the contact there, and the Bridgeport Zone Leader, the name given to those individuals in charge of the different designated zones throughout the coverage area. These also include Jack Miller for the Whitney zone, Pat for Hereford, and Nate Moore for Unity. The network allows BRIA to be ODF's and other agencies' eyes, ears, and potentially, first boots on the ground (ODF locates fire engines and personnel in the Unity area during the wildfire season).

Dennis said, "Basically, we respond as soon as possible to any fires in the area, and we notify ODF... Pat, his daughter, Cassie, and a bunch of other people around Hereford wanted to be able to respond to fires with equipment...Our theory was, hopefully, they (BRIA members) would get to the fire soon after it started, so it would be a very small fire, and two or three of them could knock it down, and put it out." He said that he hopes to see a fire truck in the Bridgeport area this summer (BRIA members are trained and certified in rangeland fires, and not structural fires). Dennis said that the truck would probably be parked at his son's, Kevin's home, or somewhere near that, which is considered a central location for that area.

Dennis, a 30-year firefighting veteran of the

Livermore-Pleasanton Fire Department, in Pleasanton, California, said, "I think there's quite a bit of interest..." in the idea of BRIA, and in providing support, either by direct volunteer effort, or through donation. He mentioned frustration with volunteers being prevented from assisting with firefighting efforts on public ground, by the Bureau of Land Management (BLM) on one of the fires, and he said, "This (BRIA) is a way for us doing our part to get there early...We have the right to get there, fight the fire early, and to try to keep it small...It's a bunch of volunteers, just wanting to help..." He said he believes ODF considers BRIA an extension of the agency, as a way to be on-scene earlier, but said BRIA isn't trying to take over ODF's operations.

Cassie recently sent out letters to introduce community members to BRIA, to request volunteer help, and to request donations. She said that BRIA has received around \$3,000 in donations so far from community members, and a \$2,000 from Northwest Farm Credit Services last August. She said that ODF provides BRIA with training and equipment (ODF provided training last year), including radios for communication, but the plan is to purchase more radios, a utility vehicle (UTV), and a tank and pump for it, to be able to have access to fires in rougher terrain. For now, she said, BRIA may purchase the tank and the pump, and use a UTV from

someone in the community, and purchase the UTV later. The radio purchases are also a priority.

BRIA was involved with the Rail Fire near Unity, and the Whitney Fire, among others, and she said, "We felt like we helped get that one (the Whitney Fire) under control...We got a lot of dozer line put in (on the Rail Fire)..." She said Hessel helped put together a night-time operation that involved around seven bulldozers for the Rail Fire. "Once they (members of federal agencies involved with the firefighting efforts) figured out who we are, that we're there to help, and that we were trained, we got a great response, especially from the Forest Service, our local guys," Cassie said, explaining the difficult situation, when private landowners wish to help fight fires on public land.

BRIA periodically holds meetings in Hereford, which are well-attended, including members of the DUBY, Coleman, Sullivan, Bennett, and Moore families, and Cassie said that she hopes they'll be held monthly, in the near future.

"We always welcome volunteers, and any help that we can get, whether you can fight fire, or want to contribute in other ways," Cassie said.

She said she's pleased to see the huge group effort that helped form BRIA, including from community members, the County, and ODF, and ODF is planning on using BRIA as a model to help other communities form similar organizations.

Funds available for historic cemetery projects

The Oregon Commission on Historic Cemeteries is offering grants for qualified historic cemeteries. The annual grants fund projects that preserve historic cemeteries.

Awards typically range between \$1,000 and \$6,000, but have been higher. Anyone can apply for a grant. While the grant applications are online, they are simple and community staff can provide support.

There will be free grant workshops on project planning and grant writing and using the online grant application. A two-hour workshop will be in Salem on March 15. A shorter webinar will be available on March 16. Two webinars, January 18 and 19, will explain the online grant system.

To learn more about the grants or visit www.oregonheritage.org or contact Kuri Gill at Kuri.Gill@oregon.gov or 503-986-0685.