

Winding Trails: by Al Hobart

Thursday, April 14, 1966
Illinois Valley News

X-C and meeting in K. Falls

This winter I've been doing quite a lot of riding, mostly in automobiles and on skis. But lately I've taken a couple of different kinds of rides that proved to be a lot of fun as well as a pleasant diversion. One was riding over the drifts and through the woods on the amazing little ski-doo, a small snowmobile that skitters about over the snow like a water-strider on a pond, towing x-c skiers, packing ski trails and performing all kinds of useful chores where all other types of motorized vehicles would quickly bog down in the deep snow; the other was riding into a nice warm clubroom on a cold night recently in Klamath Falls on Bill's coattails, where, as an unrecognized interloper, I was given a friendly welcome by members of a select ski club who were gathered for some social fun, to see who could tell the tallest ski thrillers and, incidentally, to get the club's

business taken care of.

Bill's main purpose at the K.F. ski club gathering was to give an address on cross-country skiing and to demonstrate the use of the special equipment required. My presence was taken for granted and my share of the refreshments and enjoyment of the entertainment paid for by acting as Bill's assistant in toting in the ski gear for display. Of course I acted very professional, and when questioned, on the side, immediately gave forth with profound pronouncements regarding the fast-growing movement of x-c skiing in a manner that could only be displayed by an expert. If, later any of my private listeners run into difficulties it will undoubtedly be because they weren't paying proper attention to my glowing revelations.

Earlier in the day Bill and I had spent several hours ski touring in the deep dry Cascade snow. From Ashland we drove east on the Dead Indian Road 15 miles up into the mountains where ski touring conditions were ideal and where an 8-mile tour was to be laid out with the ski-doo. We were joined up there

by John Day, downhill ski instructor Bob Huff, and a young college x-c racer from Ashland. After the tour Bill and I intended to continue through on the Dead Indian Road to its intersection with the Lake of the Woods road and so on to Klamath Falls by this direct, relatively short route. But we learned that the D.I. Road was closed farther on and so we had to drive back to Ashland, take the Green Springs Highway to K.F., a change in schedule that demanded some fast and fancy driving if we were to make our club meeting in time. We made it barely in time, thanks to my chauffeur's expert nighttime driving over 60 miles of snowy, icy, crooked road. We sailed across the finish line - on a flat tire - shortly after meeting time, gathered our arms full of ski gear and scurried down the broad stairs into the warm basement club room, to me a welcome refuge from the snapping cold outside. Bill, I know, would have preferred having the meeting on a nice north-face ledge or in an ice cave.

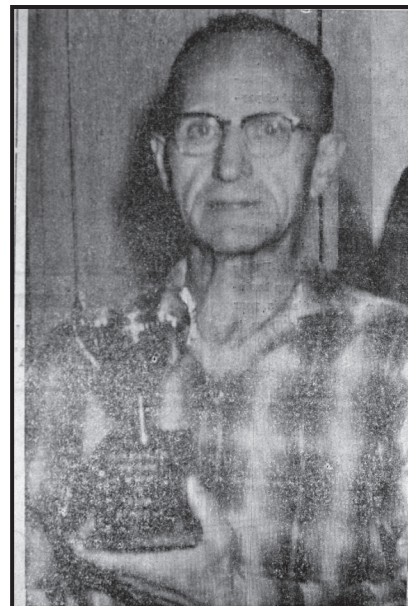
Our plans actually called for heading back into the mountains

after the ski club affair and camping out on the deep snow under the trees, an experience that's more fun than it might sound like, but by the time the meeting was over it was so late we decided we'd settle for a nice big dinner and a motel, a disgustingly civilized alternative, but made necessary by our carefully laid plans having been knocked slightly out of kilter.

Next morning we had an early breakfast with the Russ Bucklews, whose warm, friendly welcome makes them, in our estimation, one of the nicest families east of the Cascades. Thus happily fortified with rare good fellowship and ample nourishing fodder we returned to Grants Pass.

But on our way, before we passed through Ashland we drove back out the Deceased Redskin - oops! I mean Dead Indian Road and did another 10 miles on our x-c skis. We knew Claudette would have a big dinner waiting for us, and so in this pleasantly vigorous manner undertook to work up a suitable appetite for what we knew would be a delightful repast at the Pruitt home.

After dinner, the evening being still young, I climbed aboard the jeep, not forgetting my little freshly baked birthday cherry pie, and headed for a little gulch in the Illinois Valley hills, richer in experience and the kind of human companionship that matters most.



He may not look too happy about it, but Al Hobart was secretly tickled over another second place trophy in a cross-country ski race last Sunday. The writer off "Winding Trails" entered the senior division, for men over 50 years, lost once more to a youngster of 50. —News photo

ROGUE VALLEY



Food & Friends Menu

FRIDAY - APRIL 15

Egg Salad Sandwich

MONDAY - APRIL 18

Spaghetti w/ Meat Sauce

WEDNESDAY - APRIL 20

Meatloaf w/ Creole Sauce

If you are interested in becoming a volunteer for the Food & Friends, Meals on Wheels Program or in need of meals call 541-955-8839.

SENIOR CORNER

Sponsored by Rogue Valley Council of Governments

Alzheimer's disease prevention:

Regular physical exercise may be a beneficial strategy to lower the risk of Alzheimer's and vascular dementia. Exercise may directly benefit brain cells by increasing blood and oxygen flow in the brain. Because of its known cardiovascular benefits, a medically approved exercise program is a valuable

part of any overall wellness plan.

Current evidence suggests that heart-healthy eating may also help protect the brain. Heart-healthy eating includes limiting the intake of sugar and saturated fats and making sure to eat plenty of fruits, vegetables, and whole grains. No one diet is best. Two diets that have been studied and may be benefi-

cial are the DASH (Dietary Approaches to Stop Hypertension) diet and the Mediterranean diet. The DASH diet emphasizes vegetables, fruits and fat-free or low-fat dairy products; includes whole grains, fish, poultry, beans, seeds, nuts, and vegetable oils; and limits sodium, sweets, sugary beverages, and red meats. A Mediterranean diet includes rela-

tively little red meat and emphasizes whole grains, fruits and vegetables, fish and shellfish, and nuts, olive oil and other healthy fats. For more information visit www.alz.org.

To find local resources and services please call **Oregon's Aging and Disability Resource Connection (ADRC)** at 1-855-673-2372 or visit www.ADRCoOfOregon.org.

Sponsored by I.V. Wellness Resources

The first Illinois Valley Wellness Resources (IVWR) survey of our senior and disabled neighbors has come to a close. The purpose of the survey was to give IVWR some additional guidance in setting up program priorities and will be used help us continue planning and developing programs to meet the needs we can. Tabulation of survey results not counted for last weeks ar-

ticle have not changed things much. Reliable help with the usual day to day tasks, local transportation and obtaining firewood seem to be the most needed services and we will work on addressing these first. The need for transportation to nearby cities, neighborhood security, accompaniment to doctors appointments, finding reliable handymen, chimney sweepers and big job workers, help

with official documents and computer training were often expressed Finding fixes for these concerns will also be kept in mind and will be implemented as they can be. Please stay tuned to this location for information on programs as they become available. In the interim, we plan to provide hints and tips to improve your wellness. Again, we thank you all for participating in our survey.



Senior Classifieds

Tai Chi for Seniors: Free classes at the I.V. Senior Center (IVSC), 520 E. River St. Every Friday from 12:30-3:30 p.m. Benefits of Tai Chi: increased balance, movement, breathing and mental focus. Contact Jim at 541-415-4218 or jimmnelsonsan@gmail.com. (IVSC Membership required \$15/year.)

FREE for Seniors

If you are a senior and want to place a **FREE AD** for a living or health care need call Laura at 541-592-2541 or email laura@illinois-valley-news.com.



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