

Winding Trails: by Al Hobart

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Illinois Valley News

Cascades – Skiing by Al Hobart

That big perennial fireball that for a week or two now has been leering down at us with a degree of warmth that is downright disgusting in midwinter, seems to be gleefully committing an act of sheer vandalism by whetting away at the wilting snow supply we have been carefully hoarding in our surrounding mountains.

Visions of dried-up local wells, and streams shrinking to trickle status as summer approaches, constitute a bugaboo that bugs many of our worry-prone citizens (like me), when they see that old snow-pack shrinking instead of growing as winter slides hurriedly by.

Of course, aside from my feeling of compassion for those suffering

hardship by the drying-up of wells and waterworks, such an event doesn't concern me personally as I do all my drinking from bottles and cans anyway. But when the winter snow softens up and melts down to the point where skiing is seriously interfered with, I tell you Señor that really riles me up.

It isn't safe to try skiing in my own mountains, where there's still deep snow, without wearing a snorkel – the stuff is hardly firm enough to support a snowshoe rabbit.

So, in order to avoid the dread erosion of frustration, I'm forced to wind up Little Toot and go chugging off to where willing and ready companions are poised for another venture into the always dependable, always satisfying Cascades.

If you doubt my word you should, have been along last weekend. Saturday morning three of my ski pals, Bill, Joe, and Ernest and I loaded our touring ski outfits on Bill's station wagon and went for a day of skiing up Howard Prairie

way. With John Day's ski-doo in tow, which Bill used to lay down our ski track (unnecessary, but helpful, especially for a faster ski run) we drove out the Dead Indian Road east from Ashland about 15 miles to where the Buck Prairie Road takes off to the south toward Hyatt Lake. This road follows along high on the east side of a big ridge, angling down to join the Howard Prairie-Hyatt Lake road about seven miles from the starting point. This old road is entirely snowed in in the winter and is one of our loveliest ski-tour routes.

The one-way trip is a wonderful family tour, or one to be enjoyed by faster parties when time is somewhat limited. We, with several other men who joined us there, made the one-way run, our car having been driven around to meet us at the finish. Such a tour is always a picnic, and this one is one of the best.

The following day, Sunday, Joe, Charles and I had a 10-mile ski tour

on the Crater Lake Rim. This time we began our tour at headquarters and skied in a counter-clockwise direction around the Rim road to Sun Notch, a distance of about 5 miles, and then on to the top of Dutton Ridge, to a point whose elevation is well over 7,000 ft.

In a shallow basin-like depression on Dutton Ridge, under a bright blue winter sky, and in comfortably warm sunshine, we ate a leisurely picnic lunch. Then, the gentle slopes of the semi-basin being ideal for the purpose, we practiced some of the skiing maneuvers at which every budding ski expert hopes someday to become proficient.

We played around there for a couple of hours, then, the lengthening shadows of the alpine conifers indicating the approach of evening, we reluctantly lined-out on our back trail.

From Sun Notch for a couple of miles we had to ski up a gentle grade on our way back to headquarters. Then there came a long, long glide down around the high Rim to our takeoff point.

After reporting to the ranger at headquarters, a necessary procedure both at the beginning and end of such a tour, we headed back down out of the beautiful, wintry world of Crater Lake.

On the way home our salt-depleted bodies kept crying out for attention. So we pulled in to an accommodating little hostel at Prospect and each ate a bag of nice salty potato chips.

Of course you don't just eat those scratchy potato chips without some form of lubrication; so, after a hasty consultation, we decided to ease the situation with a small schooner apiece of nice cold 96 percent water. After which our whimpering appetites satisfied for the time being, we resumed our happy homeward way.

So, once again we ended a top-hole skiing adventure. And plans are already in the making for a repeat performance, of longer duration next time, in the little natural ski bowl high up on Crater's Dutton Ridge.

ROGUE VALLEY



Food & Friends Menu

FRIDAY – FEB. 24
MEATLOAF W/ GRAVY
MONDAY – FEB. 27
CHICKEN W/ SUPREME SAUCE
WEDNESDAY - MAR 1
ROAST PORK W/ GRAVY
If you need meals delivered or want to volunteer please call 541-955-8839.

SENIOR SPOTLIGHT

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Oral health advice

Good oral health achieved by good brushing and flossing regularly is a step toward ensuring our overall health. Periodontal disease, a chronic inflammatory disease of the gums and the bones that support the teeth, may occur when proper dental care is lacking or as we age and the gums start to recede. This process increases the risk of tooth loss. Bacteria associated with periodontal disease (which affects nearly half of all adults) can travel into the bloodstream and create health risks to other parts of the body.

Research has shown that gum disease increases the risk of heart disease and stroke. Individuals with diabetes are at a higher risk for gum disease due to poor blood circulation. Bacteria from the mouth can get into airways of the lungs and increase the risk of respiratory diseases and can worsen chronic lung conditions like COPD and emphysema. Smoking is a leading factor for developing gum disease as it constricts blood flow and diminishes the body's ability to heal. Smokers are three times more likely to lose teeth than nonsmokers are. The American Dental Association recommends brushing for two minutes two times a day using a soft, round bristled

toothbrush. Toothbrushes should be replaced every four months or after an illness. After brushing, use floss to remove any last bits of food or plaque that still might be hanging around. If you can't brush right away at the very least rinse the mouth with water after eating.

A dental cleaning should be scheduled twice a year to promote good oral health and prevent inflammation.

Should you lose your teeth and require dentures (full or partial), you must realize that they are not indestructible. Dentures can chip and break during use or when accidentally dropped. Denture teeth can wear down and lose their sharpness. The jaws can change shape and chewing ability may be impacted. The same plaque and bacteria that builds up on your natural teeth can also build up on dentures, so a good cleaning is imperative in keeping them useable and your mouth healthy. A powerful cleaner and a good denture brush can remove and prevent the plaque deposits from coming back. They say, if you smile the whole world smiles with you!

You can contact I.V. Wellness Resources at www.ivwellnessresources@gmail.com. Please like our Facebook page by searching for [ivwellnessresources](http://www.ivwellnessresources.com).

SENIOR BULLETIN

HOME SAFETY EVALUATIONS

If you are in need of a home safety evaluation with a registered nurse please call I.V. Wellness Resources for an appointment. We have flexible hours to meet your needs. Call 541-592-9781.

FREE ADS

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

LIVING WELL WITH CHRONIC PAIN WORKSHOP

Siskiyou Community Health Center, Wednesdays, March 1-April 5. Must register at 541-864-9611. You can visit sohealthyoregon.org.

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Providing free tax assistance for middle & low incomes. Tax counselors are IRS-certified. Call 541-592-6139 for a Wednesday appointment in Cave Junction.



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