

Winding Trails: by Al Hobart

Thursday, February 15, 1968
Illinois Valley News
Ski Touring – General

It just isn't nice when people lose their temper and say such nasty things about the poor weather man when that harassed individual, I'm sure, does his honest utmost to furnish us with his best guesses concerning what may be in store for us weather-wise.

Still it's hard to blame the half-frantic ski resort owners, who depend on a good snowy winter for their bacon and beans, for blowing their stacks when instead of having their big rush orders for snow taken care of at once, they receive a few measly samples instead. They feel that in mid-January they have a right to expect some snow.

Those ski-buff traps cost a packet to create and maintain, and the only way the owners can get their dough back and keep a healthy stream of profits rolling in is to keep their hands in the ski-happy customers' pockets up to their elbows. In order to do that they first have to lure the customers up

their private mountains, and the answer to that one is SNOW—lots of good dry snow.

At still higher elevations and farther away in the big mountain ranges the slopes are plentifully slathered with beautiful deep snow. But the ski resorts that winter sometimes plays tricks on can't just pack up and go where the good snow is.

And right there is where the delightful pastime of ski-touring comes into its own. You don't need special slopes and lifts for cross-country, or tour skiing—or family skiing as it's sometimes called. And you don't need the expensive gear necessary for alpine, or downhill skiing; nor the fancy raiment you feel you must be decked out in when you make your appearance on the slopes in order to keep up with the Jones girls. You can buy a complete ski-touring outfit—skis, poles, boots, and the whole shebang—for less than you would pay for a pair of top-hole alpine ski boots.

When you've got your nice new touring outfit you wait impatiently for the following weekend to come. Then, having been filled in with details of the plot, you join the gang early Sunday morning, proudly rack your

new skis and poles on top of one of the cars with the others, toss your little pack containing camera, waxes, and lunch aboard and away you go up into the mountains or away back into the un-beat-up countryside to where the road finally plunges into a deep snowbank and—for all practical purposes—ends.

Here is where your planned ski tour begins, and the family-like gang is soon gliding happily and leisurely away over the deep snow. If it's your first time on skis, unless you're some kind of prodigy, you're going to take a few tumbles before you find yourself able to keep the same end up more or less constantly. But, unlike the possibility on a crowded, packed ski slope, the danger of getting hurt on your ski tour is practically nil.

Last Sunday we (about 10 of us) went up to Crater Lake for our ski fun. Because of its high elevation and beautiful setting this is a favorite site for ski touring. In spite of the altitude and lateness of the season the snow was wet in some areas and not too deep in places. But by using the fiendishly sticky klister wax we could laugh at the wet snow,

and our outing was one of health-packed fun—just as we knew it would be.

From road's-end, near the lodge, we skied around the Rim, a few of us going as far as the North Entrance, where the road from Diamond Lake way joins the rim road, a round-trip of eleven miles. One girl who was on her first ski tour (but with downhill experience) went with us the whole way.

For our experienced and hardy tourers we've some dillies planned for later, one into Green Lake, somewhere between Bend and the Three-sisters; and one over McKenzie Pass and down the east side of the Cascade divide.

If you pine for quick blood-tingling thrills, or yearn to mingle with the flashy multitudes at the fashionable ski resorts, then (if your budget can stand the pressure) by all means head for the slopes. But if the thought of rambling over the hills and through the woods and around the lakes with a small intimate group of cross-country skiers appeals to you, then pack a lunch, gather up your gear and come along with us for the sort of outing that will give you a healthy glow that will last till ski time comes again.



Illinois Valley Wellness Resources

Food & Friends Menu

FRIDAY – FEB. 16
PORK PATTY
W/ GRAVY

MONDAY – FEB. 19
CLOSED FOR HOLIDAY

WEDNESDAY- FEB. 21
BREADED FISH
W/ TARTAR SAUCE

Call 541-955-8839
to volunteer or if you
need meals.

SENIOR SPOTLIGHT

SPONSORED BY I.V. Wellness Resources 541-592-9781

CARBS AND RISK OF COGNITIVE DECLINE.
Sugar (glucose) is the main fuel that powers the brain, but according to a Mayo Clinic study, it appears that your brain can get too much of a good thing.

The study found that older adults who consumed high carbohydrate (carb) diets- including high amounts of sugar- were almost twice as likely to develop mild cognitive impairment as those whose diets were better balanced with fats and protein.

Mild cognitive impairment is a risk factor for a more advanced form of dementia, such as Alzheimer's. The study tracked 937 adults age 70 and

older who were cognitively normal at the outset. After four years, 200 participants had developed mild cognitive impairment or some type of dementia. Those who consumed 58 percent or more of their daily calories as carbohydrates were 1.9 times more likely to develop cognitive problems than those who consumed less than 47 percent of their daily calories as carbohydrates. The people who ate the fewest carbohydrates balanced out their diet with a mixture of about 30 percent fat and 20 percent protein.

The American Dietetic Association recommends that a quarter of your plate should be protein, one quarter should be

starch and one half should be vegetables. Protein has 0 carbohydrates, while one serving of starch has about 15 grams of carbohydrates and one serving of vegetables has about 5 grams of carbs, but don't forget fruit- one serving has about 15 grams of carbs.

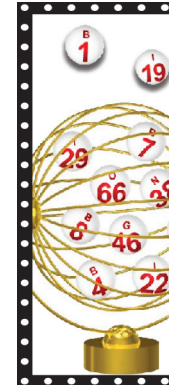
You can contact I.V. Wellness Resources at 541-592-9781 or www.ivwellnessresources@gmail.com and please like our Facebook page at www.facebook.com/ivwellnessresources.

SENIOR EXPO
Mark your calendar now for the Senior Expo to be held Saturday, March 10 from 10 a.m. - 2 p.m. at the I.V. Senior Center, 520 E. River St. Come hear presentations, visit booths, participate in health screenings/demos and eat a yummy bowl of soup!

If you are a senior or disabled resident of the Illinois Valley and need help finding resources to keep you healthy and happy in your home
Caregivers – Handyman
Yard work – Firewood
Housekeepers –
Please call
I. V. Wellness Resources



541-592-9781



BINGO FOR AGES 8 & UP
Wednesdays
Early Bird 6 - 6:30PM
17 Games 6:30 - 9:30PM
Hamburgers for Sale
520 E. River Street, CJ
IV Senior Center
open to the public



STUMP GRINDING
Any Size
Contact **Terry** 541-660-9880
LICENSED and INSURED

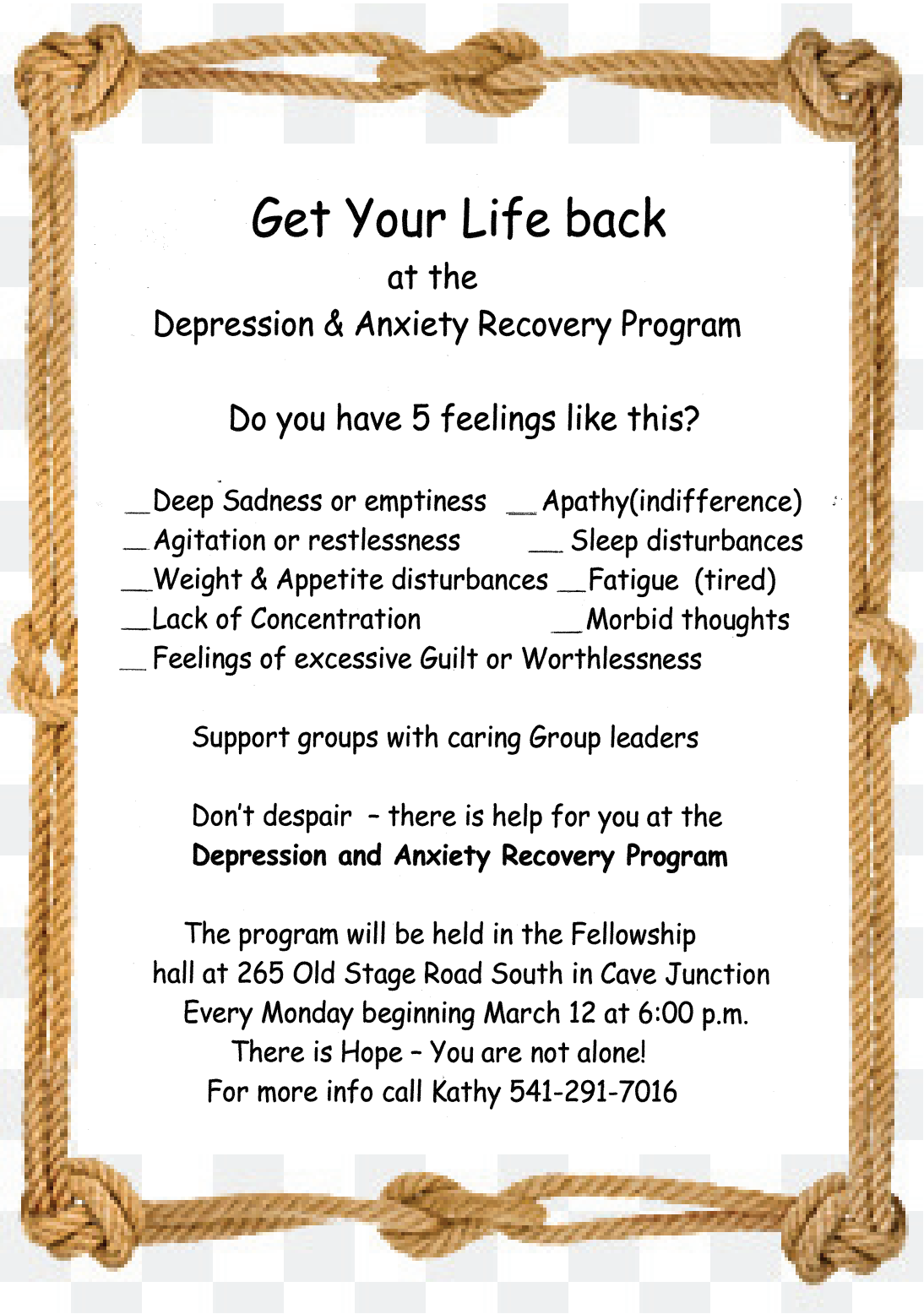


ALL CUSTOM JEWELRY DESIGNS & REPAIRS DONE IN HOUSE!

TUES - FRI 9:30 AM - 5:30 PM
SAT 10 AM - 2 PM
SUN & MON CLOSED

23772 Redwood Highway
KERBY, OR
541-592-4838

Yanase Jewelers



Get Your Life back

at the

Depression & Anxiety Recovery Program

Do you have 5 feelings like this?

☐ Deep Sadness or emptiness ☐ Apathy(indifference)

☐ Agitation or restlessness ☐ Sleep disturbances

☐ Weight & Appetite disturbances ☐ Fatigue (tired)

☐ Lack of Concentration ☐ Morbid thoughts

☐ Feelings of excessive Guilt or Worthlessness

Support groups with caring Group leaders

Don't despair - there is help for you at the
Depression and Anxiety Recovery Program

The program will be held in the Fellowship hall at 265 Old Stage Road South in Cave Junction
Every Monday beginning March 12 at 6:00 p.m.
There is Hope - You are not alone!
For more info call Kathy 541-291-7016

Vendor Application

For Vendors ~ Food Trucks

19th Annual "All Wheels Show"

"Drive your love to the Cave Junction Lions Club "All Wheels Show" and bring your spouse as well!"

Last Saturday of June, every year! Jubilee Park, Cave Junction, Oregon

Hosted by the
Cave Junction Lions Club

Name: _____
Address: _____ City, State, Zip _____
Phone: _____ E-Mail: _____

Product/Service Description: _____
Standard Vendor booth size: 10' x 10' cost: \$20 _____
Food Booth: Cost \$50 _____
Power requested: YES _____ NO _____ Booth Hours: 7 A.M. to 4 P.M.
Detailed description of booth type: _____

The event will be open to the public from 8 A.M to 4 P.M.. It is the responsibility of the vendor/exhibitor to provide shade, chairs and any signage for their spaces and for leaving the space clean and free of refuse/ trash. The Cave Junction Lions Club reserves the right to reject any work items considered objectionable to the public including, but not limited to, drug paraphernalia and pornographic items. **Vendor / Exhibitors are responsible for food handling and/or resale permits.**

Booth space is limited and must be reserved and paid for in advance. Non-refundable payments must be postmarked no later than 16 June 2018. Booths may be set up Friday before the event from 4 P.M. to 8 P.M. Security will be provided.

In considering the participation in the above event, the participant agrees to release the Cave Junction Lions Club and/or its members and the City of Cave Junction from any liability for all claims, damages, case of actions or suits of any kind or nature, whatsoever, and particularly on account of any injuries, known or unknown, which have resulted or may result from the participation in the above mentioned event.

In the event the undersigned or any other parties are injured during the participation in this event the undersigned agrees to indemnify the Cave Junction Lions Club and/or its members and the City of Cave Junction and pay for the costs of any defense including advancing attorney fees in the event a cause of action is initiated against the Cave Junction Lions Club and/or its members and the City of Cave Junction for any injuries from participation in this event. This event will be held on : 30 June, 2018.

Signature: _____

For more information contact : Nina Horseley 541-592-9243 or Ruth Overholser 541-415-1114

Make Check payable to: Cave Junction Lions
Mail to: P.O. Box 1971, Cave Junction , Oregon 97523
Vendor Application must be postmarked by 16 June 2018
Website: cavejunctionlions@gmail.com