



Betty Kaiser's

## Cook's Corner

Summer suppers are the bane of my daily life. I absolutely hate cooking in hot weather. The heat not only makes me grouchy and takes away my appetite but it fries my brain when it comes to meal planning. Usually, I wake up wondering what's for dinner and it nicely gels into a plan before I've eaten breakfast. That does not happen in June, July or August. Cooking creativity and desire die in the heat.

Probably the most exciting meal we've had this summer is one that I concocted out of leftovers. I peered in the refrigerator and came up with some cooked rice, chicken, bell peppers, onions and tortillas. Hmm. How could I put this together, spice it up and make it special? Perhaps one of those new-fangled burritos would be good.

Now I am a California Girl and I love genuine Mexican food. One of my fondest childhood memories was eating dinner at Olvera Street in the 1950s with my family in the heart of historic Los Ange-

les., We also used to eat at the now famous El Cholo Restaurant on Western Ave. in L.A. But contrary to Mexican food folklore, there were no burritos on the menu. Albondigas soup, enchiladas and tacos-yes. Burritos-no. Burritos were a poor working man's meal made of simple corn tortillas and beans.

I learned about burritos from watching our neighborhood gardener's helper eat his lunch. He was a Mexican immigrant, did not speak English and had not adopted American ways. He worked hard. Every day at noon, he would sit down at the curb, get out his lunch bucket, make a little fire and heat his beans and corn tortillas. I was mesmerized by the process but I didn't stare (it's not polite!) so I don't know how he made the fire or heated the food. I just know that he did.

Corn tortillas were originally small. They were a staple of ranchers, cowboys and braceros who moved about the countryside. They were easy to make on a camp fire, the ingredients didn't spoil but there was barely room for a spoonful of beans and meat inside. Maybe that's why the larger flour tortillas were introduced in California and Texas border towns.

The size of today's flour tortillas amaze me. They are so big that I seldom order one because I can't begin to eat it all. Still, when faced with nothing for dinner, I decided to concoct my own gigantic chicken burrito recipe. It was good! So if you're desperate for a dinner idea, check out your refrigerator and cupboards. You'll be surprised at what you come up with. Enjoy!

### Supper Surprise! Chicken Burritos

2 chicken breasts, cooked and shredded  
1/2 cup red and green bell peppers, chopped  
1/2 cup onions, chopped  
1 cup cooked rice  
1 can, (15 ounce) Piquito beans, drained  
1 cup frozen corn, thawed, drained  
1 small can green chilis, drained  
1/3 cup black or green olives  
3/4 cup thick and chunky salsa  
Spices as desired: salt, pepper, dash cayenne, cumin  
1/4 cup fresh cilantro, chopped  
2 cups Jack cheese  
8 flour tortillas (10" wide)

Sauté onions and bell peppers until soft. Combine with rice, beans, corn, green chilis, salsa and olives with spices. Warm tortillas one at a time in a skillet. Place 1/4 cup cheese on bottom half of 1 tortilla; top with 1/2 cup bean mixture and rice mixture; add 1/4 cup chicken, leaving 1-inch border around bottom and side of tortilla half. Fold bottom edge of tortilla over filling, then fold in opposite sides of tortilla and roll up.

Place each burrito seam-side down on a baking sheet lined with parchment. Bake in 375°F oven 15 to 20 min. or until heated through. They can also be wrapped in foil and heated on an outside grill.

Serve topped with sour cream, salsa, cilantro and lime wedges. A fresh fruit salad makes a nice side dish. Serves 8.

## Tiny houses

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substantial," said CVC member Allan Katz. While the group has collectively taken grant writing classes and has a handful of applications into various organizations they won't hear back until at least mid-August and even then, there's no guarantee they will be awarded the funds.

The current estimate to complete all 13 houses is approximately \$800,000 and with several other community projects such as the carousel and armory renovation draining local charitable pockets, funding sources will need to vary.

"We're hoping some angels show up," Katz said, noting the group is hoping to solicit in-kind donations as well as monetary ones.

To give fundraising a kick-start, the BBQ will offer community members the chance to walk the property and view tentative plans for the project.

"It will show what the village might look like but not the size or design of the individual houses," Katz said.

Currently, the property contains a house and a large shop which will be utilized for the BBQ. CVC has hired a caretaker and in the coming days, the group will be hosting a work party to begin re-vamping the house. A new roof is in order, according to Katz and fellow CVC member Bruce Kelsh.

For now, the project has hit a slow period as members of the group vacation and tend to families but both Katz and Kelsh expect interest and work to pick up again come the fall. Grant awards will be announced and fundraising efforts will be doubling.

"We'll know either way at that point and we'll have a better idea of what the fundraising effort will have to look like," Kelsh said of the grant announcements.

Under the terms of the grant from Meyer Memorial Trust, construction on Cottage Village must be completed by the summer of 2018. Both Kelsh and Katz note that extensions may be possible and the group may inquire as to whether or not construction can occur incrementally.

## Bicycles Northwest coming to CG

Bicycle Rides Northwest is excited to announce that our 2017 Oregon Bicycle Ride, "Crown of the Cascades," will be touring through your region July 22-29. This week-long, fully supported road-bike ride will start and end in Sisters and will make a scenic loop that will include Crater Lake and multiple passes over the Cascades.

We look forward to helping our riders and guests enjoy your communities and the surrounding region. A recent study shows that recreational bicycle tourism brings about \$400 million a year into the state of Oregon. Our tours showcase the rural regions that make Oregon special, through scenic routes, historic landmarks, parks, public lands, Scenic Bikeways and friendly communities. Our guests come from all over the U.S. and abroad to explore the Northwest by bicycle.

Covering over 450 miles in seven days, the Oregon Bicycle Ride is a true Oregon experience that will include some of the most challenging and beautiful roads in the Cascades and Central Oregon, including Cascades Lakes Scenic Bikeway, Crater Lake Rim Road, Aufderheide Memorial Drive and McKenzie Scenic Pass. Besides Sisters, we will also stay overnight in the following communities along the way: La Pine, Diamond Lake, Cottage Grove,

Oakridge and Blue River.

Our overnight camping spots include Sisters Middle/High School, La Pine High School, Broken Arrow Campground at Diamond Lake, Bohemia Park in Cottage Grove, Oakridge High School and McKenzie River Community Track in Blue River.

See our full routes and schedules here: [www.bicycleridesnw.org](http://www.bicycleridesnw.org)

Touring this region by bike offers our participants opportunities to engage and interact with your communities in a way like no other. We often work directly with local businesses and points of interest to offer tours or educational programs for our riders to learn about the area. Our guests are strongly encouraged to stop and visit points along the way and at each night's camp — museums, parks, historic sites, and the small businesses, restaurants and shops in the areas. At some of our overnight camps, we provide local food, local speakers or entertainment for our participants to learn more about the region. We expect about 300 riders for this ride.

Sanna Phinney, Executive Director for Bicycle Rides Northwest, adds, "For 2017 we've picked one of the classic Oregon routes in 'Crown of the Cascades.' Besides the highlight of riding the Rim Road around Crater Lake, this route showcases some of

the state's finest forest roads and mountain vistas. Our riders will be surrounded by natural beauty every day, and staying in welcoming communities along the way. They always cite the interactions with people in the communities along the way as among the most memorable parts of the tour."

About Bicycle Rides Northwest

Known for "Low Density – High Adventure," Bicycle Rides Northwest is a non-profit organization that started in 1987 as Oregon Bicycle Ride, Inc. Our mission is to provide fully supported scenic bicycling adventures to discover the beauty of the Northwest and the heart and soul of its communities. Each year we organize one week-long road ride in Oregon and one week-long road ride elsewhere in the Northwest. We have organized tours in Oregon, Washington, California, Idaho and Montana.

The first Bicycle Rides Northwest tour in 1987 took 68 cyclists from Hells Canyon, Idaho to the Oregon Coast in seven days. Thirty years later, we continue to show our participants the best the rural Northwest has to offer. We also support a variety of other bicycle-related nonprofit organizations.

For more information, visit our website at [www.bicycleridesnw.org](http://www.bicycleridesnw.org) or contact Sanna Phinney at [info@bicycleridesnw.org](mailto:info@bicycleridesnw.org) or 541-382-2633.

# Distracted Driving

Driving safety involves a comprehensive set of standards that applies at all times for all drivers sharing the road. It is a privilege and a responsibility to have a driver's license.

That's why distracted driving has come to be the focus of many safety organizations across

the country.

Distracted driving is a top safety concern, and it is caused by participating in a variety of activities that can draw your focus from the road. Even a simple action such as sending a quick text to a friend or family member can divert your attention long enough to put you

or your passengers in serious danger.

### COMMON DISTRACTING ACTIVITIES

According to the National Highway Traffic Safety Administration, 3,179 people were killed and 431,000 were injured in motor vehicles involving distracted drivers in 2014. Here are the most common distracted-driving activities, according to the NHTSA:

- Texting
- Using a cell phone and smartphone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading, including maps
- Using a navigation system
- Watching a video
- Adjusting a radio, CD player or MP3 player

### MOST DANGEROUS ACTIVITY

Due to certain factors, some activities pose the greatest risks. Texting is a modern-day safety dilemma, and because it is a multi-dimensional activity, it is now considered the most dangerous by many in the transportation safety industry. Sending an average text takes a driver only five seconds, but your car can still travel a consider-

able distance during that timespan. The NHTSA reports that teen drivers — who also are the most tech-savvy drivers on the road — are the most distracted drivers.

### WHAT YOU CAN DO

The statistics related to distracted driving are startling. Many drivers, innocent passengers and even pedestrians are impacted if you take your eyes off the road. Some victims have to live with permanent injuries. Drivers are responsible for not only their lives but the lives of every passenger, as well as by-standers.

Wondering how you can help keep our roads a safer place? Education is the most effective tool in persuading the public to avoid these activities and make safe driving a priority. Contact your local safety organization today to find out if there are volunteering opportunities at local events or schools. Share this article with others. Do whatever you can to spread the word on distracted driving and its negative impact on the roads we all share.

This message brought to you by the following businesses:



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