



the SVLA BREEZE

YOUR SPRING VALLEY LAKE ASSOCIATION'S OFFICIAL MONTHLY NEWSPAPER FOR THE JEWEL OF THE HIGH DESERT

July 2020

Ads: 760-628-9732

OFFICE HOURS

Effective June 2, 2020

The Association Office will resume normal business hours, 7:30am - 6:00pm
Tuesday - Friday

However, the doors will remain closed to the public.

Plans to re-open our doors will be sent out via e-blast, our website & social media and office visits will be by appointment only.

We will continue to handle business via phone, 760.245.9756 and email, admin@svla.com

Thank you for your understanding.

Proposed Windsurfing Rule for review and comments

(pg. 7)



is open to enjoy!

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Spring Valley Lake Contact Information

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Accounts Manager

Dee Dee Walker: dwalker@svla.com

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SVLA Administration Office
13325 Spring Valley Parkway
Spring Valley Lake, CA
92395-5107

Mailing Address:
7001 SVL Box
Spring Valley Lake, CA
92395-5107

Association Office:
760-245-9756

Fax Line:
760-245-3076

Website:
www.svla.com



Association office hours:
Tuesday - Friday
7:30 a.m. to 6:00 p.m.

Public Safety:
12975 Rolling Ridge Drive
Spring Valley Lake, CA 92395
Open 24/7/365
Direct Line: 760-245-6400

Additional Services:
Architectural/Code
Enforcement:
760-245-9756
CE@svla.com

Marina Hours:
(October - April)
6 a.m. - 10 p.m.
(May - September)
6 a.m. - 12 Midnight

Equestrian Center:
760-245-9756
12660 Indian River Drive
Apple Valley, CA 92308
Arena Hours: 8 a.m. - 10 p.m.

**In Case of Emergency dial:
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Emergency Contact #s:
SB County Animal Control:
800-472-5609
A.V. - 760-240-7000 x7555

Apple Valley Fire Protection
District (Equestrian Estates):
760-240-7618

Apple Valley Sheriff Station
(Equestrian Estates):
760-240-7400

SVL Fire Station (Lakeside):
760-245-1100

California Highway Patrol:
760-255-8750

San Bernardino County
Sheriff's Department:
760-245-4211

Numbers FYI:
County Code Enforcement
Violations pertaining to County
rules and regs:
760-995-8140

County Building and Safety
New housing construction, struc-
tures built on property:
760-995-8220

(SBC) Planning Dept.
760.995.8140
Town of Apple Valley
(EQ side only): 760-240-7000

Department of Public Works
Water / flood control
760-995-8220

Graffiti Removal:
SB County: 760.995.8140
Apple Valley: 760-240-7000
x7560

San Bernardino County
Environmental Health Services
(Vector Control)
800-442-2283



The SVLA Breeze has incorporated QR Codes into our newspaper. A QR ("Quick Response") Code is a mobile phone readable barcode. Simply point a mobile phone (or other camera-enabled mobile) at it. If the device has had QR Code decoding software installed on it, it will bring up its browser and go straight to that URL. QR Code Reading Apps are available from your Smartphone App Store.

Email Inquiries, Articles, Editorials for The SVLA Breeze to: info@svla.com

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SVLA BOARD PRESIDENT

BRIAN BICKHART

Our Fourth of July celebration was a success, even with changes that were made (some last minute). Our pyrotechnic company does a great job!! You would all be amazed at the amount of planning this event takes, especially this year. I am genuinely thrilled with the way our community has come together during these difficult times.

Al Logan and his staff, with help from the Board of Directors and the finance committee, are working hard on the next budget year 2020-2021. The budget process is very time consuming for all involved. Moving on to projects in the works, our maintenance staff should be taking delivery of

materials for the floating islands this week. We had some delays from vendors which means these should be installed towards the end of July. While the filters we have installed and these new floating islands will not clear up the lake by themselves, we are on our way to sustainable clear water. Our lake committee has been hard at work finding solutions that do not require the use of Alum.

It's easy to lose hope with all the challenges that 2020 keeps throwing at us, but we need to keep our collective heads up and always remember to be kind to one another.



~ FINANCE COMMITTEE MEETING ~
Wednesdays til August 19, 2020

8:30AM @ Palm Room, Community Center

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LAKE COMMITTEE -
Progress With Our Lake

by Larry Hoover

Over the past 20 years, our lake has had no vegetation, which means aquatic life (like fish) have had to survive with substantially sub-optimal conditions. High levels of nutrients coming into the lake from the fish hatchery, which was consumed by weeds until they were killed in 2000, has required pouring chemicals (like Alum) into the lake to keep the algae growth in check.

For the past couple of years, members of the Lake Committee have worked to come up with a long-term solution that will take some years to take full effect. As of this writing, the solution we are working toward involves three main elements:

1. Introducing floating islands of vegetation to provide fish habitat while consuming nutrients - we are expecting the floating islands to be in place by the end of July / early August,
2. Mechanically filtering out dead algae that clouds the water - we have already placed filtering equipment in four locations: (FA #1, 7, 9, and 14),
and
3. Enhancing our lake water aeration system to bolster the oxygen levels and encourage beneficial bacteria to "clean" the water - we are examining alternative equipment and placements to minimize long term costs and maximizing effectiveness.



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Becky Jordan is a 30 year resident of the High Desert and has been a licensed aesthetician in California for 30 years and in Nevada for 10 years. She has received extensive training and has been recognized for her work with cancer survivors and was named by the Victorville Desert Dispatch as a Woman of the Year. Call 760-954-0976.

BEFORE AFTER



Proposed Windsurfing Rule Change....



At the Board Meeting on June 23, 2020 the Board of Directors approved a proposed rule change regarding windsurfing, for a 90 day trial period.

The current rule states:

5.9.2. On weekends and holidays during the period through and including Memorial Day weekend to Labor Day weekend windsurfers and sailboarders are not allowed on the main lake body

The proposed change is:

On weekends and holidays during the period through and including Memorial Day weekend to Labor Day weekend windsurfers and sailboarder are allowed on the main lake body only when the wind is 17 mph or greater.

The Board of Directors has approved this rule change for a 90 day trial period. The Board of Directors is also putting the change out to the community for a 30 day comment period.

Please submit your comments regarding this rule change to info@svla.com no later than **July 25, 2020**.



Special Districts Department Water and Sanitation Division

Luther Smoke
Interim Director

Trevor Leja
Deputy Director

Steve Samaras
Division Manager

Smoke Testing for CSA 64 Spring Valley Lake Sewer Lines

The San Bernardino County, Special Districts Department, Water and Sanitation Division (Division) is planning to test for sources of excessive groundwater flows coming from the district and private properties into existing wastewater collection systems. During this process, known as “smoke testing,” Division staff will force nontoxic, harmless, gray-colored smoke into the sanitary sewers through manholes located in streets or within public easements throughout the Spring Valley Lake area. The smoke testing is scheduled from July 13, 2020, through August 12, 2020, as long as weather permits.

The testing is critical in protecting public health and the environment through the district’s Infiltration/Inflow (I/I) Control Program. I/I is storm water or groundwater that enters the wastewater collection systems through cracked pipes, leaky manholes, improperly connected building sewers, downspouts or foundation drains.

Examples of the impact that I/I may cause are as follows:

- Pump and lift stations handling larger volumes of unnecessary water, contaminants and debris
- Unnecessary equipment wear at pump and lift stations, pumps, valves, appurtenances, flow meters, etc.
- Increased operating expenses due to the processing of ground water and storm water that do not normally require treatment
- Hydraulic overloads that will greatly reduce system efficiency and may cause the system to tax and cause wet weather overflows
- Increased energy consumption, increased collection system maintenance and cleaning

The smoke leaves no residuals or stains, does not affect plant and animal life, and creates no fire hazard. The smoke has a distinct but not unpleasant odor. The smoke lingers only a few minutes where there is adequate ventilation. During the testing, smoke will typically appear from roof vents, drains (downspouts), catch basins, faulty plumbing fixtures or yard drains if connected to the wastewater collections system.

A door hanger will be left for residents just before the scheduled day of smoke testing that will advise them to briefly run water down all floor drains, sinks, tubs and showers and flush all toilets and other plumbing fixtures that are not used regularly to ensure a water barrier is present in the plumbing traps.

The local fire department will be notified about the smoke testing. Signs will be posted in the area of the testing as it occurs throughout the week. Should you have any questions or concerns, please contact customer service at (760) 955-9885.

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Rare Disease Causes Hard-to-Diagnose Rash

DEAR DR. ROACH: My daughter was diagnosed with lymphomatoid papulosis. It's not a bad case, but it's enough to make me worry. I know it's rare for this to turn into cancer, but there is always a chance. Doctors often misdiagnose it, but thankfully I have the best pathologist in the world. My daughter is being treated with UVB light, which worked in the past, but now is not helping. I don't want to do methotrexate. I worry about every dot that pops up on her, and if it doesn't go away, I think the worst. — *M.W.M.*

ANSWER: Lymphomatoid papulosis is a rare disease, most common in people in their 40s, but can happen in children and older adults as well. The cause is unknown, and although a virus is suspected, it hasn't been found. It is not contagious.

The rash of LyP is not specific and needs to be confirmed through biopsy. Spots are relatively large (but less than an inch), and usually red but with a white center that can turn black. The rash comes and goes. A skilled pathologist in combination with an experienced dermatologist is necessary to make the diagnosis.

Adults are treated with methotrexate if the lesions are in a cosmetically important area, especially the face. UVA light is better studied than UVB light, especially in children, but an expert would be the most appropriate to recommend the best treatment.

Your concern about cancer is under-

standable. Rates of associated cancer — specifically, lymphoma, a blood and bone marrow cancer — have been reported in 5% to 50% of people with LyP. Unfortunately, apart from people with a specific gene rearrangement, there's no way yet known to predict who is likely to get lymphoma nor any way of preventing it. She will need to be vigilant. Fortunately, the lymphomas, if they do develop, are usually effectively treated.

DEAR DR. ROACH: I recently opened up some stored tuna that my son had saved for me. He loves to hunt his own food. When I ate it, I realized that when he had gone to Alaska, he had not only hunted tuna but also black bear. He had used the black bear grease to cure the tuna. I was mortified that he had used a protected animal to preserve his tuna. I reluctantly ate it anyway. Now, I am worried about my health. Will anything happen to me health-wise because I have eaten the grease from a black bear from Alaska? The bear was wild, so could it have had a disease, like rabies? I'm sure it has never been vaccinated. — *Anon.*

ANSWER: Black bears are hunted in many states, and although it is regulated (you need a license) in Alaska, they are not a protected species under the Endangered Species Act. Black bears are hunted for both sport and meat. The major health risk from consuming bear meat is trichinella, a muscle parasite. The meat must be heated to a high temperature to be sure of killing the parasite. Grease from the bear should not have trichinella risk.

Another concern is rabies. Rabies is possible but rare in bears. I doubt it could be transmitted from grease, though, as rabies virus lives in nervous tissue, not fat.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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THE SVLA BREEZE BUSINESS IN VIEW

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The SVLA Breeze ~

See page 31

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~Valysia Shogunle, Code Enforcement Supervisor

Annual inspections have begun. Residents may notice an increased amount of time that a Code Enforcement Officer will spend on your street throughout the next couple months. This indicates that the officer is carefully examining each property to ensure the most accuracy for each inspection.

Each of our officers have fully completed annual inspections on a few streets and are currently working on more. Code Enforcement has noticed a large decrease in violations this year. More residents have maintained their properties consistently since last year, which has made a huge difference in our inspection process. We thank you for your diligence and cooperation in bettering our community. Annual inspections are scheduled to be finished by the end of September. When officers do notice violations, many of them are noticing these common violations: missing/out of sight house numbers (either front or back), trim that needs paint and/or repair, landscaping needs attention, yellowing lawns, fences or gates that need repair and/or paint and docks that need repair and/or paint. Please refer to last month's issue of The SVLA Breeze to see what items are looked at during annual inspections.

F.A.Q's about Annual Inspections:

Q. How long do I have to fix any violations I have been notified of?

A. All property owners have one month to fix all violations they may receive.

Q. How long can the extension be past my thirty days?

A. Two weeks can be granted if there is continual progress on the violations.

Q. Why is there an officer inspecting my backyard?

A. All properties that have backyards visible to the public on the Golf Course, Lakefront, Riverwalk, or Equestrian Estates will receive front and backyard annual inspections.

Q. If I received a violation to paint and/or repair my trim, can I paint it another color?

A. Not without submitting an architectural application and having it approved first. You may re-paint it in its original color without an application.

Please keep in mind that architectural applications are required for all exterior modifications. The Architectural Committee will continue to meet every 2nd and 4th Thursday of every month.

Although annuals are in progress, that does not mean items that are not listed on the annual inspection list should be neglected. Trash cans must be stored away from public view 24 hours after pickup. Road construction is completed, so cars must be removed from unapproved areas. Officers will still be making note

of these things.

The Code Enforcement team thanks you for your patience and cooperation throughout the next three months. If property owners have any questions for Code Enforcement, please email us at code@svla.com

~ YOUR CODE ENFORCEMENT TEAM

Code Enforcement Violations	JUNE Stats
IN PROGRESS	385
OPENED	531
CITATIONS	66
CLOSED – (Resident complied)	350
DOOR TAGS (Courtesy Notices)	236
OPEN ESCROWS	43

Rental Rule - JUNE	Stats
Open violations	111
Dwelling license	33
Res. Rule Violation	2
Total confirmed rentals	349

Architecture

We are currently not scheduling any in person Architectural appointments.

If you have questions regarding an architecture project, you can email

vshogunle@svla.com

or call the office (760.245.9756)

Tuesday- Friday 7:30 am - 6:00 pm.

Submitting your Architectural Project Application?

There is a drop box at the Association Office or email to:

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~ Nick Gonzalez, Director of Operations

Hello SVLA Residents,
The Maintenance staff has kept busy around the community this last month. We were particularly busy with all the preparation for the firework show. Many projects were completed along with keeping up with our routine maintenance. Over the last several weeks the following work has been completed around the community.

Firework Show:

Our annual firework show was on June 27, 2020; and while it was different than any other year, there was a lot of preparation that needed to be done for a successful show to happen. Our Maintenance crew prepared the barge that housed the fireworks, added a 20' flagpole to the Public Safety pontoon boat with lights for a flag to be flown during the firework show, assisted the DJ during the show, and hung banners throughout the community outlining all the restrictions and guidelines for the day.

Beach Area:

The beach area was dragged daily, and we repaired a 2" water main at the East Beach.

Meadowlark Park:

At Meadowlark Park we continued to perform weed abatement as well as preparing 8 I-25 sprinklers. We also secured bender boards at Meadowlark Park and used a compactor to compact the decomposed granite near the dog park.

Equestrian Center:

The weed abatement on the Equestrian trails was completed along the fence lines and V-ditches. The large Mulberry tree at the equestrian center was trimmed and we repaired the 2" water main at Playfair Park.

Picnic Area #1:

At Picnic area #1, we pressure washed all the concrete pads and picnic tables as well as installed a BBQ. Along with that, we completed installing ground bar for the meter panel to be installed at the picnic area.

Lake & Fishing Areas:

We installed a control box for water well #10- 15HP. We continued back flushing water filters which is scheduled for every Friday. Metal railing and fencing was replaced at Fishing Area #14 and #8. We also removed debris

from the shoreline of the fishing areas and will continue to do so on a weekly basis.

We continued our weekly water

sampling at the swimming area. All results have come back clear. We also received lake data from the north & south end. The lake data is listed below.

NORTH END		Transparency	Water Color	Wind Speed	Wind Direction	Sky
PH	8.11	18"	Olive	20	South North	
Nitrate		DO	9.27	8.93	9.51	9.32
Phos		Temperature	76.3° F	75.6° F	45.6° F	74.2° F
		Saturation	119.4%	122.5%	122.2%	116.7%
			0	2	4	6

SOUTH END		Transparency	Water Color	Wind Speed	Wind Direction	Sky
PH	8.12	18"	Olive	20	South North	
Nitrate		DO	9.14	9.24	9.15	8.97
Phos		Temperature	75.6° F	74.7° F	74.4° F	74.0° F
		Saturation	117.5%	118.3%	116.9%	114.2%
			0	2	4	6

Around the Community:

Other projects we completed around the community include; daily landscape maintenance, inspection of fire extinguishers, cleared out v-ditches on Yellowstone, continued sanitizing all restrooms daily, contracted Victorville Glass to install a glass barrier at the front desk of the Association Office, made 30 buoy weights out of concrete, weed abated Spring Valley Parkway, continued safety and main-

tenance education training twice per week, continued daily irrigation inspections and repairs and routine maintenance throughout the community.

The Operations Department is always working diligently on maintaining SVLA's stature. If you ever notice a maintenance related issue or concern around the community, please call the Association Office and we will do our due diligence to correct the issue(s) or concerns! 💎



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LISA FALCETTI, PUBLIC SAFETY DIRECTOR

We Ended With A Bang

Just like years before, the Spring Valley Lake Association held the annual firework show on the last Saturday of June. However, this show was so different from the ones that have happened years before. Nevertheless, it was a success. Our firework show was spectacular as ever.

Unfortunately, COVID-19 restrictions did not allow us to open our beach area to the public because it would have violated social distancing restrictions. We understand how hard this was to many of our residents, but SVLA thanks you for your support and

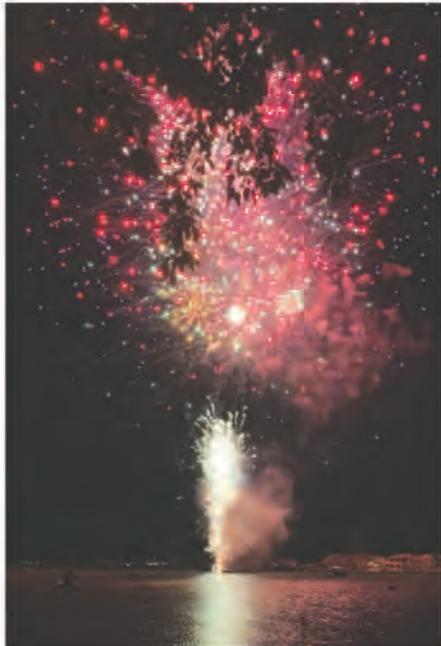
understanding.

While residents and guests made the most of the day by boating and enjoying our open amenities, many people were involved in making sure the firework show would happen. All of SVL was monitored to guarantee a perfect day.

SVLA wants to thank all the dedicated and hard working outside agencies that helped make this event possible. Thank you San Bernardino County Sheriff's Department, C.O.P's (Citizens on Patrol), Station 22, Fire Marshall Gaona, CHP, Pyrotechnic team, Victor Valley Police, and contracted security for your outstanding efforts.

The Public Safety Department put in every effort to make sure the event went off without a hitch. The entire staff worked overtime throughout the day of the event. Thank you for keeping our beach area and lake monitored, amenities checked, phone calls answered, and traffic designated.

Each year SVLA tries to make our firework show more memorable than the year before and it takes our entire community to do so. See you again next year.





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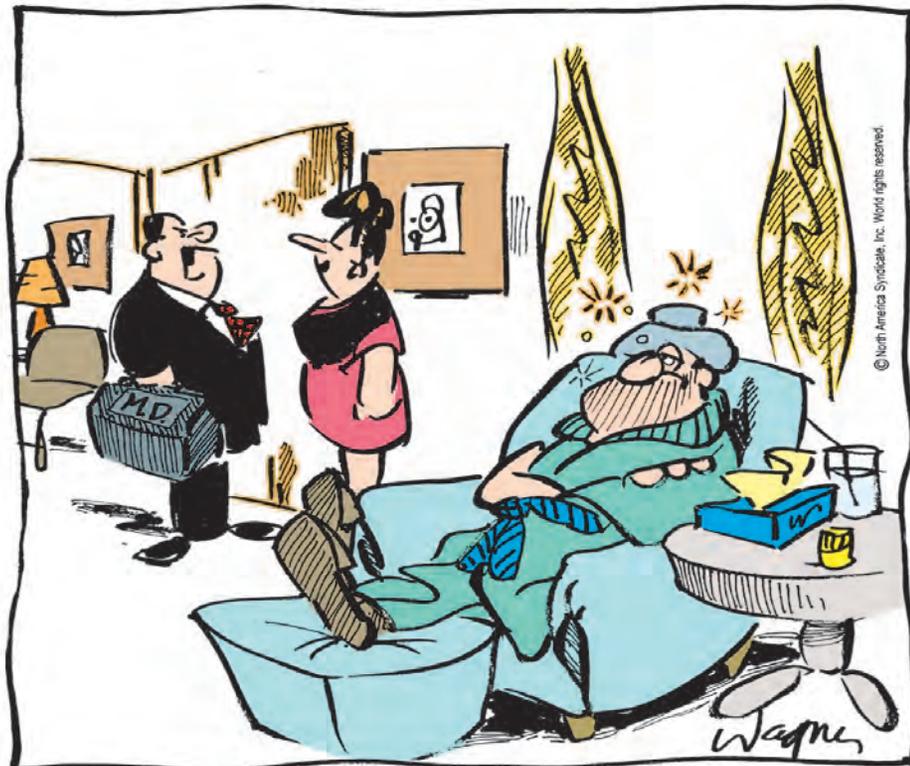
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Trivia test by Fifi Rodriguez

1. U.S. STATES: Bay Staters hail from which U.S. state?
2. GEOGRAPHY: What is the capital of Lebanon?
3. HISTORY: Which major World War II battle was known by the code name “Operation Detachment”?
4. MUSIC: Which rock group had a 1960s hit with the song “Incense and Peppermints”?
5. MEASUREMENTS: What does a chronometer measure?
6. ADVERTISING SLOGANS: Which automotive company had the slogan, “Quality is Job 1”?
7. MOVIES: Which movie won the 1991 Oscar for Best Picture?
8. SCIENCE: What kind of adaptation allows an organism to blend into its environment?
9. LANGUAGE: What does the Latin phrase “amor vincit omnia” mean?
10. TELEVISION: What is the capital of the Seven Kingdoms in “Game of Thrones”?

Answers

1. Massachusetts
2. Beirut
3. Invasion of Iwo Jima
4. Strawberry Alarm Clock
5. Time
6. Ford Motor Co.
7. “Dances With Wolves”
8. Camouflage
9. Love conquers all
10. King’s Landing

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FLASH BACK

POP, ROCK & SOUL
TRIVIA BY MICK HARPER

1. Which group released an album titled "You Can Tune a Piano, but You Can't Tuna Fish"?
2. Name the lead singer who was born Francesco Stephen Castelluccio.
3. Which Starship song was used as the theme in the 1987 film "Mannequin"?
4. Name the Beatles film that was originally titled "Eight Arms to Hold You."
5. Name the song that contains this lyric: "I want you girl but your wide-eyed innocence has really messed up my mind."

Answers

1. REO Speedwagon, in 1978. It was their first to break the Top 40 charts. Two singles from the album, "Time for Me to Fly" and "Roll With the Changes," became their signature songs.
2. Frankie Valli, of the Four Seasons. Valli decided on a singing career at the age of 7 after seeing Frank Sinatra perform in New York.
3. "Nothing's Gonna Stop Us Now," in 1986. The song got an Academy Award nom for Best Original Song. Co-writer Albert Hammond wrote it about his long-delayed marriage to his girlfriend.
4. "Help!" in 1965.
5. "Come Back When You Grow Up, Girl," by Bobby Vee and The Strangers, in 1967. Vee, born Robert Thomas Velline, first found international fame with "Rubber Ball" in 1961.



Moments in time

THE HISTORY CHANNEL

- On **July 4, 1776**, in Philadelphia, the Continental Congress adopts the Declaration of Independence, which proclaims the independence of a new United States of America from Great Britain. The declaration came 442 days after the first shots of the American Revolution.
- On **July 2, 1937**, the Lockheed aircraft carrying American aviator Amelia Earhart and navigator Frederick Noonan is reported missing in the Pacific. No trace of Earhart or Noonan was found. However, photos taken years later in the Marshall Islands were believed to be of Earhart and Noonan.
- On **July 3, 1958**, President Dwight Eisenhower signs the Rivers and Harbors Flood Control Bill, which allocates funds to improve flood-control and water-storage systems. The bill was introduced in the wake of disastrous hurricanes that hit the U.S. in 1955.
- On **June 30, 1974**, Soviet dancer Mikhail Baryshnikov defects from U.S.S.R. after four years of planning. While touring in Canada, Baryshnikov evaded his KGB handlers at the end of a performance, disappearing into the crowd outside. He hid until he was granted political asylum.
- On **July 1, 1984**, the Motion Picture Association of America introduces a new movie rating, PG-13. The action film "Red Dawn" became the first-ever PG-13 movie.
- On **June 29, 1995**, the American space shuttle Atlantis docks with the Russian space station Mir to form the largest man-made satellite ever to orbit the Earth. It marked the 100th human space mission in American history.
- On **July 5, 2003**, the World Health Organization (WHO) announces that all person-to-person transmission of Severe Acute Respiratory Syndrome (SARS) has ceased. In the previous eight months, the disease had killed 775 people in 29 countries. The first cases of SARS, caused by the SARS coronavirus, appeared in China in November 2002, and soon spread around the world via air travel.

Strange BUT TRUE

By Lucie Winborne

- Following the BP oil spill in the Gulf of Mexico, thousands of hairstylists and alpaca farmers donated over 19 warehouses worth of cut hair to help absorb the spilled oil.
 - Los Angeles' full name is "El Pueblo Nuestra Senora la Reina de los Angeles de Porciuncula," or "Town of Our Lady the Queen of Angels of the River Porciuncula." Now you know why people usually just call it "L.A."
 - Sex expert Dr. Ruth was trained as a sniper by the Israeli military.
 - Looking for the perfect gift for the object of your affection? How about a toilet seat? Don't laugh — that's what Ben Affleck gave Jennifer Lopez when the two were a hot item. Of course, this particular "throne" cost \$105,000 and was covered in diamonds, rubies and sapphires!
 - Astronaut Neil Armstrong threatened legal action against his barber for selling his hair to a collector for \$3,000.
 - The Benguet of northwestern Philippines blindfold their dead and place them next to the main entrance of the house.
 - Mr. and Mrs. Curry, of New York City, got married inside a 120,000-gallon shark tank. The bride wore a white wetsuit and the groom wore black, saying their "I do's" while circled by different types of sharks and eels. Both were experienced divers but had to broadcast their vows to the wedding officiant, family and friends, since (unsurprisingly) none of them possessed equal nerve to enter the tank.
 - Jewish diarist and Holocaust victim Anne Frank was posthumously baptized "by proxy" into Mormonism at least nine times.
 - Boxer Mike Tyson once bribed a zoo worker to open the attraction for just him and his wife. During the visit, he also tried to bribe an attendant to let him fight a gorilla. The employee said no. (One wonders who would have won.)
- ***
- Thought for the Day:** "So long as we are loved by others I should say that we are almost indispensable; and no man is useless while he has a friend." — *Robert Louis Stevenson*



Fostering a Pet vs. Adopting

DEAR PAW'S CORNER: What is the difference between pet adoption and fostering? — *Jess in Knoxville*

DEAR JESS: An adopted pet is going to his or her forever home, a successful story every animal shelter wants to see replay again and again. But many pets aren't quite ready to be adopted. They may be too young. They may be recovering from abuse and injuries. They may need to be observed to figure out what home environment is best for them.

Sometimes, a shelter runs out of space. And some rescue organizations don't have shelter facilities at all. In all these circumstances, this is where foster families come into play.

A foster is a temporary arrangement, either for a predetermined amount of time or until a pet is adopted. Rather than being stuck in a chilly kennel with little interaction, a foster pet stays in a warm, loving home — an arrangement that vastly reduces their stress and helps them heal.

Some pets are never ready for adoption and remain a foster for the rest of their life. Others are adopted by the foster family if approved by the rescue organization.

Caring for a foster pet takes dedication, and it helps to have experience caring for pets. If you're interested in being a foster parent to a pet, check with the local shelter or rescue group. They will have an application for you to fill out, and then will evaluate you and your living space to determine if you are a good fit for the foster program and which pets would do best in your care.

Send your tips, questions or comments to ask@pawscorner.com.

ArchAngel

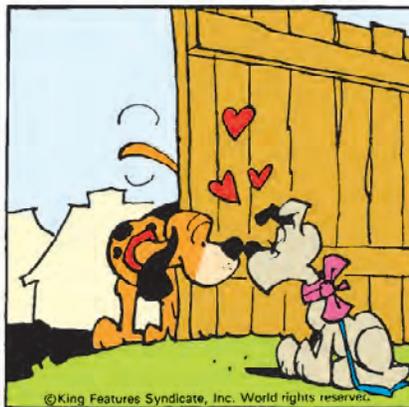
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Victoria Martin is an active member of the State Bar, licensed to practice law in California. CA Bar # 277116.






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Americanisms



“By the time a man realizes that maybe his father was right, he has a son who thinks he’s wrong.”
— Charles Wadsworth

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Just Like Cats & Dogs

by Dave T. Phipps



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Page 21

Donna's Day Creative family fun

by Donna Erickson

ANYTIME

Hearty Egg Casserole for Father's Day

Father's Day is around the corner on June 21. Crown Dad king for a day with a royal breakfast he will love. It's a hearty egg and cheese casserole that has all the goodness of fluffy omelets, but you and the kids can prep it the night before and simply pop it in the oven in the morning before Dad wakes up.

This tasty dish will fuel the family (you might invite and honor grandfathers and uncles, too — it serves 12) for a day outdoors filled with biking, hiking or fishing.

Your kitchen will be a-whirl when your school-age kids prepare the casserole with your supervision and assistance. Read the recipe together, then divvy up responsibilities once ingredients are gathered. "Who wants to crack and whip up the eggs? Grate cheese? There's French bread to be sliced and lined up in even rows," you might ask, to get them excited and on task.

While supervising the sous chef team in their prep work, you can be completing the adult task of frying or baking the bacon. When assembled, cover and put in the refrigerator overnight, then bake just before serving Dad on Father's Day.

FATHER'S DAY HEARTY EGG AND CHEESE CASSEROLE

- 1/2 loaf French bread cut in 3/4-inch slices
- 8 eggs, beaten
- 1 1/2 cups milk
- 3/4 cup sour cream
- 1 teaspoon Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon white or black pepper
- Pinch of cayenne pepper (optional)
- 10 slices cooked bacon, crumbled
- 1 cup Swiss cheese, shredded
- 1 cup Monterey Jack cheese, shredded

- 2 medium scallions, thinly sliced
- 1/2 cored and chopped red bell pepper
- 1/2 cup parmesan cheese, grated

The night before:

Butter a 9-by-13-inch baking pan, or spray with cooking spray. Cover the bottom with bread slices.

Whisk together beaten eggs, milk, sour cream, mustard, salt and ground peppers. Set aside.

Sprinkle bacon, shredded cheeses, scallions and red bell pepper over bread, making sure ingredients are evenly distributed. Pour egg mixture over it all. Cover tightly with foil and refrigerator overnight.



In the morning:

Remove from the refrigerator and let stand for 30 minutes, covered.

Heat oven to 325 F and bake covered for 45 minutes or until knife inserted near center comes out clean. Remove foil and sprinkle parmesan evenly on top. Return to oven for 5-10 minutes.

Serve immediately. Serves 12.

NOTE: You also may assemble and bake the dish the same day.

Donna Erickson's award-winning series "Donna's Day" is airing on public television nationwide. To find more of her creative family recipes and activities, visit www.donnasday.com and link to the NEW Donna's Day Facebook fan page. Her latest book is "Donna Erickson's Fabulous Funstuff for Families."

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Amber Waves

by Dave T. Phipps



The Spats

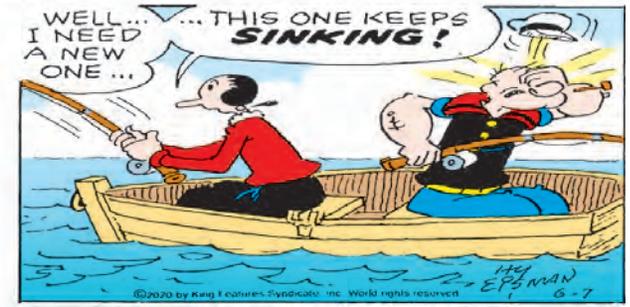
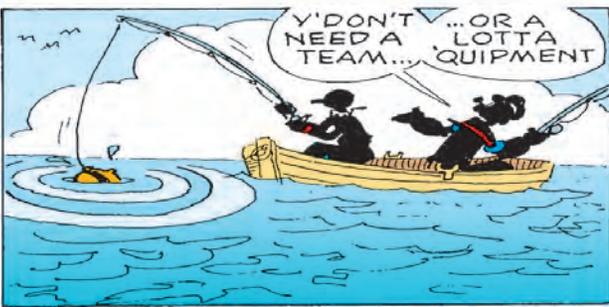
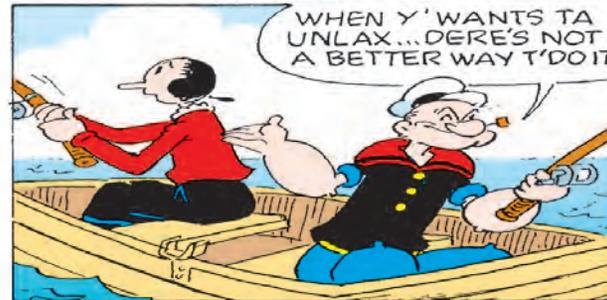
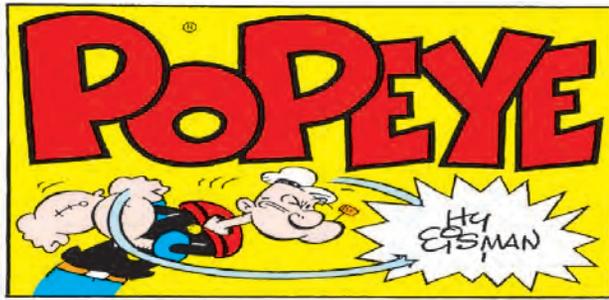
by Jeff Pickering



LAFF - A - DAY



"When are you going to start having birthdays again, Irma? I'm tired of growing old alone."



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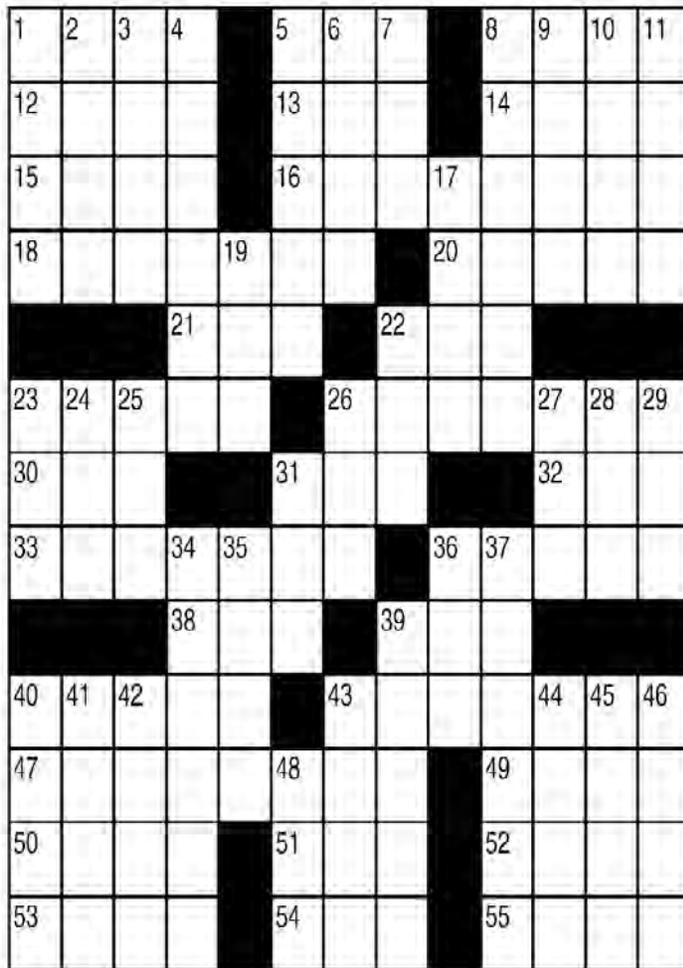
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King Crossword

ACROSS

- 1 St. Louis landmark
5 Hostel
8 Grime
12 Silver salmon
13 Kan. neighbor
14 Sandwich cookie
15 Destruction
16 Thrilling
18 Passage
20 Idles
21 Still
22 "You've got mail" co.
23 Really fun time
26 Leave out
30 Thither
31 Beer cousin
32 Queue
33 Shout out



- 36 Co-star with Ball, Arnaz and Frawley
38 Branch
39 Dine
40 Larynx output
43 Surpasses
47 "My bad"
49 By word of mouth
50 Night light?
51 Atmosphere
52 Loosen
53 Paquin or Quindlen
54 Final (Abbr.)
- 55 Exam
17 Sporty Camaro
19 Emeritus (Abbr.)
22 Chopper
23 "See ya"
24 Bagel topping
25 Anti-apartheid org.
26 Shade source
27 Samovar
28 "What's up, —?"
29 Ram's mate
31 Intent
34 Gap
- 35 War god
36 Carpet cleaner, for short
37 Went to a restaurant
39 Put forth, as energy
40 — cava
41 The yoke's on them
42 PC picture
43 Painter Nolde
44 Sea eagle
45 June honorees
46 Coin aperture
48 Water (Fr.)

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The Garden Bug



Source: www.gardeningknowhow.com

Fertilizer from seaweed

Nutrients in seaweed stimulate beneficial bacteria in garden soil, making it rich and healthy. You may want to collect some from a seashore to add to your own garden, but please check first if it is legal in your area to do so. Some experts suggest rinsing it to remove the salt, but others argue that the salt is minimal, and rinsing the seaweed removes valuable nutrients. Once dried, seaweed can be put directly into your garden soil, or chopped up and sprinkled into your potted plants.

—Brenda Weaver

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THE ILLUSTRATED BIBLE



*For what man knows the things of a man except the spirit of the man which is in him?
Even so no one knows the things of God except the Spirit of God.*

1 CORINTHIANS 2:11

"Portrait of a Man" by Erich Heckel (1919)

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	—		×		32
×		+		—	
	—		×		30
—		×		×	
	×		÷		18
34		27		12	

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 4 5 6 7 8 8 9

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BIBLE WORD SEARCH

by Elie's Spiritual Treasures

PROVERBS 31:8-9

Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy.

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 F O I T U T L F O E
 E T S X S Y W V Z D
 N E F A I R L Y E Y
 D Y U J U D G E K S

Find the **bolded/underlined** words in the diagram. They run in all directions — forward, backward, up, down and diagonally.

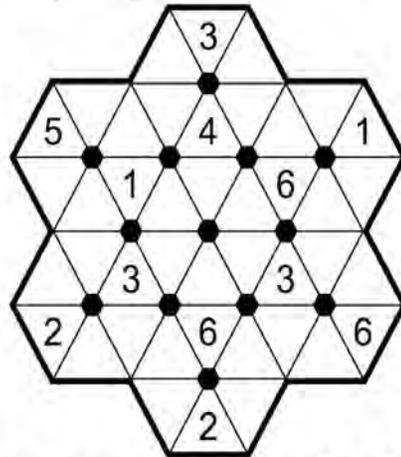
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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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• "I found a small waste basket that fits right between the wall and my dryer. There's a gap that's about 8 inches wide. The lip of the basket keeps it from sliding down to the floor, so it's easy to clean out the lint trap and put the waste in the basket. Also, I used a strip of hook-and-loop tape to attach a tissue holder box vertically to the wall. I stick a box of fabric softener sheets in it, and they, too, are right where I need them." — *T.K. in Nevada*

• "To keep the kitchen garbage can from smelling, I put spoiled food items in a bread bag, and then put it in the freezer until it's time for the garbage collector. I also have a friend with a compost bin, and I am doing the same with vegetables, fruit and peelings. I plan to bring the whole mess when I get to visit. The compost bin won't care if it's been defrosted!" — *E.L. in Virginia*

• "Place recipes inside of a plastic bag so that they can be handled while cooking, but not dirtied. This is especially necessary with heirloom recipes. For myself, I have made photocopies of recipes handed down from my grandmother, so the originals are safe in the cookbook. I like handwritten recipe cards because it's like the writer is there with you." — *T. in Ohio*

• Clogged drain? Don't use chemicals. "If you do encounter a full clog, try hot water and baking soda first. If that doesn't work, try a mixture of baking soda and vinegar. Avoid plumbing snakes, which can scratch the interior of your pipes, and commercial chemical cleaners, which are caustic and a health hazard, even when used according to instructions." — *Colepepper Plumbing in California*

• To keep dirt from sticking to your dustpan, spray it lightly with furniture polish. Buff with a cloth so that it's not wet. Floor dirt will slide right off.

Send your tips to *Now Here's a Tip*, 628 Virginia Drive, Orlando, FL 32803.

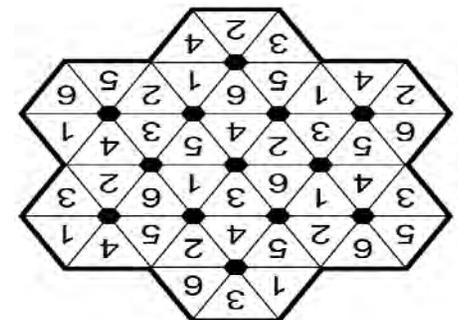
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ANSWERS

4	7	5	8	6	1	2	3	9
8	3	9	2	4	5	6	1	7
1	2	6	7	9	3	8	4	5
6	9	4	5	3	7	1	8	2
3	1	3	4	8	2	5	6	9
5	8	2	9	1	6	4	7	3
4	7	1	4	7	3	9	2	8
9	6	3	1	3	6	8	7	4
2	5	8	3	8	5	4	7	1

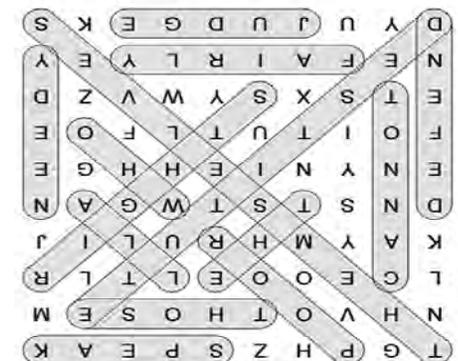
Answer

Weekly SUDOKU



solution

SNOWFLAKES



Answers

BIBLE WORD SEARCH

Weekly SUDOKU

by Linda Thistle

1			7					2
	2		8			3		
		3			6		4	
		4		1				5
9			2			7		
	8				5			9
5					7			2
		9		4				8
	3		1				5	

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆◆

◆ Moderate ◆◆ Challenging
 ◆◆◆ HOO BOY!

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- U.S. STATES: Which of the 48 contiguous United States has the largest land area?
- TELEVISION: What city does SpongeBob SquarePants live in?
- GENERAL KNOWLEDGE: What color is cyan?
- FOOD & DRINK: In beer styles, what does the designation IPA mean?
- GEOGRAPHY: Which two countries share the longest border?
- ANIMAL KINGDOM: What is a group of squirrels called?
- FAMOUS QUOTATIONS: Which famous author once wrote, "As full of spirit as the month of May, and as gorgeous as the sun in Midsummer"?
- MOVIES: In the 2020 movie, what is the real name of the superhero in "Black Widow"?
- BUSINESS: Which animal is featured in the Porsche auto logo?
- HISTORY: What was the name of the dog who was first to orbit the Earth in a space vehicle?

Answers

- Texas
- Bikini Bottom
- Blue
- India pale ale
- The United States and Canada
- A scurry or dray
- William Shakespeare
- Natasha Romanoff
- A horse
- Laika

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GOT DIRTY TILE & GROUT?

COMMUNITY events



Thank you for your understanding during these challenging times. The Spring Valley Lake Association would like to keep its members updated on the changes that will be implemented in regards to social distancing practices. We understand that the unknown can raise many questions and we thank you for your patience while we diligently searched for answers you have been looking for.

SVLA has released a series of memos regarding each of our amenities that detail everything you will need to know about the changes we have made to keep our community safe. These new regulations will be enforced effective immediately during this time of social distancing.

Copies of each memo can be found on bulletin boards where association agen-

das are posted. The memos will also be emailed, and posted on our social media sites.

Please keep in mind that while our amenities are open, members will be using them at their own risk. SVLA has posted a release of liability on all amenities that explains possible risk for exposure to and any illness from infectious diseases, including but not limited to COVID-19, from amenity usage. Any and all regulations made are subject to change at any time if necessary, for the health and safety of our community.

We understand that these are concerning times, but SVLA wants to ensure the community that health and safety is our top priority. Together we can create a sense of normalcy as we slowly and safely open our amenities back up while practicing social distancing. Thank you for your support and commitment to bettering our beloved community.

Due to social distancing orders in place, classes, clubs and committees may not be meeting at this time. Please view the SVLA website- www.svla.com -for updates and on how we will be conducting any upcoming meetings. We will also notify you of any changes via social media outlets. Sign up for our email E-Blasts via our website and Like us on Facebook.

SVL Committees

COMMITTEES	COMMITTEE CHAIR	MONTHLY	TIME/LOCATION
Architectural Committee	Karen Hillers	2nd & 4th Thurs.	4pm PVR
Citation Committee	Don Nelson	1st Tuesday	5:00pm PVR
Communications Committee	TBD	TBD	
Community Plan Committee	TBD	TBD	
Community Task Force		1st Tuesday & 3rd Tuesday	5:30pm 5:30pm
Equestrian Estates Committee	Cathy Westmoreland	3rd Tuesday	6pm EECH1
Finance Committee	Bill Walters	Meetings vary	
Lake Committee	Chris Hall	2nd Thursday	6:30pm PR
YAC Committee	TBD	(Inactive)	

ASSOCIATION OFFICE HOURS

CLOSED MONDAYS

OPEN TUESDAY THRU FRIDAY 7:30 A.M. - 6:00 P.M.

Boat Test for Vessel Operator's Permit occurs Daily at 9am in PVR
Vessel Operator's Permit renewals occur Daily at 7pm in addition to the original 9am slot - (See Public Safety Dispatch)

On line test available at www.svla.com (Public Safety page)

SVL Clubs

CLUBS	FACILITATOR+ CONTACT
Amateur Radio Club - 1st TH, 7pm PR	George Ellison NOGWE 760-810-1008, george@4mailservice.com
Boy Scouts Troop 2226, 2nd, 3rd 4th M, 6pm PR	C.J. Cook 760-887-6200
Cub Scout Pak 26 , 2nd, 3rd 4th M, 6pm MLH	Britt Imes 760-900-3897
The Coffee Break Club-3rd TH, 10am-12pm MLH	Dennis Verhagen 760-243-2128, dennisverhagen@earthlink.net
Lions Club Poker - 1st F, 7pm MLH	Don Nelson 760-964-7552
Rods & Relics Club - 2nd SAT, 8am PVR	Don Sedam 760-955-6052
Social & Fishing Club - Varies, MLH	Robert Eaton 760-951-8721
SVL Pan Group, 2nd & 3rd W, 12pm - 4pm PR	Carol Christie 760-243-1526
Veterans Club - 4th TH, 6-8:30pm PR	Chris Harvey 209-338-7349
Yacht Club - 3rd TH, 6-8pm MLH	Rick Groff 442-242-7095

SVL Recreational Classes

CLASS	DAY	TIME	LOC.	Instructor
Bocceball /Horseshoes	M,W,F	8 - 11am	MLP	Raul Paz 760-245-6311
Group Exercise (Body Express)	M,W,F	8 - 9am	MLH	Jace Knisely 760-628-6416
Power Yoga	T/W	6:30pm-7:30pm	PR/MLH	Jace Knisely 760-628-6416
Line Dance Beginner/Intermediate.	M	9:10-10:10am 10:10-11:40am	MLH	Su Kim 760-241-8823
Line Dance Ultra Beg./ Beg./Easy Intermediate	T	8-9am, 9-10am 10-11:30am	MLH	Su Kim 760-241-8823
Arthritis Exercise	T,TH	8 - 9am	PR	Dottie Schiller 760-243-4697

Key for Locations

Abbreviation	Name/Location of Facility
MLH - Meadowlark Hall	Community Building 12975 Rolling Ridge Drive (Great Room)
PR - Palm Room	Community Building 12975 Rolling Ridge Drive (Small Room)
PVR - Parkview Room	Community Building 12975 Rolling Ridge Drive (Conference Room)
EECH1	Equestrian Estates Clubhouse, 12660 Indian River Drive, Apple Valley
MLP	Meadow Lark Park, 12975 Rolling Ridge Drive
WB	West Beach, 13230 Country Club Drive
EB	East Beach, 13244 Country Club Drive
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The Kitchen Diva!

by Angela Shelf Medearis



ANYTIME A Special Meal for a Special Man

During stressful times like these, I've grown to have an added appreciation for the two men who have been pillars of love and support in my life, my dad, Howard, and my husband, Michael. I was blessed to be raised in a home with my diligent, book-loving father and my wonderful mother.

My husband also was a wonderful daddy for our daughter, and lovingly filled the father role for my granddaughter and numerous other children when he worked as a tutor and substitute teacher. There are many other men who are "fathers of the heart," if not actual fathers, and they also should be celebrated on Father's Day.

If you've ever wondered how Father's Day got its start, we have Sonora Louise Smart Dodd to thank. When Sonora was 16 years old, her father became a widower and was left to raise Dodd and her five younger brothers alone. In 1909, Dodd was listening to a Mother's Day sermon at church when she realized the need for a day to celebrate fathers, especially her own.

Sonora started a petition to celebrate the first Father's Day in early June to coincide with her father's birthday. Unfortunately, only two people signed up. Finally, after moving to a date later in the month, Sonora was able to convince several churches to participate.

The first Father's Day celebration was held in Spokane, Washington. Families honored fathers by wearing roses — red for those still alive, and white for those who were deceased. The city's mayor and even the state's governor issued Father's Day procla-

mations to commemorate the occasion.

Not satisfied with just a local celebration, Sonora spent decades traveling around the United States to campaign for a national holiday. Despite Sonora's enthusiastic efforts, Father's Day wasn't nationally recognized until 1972.

In 1970, Congress finally passed Joint Resolution 187, which called on citizens to "offer public and private expressions of such day to the abiding love and gratitude which they bear for their fathers." President Richard Nixon signed the resolution into law two years later.

There isn't enough money in the world to show my father and my husband how much I appreciate the love and care that they've given to me and our family. And while they don't really need anything in the way of gifts, they both love meatloaf dearly.



Depositphotos

I know that serving a well-seasoned meatloaf covered with a flavorful tomato sauce, a mound of creamy mashed potatoes and a crisp green salad will make my father and my husband happy on Father's Day, or any day of the year. Have a wonderful Father's Day!

MEATLOAF WITH SPICY TOMATO SAUCE

- 2 large eggs, lightly beaten
- 1/3 cup milk
- 3 tablespoons Worcestershire sauce
- 2 teaspoons salt
- 2 teaspoons ground black pepper
- 1/4 cup olive oil
- 1 large onion, chopped
- 2 cloves garlic, finely grated
- 1 tablespoon thyme leaves, chopped; or 2 tablespoons poultry seasoning
- 1/2 cup ketchup
- 1/4 cup mild to medium salsa

- 2 pounds 80/20 ground beef chuck
- 1/2 cup panko
- 1 tablespoon steak sauce

1. Arrange a rack in the center of the oven and heat to 450 F. Line a rimmed baking sheet with foil.

2. Whisk the eggs, milk, Worcestershire sauce and 1 teaspoon each of the salt and pepper in a large bowl until completely combined. Heat the oil in a large skillet over medium-high heat. Add the onion, garlic, thyme or poultry seasoning and 1/2 teaspoon each of salt and pepper, and cook, stirring occasionally, until the onions are tender and lightly golden brown, 8 to 10 minutes.

3. Add 2 tablespoons of the ketchup and 1 tablespoon of the salsa and cook until most of the moisture has evaporated and the mixture is thick and brick-red colored, 3 to 4 minutes. Remove the skillet from the heat and let the onions cool slightly. Then add them to the beaten eggs and mix to combine.

4. Add the beef to the egg and onion mixture. Break up the meat with a fork or wooden spoon, and then mix to thoroughly combine; you don't want to see any clumps of beef. Add the panko and gently mix to combine. Stir the meat vigorously with a wooden spoon for about 7 seconds; it will become more homogenous and tackier.

5. Transfer the meat to the prepared baking sheet and shape into a 9-by-5-inch loaf. Mix the remaining ketchup and salsa, the remaining salt and pepper, and the steak sauce together. Smooth sauce mixture over the top of the meatloaf.

6. Bake for 5 minutes, and then reduce the oven temperature to 350 F. Continue to bake until an instant-read thermometer inserted into the center of the loaf registers 150 F, about 30 to 35 minutes. Allow the meatloaf to rest for 20 minutes before slicing. Serves 6.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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top ten

Foods for Longevity

1. Legumes
2. Eggs
3. Leafy greens
4. Cruciferous vegetables
5. Extra-virgin olive oil
6. Fatty fish
7. Sweet potatoes
8. Fermented foods
9. Alliums
10. Coffee

Source: Prevention

King Crossword

Answers

Solution time: 21 mins.

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Go Figure!

answers

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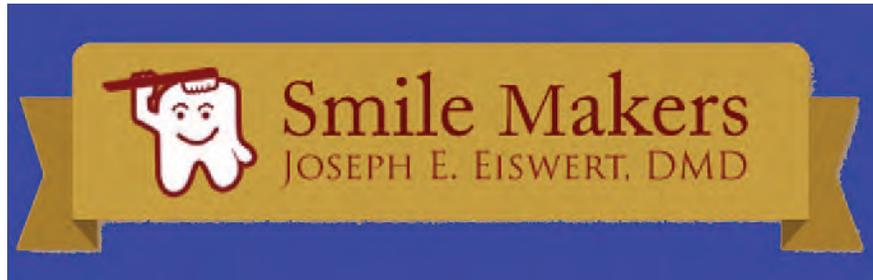
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