



the SVLA BREEZE

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

April 2020

Ads: 760-628-9732

YOUR

☒ VOTE

MATTERS

Ballots by Mail
Must be returned to
T.I.E. P.O. Box
By 5pm, April 23
(Remember to sign
Envelope #2)



There are four (4) open positions in this election to serve a two-year term. The ballots may be returned via mail in the included self-addressed envelopes to: The Inspectors of Election, P.O. Box 131778, Carlsbad, CA 92013 by 5:00 PM on Thursday, April 23, 2020 or hand delivered to the Annual Meeting at the Community Center on April 25, 2020 prior to the close of polls at 10:00 a.m.

****Please remember to sign** Envelope #2 (Mailing Envelope) Ballot Return/Registration**

BRIAN BICKHART



BRIAN HURST



CHERI BOYD



LORENA NEWSON



GRAEME CARR



BILL SCOTT



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Spring Valley Lake Contact Information

Management Staff

General Manager

Alfred Logan: alogan@svla.com

Director Public Safety

Lisa Hartley: lhartley@svla.com

Director of Operations

Nick Gonzalez: ngonzalez@svla.com

Director Administration & Human Resources

Jeaneen Beam: jbeam@svla.com

Accounts Manager

Dee Dee Walker: dwalker@svla.com

Board of Directors

President Brian Bickhart

Vice President Ryan Williams

Secretary Lewis Ponce

Treasurer JoAnne Romero

Director Cheri Boyd

Director Deedee Garcia

Director Robert Read

Board Email: board@svla.com



SVLA Breeze
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92342

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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:
911

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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SAT 10AM-3PM

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427 E. MAIN ST

M-F 10AM-4PM

SAT 10AM-2PM

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change in your home or office.**



SVLA BOARD PRESIDENT

BRIAN BICKHART

This past month has been challenging for all of us, to say the least. Alfred Logan and the management team at SVLA are doing a great job during this crisis. The Board of Director's meeting for March had to be cancelled. However, we are working with our General Manager to find a solution for this month's meeting. I understand there were concerns about the amenities being closed temporarily, but some amenities have reopened with some restric-

tions. Please see the SVLA website- www.svla.com -for updates and on how we will be conducting this month's meeting. Spring Valley Lake is a tight knit community; and I'm happy to see us all come together to help one another where we can!! I know the current situation is difficult, but we will survive stronger in the end.

Please remember to vote and, most importantly, sign your envelope! Be safe out there! 💎



2020 Board of Directors Election Calendar

March 23, 2020..... Notice of Meeting Mailed Out
 April 23, 2020..... 5:00 p.m.
 Ballots by mail returned to TIE P.O. Box by 5:00 p.m.
 April 25, 2020..... 10:00 a.m.
 Member Meeting for Purpose of Election of Board of Directors at the Community Center

Ballots by Mail

***Must be returned to TIE P.O. Box
 By 5:00 p.m., April 23, 2020***

*****Please remember to sign*****

Envelope #2 (Mailing Envelope)

Member Meeting to Elect Board of Directors

April 25, 2020 @ 10:00 a.m.

Community Center - 12975 Rolling Ridge Dr.



The Association Office is still closed to visitors until further notice but we are here to assist you by phone or email.

**You can call or email our office from 8:30 am- 4:30 pm
 Tuesday- Friday for assistance.**

If you call outside of these hours please leave a message and we will return your call on the following business day.

To reach us by email send your inquiry to admin@svla.com and we will get back to you as soon as possible.

We thank you for your understanding as we navigate through this uncertain time.

DAVE'S MOBILE MARINE REPAIR

Dave Mazzaresse
Owner
mazz75@msn.com



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ALFRED LOGAN, GENERAL MANAGER

Attention Residents

Subject to change

Effective March 28th, the following amenities will reopen **with “social distancing” limitations:**

- LAKE
 - The lake will reopen
 - Restrooms located outside the association office will be reopened
 - Vessel registrations/questions can be addressed at:
RegisterMyVessel@svla.com
 - A staff member will contact and assist you in registering your vessel remotely.
- BEACH AREA
 - Boats will be allowed to “beach” only
 - Actual beach area, **parking lots, grass areas, restrooms** and play areas will remain closed
- ALL 14 FISHING AREAS
 - Limited to TWO (2) residents per area
- MEADOWLARK PARK
 - Off leash dog areas will reopen; limited to TWO (2) residents per gated area
 - Please be considerate of others waiting to enter.
 - Walking trails and grass areas will reopen
 - Playground areas will remain closed
- EQUESTRIAN CENTER
 - Open to residents for horse boarding purposes
 - Horse trails will remain open
- EQUESTRIAN PARK AREA
 - Grass and walking areas will reopen
 - Playground areas will remain closed.

During times of uncertainty, our goal is always to do the right thing and ensure the safety of our staff/residents. I’ve been in contact with our board president Brian Bickhart and most recently, I’ve had the opportunity to have a detailed discussion with the entire board. Please understand that we do hear your concerns and frustrations as well as the need for fresh air in a safe environment. As a community, we must all work together to maintain social distance to avoid closing all amenities. In addition, please understand that the association will continue to monitor the CDC website and the information released today is subject to change.

Please be patient with our team and know that we will do everything we can to provide you the best service possible. We are a strong community! We know this because we have witnessed residents helping each other lakeside and equestrian residents rallying together to help at the barn area. I’m proud of our community and know that when this situation is over, we will come out as an even stronger, thriving community.

Respectfully,

**Alfred Logan, CCAM-LS
General Manager - SVLA
Alogan@svla.com**

BEFORE  **AFTER**





Stay HOME AND Stay SAFE



WHAT'S OPEN?

Per the order, essential services will remain open such as:

- Gas stations
- Pharmacies
- Food: grocery stores, farmers markets, food banks, convenience stores, take-out and delivery restaurants
- Banks
- Laundromats/laundry services

Essential state and local government functions will also remain open, including law enforcement and offices that provide government programs and services.

CAN I VISIT MY FAMILY?

You can continue to interact with family.

WHAT'S CLOSED?

- In-restaurant dining (eating inside a restaurant)
- Bars and nightclubs
- Entertainment venues
- Gyms and fitness studios
- Public events and gatherings
- Convention Centers

This is not an exhaustive list. Please refer to the 16 federal critical infrastructure sectors (<https://www.cisa.gov/identifying-critical-infrastructure-during-covid-19>).

CAN I GO OUTSIDE?

You can go outside for walks and recreation but won't be able to do so in groups. We recommend avoiding play structures and playgrounds as they are high-touch areas.



Yes, we are here! We know that during this time there are lots of question about how this is affecting our community. I can assure you, Code Enforcement is still on active duty. It is really important that the community remains the jewel of the dessert.

With so much rain recently, there are weeds sprouting rapidly all around the community. Being proactive and remov-



ing them promptly will prevent

~ **YOUR CODE ENFORCEMENT TEAM**

Code Enforcement Violations	MAR Stats
IN PROGRESS	84
OPENED – (New Violations)	101
CITATIONS	13
CLOSED – (Resident complied)	262
YELLOW TAGS (Courtesy Notices)	49
OPEN ESCROWS	27

them from growing out of control. We would like to thank you in advance for keeping up on the maintenance of your property. We are available by phone Tuesday- Friday from 8:30am-4:30 pm. If you have any concerns or need any assistance, feel free to give us a call.

In addition, we are also still accepting architectural applications. The application can be found on our website www.svla.com. Once completed, you can email the application to vshogunle@svla.com. The committee reviews applications the 2nd and 4th Thursday of every month.

We hope you are all staying safe during this time. As a community, we will come out stronger than before.

Rental Rule - MAR	Stats
Open violations	45
Dwelling license	2
Res. Rule Violation	0
Total confirmed rentals	258

**County of San Bernardino
Special Districts Department
Water and Sanitation Division
CSA 64 (Spring Valley Lake)
Street Sweeping Schedule**



2020

January 7-10 & January 14-17
February 11-14 & February 18-21
March 10-13 & March 17-20
April 7-10 & April 14-17
May 12-15 & May 19-22
June 9-12 & June 16-19
July 14-17 & July 21-24
August 11-14 & August 18-21
September 8-11 & September 15-18
October 13-16 & October 20-23
November 10-13 & November 17-20
December 8-11 & December 15-18

All Street Sweeping occurs between the hours of 7 am and 4 pm. No sweeping on Saturday, Sunday, or Mondays. This schedule is subject to change due to Holiday's, weather and/or equipment maintenance.



Reducing water sprinkling along with parking off the paved roadways on the above dates will help facilitate this service.



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 DRE 00858132
 760-780-8047

Linda - Broker
 DRE 01026975
 805-466-4600

Yari - Agent TC
 DRE 01933113
 760-220-9177



15145 Blue Grass Drive
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 features: Single story. 3 bedrooms 2
 full baths, a wet sink room great for
 prepping or for entertaining

26513 Silver Lakes Parkway
PRICE REDUCED \$248,900
 Single Story, custom built 3 bed
 2.5 bath home 1835 sq ft indoor
 living.



26211 Corona
3bed/2bath 1651 sq.ft.
\$225,000

Enjoy mountain views from shady
 back yard and cross the street to fish.



Americanisms

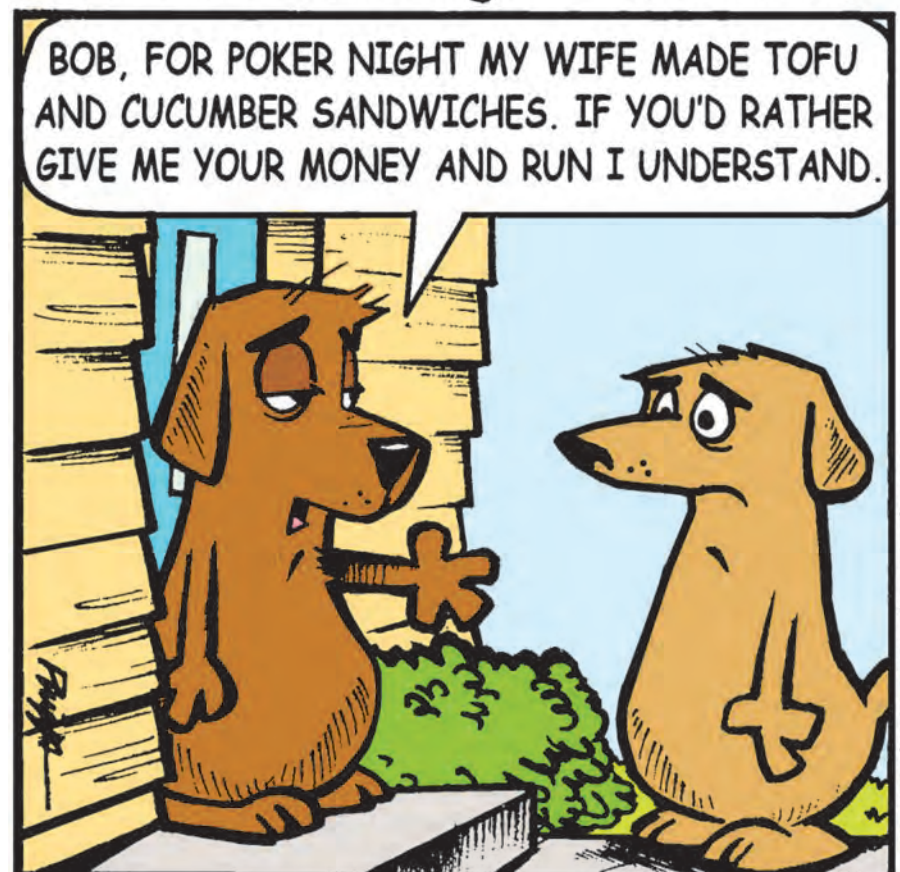


“Never mistake knowledge
 for wisdom. One helps you
 make a living; the other
 helps you make a life”
 — Eleanor Roosevelt

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Just Like Cats & Dogs

by Dave T. Phipps



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Quote of the month:
Seek life, not comfort. Maxime Lagacé



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SPRING VALLEY LAKE BREEZE***

RIGHT HERE!

CALL 760-628-9732

OR EMAIL:

LoveMediaGroup@yahoo.com

TODAY



~ Nick Gonzalez, Director of Operations

Hello SVLA Residents!

Due to our existing situation with Covid-19, the maintenance department was off for 1 week, which was the last week of March. For the first and second week of April, they were working 20 hours weekly. Now maintenance is currently back to a full time schedule (Sunday -Saturday). Half the crew will work Sunday - Wednesday and the other half Wednesday- Saturday. Their operating times will be 6:30am to 5PM. The crews will be made up of 4-6 personnel throughout the week. Because of the rain from present and previous months, we are aware of overgrown weeds and grass throughout the community, including the Equestrian Center. Maintenance has begun weed abating Meadowlark Park. Once completed, maintenance will then proceed to fishing areas and Equestrian Center.

Edison has installed electrical meters at fishing area #7, #9 and #14. This means the water filtration systems will soon be operating. We are hoping to have them fully operational by April 17. Maintenance just needs to install

the inlet and out lines, as well as buoys and ultraviolet lights, which should only take a couple of days. The water quality of the lake is comparable to last month. Dissolved oxygen average 11.0, saturation 100% and transparency 1.6". We have noticed a large decrease of wandering seagulls; but will continue to patrol the lake for debris and feathers.

At Picnic area #1 an assigned Wrought Iron contractor has installed all lateral posts and half the overall linear feet with panels. Full installation should be complete by April 17. Once the Wrought Iron has been fully installed, a landscaping contractor will begin at this same location. The landscaping installation will begin between April 20 -April 24. The new landscaping consists of artificial turf, boulders, DG, electrical, plants, curbing etc. The project will take 3-4 weeks to be fully complete. At the small dog park at Meadowlark Park metal panels will be installed on April 21 and should take 7-10 days to complete. These panels will prevent little dogs going through the existing rod iron fence into the large Dog Park side.

The Operations department is always working diligently on maintain 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! 💎



Picnic Area #1





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AND SPRING VALLEY
LAKE

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**7:00 PM
PALM ROOM**

12975 ROLLING RIDGE DR.

If you have a HAM License
Want to Test for a HAM License
or are interested in learning
more about HAM Radio

JOIN US AT THE MEETING



**CONTACT
GEORGE ELLISON
760.810.1008**

WWW.SVLARC.ORG



Public Safety



NOW HIRING!!!

Spring Valley Lake Public Safety Department is now accepting applications for the following positions:

Public Safety Officer (Part-Time):

- Must be able to work all shifts.
- Must possess current Guard Card, CPR & First Aid.
- Must have the ability to swim & pass a basic swim test.
- Must be at least 21 years of age with a clean driving record.
- Must pass Background & Drug Test.
- Baton & OC Spray Certifications.

No Phone Calls Please!

Apply within at 13325 Spring Valley Parkway or at www.svla.com and submit application with required materials (i.e. guard card, CPR, First Aid) to: HR@svla.com or fax to: 760.245.3006



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 - Balance Sheet
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- All Necessary Reports

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SVLA Breeze



ENTREES

All Entrees are served with rice and miso soup or salad
Add on: Fried Rice 5.00 | Brown Rice 2.50
Each Additional Beef, Chicken, or Shrimp 3.00

BEEF TERIYAKI	12.95
Thin slices of tender beef marinated with teriyaki sauce and vegetables	
SALMON TERIYAKI	12.95
Grilled salmon breast with vegetables and teriyaki sauce	
CHICKEN TERIYAKI	12.95
Grilled chicken breast with vegetables and teriyaki sauce	
SPICY CHICKEN	12.95
Grilled chicken breast marinated in spicy chili sauce	
CHICKEN & SHRIMP	15.95
Grilled chicken breast and shrimp with vegetables and teriyaki sauce	
SESAME HONEY CHICKEN	12.95
Deep fried chicken breast with sesame honey sauce	
CHICKEN CUTLET	12.95
Lightly coated chicken with panko bread crumbs, fried and served with katsu sauce	
TONKATSU CUTLET	12.95
Lightly coated pork with panko bread crumbs, fried and served with katsu sauce	
SWEET & SOUR	12.95
Deep fried choice of chicken, pork or shrimp with sweet and sour sauce	
SWEET & SPICY	12.95
Garlic flavored deep fried choice of chicken or shrimp with sweet and spicy sauce	
GARLIC SHRIMP	12.95
Stir fried shrimp with white wine and garlic sauce served over fried potato noodles	
SOONDUBU	10.95
Spicy soft tofu soup with assorted seafood	
FRIED RICE	10.95
Stir fried rice and vegetables with fried egg with a choice of beef, chicken, or shrimp	



NOODLE

Ramen dishes come with choice of beef, chicken, shrimp, pork, or tofu.
All noodle entrees are served with salad
Each Additional Meat 3.00

MISO RAMEN	9.95
Traditional miso based broth with stir fried veggies, bean sprouts, green onion, egg and seaweed	
JJA JANG MYUN	9.95
Black bean sauce smothering noodles	
TONKOTSU RAMEN	9.95
Rich pork flavored broth with stir fried veggies, bean sprouts, green onion, fishcake, egg, and seaweed	
SPICY RAMEN	9.95
Spicy broth with ramen noodles and stir fried vegetables	
TEMPURA UDON	9.95
Soy sauce based broth with shrimp & vegetable tempura and thick udon noodles	
SEAFOOD NOODLE SOUP	12.95
Thick udon noodle soup with vegetables and assorted seafood	
YAKISOBA	10.95
Thin stir fried noodles with vegetables with the choice of beef, chicken, shrimp, or tofu	
YAKIUDON	10.95
Thick stir fried noodles with vegetables with the choice of beef, chicken, shrimp, or tofu	
PHO	9.95
Choice of chicken, beef or shrimp	

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EXPIRES: 5/15/2020

**10% OFF
ENTIRE
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EXPIRES: 5/15/2020

**10% OFF
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EXPIRES: 5/15/2020

Keeping Our Community Informed: COVID-19 (Novel Coronavirus 2019)

SYMPTOMS



Fever



Shortness
of Breath



Cough

SEEKING CARE

COVID-19 testing is currently being done at the Department of Public Health Hesperia Health Center located at 16453 Bear Valley Road, Hesperia, CA 92345 for patients who meet criteria. They can be reached at (800) 722-4777. If your symptoms are life-threatening call 911.

PREVENTION - Wash Your Hands



Wet hands



Lather & Scrub



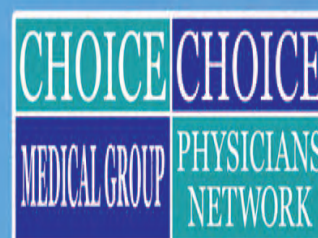
Rinse



Dry

- Washing your hands often with soap and water for 20 seconds is one of the easiest and most effective ways to prevent spreading germs.
- Avoid contact with people who are sick.
- Cover your cough and sneeze with tissue.
- Clean and disinfect surfaces and objects frequently.
- Stay home when you are sick, except to receive medical care.

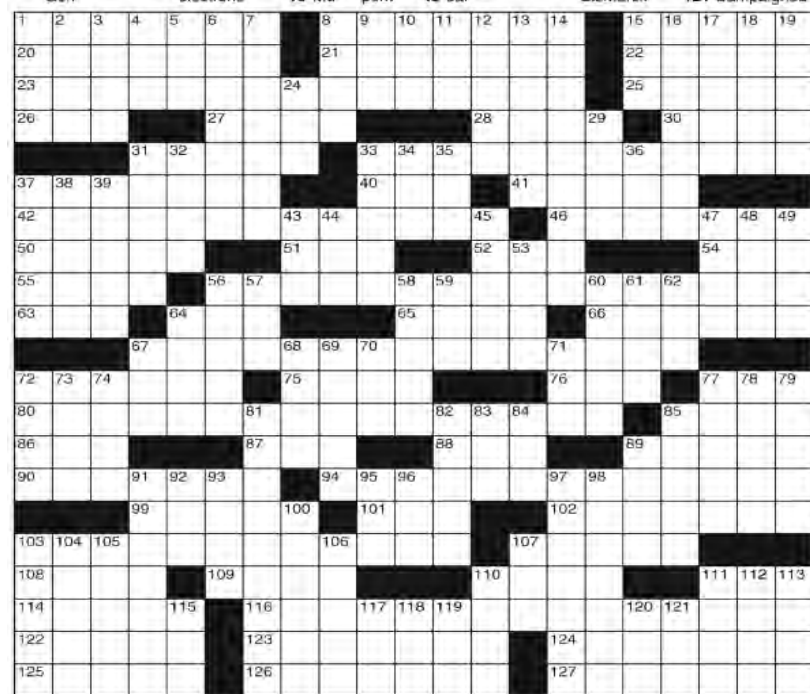
For more information visit choicemg.com/covid19



**OUT OF THE
ORDINARY**

ACROSS

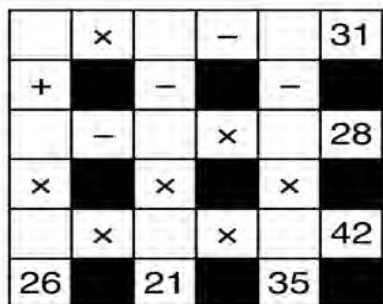
- | | | | | | |
|----------------------------------------|-------------------------------------------|------------------------------------------------|------------------------------------|--------------------------------------|-------------------------------------|
| ACROSS | 54 Apple pie — mode | 103 Witches in "Macbeth" | 11 Western treaty initis. | 49 DEA agent "Snake" | 91 Go along with |
| 1 It may begin "Here lies ..." | 55 Just makes, with "out" | 107 Cantaloupe or honeydew | 12 Pope before Gregory XIII | 53 "Ship out!" | 92 Christie's cry |
| 8 Like fables with morals | 56 1965 Marvin Gaye hit | 108 Body gel additive | 13 More nonsensical | 56 Alphabet opener | 93 — many words |
| 15 Sprayed like a firefighter | 63 Dial-up alternative, for short | 109 "There's — haven't heard!" | 14 Prison, informally | 57 "May — of service?" | 95 Coloring stuff |
| 20 Composer Saint-Saëns | 64 Fall away | 110 — prayer for | 15 — and haw | 58 Burglar's job | 96 Caméra — |
| 21 Maui tourist town | 65 Cube | 111 Univ. Web site suffix | 16 Pizza herb | 59 Missle's path | 97 Ones being the line |
| 22 Wash away | 66 Feeble | 112 Beach hills | 17 More imitated | 60 "Deathtrap" star Michael | 98 Tag anew |
| 23 Like overly harsh punishment | 67 Noncircular paths around bodies | 116 "77 Sunset Strip" actor, familiarly | 18 Rocker Winter | 61 "For — us a child is born" | 100 In the habit of |
| 25 Consolidate | 72 Homeland, affectionately | 122 Mrs. Bunker | 19 Plow pioneer | 62 Gularist Paul | 103 Crossed a ford |
| 26 Suffix with prophet | 73 Elf name in dog food | 123 Use an umbrella, say | 20 Noisy clamor | 63 "Green" sci | 104 Get by |
| 27 Calc preseq | 76 108-card game | 124 Posts again | 31 Actor Jimmy | 64 "Sci-fi power | 105 Like a charged atom |
| 28 Hosiery hitch | 77 Toque or fez | 125 Hunter's lure | 32 Granny, e.g. | 68 Robert De — | 106 Cycical, at the beach |
| 30 Transmission option | 80 1967 hit for the Doors | 126 Fusible alloys | 33 At — of (priced at) | 69 1990s exercise fad | 107 — tai (drink) |
| 31 Coil of yarn | 79 Toque or fez | 127 Bad-mouth | 34 Item in a P.O. box | 70 Bldg. units | 110 "The — the limit" |
| 33 1985 hit for Sheila E. | 80 1967 hit for the Doors | | 35 Part of NATO: Abbr. | 71 Virus, e.g. | 111 Markey of Tarzan films |
| 37 Female graduates | 85 Infrequent | DOWN | 37 Performed on stage | 72 Not closed | 112 Nixing mark |
| 40 Middle: Abbr. | 86 "Star Trek" rank: Abbr. | 1 "Lo!" to Livy | 38 Lies in wait | 73 Day of NBC | 113 Stalin's land |
| 41 Cello bow rub-on | 87 Piller from | 2 Golf norms | 39 Apocryphal archangel | 74 Biblical verb | 115 See 43-Down |
| 42 Monkey of kid-it | 88 Singer Yoko | 4 Deadlock | 43 With 115-Down | 77 Belittling frat brother | 117 English dramatist Thomas |
| 46 Upholstered footstool | 89 Leaks slowly | 5 100% | 44 Part of i.e. | 78 Circus venue | 118 Lyrical verse |
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| 51 Inits. on a navy vessel | 94 Mismatched collection | 7 Units of inductance | 46 Part of i.e. | 82 Meanders | 120 Peru's Sumac |
| 52 Neighbor of Ger. | 99 Knife of old informercials | 8 Chug- (guzzle) | 47 Injure badly | 83 Question's opp. | 121 Camoaignee |
| | 101 — Kippur | 9 Suffix with Caesar | 48 Jai — | 84 Turndowns | |
| | 102 Stream of electrons | 10 Mu. — pork | | 85 Like Brutus | |
| | | | | 89 Prince — von | |
| | | | | 90 Bismarck | |



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.

DIFFICULTY: ★

- ★ Moderate ★★ Difficult
★★★ GO FIGURE!



1 2 3 4 5 7 8 8 9

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YOU'RE THE TOPS! Well, you will be if you can spot the two tops above that are exactly alike. The time limit is one minute.

Question #3. "Can you think of a four-letter word that, when three of its letters are removed, the meaning will remain the same?"

Answer: The word is "FIVE." After you remove F, I and E, you are left with a "V" which is the Roman numeral for the number FIVE. The meaning remains the same.

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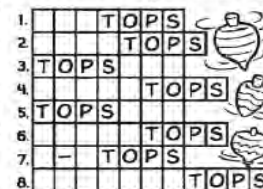
1. The art of conjuring (MAGIC, in place).
2. A place for sports.
3. A costume.
4. Accustom to unpleasantness.
5. A plan for robbery.



—by Charles Barry Townsend

SPIN-N-SPELL

You'll be "tops" if you can figure out the words asked for in the hints given below. Each word contains the word "tops" either at the beginning or at the end.



Illustrated by David Coulson

Question #3. "Can you think of a four-letter word that, when three of its letters are removed, the meaning will remain the same?"



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1. The art of conjuring (MAGIC, in place).
2. A place for sports.
3. A costume.
4. Accustom to unpleasantness.
5. A plan for robbery.



ANSWER: 1. Magic 2. Ardent 3. Gallop 4. Plunge 5. Linger



"I'm here for you, Mr. Figby ... by the hour."

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: **U** equals **T**

UX VXGN EIYYQVD LNXLJN, LANVV
ZNTVXAVDQL GQYDU KN RNVZAQKNR
IV EAQUNA'V ZJIGL.

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STICKELERS (etc.)
by Terry Stickels

MONDAY is the only day of the week that has an anagram, "DYNAMO."

Are there any month names that have anagrams? If so, what are they?

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Cryptopump
answer
To some wagish people, press
censorship might be described
as writer's clamp.

Stickelers Answer

The only months that have nagrams are MARCH, APRIL and MAY. Their nagrams are: are CHARM, PILAR and YAM.



Figure 4



AMSWETS

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



Children and Family Services

**Struggling with parenting
during isolation?**

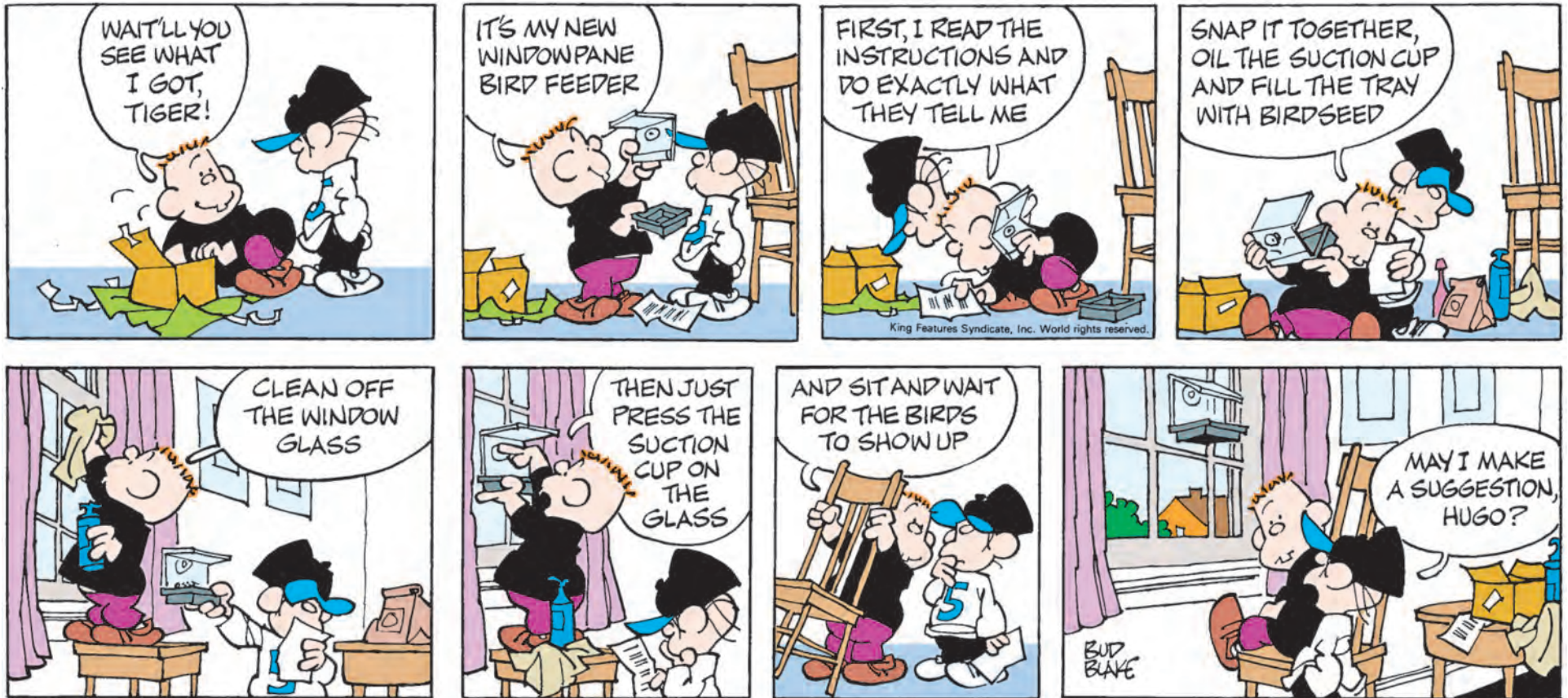
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Just How Effective Are Essential Oils?

DEAR DR. ROACH: I have a relative who sells one of the popular brands of essential oil products and related equipment. She sends out many social network postings about the benefits of these products, including sharing postings from others who sell the products.

I do not purchase these for several reasons. I am sensitive to many airborne scents and have a scent-free home, but my primary concern is that she seems to be practicing medicine by claiming what I believe to be unproven health benefits. These are very costly and, at a minimum, harm is done by persuading people to spend a great deal of money for products that may not do what they are claimed to do. I am also concerned that families with young children seem to be using these products — my relative has even sent some to her children's school for use in the classroom.

Can you please comment on possible benefits/harm from these products? — J.R.

ANSWER: Essential oils from plants have been used to scent the air for millennia. There are certainly many claims about purported health benefits, but there is little evidence to support their use for those purposes. Health claims for aromatherapy should be taken with skepticism. One exception is that several reviews have found that some aromatherapies can reduce anxiety levels, and possibly some symptoms of depression.

As I frequently note, however, the placebo effect is powerful, and if you expect that a treatment, such as aro-

matherapy, will help your symptoms, it very well may. As such, I have no objection to people who want to use them for mild symptoms. I do object when people forgo potentially effective treatment for serious illness.

Your point about cost is a real issue, but essential oils do not have to be very expensive.

Harm from aromatherapy is generally limited to allergic or non-allergic irritation of the nose and skin. Essential oils are not to be taken internally, and even topical use can lead to problems, as they can be absorbed into the body directly through the skin.

DEAR DR. ROACH: Why are there two names for every drug? In a recent article, for example, you mention fluoxetine (Prozac) and bupropion (Wellbutrin). Clearly the name in parenthesis is the common name people use. Why does the other name exist, and why is it used at all? This adds unnecessary complexity and confusion. For example, a nurse asked me about Efudex, and I didn't know what she was referring to, as the label on the medication I had reads "fluorouracil." — C.P.

ANSWER: Every drug has at least three names: a chemical name, a generic name and a brand name. The chemical names are so complex that nobody (but chemists) uses them. I prefer using generic names, since they are the same regardless of country, and generic names often give a clue to the type of medication. Generic names are lowercase.

Brand names (capitalized) are the ones most often known (drug companies often try to find easy-to-remember brand names and hard-to-remember generic names), but not always. In the example you gave, Efudex is one brand name (Acrucil and Carac are others), and fluorouracil (or 5-fluorouracil, often abbreviated 5-FU) is the generic name.

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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R	F	L	A	O	E	V	L	E	M	O	P	Y
7	3	6	7	6	4	3	5	3	5	2	7	3
A	O	O	T	U	E	R	A	E	L	E	I	T
6	8	3	6	3	8	3	4	7	5	7	8	5
T	L	I	H	M	L	E	R	V	O	E	O	V
4	6	4	2	3	4	5	8	3	8	4	2	7
S	R	O	X	T	N	I	W	O	I	A	T	S
8	7	4	3	6	7	8	3	2	3	8	7	6
N	V	L	D	I	I	T	A	E	Y	U	S	V
2	5	8	7	4	5	8	6	7	2	8	5	8
N	N	I	I	V	G	T	E	T	D	I	E	O
4	2	8	4	5	4	2	5	4	5	4	5	4
I	E	N	C	V	T	D	E	O	N	R	T	Y

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Smile Makers
JOSEPH E. EISWERT, DMD

Dr. Joseph E. Eiswert D.M.D.
Temple University Graduate,
USAF Captain
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CLEAR CORRECT
- ENDODONTICS/ROOT CANAL
- VIZILITE PLUS ®
- RESTORATIVE DENTISTRY

- REPLACEMENT FILLINGS
- ORTHODONTICS
- IMPLANTS
- CHILDREN AND INFANT CARE
- SEALANTS
- PRIMARY TMJ TREATMENT
- FILLINGS, ROOT CANALS
- SPORTS DENTISTRY
- PERIODONTAL/GUM
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- SMILE ENHANCEMENT
- ORAL SURGERY
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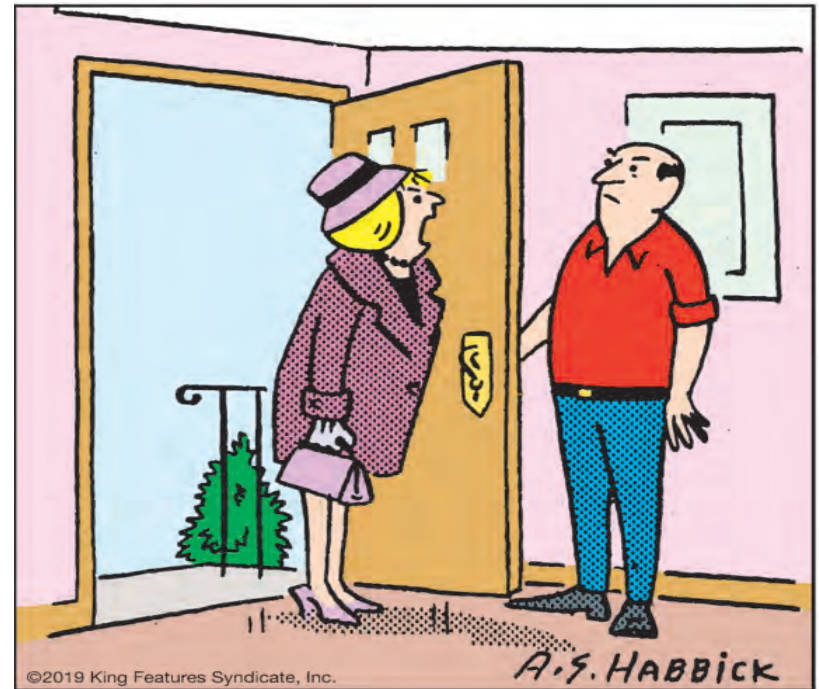
GOT DIRTY TILE & GROUT?

Just Like Cats & Dogs

by Dave T. Phipps



LAFF - A - DAY



"All that fuss over a smashed fender—
just because it happened to a police car."

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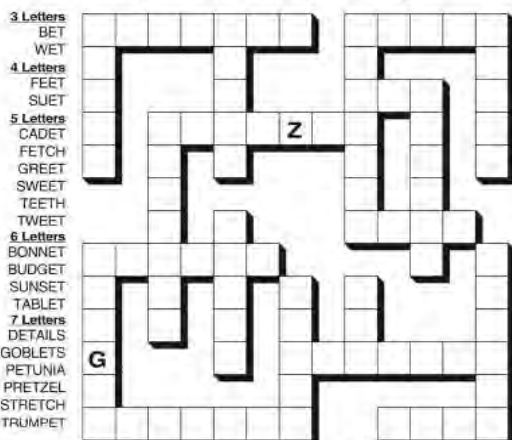
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Puzzles4Kids

by Helene Hovanec

CRISSCROSS – "ET" WORDS

Each word will fit into one spot in the grid. Use the starting letters as a guide and fit each word into its spot. All words will be used, so cross off each one after you put it into the grid.



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Even Exchange

by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|------------------------|-----------|------------------|-----------|
| 1. More secure | ___ F ___ | Curved sword | ___ B ___ |
| 2. TV accessory | ___ T ___ | Get rid of | ___ V ___ |
| 3. Roberts or Child | ___ A ___ | Actress Christie | ___ E ___ |
| 4. Food cupboard | ___ N ___ | Measly | ___ L ___ |
| 5. Small rivers | ___ S ___ | Actress Shields | ___ E ___ |
| 6. Interfere | ___ E ___ | Center | ___ I ___ |
| 7. Tremble | ___ H ___ | Miner's claim | ___ T ___ |
| 8. Mockery | ___ A ___ | Energy | ___ O ___ |
| 9. Germany's capital | B ___ | Arthurian wizard | M ___ |
| 10. Rocker or recliner | ___ R ___ | Series of links | ___ N ___ |

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LAFF - A - DAY



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"I can see part of the trouble already."



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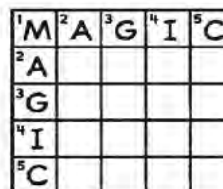
YOU'RE THE TOPS! Well, you will be if you can spot the two tops above that are exactly alike. The time limit is one minute.

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Answer: The word is "FIVE." After you remove F, I and E, you are left with a "V" which is the Roman numeral for the number FIVE. The meaning remains the same.

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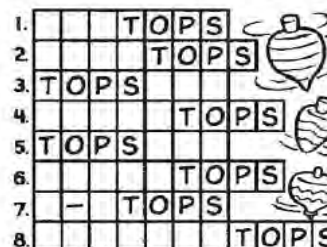
1. The art of conjuring (MAGIC, in place).
2. A place for sports.
3. A costume.
4. Accustom to unpleasantness.
5. A plan for robbery.



Answer: 1. Magic; 2. Arena; 3. Gelpup; 4. Inure; 5. Caper



by Charles Barry Townsend



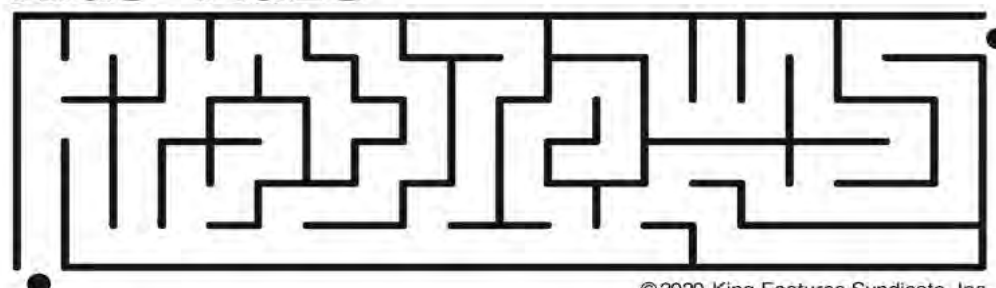
SPIN-N-SPELL

You'll be "tops" if you can figure out the words asked for in the hints given below. Each word contains the word "tops" either at the beginning or at the end.

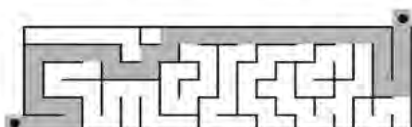
1. Businessmen love them.
2. Famous in WWII.
3. Found on boats.
4. Needed in baseball.
5. A must for farmers.
6. Runs coast-to-coast.
7. Found on cameras.
8. The baddest animal of all.

Answers: 1. Laptops; 2. Flattops; 3. Backtops; 4. Backtops; 5. Topsoil; 6. Blacktops; 7. F-stops; 8. Triceratops.

Kids' Maze



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Kids' Maze Solution

1. Safer, Saber
2. Remote, Remove
3. Julia, Julie
4. Parity, Pality
5. Brooks, Brooke
6. Meddle, Middle
7. Shake, Stake
8. Farce, Force
9. Berlin, Marlin
10. Chair, Chain

Even Exchange answers



Puzzles4Kids Answer

COMMUNITY events

4/18/20 - 4/19/20	FAMILY CAMPOUT - CANCELLED	11am	EB
4/21/20	Community Task Force	5:30pm	
4/21/20	Equestrian Committee Meeting	6pm	EQ1
4/23/20	Architectural Committee		PVR
4/25/20	BOD ELECTION - MEMBERS		MLH
4/27/20	BOD Executive		PVR
4/28/20			MLH
5/1/20		6pm	MLH
5/5/20		5:30pm	PVR
5/5/20	Community Task Force	5pm	
5/5/20	SVL C.O.P's	5:30pm	PR
5/14/20	Architectural Committee	4pm	PVR
5/14/20	Lake Committee	6:30pm	PR
5/15/20	SUMMER KICK OFF CONCERT - CANCELLED	6pm	WB

CANCELLED

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
Citation Committee	Don Nelson	1st Tuesday	5:00pm PVR
Community Task Force		1st Tuesday & 3rd Tuesday	5:30pm 5:30pm
Equestrian Estates Committee	Karina Rodriguez	3rd Tuesday	6pm EECH1
Lake Committee	Brian Wells	2nd Thursday	6:30pm PR
Architectural Committee	Myron Becker	2nd & 4th Thurs.	4pm PVR
Community Plan Committee		(Inactive)	
Budget Review Committee	TBD	Meetings vary	
YAC Committee	TBD		

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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
PFP	Playfair Park (Equestrian Estates)

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Donna's Day

Creative family fun

by Donna Erickson

No-Bake Peanut Butter Protein Energy Balls

Kids just know how to have fun, especially on those mornings when they wake up to the news of a school closing due to extreme weather conditions. The day without a rushed agenda is theirs to create, play, read and cook!



Mary Toth, 10, and her sister Izzy, 6, created their own recipe for peanut butter and oats energy balls.

On a recent snow day, sisters Mary, 10, and Izzy, 6, discovered the magic time of a free day, building a basement fort over tables and furniture, and reading stories with flashlights in their cozy spaces. When time came to crawl out of their imaginative "far away" world for a snack upstairs, they decided to create their own treat.

With grandma Mary on the sidelines, they rummaged through her kitchen and scooped uncooked oatmeal in a bowl, stirred in peanut butter until it was a "just right consistency," added a dash of cinnamon spice and then rolled the concoction in bite-size balls. After chilling for a few minutes to firm up, the girls poked toothpicks in each one and arranged them with mandarin

oranges on plates. "They came up with a pretty healthy snack without any coaching from me," said Mary.

As the girls discovered, when good peanut butter is the base, the options are endless for no-bake snacks that go together in minutes. Here's a more complex, yet easy-to-make, combination of ingredients for protein energy ball snacks using peanut butter that my friend Mary Clapp, certified nutrition coach and personal trainer, came up with for on-the-go snacking to give an extra boost during her day.

I make mine with natural or vanilla whey protein powder and add unsweetened cocoa powder. She uses natural chocolate flavor whey protein powder. Either way, after you mix and roll them in coconut, you'll discover a tasty cookie-like treat that is full of energy-boosting ingredients.

NO-BAKE PEANUT BUTTER PROTEIN ENERGY BALLS

- 1/4 cup water
- 1/2 cup creamy peanut butter or almond butter
- 1/4 cup honey
- 1/2 cup uncooked steel cut oats
- 3/4 cup natural or vanilla whey protein powder
- 2 tablespoons natural unsweetened cocoa powder
- 3 tablespoons unsweetened shredded coconut

1. Mix all ingredients except coconut in a bowl.

2. Spoon coconut in separate bowl.

3. Scoop a tablespoon of mixture and roll into a ball with your hands. Gently roll ball in the coconut and set in a storage container. Refrigerate 15 minutes and serve. Makes 20-22 energy balls.

4. Store in refrigerator. Freezes well.

ALTERNATIVE: Use 3/4 cup chocolate flavor whey protein powder in lieu of the plain or vanilla, and omit cocoa powder.

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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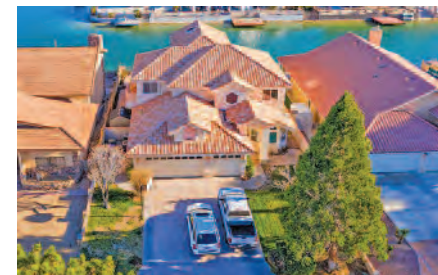


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- **Sound Finances**
- **Protecting Property Values**
- **Improving Lake Water Quality**
- **Useful & Attractive Amenities**
- **Aggressive Debt Collection**
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