



the SVLA BREEZE

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

May 2020

Ads: 760-628-9732



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

**Your can call or email our office from
8:30 a.m. - 4:40 p.m.**

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.

INSIDE THE SVLA BREEZE

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2020 SVLA Board Of Directors Election Results!!

Thank you for your vote!

The term of service is through April 2022.

The unofficial number of votes per candidate is as follows:

Brian Bickhart (Incumbent)- 743
Cheri Boyd (Incumbent)- 656
Graeme Carr- 512
Brian Hurst- 594
Lorena Newson- 376
Bill Scott- 740

Congratulations to our elected Board members:

Brian Bickhart
Cheri Boyd
Brian Hurst
Bill Scott

The selection of officers are as follows:

Brian Bickhart- PRESIDENT
JoAnne Romero- VICE PRESIDENT
Robert Read- TREASURER
Lewis Ponce- SECRETARY
Cheri Boyd- DIRECTOR
Bill Scott- DIRECTOR
Brian Hurst- DIRECTOR

The Inspectors of Election (TIE) counted and tabulated all votes. The official election report will be posted on the SVLA website as soon as it is received from The Inspectors of Election.



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 JoAnne Romero

Secretary Lewis Ponce

Treasurer Robert Read

Director Cheri Boyd

Director Brian Hurst

Director Bill Scott

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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M-F 10AM-4PM

SAT 10AM-2PM

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change in your home or office.**



SVLA BOARD PRESIDENT

BRIAN BICKHART

I would like to thank our residents for electing me for another term. It is truly an honor to serve our community. With so much going on in SVL, it is good to know that the Board has the support of the community! The Board held our first meeting via Zoom with Facebook Live for our members to observe; and turnout was better than expected.

The Country Club task force interviewed two consultants who will work on providing us with options regarding the future of the club. With Memorial Weekend approaching, I would like to ask all boaters to please be safe and courteous to the other boaters. With COVID-19 keeping

many of us at home, the lake has been especially busy! The contract for the floating islands has been approved and we should have these installed in the next month or two. These islands will be placed around the lake in areas protected from waves. Please do your best to protect these islands, especially early as they become established.

I'm happy to tell you that after talking with our General Manager, the firework show is still a go! We may find that changes will have to be made on how residents will be observing the show, but the show will go on! Have a great month and hope to see you at the next meeting! 💎



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

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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.

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Dave Mazzaresse
Owner
mazz75@msn.com



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**YOUR AD (BUSINESS CARD)
BELONGS IN THE
BUSINESS IN VIEW SECTION
ON PAGE 31 OF
THE SVLA BREEZE**

CALL 760-628-9732
OR EMAIL:
LOVEMEDIAGROUP@YAHOO.COM

CONTACT US TODAY!



I want to thank all of our residents, for your cooperation and understanding, as we go through the COVID-19 crisis. This event was completely unexpected, and I'm proud of our staff for sticking it out and maintaining their high standard of service to our residents.

We understand that most of our residents would like to move forward and enjoy all of the amenities. For this reason, we are excited to announce that all of our amenities will be open for use, starting May 23, 2020. To be clear, this will include parks, swimming areas and equipment.

We believe that our residents will continue to practice social distancing. We live in one of the greatest countries in the world and we believe that you should have the ability to decide whether you are comfortable using the amenities.

If you are uncomfortable, please simply stay home or do not use the areas.

The association office and community building will continue to keep the front door closed until further notice. We are also hiring seasonal lifeguards and Public Safety Officers to ensure the safety of all the residents using the amenities. I have discussed the decision to open the amenities with our board president, Brian Bickhart, and we look forward to seeing our residents safely enjoying their lives. I also want to thank the entire SVLA Board of Directors for having open minds and for allowing our community to move forward.

Live your best life - safely.

**~Alfred Logan, CCAM-LS
General Manager**



Information can be found on our website: www.svla.com
Click the "I Want To" tab and pull down to "Register My Vessel"

Vessel Information

Vessel Registration Requirements:

Yearly Safety Inspection

Schedule an appointment with Public Safety to have vessel inspected 760-245-6400.

Current Driver's License**Current Vessel Operator's Permit**

VOP is required for all homeowners, members & guests who want to operate a vessel on the lake. The test is administered daily at 9 am at the Public Safety Department.

Current State DMV Registration

Current Insurance Policy

Name of Homeowner or Tenant Member
Policy #
Policy Period: Must have effective & expiring dates
Vessel Hull & CF #'s

SVLA Listed as Additionally Insured with mailing address:

SVLA
7001 SVL BOX
Victorville, CA 92395

Vessel Stickers are valid from January 1- December 31 of current year

All vessels must be re-registered each year. Vessel Registration is not pro-rated.

Fee per year \$155.00

Vessel registration will begin January 2, 2019. Vessels can be registered from 7:30 a.m. until 5:30 p.m., Monday through Friday. The office is open until 6:00 p.m., however, vessel registration ends at 5:30 p.m. For more information please click on the links below for PDF documents:

Email all the necessary paperwork to:

registermyvessel@svla.com

Payment is made via credit card over the phone.

BEFORE AFTER



VETERAN MEMORIAL MONTH

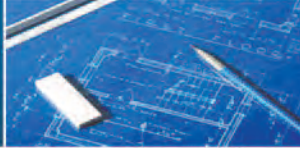
photo submitted by Robert Read



GET INVOLVED!



Committees

Architecture Committee Meets 2nd & 4th Thursday of Month 	Citation Committee Meets 1st Tuesday of Month 	Community Plan Committee Meets 3rd Thursday of every month 
Equestrian Estates Committee Meets 3rd Tuesday of every month 	Community Event Team Meets 1st Tuesday of the month 	Lake Committee Meets the 2nd Thursday of the Month 
Budget & Finance Committee Application Meetings TBD 	Committee Application 	Community Task Force Application 



**SPRING VALLEY LAKE KK6
AMATEUR RADIO CLUB SVL
MEETS 1ST THURSDAY OF EVERY MONTH**

**7:00 PM
PALM ROOM**

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www.svlarc.org



First Team Continues Rapid Growth Within High Desert, Announces New, But Familiar Spring Valley Lake Location

~Opening up in the former Shear Realty Location at the entrance of Spring Valley Lake

As Southern California's #1 Independent Brokerage for the last 18 years in a row, recently First Team was also ranked by REAL Trends among the top independent real estate companies in the country with a total closed volume of \$6.2 billion in 2019. Given the company's resources and the local expertise of the exceptional team members within the High Desert area, this is just the beginning of First Team's growth throughout

the region.

"Our company culture is one of sharing, education, and empowerment," says Bruce Kallen, co-owner of First Team Real Estate High Desert. "And we are so excited to share our tech tools, marketing strategies and more with these new team members and their clients."

All of the same great agents are here to serve you.

FIRST TEAM®
REAL ESTATE
HIGH DESERT
DRE# 01008773



First Team Real Estate High Desert locations:

Spring Valley Lake – Victorville
Tel: 760-243-3803
12170 SVL Parkway
Victorville, CA 92395

High Desert – Hesperia
Tel: 760-881-3771
15545 Bear Valley Rd, Suite A
Hesperia, CA 92345

Donna's Day Creative family fun

by Donna Erickson

Make Delicious Crepes for Meals and Snacktime

A quick trip to the grocery store has taken on new meaning these days. You never know what will be in stock. Hopefully you can get the basics of milk, flour, eggs and butter for this recipe, so you and your kids can enjoy cooking up this easy, fancy-looking recipe of French crepes.



Crepes are so versatile — they are tasty and nutritious for breakfast or a snack, or roll them up and heat briefly with leftovers or other items in your refrigerator and pantry such as goat cheese and honey, or salsa and grated Cheddar cheese.

You might want to double the batch of 12 crepes and refrigerate or freeze with wax paper between them for additional snacking and meals. Or, think dessert, and coax a tantalizing stack into a divine "crepe cake" to brighten spirits. Stack a dozen or more with whipped cream and sliced strawberries in between the layers. Top with candles and sing if there is

a birthday in the house.

NOTE: Spread joy and creativity! During this hunkered down time, as we rethink how we work, parent, grandparent, learn, play, create and eat, you may be looking for inspiring and trusted resources. Check my website, www.donnaerickson.com, and follow me on Instagram (@donnaerickson_donnasday) and on Facebook.

I'll continue to post my easy-to-prepare recipes using basic ingredients, crafts you can create together using stuff you have around the house, games and reading activities to keep minds sharp, and creative outdoor fun to bolster the immune system with fresh air, exercise, laughter and play.

FRENCH CREPES

- 1 1/4 cups all-purpose flour
- 1/4 teaspoon salt
- 1 1/2 cups milk
- 3 eggs
- 2 tablespoons butter, melted
- plus more for cooking

To Make Batter: In a medium bowl, combine flour, salt, milk, eggs and melted butter. Whisk until smooth. Or, place in a blender and blend until smooth, about 30 seconds. Refrigerate for at least 30 minutes.

To Cook Crepes: Remove batter from refrigerator. Stir. Lightly butter flat large skillet or crepe pan. Heat over medium-high heat. Pour a scant 1/4 cup batter in center of skillet and swirl batter around to form an 8-inch round crepe. Cook until underside is golden brown. (Note: Lift up corner to check color.) Using a narrow spatula, flip crepe. Cook until other side is lightly brown, about 30 seconds.

To Serve: Set on a plate. Roll up with fruit or applesauce inside. Or, fold in half or quarters. Add favorite toppings or simply squeeze some fresh lemon juice and dust with confectioners' sugar. Makes 12 eight-inch crepes.

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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Hello residents of Spring Valley Lake,



My name is Kyler and I am one of the newest faces in the Code Enforcement department. I would like to first start off by introducing myself. I am currently assigned to the southwest region of the community; and as you see me around, please do not be shy and say "hi!" Some of you have met me already and if not, I am

in high hopes of meeting you all. I enjoy doing code enforcement inspections, in relation to continuing to hold Spring Valley Lake to its name of being the "jewel of the desert". Working in this community so far is so rewarding. At times, I do not feel as though we are all living in the desert because of the ambiance that SVL brings. I take pride in being a code enforcement officer just as homeowners do in the gratification of their beautiful homes within the community. It's very intriguing being knowledgeable about all of the rules and regulations and working with you all to make sure they are being met. I am excited to assist homeowners in coinciding to maintain the quality of Spring Valley Lake and continuing to keep this community a desirable place to live. Thank you and let's continue to keep the community the jewel that it is. 💎

~ YOUR CODE ENFORCEMENT TEAM

Code Enforcement Violations	APRIL Stats
IN PROGRESS	356
OPENED – (New Violations)	449
CITATIONS	30
CLOSED – (Resident complied)	509
YELLOW TAGS (Courtesy Notices)	0 (N/A COVID-19)
OPEN ESCROWS	17

Rental Rule - APRIL	Stats
Open violations	12
Dwelling license	20
Res. Rule Violation	1
Total confirmed rentals	261

**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.



***YOUR AD BELONGS IN THE
SPRING VALLEY LAKE BREEZE***

RIGHT HERE!

CALL 760-628-9732

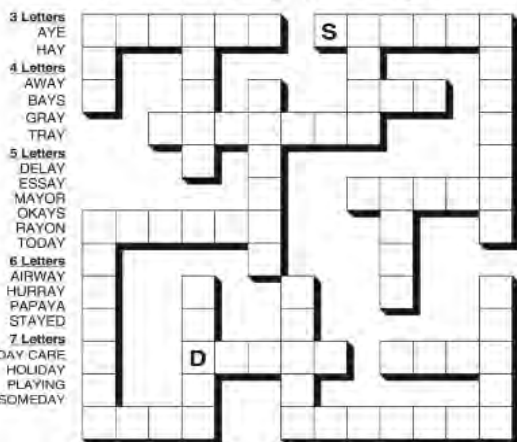
OR EMAIL:

LoveMediaGroup@yahoo.com

TODAY

by Helene
Hovanes

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.



by Donna Pettman

1. Eat up hungrily	— — — — — R	Pious	— — — — — T
2. Ohio tire town	— K — — — —	Chef's garment	— P — — — —
3. Bella or Gigi	— — — — — L	Computer device	— — — — — M
4. Guitar maker	— — — — — S — —	Long-armed ape	— — — — — B — —
5. Bracelet bauble	— — — — — M	Graph	— — — — — T
6. Noisy crow	— — — — — P — —	Bart's baby sister	— — — — — G — —
7. Third place medal	— — — — — Z — —	Emily or Charlotte	— — — — — T
8. Postage sticker	— T — — — —	Gator's quagmire	— W — — — —
9. Pounding tool	— — — — — M — —	Laundry container	— — — — — P — —
10. Fuzzy fruit	— E — — — —	Steam an egg	— Q — — — —

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BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Sign is missing. 2. Step is added. 3. Window is smaller. 4. Tree is added. 5. Vest is added. 6. Hat is different.



HIDDEN in the above frame is a famous proverb. You can find it by reading every other letter as you go around it counterclockwise. The trick is finding the right first letter.

Answer: Starting with the C on the left, clarity begins at home.

LOOSE CHANGE! Challenge your friends to move one of these coins to a new position so that there will be four coins along each arm of the cross.

SECRET: Pick up the bottom coin of the cross and place it ON TOP of the middle coin.

IT'S MAGIC! Use the numbers 5 through 20 to fill in this Magic Number Square. The numbers in each horizontal row and vertical column should total 50.

We've filled in the four center squares. The rest is up to you. Use trial and error — and a good eraser!



Answers: First row: 12, 13, 18, 5; Second row: 17, 6, 11, 16; Third row: 7, 20, 13, 10; Fourth row: 14, 9, 8, 19.



by Charles Barry Townsend



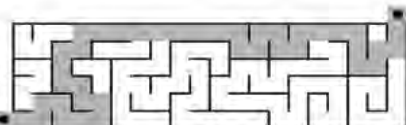
Illustrated by David Coulson

A SECRETARY PUZZLE!

Let's celebrate Secretaries Day, April 21, with a neat little word problem. Starting with the word SECRETARY at the bottom of our word pyramid, try dropping one letter at a time as you work your way up, so that the remaining letters at each level spell out a new word. The following hints are from the bottom up:

1. A record keeper (SECRETARY).
2. Goes back over,
3. Found on the moon.
4. Hardest to find.
5. A type of flower.
6. To satisfy fully.
7. An aromatic beverage.
8. In or near a location.
9. Top grade.

Answers: 1. Secretary 2. Petrified
3. Craters 4. Rarest 5. Aster
6. Sale 7. Tea 8. At 9. A

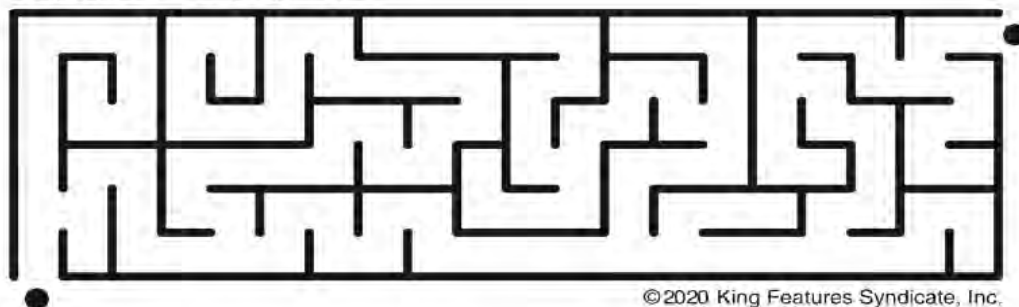


Kids' Maze Solution



Puzzles 4 Kids

Kids' Maze



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Even Exchange

ANSWERS

- | | | | |
|----|----------------|-----|----------------|
| 5. | Chart, Chart | 10. | Peach, Poach |
| 4. | Gibson, Gibbon | 9. | Hammer, Hammer |
| 3. | Model, Madem | 8. | Stamp, Swamp |
| 2. | Akron, Apron | 7. | Bronze, Bronle |
| 1. | Devour, Devout | 6. | Magpie, Maggie |



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LISA HARTLEY, PUBLIC SAFETY DIRECTOR

Spring Valley Lake Association is advising all residents of current California laws that they must comply with in order to enjoy boating anywhere in California. In 2018, California began implementing and enforcing mandatory boating education for all persons 20 years of age or younger. This mandatory education is a pre-requisite to getting a California Boater Card. This card shows that its holder has successfully taken an approved boating safety course and passed the corresponding exam. The program for the card was initiated in 2014 by Governor Edmund Brown and was implemented to attempt to reduce the number of boating accidents on Califor-

nia waterways. Starting in 2020, California began enforcing the necessity of the Boater Card for all persons 35 years and younger. And in the year 2025, everyone regardless of age will be required to carry a California Boater Card while operating a powered vessel on all California waterways. This includes our lake here in Spring Valley Lake. If you have not yet received a California Boater Card it is essential that you begin the process as soon as possible to be in compliance with state law. For more information go to Californiaboatercard.com or call the California Division of Boating and Waterways at 1(844)-421-8333. ♦



MEET THE TEAM

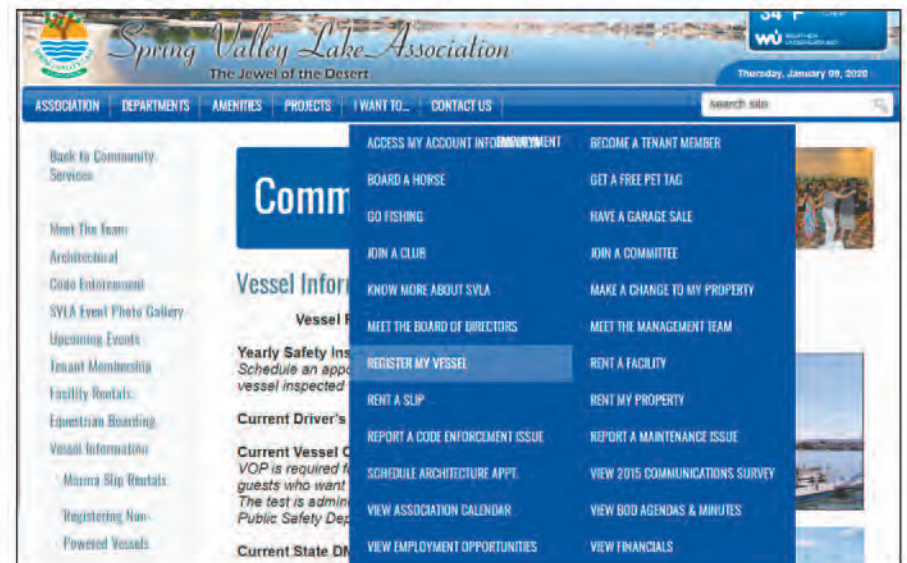
Officer Jerome Carpenter



Hello residents of Spring Valley Lake! My name is Jerome Carpenter and I am new to the Public Safety Department. I have been with the department for about a month as a part time employee and enjoying every moment of it. I was raised in the High Desert and have had the privilege of watching the entire community, including Spring Valley Lake, grow over the years. I'm highly excited working for a department such as PSD that builds a rapport with its residents, while also ensuring the community remains safe. My

education is tied highly to criminal justice as I graduated receiving my bachelor's from California State University Fullerton in May of 2019. My goal working for Public Safety is to apply my knowledge gained from my educational background as a public safety officer. I look forward to growing and gaining experience within the department. It is a true privilege serving as an officer, I look forward to interacting and getting to know the members amongst the community. If there are any concerns or questions, please don't hesitate to get a hold of me by email at jcarpenter@svla.com or calling our office at 760-245-6400. ♦

Vessel Registration information can also be found on our website: www.svla.com. Click on 'IWant To' tab, click 'Register My Vessel'





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 - Balance Sheet
 - Sales Tax Reports
- All Necessary Reports

YEARLY at an additional fee:

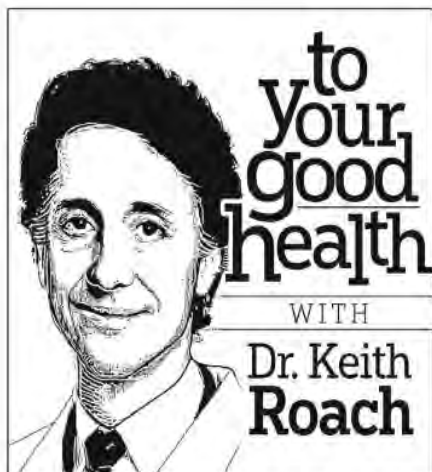
- Federal Income Tax
- Federal Unemployment
- California Unemployment
- California Income Tax
 - 1099 as needed

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Turmeric Can be Helpful for Arthritis Pain

DEAR DR. ROACH: I am 88 and have had osteoarthritis in my hands and knees since I was in my 50s. I began taking Tylenol and Advil for pain. But on a recommendation from a health food store clerk, I started taking turmeric. Since that first dose, I have never had to take any pain medication again. I also have not had a knee replacement. My specialist is very pleased with my condition, and encourages my use of turmeric. I plan to up the dose from 150 mg daily because of research that shows its benefits in avoiding Alzheimer's disease. — *D.D.L.*

ANSWER: Turmeric has been shown to be helpful in some people with osteoarthritis, and is unlikely to have serious side effects; however, stomach upset is possible, and turmeric should be used with caution in people on warfarin or other anticoagulants.

However, there is no good evidence showing that turmeric prevents or treats dementia.

DEAR DR. ROACH: I have been hearing a lot about making yogurt at home. Is homemade yogurt a recipe for food poisoning? — *H.C.*

ANSWER: Homemade yogurt is easy to make, can be more healthy than store-bought as it has very little sugar, and can be made very safely with minimal precautions. The key is to make

sure the milk is fresh and sterile, then to carefully add in healthy bacteria. All you need to do is boil fresh milk to a bare simmer (to kill any unhealthy bacteria); cool it down to 100-110 F (37-42 C), which is an optimal temperature for growth of the healthy bacteria that help prevent the growth of unhealthy bacteria or yeast; stir in a few tablespoons of plain yogurt with active healthy bacterial cultures; and keep it in a warm place for six to 12 hours or so. You can use the yogurt you just made as the starter for the next batch. Add in some pureed fresh fruit, and you have a healthier, tastier and cheaper yogurt than you can buy at the store.

DEAR DR. ROACH: I take 40 mg of lisinopril for high blood pressure. One doctor told me to take a 40-mg tablet in the morning, while another said to take 20 mg in the morning and 20 mg in the evening. Will separating the dosage better control my blood pressure? On average, mine is 130/75. — *M.A.P.*

ANSWER: For lisinopril in particular, taking the medication twice daily showed a better reduction in blood pressure than once daily, according to a study performed last year. People who took lisinopril twice daily had about a 10-point systolic (4 point diastolic) improvement in BP control, so your blood pressure might be more like 120/71 if you started taking it in two doses, if you are similar to the subjects in the study (that sounds like a big drop to me, despite the study results).

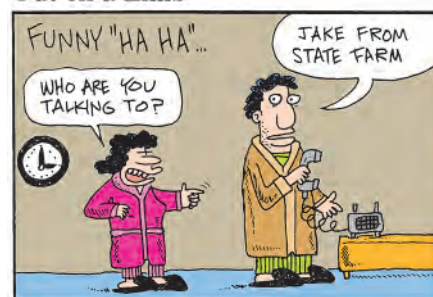
People who are doing just fine on once-daily lisinopril don't need to change. Don't make any changes in your medication without discussing it with your own doctor.

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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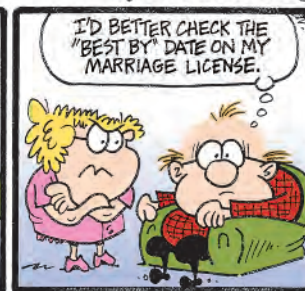
Out on a Limb

by Gary Kopervas

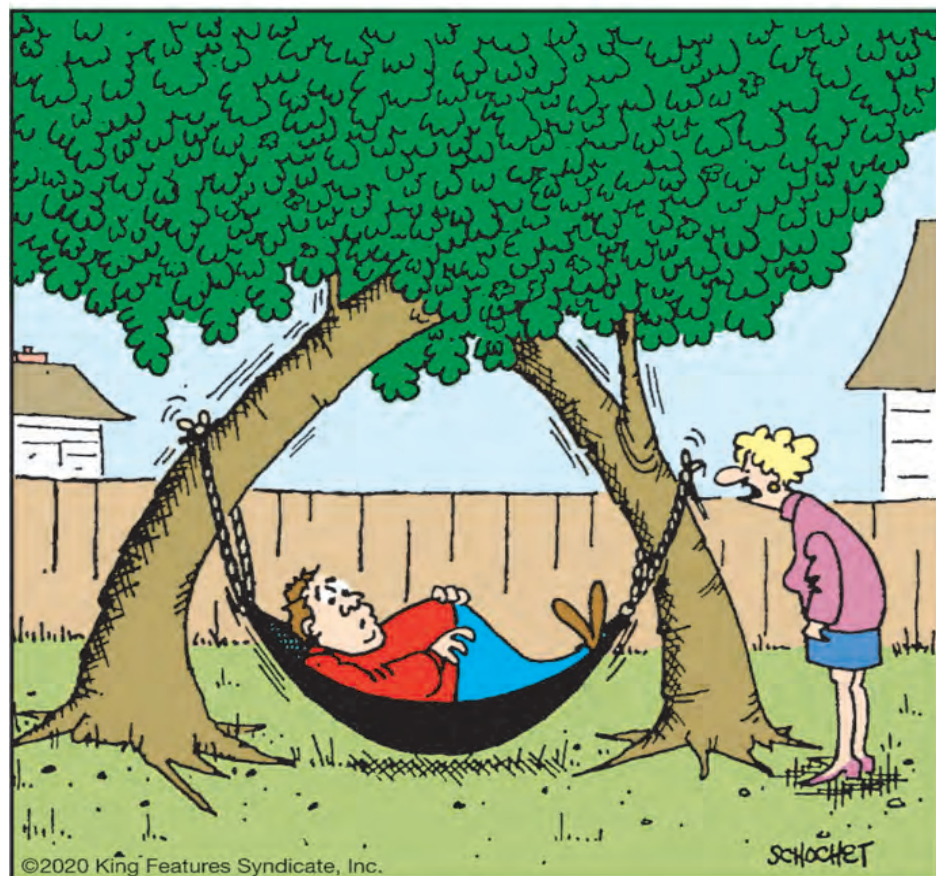


The Spats

by Jeff Pickering



LAFF - A - DAY



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Anitha Bhat, M.D. is a Geriatrician and Internal Medicine Physician. She completed her Geriatric Medicine fellowship and Internal Medicine residency at Boston University Medical Center in Boston, MA. Dr. Bhat is passionate about treating senior patients with respect and providing them with quality care.



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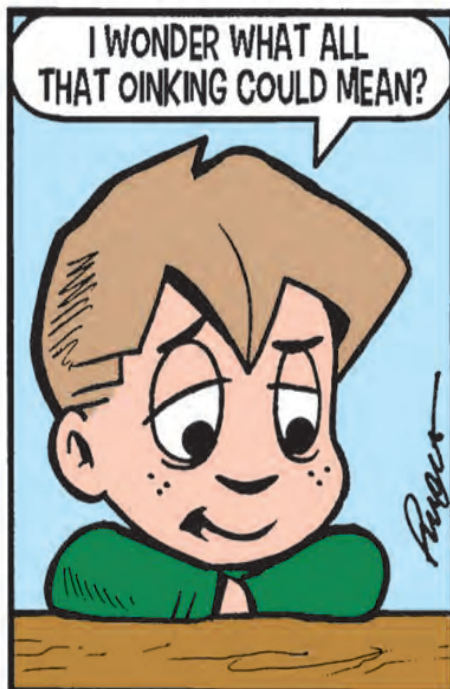
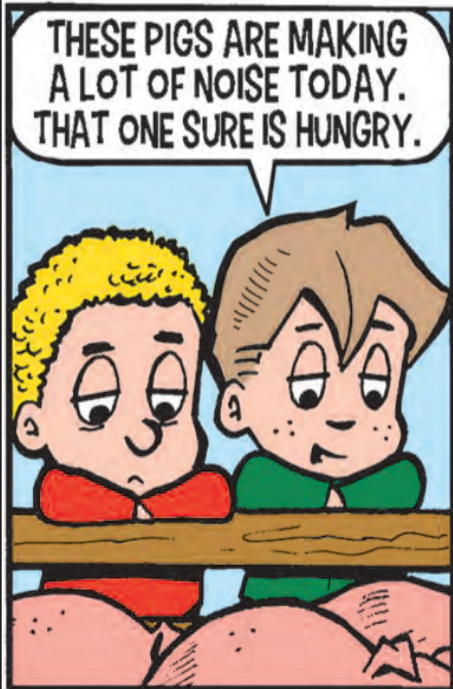
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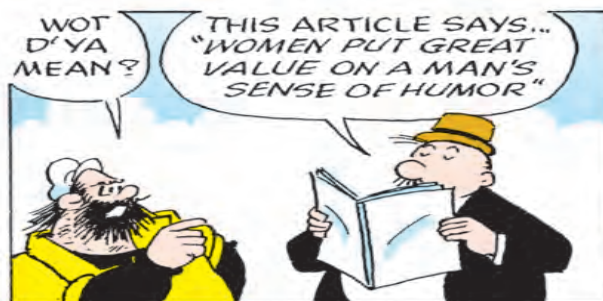
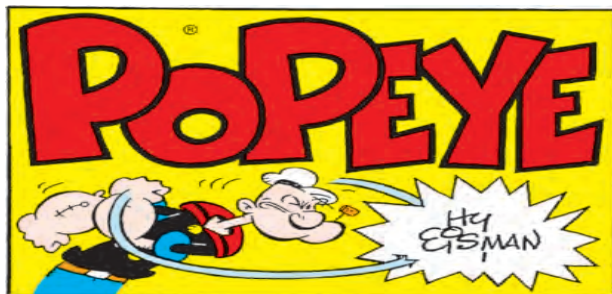


Amber Waves

by Dave T. Phipps



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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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Just Like Cats & Dogs

by Dave T. Phipps



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SVLA Breeze



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Page 21



~ Nick Gonzalez, Director of Operations

Hello SVLA Residents!

Since partial amenities have opened as of May 2. Maintenance was instructed to open Meadowlark Park and East Beach restrooms. There has been 2 assigned maintenance personal to sanitize all door handles, sinks, sink faucets, toilets, etc. All open restrooms will be wiped down every hour from 8am to 4:30pm, Monday – Sunday.

Equestrian Estates

Maintenance continues weed abating all SVLA's common areas. We have finished weed abating Meadowlark Park, fishing areas and Spring Valley Parkway. We will have a 2-man crew from May 12 to May 15, weed abating equestrian V-ditches and trails. Our two EQ stable, Rosendo and Efrain, assist maintenance at least 2-3 times per week on the trails with the flair mower. On May 11, Doug, (The Dirt Doctor) will be correcting and adding washed plaster sand to the main arena. He will use between 25-50 tons of washed plaster sand to correct any low spots. Doug (Grading Contractor) specializes in horse arenas. SVLA has used

Doug for the past 5 years for any issues relating to the arena footings. I know for the past few months the equestrian committee has been requesting a new sign for the main entrance. Just so you know, maintenance has built one



in-house; and it is currently being powder coated. When powder coated, we will remove the old sign and install the new one at the same location. We will also be running low voltage lighting, which will be installed inside the sign.

OUR LAKE



The lake surface temperature is slowly ascending due to ambient temperatures. The current stratification temperatures are epilimnion 74.2°F, metalimnion (thermocline) 71.1°F and hypolimnion 68.9°F. Currently, the pH average

is 8.5. The dissolved oxygen at Epilimnion is 9.50 with 116.9% saturation, metalimnion 7.78 and saturation 93.1%, hypolimnion 5.53 and saturation 65.9%. The overall average transparency was 18" or 1.6".

The Lake Committee recommended and approved crayfish stocking. Maintenance placed an order with Alpine Fisheries. We recently received between 1,000 – 1,300 crayfish early May. When delivered, maintenance dispersed them throughout the lake. A 2-man crew is still scheduled on a weekly basis to remove debris from the lake. All aerators around the lake are currently active. Within the next 30-60 days, maintenance will be replacing 2 aerators. These 2 compressor pumps are 10 years old and starting to produce to a near minimal on psi requirement for current depth. The 3 completed water filters on fishing area #7, #9 and #14, are working great with no current issues. All 4 water filters are backflushed

once per week as directed by the Lake Committee.

At picnic area #1, the selected contractor has begun working on that area. They started on May 4 and will finished by May 22.

The perimeter mesh fencing at Meadowlark Park has been installed. Currently, no small dogs have been able to get through.



The Operation's 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! 💎



Picnic Area #1



Smile Makers
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Dr. Joseph E. Eiswert D.M.D.
Temple University Graduate,
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- IMPLANTS
- CHILDREN AND INFANT CARE
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- PRIMARY TMJ TREATMENT
- FILLINGS, ROOT CANALS
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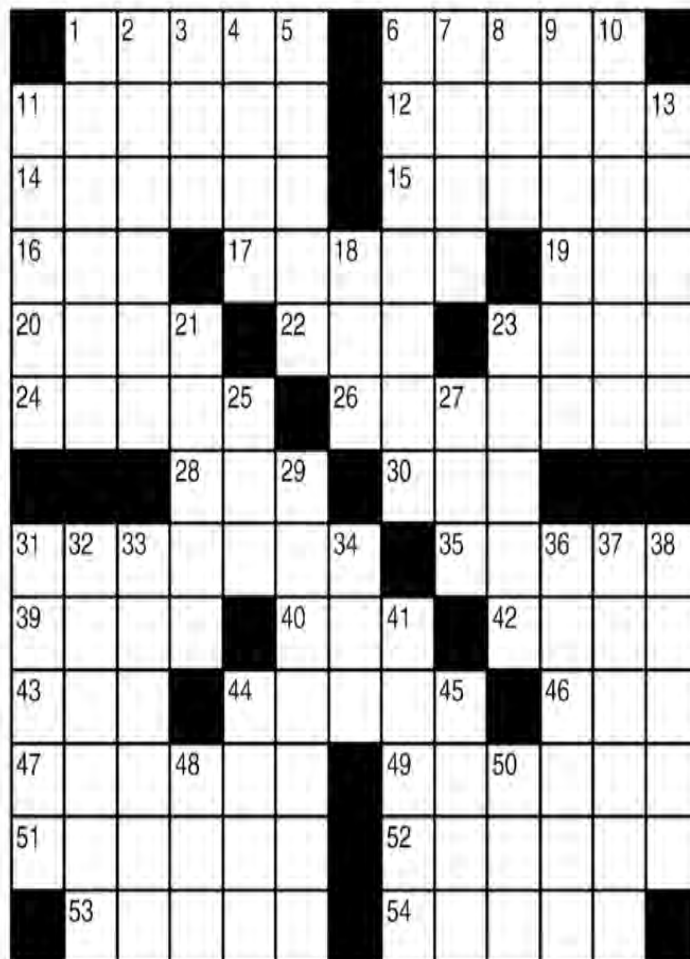
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If you speak another language, language assistance services are available to you free of charge by dialing (888) 743- 1478. TTY users dial 711. DBH complies with applicable federal, civil rights laws and does not discriminate based on race, color, national origin, sex, sexual orientation, gender identity, age, disability, or LEP www.sbcounty.gov/dbh

King Crossword

ACROSS

- 1 Resided
6 Things
11 Demosthenes or Cicero
12 Cancel out
14 Ubiquitous fastener
15 Early spring bloom
16 Feedbag tidbit
17 — the manger
19 Owns
20 Press
22 Ballet step
23 — song (cheaply)
24 Force measures
26 Decorum
28 Quite some time



- 30 Actor Stephen
31 Went sour
35 Contents of some trays
39 Responsibility
40 Court
42 Story
43 Donkey
44 Impostor
46 Sudden turn
47 Traditional usage
49 Love apple
51 Medical prioritization
52 Portuguese island group
- 53 Stationery brand
54 Is inclined (to)
- DOWN**
- 1 Cheerless
2 "The Compleat Angler" author
3 And so on (Abbr.)
4 Tennyson title
5 Cavalry unit
6 Canine's neighbor
7 Sea bird
8 Id counterpart
- 9 He-men
10 George Washington portraitist
11 Egg-shaped
13 English composition
18 Leg, slangily
21 Must have
23 Banquet
25 Scale member
27 Part of the Justice Dept.
29 Cronkite, Rather, et al.
31 Work together
32 Doubtful
- 33 Neighbor of Georgia
34 Female deer
36 Risk
37 Cheers up
38 Some lilies
41 Lash — (berate)
44 Comic strip possum
45 Nap
48 Body art, for short
50 Calendar abbr.

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Americanisms



"Yesterday's the past,
tomorrow's the future,
but today is a gift. That's
why it's called the present."

— Bill Keane

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Groundcover plants provide dense soil cover, retard weed growth and prevent soil erosion. They can be woody or herbaceous, clumping or running, evergreen or deciduous. With many colors and textures to choose, they can define and unify a landscape, or soften hardscapes such as walks, steps and driveways. - Brenda Weaver

When selecting a ground cover, consider these choices:

- Tall or low in height
- Moist conditions or dry
- Sun or shade-loving
- Showy flowers or less showy
- Clay or sandy soil
- Seasonal or evergreen

Sources: urbanext.illinois.edu www.greenwoodnursery.com

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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.

	x		+		24
+		÷		+	
	-		x		21
x		+		+	
	x		-		34
30		17		19	

DIFFICULTY: ★

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

1 2 4 5 6 6 7 8 9

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COMMUNITY events

ASSOCIATION OFFICE HOURS

CLOSED MONDAYS

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

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		/R
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		

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
PFP	Playfair Park (Equestrian Estates)



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The Kitchen Diva!

by Angela Shelf Medearis



Black Beans Packed With Antioxidants

I've always been a firm believer in the power of a well-stocked pantry, and one of the main staples in my pantry has always been a variety of canned beans. Although researchers haven't come up with a foolproof way to avoid the more "musical" and indelicate side effect of beans, they have found yet another reason why you should eat more of them. In addition to their high protein and fiber content, a new study finds that beans, particularly black beans, are a rich but overlooked source of antioxidants and may provide health benefits similar to some common fruits, including grapes, apples and cranberries.

In a study that appeared in *The Journal of Agricultural and Food Chemistry*, researchers tested the antioxidant activity of flavonoids — plant pigments — found in the skin of 12 common varieties of dry beans. Antioxidants destroy free radicals, which are highly active chemicals whose excess has been linked to heart disease, cancer and aging.

Black beans came out on top, having more antioxidant activity, gram for gram, than other beans, followed by red, brown, yellow and white beans, in that order. In general, darker-colored seed coats were associated with higher levels of flavonoids, and therefore higher antioxidant activity, says Dr. Clifford W. Beninger, who has done research for the USDA's Sugarbeet and Bean Research Unit.

"Black beans are really loaded with antioxidant compounds. We didn't know they were that potent until now," says Beninger.

Beninger acknowledges that some of the healthy antioxidants in beans will be lost in water upon cooking, but says antioxidant levels will still remain high. Although dry beans were used in this study, frozen or canned beans may have similar antioxidant activity, he adds.

The study adds antioxidants to a growing list of healthy chemicals found in beans, which also are rich in protein, carbohydrates, folate, calcium and fiber. Researchers hope to use information gleaned from this study to help develop new varieties of beans that pack even more disease-fighting power.

Meanwhile, U.S. consumers gobble up an estimated 8 pounds of beans per person each year, with pinto beans and navy beans being the most popular. Red beans also



Depositphotos

enjoy immense popularity, particularly during colder months, as a staple of chili. Although not as popular in the U.S. as other varieties, black beans are a main ingredient in many international dishes.

Try using canned black beans for dinner to create this easy recipe for Tex-Mex Chicken, Black Bean and Corn Soup. It's a bowl full of comfort during this stressful time. Stay safe!

TEX-MEX CHICKEN, BLACK BEAN AND CORN SOUP

You can use leftover cooked chicken or purchase a rotisserie chicken (skin and bones removed, and the white and/or dark meat cut into 1-inch cubes) in this recipe. Just skip the instructions for seasoning and searing the raw chicken for 1 minute. Instead, add 1 tablespoon of oil to the pot. Add the cooked chicken and spices to the oil over medium heat, stirring for 1 minute to allow the spices to bloom.

Then, proceed with the rest of the recipe as directed.

- 3-4 boneless skinless chicken breasts or thighs, cubed into 1-inch pieces
- 2 tablespoons vegetable oil
- 1 tablespoon poultry seasoning
- 1 tablespoon chili powder
- 1/2 tablespoon cumin
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 can (14-1/2 ounces) chicken broth
- 1 3/4 cups water
- 1 (15-ounce) can black beans, rinsed and drained
- 1 cup frozen corn
- 2 cups salsa, mild, medium or hot
- 1/2 tablespoon fresh lime juice
- 1/2 cup shredded Monterey Jack cheese or Pepper Jack cheese, optional

Garnish — tortilla chips, avocado slices or sour cream, optional

1. Coat the chicken with 1 tablespoon of the oil. Season the chicken with the poultry seasoning, chili powder, cumin, salt and pepper.

2. Place the remaining tablespoon of the oil in a large pot. Turn the heat to medium high. Sear the chicken for 1 minute, and then turn the pieces over to sear for 1 minute on the other side.

3. Stir in the broth and water. Bring the mixture to a boil. Reduce heat; cover and simmer for 5 minutes. Add the beans, corn and salsa; return heat to high and bring mixture to a boil. Reduce heat and simmer, uncovered, for 3-5 minutes or until the chicken is no longer pink on the inside and the corn is tender.

4. Stir in the fresh lime juice. Garnish with the cheese, tortilla chips, avocado slices and sour cream, if desired. 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

OLDEST CHAIN RESTAURANTS

1. A&W
2. White Castle
3. Dairy Queen
4. McDonald's
5. Dunkin' Donuts
6. In-N-Out
7. Jack in the Box
8. KFC
9. Denny's
10. Sonic

Source: Reader's Digest

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King Crossword

Answers

Solution time: 24 mins.

	D	W	E	L	T		I	T	E	M	S
O	R	A	T	O	R		N	E	G	A	T
V	E	L	C	R	O		C	R	O	C	U
O	A	T		D	O	G	I	N	H	A	S
I	R	O	N	P	A	S		F	O	R	A
D	Y	N	E	S		M	O	D	E	S	T
		E	O	N		R	E	A			
C	U	R	D	L	E	D	A	S	H	E	S
O	N	U	S		W	O	O	T	A	L	E
A	S	S		P	S	E	U	D		Z	A
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T	R	I	A	G	E		A	Z	O	R	E
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Go Figure!

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5	x	8	-	6	34
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