



# the SVLA BREEZE

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

November 2023

Ads: 760-628-9732

**NEW COMMUNITY  
APP IN  
DEVELOPMENT**  
PG 6

**FISH  
STOCKING  
SCHEDULE**  
PG 18

**Breakfast with Santa**

Saturday, December 9, 2023  
8:00 AM - 10:30 AM  
Community Center  
Membership IDs & guest cards required!

Take pictures with Santa & Mrs. Claus!

Go to [svla.com](http://svla.com) to purchase tickets by December 4, 2023

Pancake & Sausage breakfast

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*Holiday*  
**ARTS & CRAFTS BOUTIQUE**  
2023

**18**  
**NOVEMBER**  
9AM - 3PM

*Community Center*  
12975 ROLLING RIDGE DR., VICTORVILLE, CA 92395

**COME SHOP WITH US!**

EMAIL [THAWKINS@SVLA.COM](mailto:THAWKINS@SVLA.COM)  
FOR MORE INFORMATION

*Christmas*  
Tree Lighting & Parade

*December 1, 2023*

5:00 PM - Refreshments  
6:00 PM - Tree Lighting  
6:30 PM - Parade

Parade sign ups are at [www.svla.com](http://www.svla.com), under "Event Registration". Sign up no later than Wednesday, November 29, 2023

*Community Center*  
12975 Rolling Ridge Dr., Victorville, CA 92395

F R I D A Y



# Spring Valley Lake Contact Information

## Management Staff

### General Manager

Alfred Logan: alogan@svla.com

### Director Public Safety

Lisa Falcetti: lfalcetti@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

### Code Enforcement & Architecture Manager

Clint Summers: csummers@svla.com

## Board of Directors

**President** Brian Bickhart

**Vice President** Brian Hurst

**Secretary** Brad Letner

**Treasurer** Cheri Boyd

**Director** Bill Scott

**Director** Paul Stanton

**Director** David Stolfus

**Board Email:** board@svla.com



**SVLA Breeze**  
PO BOX 1079  
Helendale, CA  
92342

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SVLA Administration Office  
12975 Rolling Ridge Dr.  
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  
Available 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  
760-245-6400  
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

SB County Fire Station:  
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

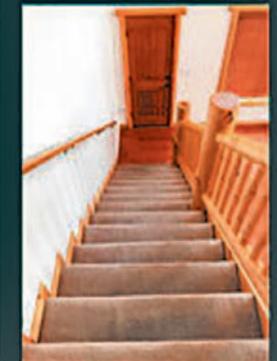
Graffiti Removal:  
SB County: 760.995.8140  
Apple Valley: 760-240-7000  
x7560

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

I hope everyone had a great Halloween! It appears we had more trick or treaters this year than in years past, and without many problems. The board has been informed that the country club is being sold, with the last of the paperwork required provided to us in the last 3 weeks. We have been working to properly vet the new company and to see if there is any way to exercise our first right of refusal. At our last meeting the board voted to sign a waiver for our first right of refusal and let the sale to the new company proceed. The reported sales price is \$4.7 million. This is an ongoing situation because the deed restrictions the board put in place during the last sale require a new waiver if the sales price is revised by more than 5%. This was put into place to avoid the buyer and seller telling us one thing and doing another. All other deed restrictions, including the first right of refusal, remain in place. We have ensured that the new buyer is fully aware of these deed restrictions. Our goal was always to first protect homeowners'

property values by ensuring the club would continue to be a well-maintained private club, and these deed restrictions were paramount to this end. While the board is concerned about the future of the club, we are confident that these restrictions will continue to serve us well.

In other news, the board has approved action from staff on acquiring an app for SVL. This app will make it very easy to keep abreast of what is going on in our community, as well as many other features, including the capability of paying fees, making reservations for events, and eventually keyless access to amenities. When this app is ready, the board and staff will be planning a workshop to help residents install and login to the app. I truly believe that this is a big step towards better communication with our residents! Our next board meeting has been moved due to the Thanksgiving holiday. The next open board meeting will be December 5th, and I hope to see you all there!

*Happy Thanksgiving*

## GET INVOLVED!



### Committees

For committee information and application, visit our website at: [www.svla.com](http://www.svla.com), click on 'I Want To' tab... 'Join A Committee'



Click on Committee Application and download a copy or pick up an application at the Association Office

PLEASE UPDATE  
YOUR  
**CONTACT**  
INFORMATION



Please verify that the contact information we have on file for you is still correct and up to date, as well as any emergency contact we have or you would like to add.

Send us an email: [Admin@svla.com](mailto:Admin@svla.com)  
 Call us: 760.245.9756  
 Fax: 760.245.3076

*Here for you and your skin:*  
**Becky Jordan**

**12740 Hesperia Rd**  
**760-954-0976**



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SVLA Breeze

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**Hkunhtun@gmail.com**  
**626-274-9449**

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## MONTHLY SUMMARY SEPTEMBER 2023

- **Current Cash:**
  - Operating - Umpqua \$1,284,165
  - Operating - Heritage \$1,840,044
  - Operating - Other \$5,621
  - Reserves - Investments \$1,785,376 Sep interest received \$8,178.00
  - Investment Year to Date \$43,553.00
- **Account Receivable:**
  - \$801,718 See DQ Report
- **Loans:**
  - Pacific Western Bank: \$3,000,000 for water rights – Balance \$1,631,457, interest 5.00%, matures 2/21/25 with a balloon payment of \$1,260,000 due at maturity. An additional 5-year term can be negotiated for the balance.
- **Account Payable:**
  - The association has no accounts payable exceeding 30 days past due.
- **Reserve Study:**
  - 11/1/23-10/31/24 – 29.6% funded \* BOD to review at October meeting the final reserve revision to 33.1% funded
- **Month to Date Position:**
  - MTD Revenue \$595,497
  - MTD Expenses \$449,506
  - Net Position Excess (Shortage) \$145,991
- **Fiscal Year to Date Position:**
  - FYTD Revenue \$6,313,746
  - FYTD Expenses \$5,321,013



Carol Felix has devoted over two decades to serving the Spring Valley Lake community. She was a dedicated member of the Architectural and Family Social committees, and currently participates in the Social club. She enjoys attending SVLA dinner dances and makes it her mission to dress according to theme. She and her husband actively volunteer for the Hesperia Elks Lodge #2646, an organization whose programs support children and veterans.

Thank you for being a passionate member of the SVL community and contributing countless hours! Your work is appreciated.





~ Nick Gonzalez, Director of Operations

Hello SVLA Residents,  
The temperatures have really been dropping lately. It looks like we may be in for a cold winter. It is crazy how quickly we are transitioning into the holidays; we hope everyone is ready. Look below to see what we have been up to around the community...

#### **Beach Area:**

- Sanitizing picnic tables and playground equipment bi-weekly
- Cut grass
- Built drag mount to keep secure
- Irrigation repairs

#### **Parks:**

- Sanitizing picnic tables and playground equipment bi-weekly
- Cut grass
- Fence repairs at Playfair Park
- Pest treatment at Long Acres Park
- Repaired irrigation at Dog park
- Repaired sign in MLP
- Repaired fence at Playfair park

#### **Equestrian Center:**

- Cut grass
- EQ repairs and clean up
- Pest treatment at EQ barn
- Painted trim at EQ
- Repaired EQ bulletin board
- Replaced EQ shade covers
- Replaced cross ties in the wash rack area
- Repaired barn door

- Repaired exit gate

#### **Fishing Areas:**

- Sanitized picnic tables bi-weekly
- Cut grass
- Weed abatement
- Trash clean up
- Cleaned chalk off pier at FA#8
- Added additional DG at FA#3
- Built 3 doors for aerator containments

#### **Buildings:**

- Sanitized AO building, Community Center & exterior AO restrooms door handles and hard surface areas daily
- Made repairs to CB patio
- Cleaned out electrical room
- AC filters replacement
- Fixed leak in men's restroom at Community Center

#### **Grounds:**

- Worked on Safety List
- Picked up trash around the community
- Set up and tore down events

#### **Floating Islands:**

- Performed maintenance-cleaned up dead brush

#### **Wells:**

- All wells are active

#### **Lake Filtration Systems:**

- Cleaned and performed routine maintenance twice a month

#### **Lake & Marina Dock Maintenance:**

- Retrieved lake data
- Cleaned up shoreline daily
- Relocated buoys

The Operations Department is always working diligently on maintaining SVLA's stature as well as keeping up on regular

training videos to ensure we are delivering the best service possible. If you ever notice a maintenance related issue or concern around the community, please call the Association Office (@760-245-9756) and we will do our due diligence to correct the issue(s) or concerns.

---

#### **NAOMI ALLAN,** *Administration & Lake Management*



Administration &

This year is going by so fast. I cannot believe the holidays are upon us along with the cold weather.

We just heard back from County stating that the permit for the new Lake Patrol Office (LPO) has entered the first phase of review. We are excited to hear this as there was quite a bit of back and forth from the County requesting additional paperwork along the way. We are truly hoping to see an approval on it sometime this month so that we can move forward and have it completed. Once the LPO is completed, the last step is to have the fuel pump reinstalled.

Now that the floating islands have been relocated to their permanent areas we have contracted for maintenance to be performed on them to keep them healthy and looking great.

Our team is still working on the

doors for the aerator containments. They have completed 3 and have a few more to go.

I am sure you heard about us locking in our trout stocking for the year. We have already received two 3,000 lb deliveries and have 4 more deliveries to go between now and February.

Additionally, we have placed an order for some blue gill, red ear, rosey reds and black flathead minnows. The blue gill and red ears are great for eating leeches and keeping them under control, while the rosey reds and black flathead minnows are great forage fish for our larger species of fish in the lake.

We have been doing our best to continue with the lake clean up weekly. If you notice any areas with excessive trash or debris, it is always helpful to let us know. Give the office a call or send an email to [maintenance@svla.com](mailto:maintenance@svla.com). Look below to see the most recent lake data that has been gathered

## Lake Data October 20, 2023:

MARINA DOCK		Transparency	Watercolor	Wind Speed	Wind Direction	Sky	Date	Time
PH	9.05	17.5"	olive	3.2 MPH		Clear	10/20/23	7:00 am
Nitrate	-----	DO	9.10	9.11	9.09	6.70		
Phos	-----	Temperature	67.8° F	67.5° F	67.2° F	66.8° F		
		Saturation	109.4%	109.6%	109.1%	79.9%		
			6"	2	4	6	8	10

Center of Lake		Transparency	Watercolor	Wind Speed	Wind Direction	Sky	Date	Time
PH	9.13	15"	olive	3.0 MPH		Clear	10/20/23	8.15 am
Nitrate		DO	9.37	9.22	9.17	8.80		
Phos		Temperature	66.1° F	66.5° F	66.7° F	66.7° F		
		Saturation	111.1%	110.0%	109.5%	105.1%		
			6"	2	4	6	8	10

SOUTH END		Transparency	Watercolor	Wind Speed	Wind Direction	Sky	Date	Time
PH	9.23	13"	olive	2.8 MPH		clear	10/20/23	7:15 am
Nitrate		DO	9.86	9.80	9.31	7.75		
Phos		Temperature	66.1° F	66.8° F	66.4° F	65.8° F		
		Saturation	117.2%	117.3%	110.9%	91.8%		
			6"	2	4	6	8	10

NORTH END		Transparency	Watercolor	Wind Speed	Wind Direction	Sky	Date	Time
PH	9.19	14.5"	olive	3.1 MPH		clear	10/20/23	8:45 am
Nitrate		DO	9.53	9.46	9.38	9.41		
Phos		Temperature	66.8° F	62.2° F	66.3° F	66.1° F		
		Saturation	112.8%	112.6%	111.5%	111.5%		
			6"	2	4	6	8	10

## Year to Date Water Usage:

Date	YTD usage	FPA per year	FPA Balance	Repl. Oblig.
11/4/22	-230	2,073	2303	0
11/10/22	-289	2,073	2362	0
11/18/22	-365	2,073	2438	0
12/3/22	-482	2,073	2555	0
12/9/22	-523	2,073	2596	0
12/16/22	-451	2,073	2524	0
12/23/22	-435	2,073	2508	0
12/30/22	-410	2,073	2483	0
1/6/23	-454	2,073	2527	0
1/13/23	-501	2,073	2574	0
1/20/23	-549	2,073	2622	0
1/27/23	-527	2,073	2600	0
2/3/23	-492	2,073	2565	0
2/17/23	-451	2,073	2524	0
2/24/23	-480	2,073	2553	0
3/3/23	-440	2,073	2513	0
3/10/23	-252	2,073	2325	0
3/24/23	208	2,073	1865	0
3/31/23	223	2,073	1850	0
4/14/23	527	2,073	1546	0
4/21/23	682	2,073	1391	0
4/28/23	838	2,073	1,235	0
5/5/23	957	2,073	1,116	0
5/12/23	1,022	2,073	1,051	0
5/18/23	1,094	2,073	979	0
5/25/23	1,123	2,073	950	0
6/2/23	1,137	2,073	936	0
6/9/23	1,246	2,073	827	0
6/16/23	1,321	2,073	752	0
6/23/23	1,403	2,073	670	0
6/30/23	1,508	2,073	565	0
7/7/23	1,615	2,073	458	0
7/14/23	1,732	2,073	341	0
7/21/23	1,804	2,073	269	0



# HALLOWEEN DECORATED HOMES AROUND THE NEIGHBORHOOD



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

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# CODE ENFORCEMENT

Clint Summers, Code Enforcement / Architectural Manager

Halloween sure was a lot of fun with such a huge turnout. We loved the ingenuity and imagination that residents used in all the costume and decorations. We look forward to seeing your fall and thanksgiving decorations this month; and just remember that all Halloween decorations need to be removed by the end of November. This month we want to send out reminders to all residents that all of the temporary shade structures that were allowed for the year need to be removed and any trailers parked in the driveway are no longer allowed to be parked in your driveway for more than 72 hours. Anything that is parked on the street needs to follow California Highway Patrol rules as they

enforce all roadway issues unless you live in the Equestrian side; in which case the Town of Apple Valley ordinances need to be followed.

**R&R section 4.3 – Driveway parking of any type trailer, boat, camper, or motorhome is limited to 72 hours.**

In the coming months you will likely have more family visiting your home, filling up your trash cans. With all the fun, I know things can sometimes be forgotten; but please make an effort to put your trash cans out of view within 24 hours of trash pickup. We appreciate all the effort that the residents put into making our community great!

## ANNUAL INSPECTION CHECKLIST

### Front of Property:

- Roof
- House Numbers
- Doors
- Windows/Screens
- Gates/ Fence
- Landscape
- Trim
- Stucco/Paint
- Exterior Lighting
- Garage Door
- Driveway
- Unsightly Objects

### Golf Course / Lakefront / EQ / River Walk:

- Roof
- House Numbers
- Railings
- Gates/Fence
- Deck/Dock
- Unsightly Objects
- Trim
- Stucco/Paint
- Exterior Lighting
- Landscape
- Pool

October Stats	Code Enforcement	Architectural
Total In Progress	1075	438
Opened	623	65
Closed	524	57
Citations to the board	39	NA
Open Escrows	20	NA

### Amazing Annual Inspected Homes



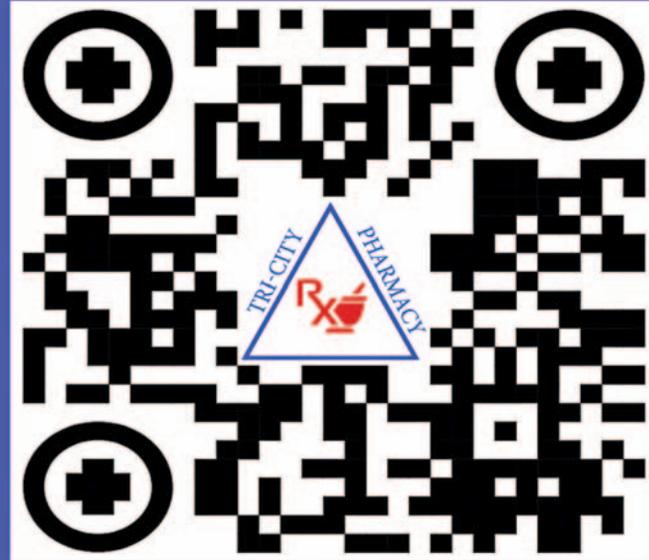


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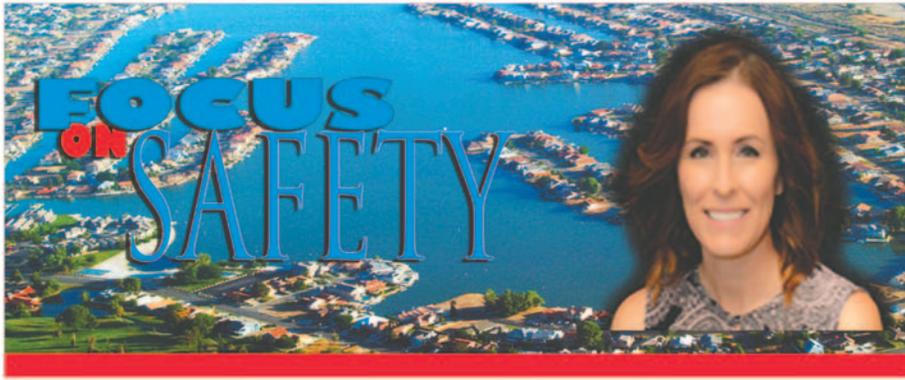
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LISA FALCETTI, PUBLIC SAFETY DIRECTOR

### The California Boater Card



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. Not only is mandatory education the law, but the California Boater Card Program also promotes boating safety on our waterways. 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 California 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](http://californiaboatercard.com) or call the California Division of Boating and Waterways at 1(844)-421-8333. Attached below are resources to obtain a California Boaters Card. It will be mandatory in order to schedule your vessel inspection for the 2024 Spring Valley Lake vessel stickers.

The courses are available under the courses tab on:

<https://californiaboatercard.com/courses/>

Boat U. S. Foundation (free course) that will certify through 2025:

<https://www.boatus.org/california/>

California Course for Safe Boating (free course) that will certify through 2024:

[https://dbw.parks.ca.gov/?page\\_id=30826](https://dbw.parks.ca.gov/?page_id=30826)

## MEET THE TEAM

Micah Matthews, Officer



Hi, my name is Micah Mathews. I'm from Miami Florida and moved here to California in January 2021. I love listening and writing music. I am a very outgoing individual, open to anything, not picky when it comes to fun. I'm very consistent when it comes to work, you've probably seen me everywhere in Spring Valley Lake. I love to move around and keep busy. I am friendly and cool, don't hesitate to wave or say hi when you see me pass by in the patrol car. [Mmathews@svla.com](mailto:Mmathews@svla.com)

### VESSEL REGISTRATION CHECKLIST

**ALL Documents MUST list the same Homeowner/Tenant member's name**

#### Items Required for Powered Vessel Registration:

- \_\_\_ Current DMV Reg. for Powered Vessels
- \_\_\_ Current Driver's License
- \_\_\_ Current Vessel Operator's Permit (VOP)
- \_\_\_ CA Boater Card
- \_\_\_ SVL Safety Inspection (Call 760- 245-6400)
- \_\_\_ Conditions for Issuance Form **Signed**
- \_\_\_ **Insurance Policy:**
  - Policy number
  - Policy period (Effective to Expiration Dates)
  - CF #, Hull #, Name of Vessel
  - \$300,000 minimum liability
  - SVLA listed as **Additional Insured or Additional Interest** w/ mailing address:
    - 7001 SVL Box, Victorville, CA 92395
    - Name of Insured
- \_\_\_ Payment of Sticker Fee
  - \$75.00 Powered Vessels (15 H.P. and under)
  - \$250.00 Powered Vessels (Over 15 H.P.)

**PLEASE NOTE: In compliance with California State Law, SVLA requires all those registering a powered vessel to have their California Boater Card:**

**Visit: [CaliforniaBoaterCard.com](http://CaliforniaBoaterCard.com) or call (844)421-8333**

#### Items Required for Non-Powered Vessel Registration:

- \_\_\_ Conditions for Issuance Form **Signed**
- \_\_\_ Current Vessel Operator's Permit (Non-Power VOP)
- \_\_\_ **Homeowner's/Renter's Insurance Policy:**
  - Policy number
  - Policy period (Effective to Expiration Dates)
  - \$300,000 minimum liability
  - SVLA listed as **Additional Interest** w/ mailing address:
    - 7001 SVL Box, Victorville, CA 92395
    - Name of Insured

# Breakfast with Santa

Saturday, December 9, 2023

8:00 AM – 10:30 AM

Community Center

*Membership IDs & guest cards required!*

Take pictures with Santa  
& Mrs. Claus!

Go to [svla.com](http://svla.com) to  
purchase tickets by  
December 4, 2023



Pancake & Sausage  
breakfast

**\$13 for anyone  
13 & older**

**Kids 12 & under are FREE**





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JOSEPH E. EISWERT, DMD

**Dr. Joseph E. Eiswert D.M.D.**  
Temple University Graduate,  
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Family Dentistry



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- IMPLANTS
- CHILDREN AND INFANT CARE
- SEALANTS
- PRIMARY TMJ TREATMENT
- FILLINGS, ROOT CANALS
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**Apple Valley**  
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Apple Valley, CA  
**242-7800**

*After Hours Emergency, Contact Dr. Eiswert via mobile # 760-954-7012*

HEALTHY YOU. HAPPY YOU.

# It's that Time Again! Medicare Annual Open Enrollment

Refreshments  
will be  
served

## Join Desert Valley Medical Group's Information Sessions to Compare Your Health Plan Options for 2024!

Annual enrollment period is your once-a-year opportunity to change your benefit choices. The benefits you select during annual enrollment period will be effective January 1, 2024.

### Medicare Annual Enrollment Period: October 15 - December 7, 2023

Attendees will receive a free gift  
(while supplies last and one gift per attendee).

#### Now Accepting!



We also accept the following health plans:



[www.desertvalleymedicalgroup.com](http://www.desertvalleymedicalgroup.com)

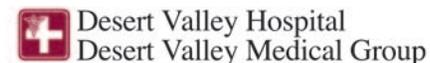
**Desert Valley Charitable Foundation**  
16716 Bear Valley Rd., Victorville, CA 92395  
10:00 am - 11:00 am

- » Tuesday - November 7, 14, 21 & 28
- » Tuesday - December 5

**Desert Valley Senior Wellness Center**  
19181 Town Center Dr., Apple Valley, CA 92308  
2:00 pm - 3:00 pm

- » Thursday - November 2, 9, 16 & 30
- » Thursday - December 7

To RSVP, call Desert Valley Medical Group  
Member Services at **760-381-8083**.



Member of Prime Healthcare



# Fish-On

## Trout Stocking Schedule 2023-2024

3,000 lbs.– Week of October 16, 2023

2,000 lbs. Week of December 18, 2023

3,000 lbs. Week of October 23, 2023

1,000 lbs. Week of January 15, 2024

2,000 lbs. Week of November 20, 2023

1,000 lbs. Week of February 12, 2024



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A total cash prize pool of \$600 is up for grabs!



# CHRISTMAS

JUDGING HAPPENS

12/3  
TO  
12/15

JUDGING HOURS

5 TO  
10 PM

WINNERS WILL BE NOTIFIED THE WEEKEND FOLLOWING JUDGING

Scan Me to Enter



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To enter: 760.985.9223 or SVLyacht@gmail.com or [www.bit.ly/svlycchristmas](http://www.bit.ly/svlycchristmas)



# Christmas

Tree Lighting & Parade

December 1, 2023

5:00 PM - Refreshments  
6:00 PM - Tree Lighting  
6:30 PM - Parade

Parade sign ups are at [www.svla.com](http://www.svla.com),  
under "Event Registration". Sign up no  
later than Wednesday, November 29, 2023

Community Center

12975 Rolling Ridge Dr., Victorville, CA 92395





## Paget's Disease Causes Arthritis, Pain, Deformities and More

**DEAR DR. ROACH:** My husband has been diagnosed with Paget's disease. I would like to know more about it; this is the first time I have ever heard of it. I would like to know the treatments and how much damage affects the bones. He is 76, had prostate cancer and underwent radiation treatment. — C.W.

**ANSWER:** Paget's disease of the bone is a common disease in people of European ancestry, with a lifetime prevalence of approximately 3%, although it remains undiagnosed in many. The cause of the disease appears to be a defect in bone reabsorption by the osteoclast, a specialized cell that normally helps maintain bone health. Paget's disease is not a cancer. It is normally diagnosed over the age of 55.

Most cases of Paget's disease are asymptomatic; however, without treatment, some people will develop arthritis, pain, deformities and fractures. The bone deformities may lead to nerve compression and, in the case of the tiny bones in the ear, hearing loss. X-rays and a high alkaline phosphatase (ALP) blood test are suggestive of the diagnosis. A bone scan is recommended to see the extent of damage from the disease.

Fortunately, highly effective treatments are available. Bisphosphonate drugs, the same drugs that are used to treat many people with osteoporosis, are very effective. A single treatment with zoledronic acid is effective at stopping (not reversing) the progression of the disease, and fewer than 20% of people will need a second dose. Diagnosing and treating early are ideal.

I don't think his prostate cancer or radi-

ation treatment has anything to do with his diagnosis of Paget's.

\*\*\*

**DEAR DR. ROACH:** I'm a 76-year-old male who was recently diagnosed with transitional cell carcinoma of the ureter, but I don't have a history of smoking or any occupational exposure to chemicals, plastics, rubber or dyes. My cancer was found through a CT scan with contrast dye after having asymptomatic hematuria. It's isolated to the proximal ureter and a kidney. How rare is that?

**I have to have the kidney and ureter removed. Can you talk about living with one kidney and the adjustments that I'll have to make? — R.P.**

**ANSWER:** Urothelial cancers (the new name for transitional cell cancers) come from the lining of the urinary tract and can be present in the kidneys, ureters (the tubes that carry urine from the kidneys to the bladder), bladder and urethra (the tube that carries urine outside of the body). They are not common, about one per 100,000 people per year.

About 17% of people with cancer in the ureter will also have cancer in the bladder at the same time, and almost half will develop cancer in the bladder later in life. Careful screening, such as a look inside the bladder every six months, is essential.

You are correct that smoking and certain industrial exposures are risk factors for developing these cancers, but so is the place of origin; cancer syndromes such as Lynch syndrome; other toxins such as the drug phenacetin; and traditional Chinese herbs containing aristolochic acid. For localized diseases, complete removal is the safest approach, since there may be multiple small areas affected by cancer.

Living with one kidney is not that different from living with two, as the other kidney somewhat compensates for the missing one. Some medications may need to have lower doses, but usually, this is not the case.

*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](mailto:ToYourGoodHealth@med.cornell.edu).*

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## Roast Skinny Sweet Potato Fries

There's skinny this and skinny that — as in skinny jeans or a skinny latte — so I couldn't resist calling my family's favorite new version of roasted sweet potatoes: "Skinny Sweet Potato Fries."

It happened at the kitchen counter recently when a basketful of the tuberous root from our local farmer's market inspired me. Instead of cutting the sweet potatoes in wedges like I've always done when roasting autumn vegetables, I slimmed the slices, turning them into a new experience and a tasty side to ribs, burgers, sandwiches and fish. They make a delicious and unique fall appetizer or healthy snack, too.

Sweet potatoes have a rich, nutty and sweet flavor, and they're full of good-for-you beta-carotene, antioxidants and fiber. Transformed into these fries, the vegetable is mouthwatering, satisfying and fun for dipping with good old ketchup (a kid-favorite) or in a tasty low-fat mayonnaise/sriracha combo.

### SKINNY SWEET POTATO FRIES

Serves 4

- 4 medium sweet potatoes approximately 5 inches long, peeled
- 1 tablespoon olive or vegetable oil
- 1 teaspoon kosher salt (or to taste)
- Pepper

Preheat the oven to 400 F. Cut the sweet potatoes in half lengthwise. Place

them flat side down and cut into thin long slices, about 1/4-inch thick. Place the thinly sliced pieces on their side and cut additional thin slices, making sure they are all uniform in thickness.

Place the cut potatoes in a single layer on a nonstick or parchment-lined rimmed cookie sheet. Drizzle with olive oil and sprinkle with salt and pepper. Toss well. Bake for 15 minutes, rotate the sheet and continue baking for another 10-15 minutes until golden brown and tender. Serve hot.

### EXTRA SERVING IDEAS

— Spicy dipping sauce: Stir together 4 tablespoons low-fat mayonnaise with 1 teaspoon of sriracha hot chili sauce. Or substitute a squeeze of fresh lime juice for the sauce.

— Garlic dipping sauce: Stir together 2 tablespoons low-fat mayonnaise with 2 tablespoons fat-free Greek yogurt and 1 clove of garlic, crushed and minced.

— Season the fries before baking with any number of herbs and spices such as thyme, parsley, cumin, chili powder or smoked paprika.



\*\*\*

*Donna Erickson creates relationships and community through food and fun. Find more to nourish and delight you at [www.donnaerickson.com](http://www.donnaerickson.com).*

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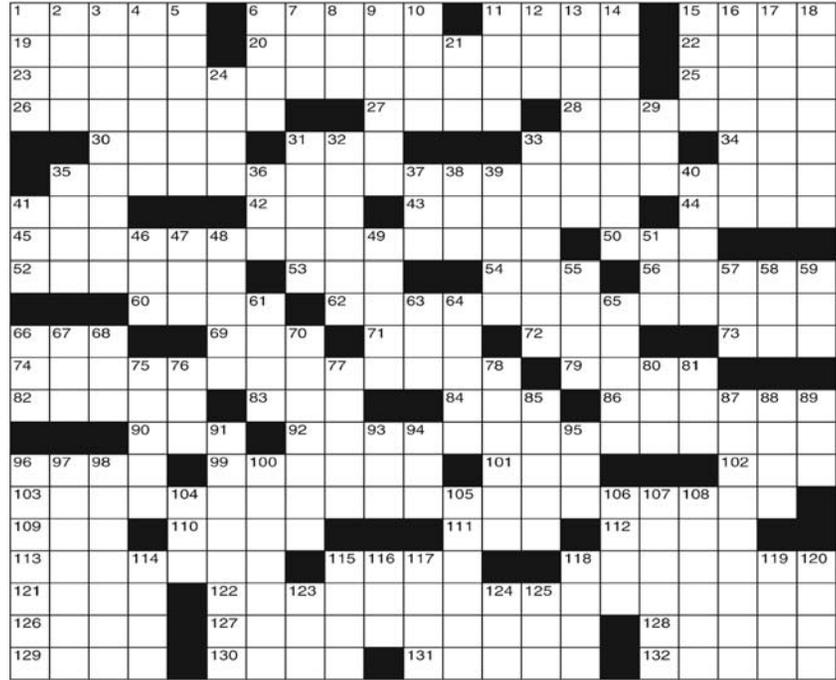


# Super Crossword "MM, GOOD!"

- ACROSS**
- 1 Kiddie-lit elephant  
6 Seder bread  
11 Warren in the Pro Football Hall of Fame  
15 Numbered work of a composer  
19 "I'd love to help"  
20 Fictional town in an Edgar Lee Masters title  
22 Intensify, with "up"  
23 Aged female horse that has won lots of singing awards?  
25 Dog food brand  
26 Flimsy  
27 Hive swarm  
28 "Lie Down With Lions" novelist Ken  
30 Romanov royal  
31 —-fi film  
33 Michael of "Superbad"  
34 Stephen of the screen  
35 Time when everybody turned down their radios all at once?
- 41 — v. Wade  
42 Aussie critter  
43 Soporific drug  
44 Electrolysis particles  
45 Reading quickly in the Scandinavian manner?  
50 Novelist Stout  
52 Hammer or Spade  
53 History topic  
54 Hot tub sigh  
56 Tranquility  
60 Brainchild  
62 Big meeting to discuss  
66 Foot the bill  
69 A-bomb, e.g.  
71 "— dare?"  
72 — Lilly  
73 "Tamerlane" poet  
74 Cold, damp park birds?  
79 Declare  
82 Apia locale  
83 Elton John's '70s label  
84 Figure skater Midori —  
86 Bet to win and place  
90 Cloning bluff  
92 Was an overly aggressive barber?  
96 Cato's "to be"
- 99 — alla Scala  
101 Intensify, with "up"  
102 Antique auto  
103 Trouncing in a number-adding contest?  
109 Bullring call  
110 Balcony box  
111 "Send help!"  
112 Netflix rival  
113 Medium for burning data  
115 Pork serving  
118 Of sentence units  
121 Cork's land  
122 Decried to be the most prudish?  
126 Observes  
127 Computer programming output  
128 More skillful  
129 Chances  
130 Covered with bathroom rolls, slangily  
131 Outback food  
132 Fliers' homes
- DOWN**
- 1 Strike with the horns  
2 Court champ  
3 Arthur  
3 Lead-in to "done that"  
4 "Eek!"
- 5 Add ammo to  
6 Emails or texts: Abbr.  
7 Wet mo.  
8 Come — halt  
9 Body not staying at rest?  
10 "My treat!"  
11 Family in computer games  
12 DuVernay of "Queen Sugar"  
13 Flawless  
14 Request in advance, in a way  
15 Spoken exam  
16 Sicily's capital  
17 A gazillion  
18 Brief plugs for political candidates  
21 Bread variety  
24 — Lube (STP alternative)  
29 Chou En- —  
31 Add fuel to  
32 Groups on church risers  
33 The Plame affair, informally  
35 Hammer or spade  
36 52-wk. units  
37 Dad's partner  
38 Longtime wire svc.
- 39 Moses' peak  
40 Seltzer, e.g.  
41 ICU VIPs  
46 Imbiber's hwy. offense  
47 "— be nice if ..."  
48 Like taffy  
49 Bea Arthur sitcom  
51 Air-testing gp.  
55 Hispanic "hello"  
57 Intensely, with "up"  
58 Loving sound  
59 Previous to, poetically  
61 12-hour clock toggle  
63 Lowing sound  
64 Fluid dram fraction  
65 "Hawaii —" (Jack Lord series)  
66 Acer offerings  
67 Styled after brand  
68 Orange tuber  
70 Say aloud for transcription  
75 Net access provider  
76 Groom, e.g.  
77 "The Dance" singer Brooks  
78 Canned heat  
80 Good Grips brand  
81 Nursery cry  
85 Dramatist Clifford
- 87 Merry-go-rounds  
88 Not kosher  
89 Hurry-scurry  
91 For free  
93 Furious state  
94 Spill cleaner  
95 Sony products  
96 1962 Paul Anka hit  
97 Tarnished  
98 Tarnished  
100 Chinese soup  
104 Sort  
105 Facet  
106 "Surprised to run into you!"  
107 University in Greenville, South Carolina  
108 In a blazing brandy sauce  
114 Fed Elliot  
115 Ace or queen  
116 Fruit drink  
117 Tip jar bills  
118 Nursery school, briefly  
119 Play — (perform some songs)  
120 Env. items  
123 Receivable  
124 John in court cases  
125 High-tech organizer



MazeToons.com



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## 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: H equals W

HFPE HKLIX ZWZQOSKXO GPIL  
EFZ EKR KJJNGNPI IZPXZQ KJ  
XZPQ PSSO'C JPT GILS?  
PXWNGZ RQZCNXZTE.

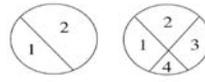
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## STICKELERS

by Terry Stickers

One straight line can divide a circle into two parts. Two straight lines can divide it into four parts.

What is the maximum number of parts that can be created with four straight lines?



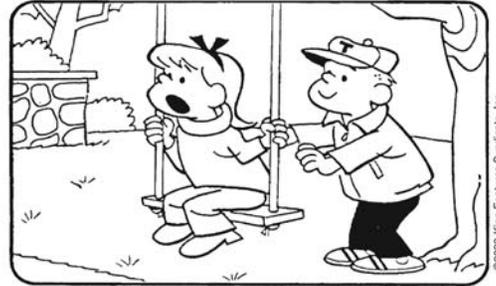
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## HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Radio is missing. 2. Bow is smaller. 3. Swing seat is smaller. 4. Girl's legs are shorter. 5. Arm is moved. 6. Tree carving is missing.

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## Even Exchange by Donna Pettman

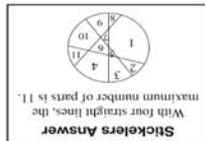
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- |                        |             |                       |             |
|------------------------|-------------|-----------------------|-------------|
| 1. Dismissive attitude | S _ _ _ _ _ | Oak seed              | A _ _ _ _ _ |
| 2. Betrothed one       | _ I _ _ _ _ | Pierre's land         | _ R _ _ _ _ |
| 3. First-aid mesh      | _ _ _ Z _ _ | Tire pressure checker | _ _ _ G _ _ |
| 4. Bracelet trinket    | _ _ U _ _ _ | Gibberish             | _ _ B _ _ _ |
| 5. Young person        | _ I _ _ _ _ | Country house         | _ _ A _ _ _ |
| 6. Sleep vision        | _ _ _ M _ _ | Be afraid of          | _ _ _ D _ _ |
| 7. Lawn growth         | _ _ A _ _ _ | "Ewww, how yucky"     | _ _ O _ _ _ |
| 8. Bull's-eye location | _ E _ _ _ _ | Riding pace           | _ _ A _ _ _ |
| 9. Elbow or knee       | _ _ N _ _ _ | Roof beam             | _ _ S _ _ _ |
| 10. Peace agreement    | _ _ _ Y _ _ | Halloween goodies     | _ _ _ S _ _ |

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What would everybody call the top official leader of Dear Abby's fan club? Advice president.

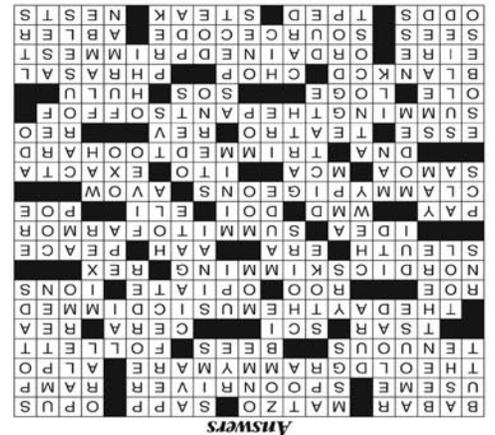
answer  
CryptoQuip



Sticklers Answer  
With four straight lines, the maximum number of parts is 11.

- |                   |                    |
|-------------------|--------------------|
| 1. Scorn, Acorn   | 6. Dream, Dread    |
| 2. France, France | 7. Grass, Gross    |
| 3. Gauge, Gauge   | 8. Center, Center  |
| 4. Bauble, Babbie | 9. Joint, Joist    |
| 5. Minor, Manor   | 10. Treaty, Treats |

Even Exchange answers



Super Crossword

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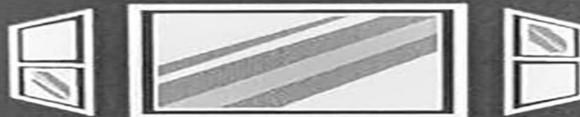
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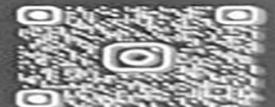
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# *Blizzard Ball*

*A Winter Escape...*

Saturday, December 2, 2023

*5:30 PM to 9:30 PM*

Community Center

Prime Rib Catered Dinner

\*includes Eventbrite fees    \$25 - Members    \$30 - Guests

Purchase tickets at [svla.com](http://svla.com), under "Event Registration" by Tuesday, November 21, 2023.

Member IDs & Guest  
Passes Required

*Formal  
Attire*

# COMMUNITY events

## Upcoming Events 2023

### 2023 Event Schedule

**November 18**

**Holiday Arts & Crafts Boutique | 9:00 AM**

**December 1**

**Christmas Tree Lighting & Parade | 5:00 PM**

**December 2**

**Blizzard Ball | 5:30 PM**

**December 9**

**Breakfast with Santa | 8:00 AM**

\*events subject to change



The Board of Directors meet the 4th Tuesday of each month and on the Monday evenings prior, except during holidays: The November and December meetings are combined.

BOD Executive Session - December 4, 2023, 6pm- TBD

BOD Open Session - December 5, 2023, 6pm - MLH

• Vessel Operator Permit (VOP) online test is available at [www.svla.com](http://www.svla.com) click on Department tab - Public Safety After testing, contact Public Safety at 760.245.6400 for further instructions on obtaining your VOP

• Vessel Operator's Permit renewals occur daily at 9am and 7pm (See Public Safety Dispatch - Community Center)

### ASSOCIATION OFFICE HOURS

CLOSED MONDAYS

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

#### SVL Committees

COMMITTEES	COMMITTEE CHAIR	MONTHLY	TIME/LOCATION
Architectural Committee	Vicki Archer	2nd & 4th Thurs.	4pm MLH
Citation Committee	Bill Walters	1st & 3rd Tues.	5:00pm MLH
Communications Committee	TBD	TBD	TBD
Community Plan Committee	TBD	TBD	TBD
Equestrian Estates Committee	Ronnie Tait	3rd Tuesday every other month	6pm EECH1
Lake Committee - via ZOOM	Chris Hall	2nd Wednesday	6:30pm

#### SVL Clubs

CLUBS	FACILITATOR+ CONTACT
Amateur Radio Club - 1st TH, 7pm MLH	George Ellison NOGWE 760-810-1008, <a href="mailto:george@4mailservice.com">george@4mailservice.com</a>
Bible Study - 1st & 3rd TH, 11am EQ1	Leonor Frazier 760-662-9547
Boy Scouts, 1st TH 7pm MLH	Britt Imes 760-900-3897
BUNCO, 2nd M, 5pm MLH	Sandy Harmon 661-510-4543
Social Club - Varies, MLH	Jeri Lawrence 760 245-2688
Yacht Club - 3rd TH, 6-8pm MLH	David Stolfus 760-985-9223

#### SVL Recreational Classes

CLASS	DAY	TIME	LOC.	Instructor
Arthritis Exercise	M,W,F	8 - 9am	MLH	Rhonda Goulden 909-262-7498
Line Dance Beginner to Upper Level	M	9:00-11:15am	MLH	Su Kim 760-684-3207
Line Dance Beginner to Upper Level	T	9:00-11:15am	MLH	Su Kim 760-684-3207



#### Key for Locations

Abbreviation	Name/Location of Facility
MLH - Meadowlark Hall	Community Center 12975 Rolling Ridge Drive (Great Room)
PR - Palm Room	Community Center 12975 Rolling Ridge Drive (Small Room)
PVR - Parkview Room	Community Center 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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- Research comparable homes before submitting an offer to assure value of listing.

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**Dawn Kelley**

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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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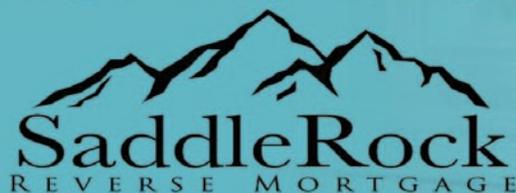
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