

# NEWS...ABOUT OUR TOWN & PEOPLE

## President's Paragraph



MARK YOUR CALENDAR NOW

It was great to have so many participate in the January program, and everyone remembered our new starting time of 7 p.m. This month Gertrude has scheduled an informative presentation by the sheriff's department that you won't want to miss! This all follows our potluck at 6 p.m. Come early and look at the progress on various projects on the porch, entry hall and the store! We salute our volunteers who come rain or shine. If you aren't an active volunteer, come join us, there is always room for more.

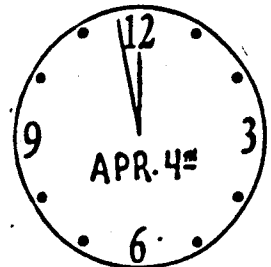
See you at the potluck!

*Barbara Whitlock*

## REMINDER

FEB. 22ND.....6:00PM  
POT-LUCK  
SPEAKER: SANDY CURRY  
"SENIOR CRIME PREVENTION"

MAR. 22ND.....7:00PM  
REGULAR LHS MEETING



### Time for a Change

APR. 11TH.....EASTER  
APR. 17TH.....7:00AM  
ANNUAL WESTERN DAYS BREAKFAST  
AT  
OLDE CHURCH

APR. 26TH.....7:00PM  
REGULAR LHS MEETING

APR. 30TH & MAY 1ST  
ANNUAL QUILT SHOW

## San Vicente may be generator site

By Tracy Moran 2-7-93  
Daily Californian business writer

SAN DIEGO — Representatives of an Idaho-based partnership were in San Diego recently outlining a proposal to build a 100-acre lake and water-powered electric generator near the San Vicente Reservoir.

The Boulder Valley Pumped Storage Project would generate 500 megawatts of electricity and would be operational after the year 2000, according to Bob Mooney, president of the partnership proposing the project, which is designed to provide Southern California utilities with a supplemental source of electric energy.

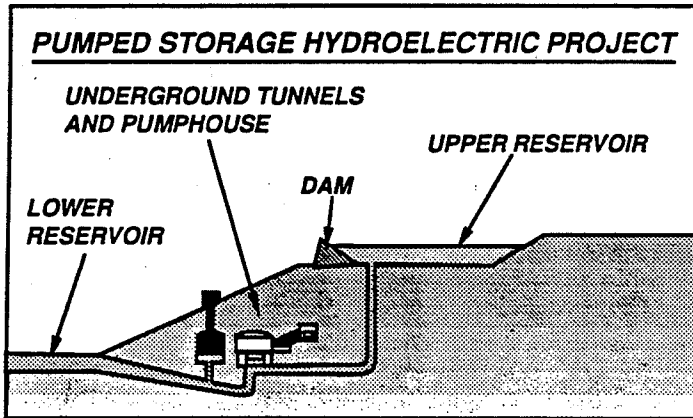
The pumped storage system would use recycled water, pumped from San Vicente Reservoir to an upper reservoir at night.

Then during daytime peak periods of electricity use, water from the upper reservoir would be released through a system of underground tunnels and through an underground powerhouse back into the San Vicente Reservoir.

Twenty-five percent of the electricity generated is lost in the pumping process, Mooney said.

"But 75 percent of what you send up, you get back," he added. In terms of water quantity, the project's effect is said to be minimal.

The partnership proposing the facility, SoCal Energy, is studying three possible locations for the upper reservoir, with the



Gail Weyner/The Daily Californian

most desirable site three miles from San Vicente, at Iron Mountain near Poway Road and Highway 67.

The upper reservoir would have a capacity of 6,000 acre-feet, with a dam measuring 140 feet high and 500 feet long.

The proposed power plant is still in the preliminary stages and must pass rigorous federal and state studies as well as a review process with public hearings.

If approved, the project would cost upwards of \$500 million — funded mostly by bonds — and would employ 2,000 people over the four-year construction period, then up to 30 people when completed.

In addition, SoCal Energy estimates the project will generate property tax revenues of \$5 million and franchise tax fees of \$3

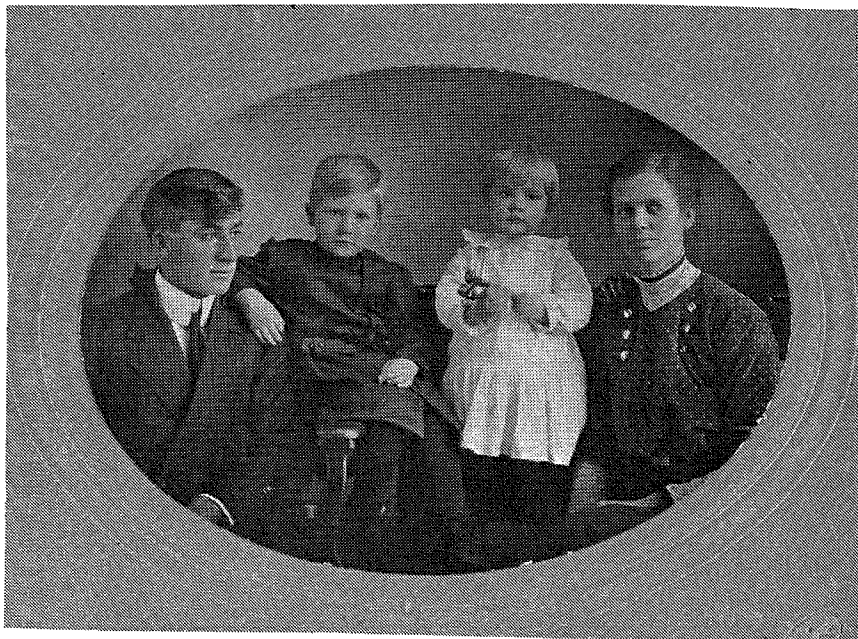
million once the facility is operational.

More than 30 pumped storage facilities are operated by public utilities in the U.S., and more than 250 operate in other countries.

However, there are no privately owned pumped storage systems operating in this country, although the parent company of the Boulder Valley Project is in the development stages for two projects, a 600-megawatt facility in Arkansas and a 1,500-megawatt facility in Ohio that is scheduled for completion by the end of the decade.

Mooney said the toughest obstacle SoCal Energy will have to overcome is the "not in my backyard" attitude.

But, he said once it's completed, most people will not even know the facility is there. (tam)



A mini-picture of LES KEPART : Born 1-26-10 in Engelville, No. Dakota during a snow blizzard that he doesn't remember, Les was the oldest of five children...His family moved to Lakefield, Minn. when he was 5yrs. old and then on to Phoenix, Ariz. two years later...He came to California in June 1923 and was a Janitor for our Olde Church at the age of 13yrs. to sweep floors, dust and build fires in the stove when necessary...As a teen-ager he won an award (cuff-links) for a theme on local areas that was entitled "STARS of LAKESIDE" which covered five 'stars' - Riverview Farms, El Monte, Lakeview, Dexter Valley and Lakeside Farms...Les and Adrienne had the first formal wedding in the Olde Church on 4-12-36...It was the first marriage performed by Rev. Nalbach after his being ordained as a minister...Four of the five children of Les and Adrienne are members of the L.H.S...Les served 5½yrs. for Uncle Sam and has served the rest of his life as an active Volunteer for the LAKESIDE

HISTORICAL SOCIETY for which we honor him-THANKS LES!

## Pocket this slang dictionary

Sid Lerner may be the only person who hasn't seen *Wayne's World*, but he knows a "babe lair" when he sees one. That's because he and Gary Belkin scoured pop culture for their new book, *Trash Cash, Fizzbos and Flatliners* (Houghton Mifflin, \$8.95). The results: 1,200 of an estimated 20,000 new slang terms. A sample:

**BABE LAIR:** n. An apartment used by a man of wealth and power for seducing women

**BEER GOGGLES:** n. The loss of judgment caused by drunkenness (a campus term)

**DOMO:** n. A downwardly mobile professional, typically under 40, who abandons a promising career to pursue more meaningful activities

**GOOE:** n. A nerd, jerk

**TRASH CASH:** n., pl. Advertising leaflets, made to look like currency, strewn along streets

**FIZZBOS:** n., pl. Independent sellers of a home (from FSBO, or "for sale by owner")

**FLATLINERS:** n., pl. Dead people



## A Pledge of Peace and Prosperity to clip, send

I will not steal from or bully anyone. I will not use any intermediaries to forcibly transfer money or property from one person to another, to impose my beliefs on anyone, or to force anyone to do anything they have not voluntarily and with willful intent contracted to do with complete knowledge of the consequences. Neither will I vote or elect those who would vote to have government do such things or grant privileges or otherwise diminish the Natural or Constitutional Rights of anyone, regardless of the professed need, association or consequence. I will encourage and educate rather than force or threaten.

Signed,

Clip, sign and send to the Sam Adams Committee for Practical Correspondence, P.O. Box 1257, Escondido, Calif. 92033-1257.

WILLIAM T. HOLMES  
Sam Adams Committee for  
Practical Correspondence

## Since You Asked . . .

### MEDICARE CHANGES FOR 1993

The deductible for hospital bills has risen from \$652.00 to \$676.00. This applies to the first 60 days of care in the hospital.

For hospital stays that last between 61 and 90 days, the coinsurance charge has risen from \$163.00 to \$169.00 per day.

For inpatient Skilled Nursing Facility care, there is no coinsurance for the first 20 days. However, the coinsurance for the 21st through the 100th day of care has risen from \$81.50 to \$84.50 per day.

There has been no increase in the Part B deductible (for doctors' services) which is \$100.00. The monthly Part B premium has risen from \$29.90 to \$36.60.

# COOKIN' in the BACK COUNTRY

## Rice quite nice as Valentine's Day gift

ASSOCIATED PRESS

TOKYO — Roses are red, violets are blue, this rice-and-seaweed dish will make him fall for you.

An agricultural cooperative in northern Japan is sure it has come up with a winner of a Valentine's Day gift in a rice product called "Love at First Sight."

The cooperative has shipped 30,000 special gift-size packages of the rice to stores, where they will be sold next to chocolates and other more conventional symbols of affection.

The set includes 7 ounces of steamed rice and a packet of "furi-kake" — a favorite Japanese rice topping made of ground seaweed and fish flakes — that has been blessed by a Shinto priest to enhance its aphrodisiac powers. The packages go on sale Feb. 1 for \$2.40 each.

In Japan it is chiefly women who offer gifts, usually chocolates, to men on Valentine's Day. Men reciprocate a month later on "White Day."

In the past, Japanese stores have been graced with a number of novelty Valentine's Day and White Day gift items, including edible underwear, chocolates for dogs and a bra that plays Mozart when a button is pushed.

"Hitomebore" — or "Love at First Sight" — rice has become wildly popular since it was developed two years ago. The cooperative only recently hit upon the idea of marketing it as a Valentine's Day gift.

Did  
YOU  
GET...?

### CROCKPOT DRESSING



- 2 cans Cream of Chicken Soup
- 2 cans Chicken Broth
- 1 stick Margarine
- 2 pkgs. Combread Mix (prepared)
- 6 slices of loaf Bread
- 1 large Onion (chopped)
- 1 cup Celery (chopped)
- 3 boiled Eggs (chopped)
- 3 Eggs (raw)
- 1 1/2 tsp. Sage or Poultry Seasoning
- Salt & Pepper to taste

Heat Margarine, Cream of Chicken Soup, and 1 can of Broth to a boil. Reserve remaining can of Broth. Mix remaining ingredients in crockpot, and pour liquids over top. Mix well. Cover and cook on low for 6 hours or on high for 4 hours. Stir well and often, adding more Broth if you like moister dressing.

### WHEN DO SEASONINGS LOSE THEIR SPICE?

COX NEWS SERVICE

You know that tin of ground nutmeg that has been sitting on your shelf for two years? Is it still good?

Spice experts say no. Most ground spices have a maximum shelf life of six months. After that, they lose much of their potency.

Spices should be kept in the dark. Exposure to light makes them deteriorate. You may enjoy smelling a spice, but as you do, realize that the fragrance being released is the amount of aroma you're losing for your baking.

It's much cheaper — and tastier — to buy whole spices instead, and keep them in a dry place, away from the heat of the

stove.

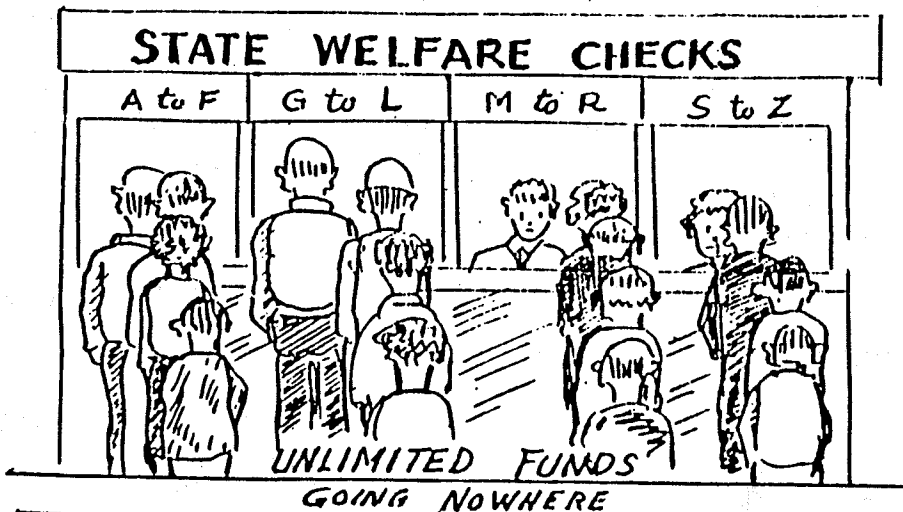
Invest in a mortar and pestle or a spice grinder, and grind them as you need them. Spices also may be ground in a coffee grinder.

Whole spices generally last indefinitely.

The red-colored hot spices — chili powder, paprika, cayenne pepper and curry powder — hold their color and keep their flavor longer if refrigerated or frozen. They can become infested with weevils if they sit on the shelf.

Cooking instructor Merlijoy Rucker pops the spice tins in the freezer to keep out "those little creatures," she says.

THE WORST THING YOU WILL EVER HAVE TO SWALLOW IS A LARGE HELP-  
ING OF YOUR OWN WORDS, BUT AT LEAST YOU WON'T GET INDIGESTION.



WHY NOT GIVE THEM SOMETHING TO DO... BRING BACK THE C.C.C.'S!

L. Foster



**DESPITE  
THE COST OF  
LIVING  
IT'S STILL  
POPULAR**

- 1 GOETZ JEWELERS 24th
- 1 LAKESIDE WATER DISTRICT 71st
- 1 46th BEVERLY ♥ EARL McDOUGAL
- 1 NELSON-SLOAN 72nd
- 1 PLAZA BARBER SHOP 5th
- 2 BARBARA PRUYNE
- 3 31st JANICE ♥ DAVID POINDEXTER
- 4 JOSEPH HANLY
- 4 DONNA FAE KEPHART BRUNOT
- 4 EVERETT LINDEM
- 5 JACQUELINE GROBAREK
- 5 WESTERN FOUNDATION/SHORING 15th
- 6 LOUISE NEMECHECK
- 6 44th JUANITA ♥ LEONARD PHILBROOK
- 8 DAVID JOHNSON
- 9 MIKE ATKINSON
- 9 DOLORES GRUNER
- 9 JERRY LESTER
- 9 LOUIS PARQUETTE
- 9 LEONARD PHILBROOK
- 10 DOROTHY WHITAKER DRUMMER
- 10 CAROLYN SANGSTER HAMILTON
- 10 VELMALYNN KANADY MAGILL
- 11 SALLIE MILLER
- 11 JUDY SHAFFER
- 12 LOIS SANGSTER
- 13 AMADITA AMES
- 13 JOANN BERRY
- 13 LESLIE ANN KEPHART REEDER
- 13 PHYLISS SMITH
- 13 IDA WINDRESS
- 14 RUTH BURKHARDT
- 14 DOROTHY HOUSE
- 15 VIVIAN LUCAS
- 15 18th MARTHA MEZA ♥ ADOLPH RECLA
- 15 LARRY WILCOX
- 16 23rd LORA SWEARENGIN ♥ PALMER PETERSON
- 16 RUTH STAITE PORTER
- 16 MERTON THOMAS
- 17 DILLON McMILLAN
- 19 49th ELAINE ♥ GEORGE BAILEY
- 19 DOLORES MEYER
- 19 PATRICK PFIFFNER
- 19 11th LISA ANDERSON ♥ GREG SMITH
- 20 FRED PRINDLE
- 20 SANDRA WILLIAMS MELVILLE
- 21 HARRIETTE WADE
- 25 GENEVIEVE BARKER (93rd!)
- 26 CLYDE ATKINSON
- 26 MARISE HALEY MOORE
- 27 JOAN BUCKEL
- 28 6th STEPHANIE ♥ CHRIS BIGELOW
- 28 RONALD KUHNER
- 29 GEORGE YULE
- 30 DALE MELVILLE
- 31 BOB WATKINS
- 29 26th LINDA ♥ EVERETT TAYLOR

Letting go of grudges  
is good medicine  
for everyone involved

Robert Muller, former assistant secretary-general of the United Nations, wrote this lovely piece for International Forgiveness Week:

**DECIDE TO FORGIVE**  
Decide to forgive  
For resentment is negative  
Resentment is poisonous  
Resentment diminishes and devours the self.  
Be the first to forgive,  
To smile and to take the first step.  
And you will see happiness bloom  
On the face of your human brother  
or sister.

Be always the first  
Do not wait for others to forgive  
For by forgiving  
You become the master of fate  
The fashioner of life  
The doer of miracles.  
To forgive is the highest,  
Most beautiful form of love.  
In return you will receive  
Untold peace and happiness.

Here is the program for achieving a truly forgiving heart:

Sunday: Forgive yourself.  
Monday: Forgive your family.  
Tuesday: Forgive your friends and associates.

Wednesday: Forgive across economic lines within your own nation.

Thursday: Forgive across cultural lines within your own nation.

Friday: Forgive across political lines within your own nation.

Saturday: Forgive other nations.

Only the brave know how to forgive. A coward never forgives. It is not in his nature.

Now, Dear Readers, if you will forgive me for repeating a portion of the lovely poem titled "Forgiveness," by George Roemisch, here it is:

"Forgiveness is the fragrance of the violet that clings fast to the heel that crushed it."

So, if perchance you are the "heel" that crushed a violet, this is the week to seek forgiveness.



**IF**

YOU ARE A "LIFE MEMBER"

OR

A "HONORARY MEMBER"

...GIVE THIS TO A FRIEND...

**IF**

YOU ARE A "REGULAR MEMBER"

...RENEW NOW...

AND DON'T WORRY FOR  
ANOTHER WHOLE YEAR!

....BETTER YET....

BE A LIFE MEMBER

AND JUST SPEND YOUR TIME!

P.S. EARLY MEMBERSHIP RENEWALS  
ARE IMPORTANT TO NON-PROFIT  
GROUPS SUCH AS OURS SINCE  
IT SAVES UNNECESSARY COSTS OF  
FOLLOW-UP REMINDERS

AND WE CAN PUT EVERY \$ SAVED  
INTO OUR GOALS OF

PRESERVING OUR HERITAGE

LAKESIDE HISTORICAL SOCIETY MEMBERSHIP 1/1/93 12/31/93

\$10.00 PER PERSON \_\_\_\_\_ \$20.00 BUSINESS/ORGANIZATION \_\_\_\_\_

\$100.00 INDIVIDUAL LIFE MEMBERSHIP \_\_\_\_\_

\$150.00 BUSINESS/ORGANIZATION LIFE MEMBERSHIP \_\_\_\_\_

NAME PHONE BIRTHDATE

ADDRESS TOWN STATE ZIP

NAME OF SPOUSE WEDDING DATE

MAIL TO :



Lakeside Historical Society  
P.O. BOX 1423 LAKESIDE, CA. 92040  
PHONE: 619-561-1886

JOSEPHINE HILLIKER

Josephine M. Hilliker, 80, of Lakeside died Jan. 18 at her home. She was born July 6, 1912 in Butte, Montana and lived 63 years in San Diego County. She and her husband, Frank, owned and operated Hilliker's Egg Ranch on El Nopal for 40 years.

She was active in 4-H Club and helped organize the East San Diego County Junior Fair. They have been supporters and Life Members of the Lakeside Historical Society for several years.

In addition to her husband, survivors include two sons, Robert Jones and Harold Hilliker of Lakeside; a daughter, Josephine Blake of Nevada; two sisters, Anita and Evelyn of Sacramento; two brothers, Julio and Angelo Bertasnini of Sacramento.

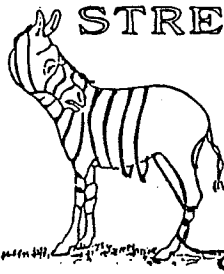
JAMES SAYATOVICH

James Sayatovich, 50, of Lakeside died Jan. 25 at Valley Medical Cen.

He was born April 28, 1942 in Ohio and lived in San Diego Co. for 30 yrs. He served in the U.S. Army from 1961 to 1964. He was a construction worker with Sayatovich Drywall for 10 years. They have been contributors to the restoration of the Olde Church.

Survivors include his mother, Kathleen Sayatovich of Ohio; five brothers, George of El Cajon, Joseph of Campo, Richard, Milton and Jerry, Ohio; four sisters, Mary Lou and Clarissa of Riverside; Anna Belle of Ohio, and Sophia of San Diego.

I THINK I'M HAVING STRESS!



"WHY IS TOMORROW ALWAYS GETTING HERE BEFORE I'M THROUGH WITH TODAY?"

HEALTH

EVERYDAY

IS NOT A CONDITION OF MATTER, BUT OF MIND.

YOU DO ONE OF TWO THINGS; BUILD HEALTH OR PRODUCE DISEASE IN YOURSELF.



... from Ralph Anderson

Because many of the gifts I received had no mention of the giver's name, I am unable to express my gratitude individually - and to those who were unable to be present, I thank you for remembering me with phone calls and cards of well wishes.

Please accept the enclosed as a token of my appreciation and a tribute to all my friends and relatives who made my 80th birthday a memorable occasion.

Sincerely,

Ralph Anderson

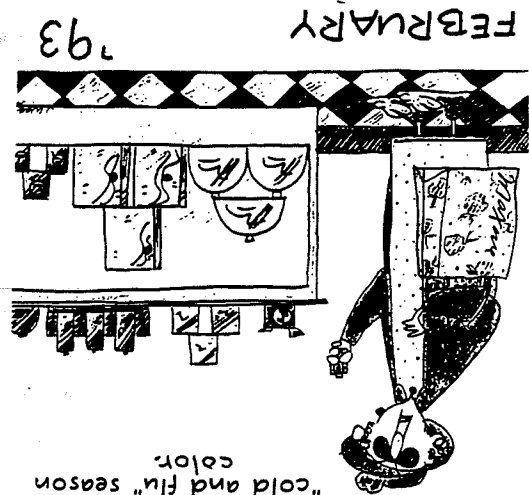
HELP!



Some #!BLEEP#! person(s) hit the olde freight wagon that we use as a bulletin board in Von's Parking Lot and knocked it over onto its side with the wheels forced side-ways...Anderson Drilling hoisted it up-right again...Now we need the side repaired with a new sheet of Celotex so we can display our newsletters again...The #!BLEEP#! person(s) left a lot of broken glass (headlights/backlights ?) on the ground at the edge of the wagon...Some #!BLEEP#! people use the wagon as a dumpster that we clean out every few weeks! ! ! SOME PEOPLE ! ! CAN YOU HELP FIX IT ? ?



BULK RATE  
U.S. POSTAGE  
PAID  
LAKEVIEW, CA  
PERMIT NO. 119



I had my colors done...  
turns out I'm a  
"cold and flu" season  
color.

Lakeside Historical Society  
P.O. BOX 1423  
LAKEVIEW, CA 92040  
(619) 561-1886  
FWD & RET POSTAGE GUARANTEED - ACR



**WE WANT  
YOUR  
INPUT!**

ATTN: ALL LHS OFFICERS & CHAIRPERSONS

WE HAVE A PROJECT THAT NEEDS A "MUG-SHOT" OF YOU - JUST YOUR FACE-HEAD - SIZE OF A PASS-PORT PICTURE..WILL YOU PLEASE OBLIGE AND LEAVE IT IN THE NEWSLETTER MAIL-FILE ON THE DESK ?  
S.A.P.



PAINS & ACHES DEPARTMENT

FEB. 16TH... FLORENCE EICKHOFF COX IS SCHEDULED FOR A HIP REPLACEMENT AT KAISER-WE ALL ARE WISHING HER WELL!

IS THERE ANYBODY THAT WANTS A COLD?  
TAKE MINE FOR FREE!

MORE DATES TO NOTE :

Feb. 20th... 11:30am Congress of history Annual Meeting at La Pinata Mexican Restaurant, 2836 Juan St., San Diego. Election of officers and Roxana Phillips (S.D. Historian and archaeologist) will speak about the Stein Farm: Near Demolition to Living History Museum in National City. For more info call 463-1029.

Feb. 27th... 9:00am San Diego Genealogical Society sponsors a Genealogy Seminar at Handlery Hotel-Country Club, 950 Hotel Circle North, San Diego. William Dollarnide (a professional genealogist, author and lecturer from Bellingham, Wash.) will speak. For more info call 528-1561.

Mar. 13th... Congress of History 28th Annual Convention at Granger Music Hall, 1615 E. 4th St., National City. For more info call 477-3451.



FEB 1983