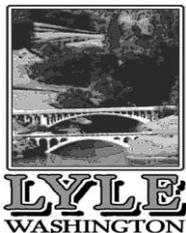


“Where the Rain and Sunshine Meet”



# To The Point

2010:3

July—September 2010

Lyle’s Blog: <http://lyle-wa.blogspot.com/>

Lyle’s Website: [community.gorge.net/lyle](http://community.gorge.net/lyle)

## Editor’s Note

*Glenda Lovejoy*

Since its inception, *To The Point* has been made possible with the support of the Klickitat County Economic Development Department, along with the efforts of numerous community volunteers. Like all county departments, the EDD is operating on a tighter budget these days and community newsletters across the county now have to make some changes as well.

Beginning July 1, we are limited to an 8 page newsletter. It is possible, but not guaranteed that there are options to increase the frequency from quarterly to every other month, or perhaps even monthly, if it is determined that this is necessary in order to continue delivering community news in a timely fashion. An increase in the frequency of publishing would then require changes on this end in terms of more assistance with writing or collecting articles, editing and layout.

I’m curious as to what the community thinks would be best for Lyle. If you have thoughts, ideas or comments to share, you can leave them with me (365-6831 or [lovejoy@gorge.net](mailto:lovejoy@gorge.net)) or with any of the Lyle Community Council members (contact info is on the back page).

## Lyle’s New Activity Center

*Mildred E. Lykens*

OLESS have been diligently working on the old grade school on 3<sup>rd</sup> St. between SR14 and Klickitat St, repairing and cleaning inside and out, in order to make it presentable as an Activity Center for the benefit of our community.

A grant has awarded the funds for new windows, which is the next task inside the overall project. Many man hours are going to be needed to clean and replace them all. A lot has been done, but a lot more waits the financial support needed to replace old, outdated plumbing, electrical wiring and the leaky roof.

Lyle’s Twin Bridges Museum has resided in one of the class rooms for the past few years and is very pleased to see the renovations and restoration which will only entice more visitors to visit and enjoy the history that is being preserved there.

The construction of the Picnic Pavilion has created lasting friendships of residents who knew little or nothing about each other until they were united in their efforts to construct something that everyone can enjoy, admire and take pride in.

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## Birthdays & Anniversaries

### July

*Chessica Jones, Peter Lovejoy*

### August

*Velma Martin, Louise Kendrick,  
Peter & Glenda Lovejoy*

### September

*Joyce Hutchins, Joy Collins,  
Elma Brashers*

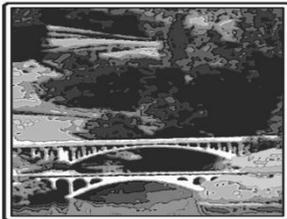
*If you know someone who would like to have their birthday or anniversary acknowledged, contact Glenda Lovejoy at [lovejoy@gorge.net](mailto:lovejoy@gorge.net), or 365-6831*

## **To The Point**

PO Box 952, Lyle WA 98635

Serving Lyle and her neighboring communities. Sponsored by the Lyle Community Council; published quarterly—compliments of Klickitat County Economic Development Council.

**Contributions are welcome! Contact any Lyle Community Council member (contact info is on back page) or [lovejoy@gorge.net](mailto:lovejoy@gorge.net).**



**LYLE**  
WASHINGTON

[www.community.gorge.net/lyle](http://www.community.gorge.net/lyle)



## What's Up in Town??

**Alcoholics Anonymous:** Monday nights at 7:30 at the High School Library.

**Community Breakfast:** 1<sup>st</sup> Saturday of the month, 7-10:30 a.m. at the Lion's Club.

**Game Night:** Every other Fri night at the Activity Center (Old Elementary School) 7-9 p.m. Open to kids of all ages. (July 2, 16, 30, etc.)

**Lion's Club:** meeting & potluck on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays of the month.

**Lyle Celebration Center:** 10:30 a.m. & 6:00 p.m. on Sundays

**Lyle Community Council:** 4<sup>th</sup> Monday at 7 p.m. at the Lion's Club, 5<sup>th</sup> & State Streets.

**Lyle Fire Department:** Business meeting is open to the public on the 4<sup>th</sup> Thursday at 8 p.m. Drills on the 1<sup>st</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> Thursdays at 7 p.m.

**Lyle Grange:** meeting & potluck on 2<sup>nd</sup> Saturday at 12:30 p.m.

**School Board Meetings:** next to the last Thursday of the month at 7 p.m. at the High School

**Senior Meals:** Tuesdays at noon at the Lion's Club.

**United Methodist Church:** Sundays- 10:00a.m. Adult Sunday School at 9:00 a.m.



Information re: upcoming events can be found at <http://www.lyle-wa.blogspot.com/>

## Lyle Fire Department News

*Peter Lovejoy*

The Lyle Fire Department has seen many changes in leadership over the last couple of months. Wayne Trosper returned to the department as Chief mid-May and has been hard at work ever since. Fire Captain and department Safety Officer Scott Brewer is now also the Medical Officer and will manage the department's medical response personnel and needs. Peter Lovejoy is now a Captain and the department's Training Officer for the fire side. The department roster remains strong with 20 members.

As you all know, we've had a very cool and wet spring. However, the seasons appear to have changed and with the warmer weather, direct sun and strong winds, the fuels are drying out. The grass is particularly high this year due to the favorable growth conditions this spring so we could still be in for a challenging wildland fire season.

The fire department was awarded a substantial FEMA grant this spring. The money is being used to buy:

- 7 sets of turnouts (pants, coats, boots, gloves, helmets) for fighting structural and car fires
- 14 new generation fire shelters for wildland firefighting
- New stabilization struts and extrication tools to expand our capabilities in dealing with patients entrapped in motor vehicle accidents
- 6 new masks for our self contained breathing apparatus, so now every member of the department has breathing apparatus that fits.

If you happen to be in town on the afternoon of July 4<sup>th</sup>, stop by the station on 514 Washington Street and meet your local firefighters.

## A Place to Picnic in Lyle

*Vern Harpole*

Thanks to the Lyle School district, the Old Lyle elementary school is now officially Lyle Activity Center and the play ground area has a Picnic Pavilion—and we have a lease for 10 years

with two 10 year renewals. The Picnic Pavilion should be done by the end of June and we are tentatively planning a dedication for July 17<sup>th</sup>.

Many, many hours went into the construction of our picnic area and a few people need special mention:

- Outstanding Stainers: Colleen Hatfield and Mildred Lykens.
- Outstanding Dirt: Klickitat Trailhead construction crew (for free).
- Always There to Help: Don Starkin, Roger Hull, Jack Bryan and Jordan Harpole.
- Teen Help: Austin and Roddy.
- Best Next Door Neighbor Helper: Dan Smith.
- Inspired Design and Chief Router Operator: Oren Johnson.
- Best Navy Diver Roofer: Leroy.
- Chief Flag Pole Material Donor: Mike Tuthill
- Last but not least, the Pole Meister prize for construction and erection goes to our own singing Hawaiian Marine, Harry D. Moss.

None of this could have been done without the all free labor, supervision, expertise, and tools of builder extraordinaire—Norm White. He was there every day of construction. Norm stepped up to get a material list and initial design in December of 2009 that saved the project. We would have lost the money without him. And then he built it too! And what a wonderful job he did. The building's outstanding fit and finish serve as a tribute to the wonderful talent that he shared with his town. Many people of Lyle pitched in to help, but Norm needs to be thanked again and again for many years to pay him back for his contribution to our new park.



*Photo by Mildred E. Lykens*

## The Second Annual River Peoples Cultural Exchange

*Portia Masterson*

Lyle Park Place and Activity Center was abuzz with activity again this year on May 15, 2010. Blessed with pleasant weather in the midst of a string of wet and windy days, we were also delighted with the addition of the new Picnic Pavilion. Attendance ran around 500 again this year and the food was even better than last year. Karen Harpole and Sherri Starkin guided other volunteers in the preparation of all the side dishes from scratch. Suzie and Laura Slockish and other volunteers prepared and grilled the freshly caught salmon for the best tasting salmon yet. The Lyle Lions Club generously volunteered their full-service kitchen for food preparation and storage. Thanks to each and all of you for your skill and dedication. Visit our expanding website for ongoing information and images – [www.riverpeoplesculturalexchange.org](http://www.riverpeoplesculturalexchange.org)

Wishram School's Culinary Arts class offered delicious baked goods and beverages. The winner was huckleberry pie. So next year get in line early for their delicious pies since the huckleberry pie sold out. Todd Impson, culinary arts teacher picked the huckleberries himself. Several of their graduating seniors provided cheerful support serving the ceremonial feast.

We greatly appreciate the generosity of the many individuals, business, organizations, and Klickitat County for funding in these challenging economic times. Major funding for the food and



*Eagle Spirit Drummers*

performers came from a sizable grant from the Tulalip Tribes Charitable Fund. Thank you for



*Jim Curl and Chief Johnny Jackson  
Photo by Mildred E. Lykens*

supporting our efforts to share Native American culture and traditions with the larger community and help sustain those traditions through support of the Native musicians and dancers.

Some of these funds will support expanding educational programs in local schools and community activities throughout the year. Next fall, Rosemary Hop will be offering after school activities focused on local Native American history and culture.

The mood this year was tempered by sadness and fatigue due to the April 30<sup>th</sup> drowning and subsequent search for the Native fisher people. This impacted many of us since Anthony Ray Wesley was the brother of our indomitable MC, Simon Sampson. We extend our love and prayers to Simon and his family and those of the other lost fisher people.

The organizing committee is again at work planning the Third Annual River Peoples Cultural Exchange on May 14, 2011. We see changes that need to be made to involve more people. We have heard suggestions from the community and are incorporating them into our plans and programming. Half of our committee meeting will be evening dinner meetings beginning at 6:00 so those of you who cannot participate during the day can get involved. If you would like to visit the committee or join us regularly, we are eager to include you. Contact Portia Masterson (509-281-0631) or Wilbur Slockish (541-993-4779) for more details and meeting times.

## 8<sup>th</sup> Annual 13+ Mile Yard Sale

*Joy Collins*

We just completed a very successful 2010 sale and realize that experience is teaching us it is never too early to begin preparing for next year's event.

This event is always held on the 2<sup>nd</sup> weekend in June. We had our largest number of sales in the park this year with eight individual sales or groups participating. There were 11 other sales in and around Lyle, most of them having multiple sellers at a single location.

Early in the year, we begin to compile a list of those wanting to be included in our book of maps. There is a charge of \$5 to sellers to have their address and 3 special items that they have at their sale, on the yard sale map. This map packet is published each year and includes every official sale in the participating towns of Klickitat County. It is the key to a successful sale, letting those not familiar with the area, know where the sales are located. The map of Lyle includes High Prairie, Old Highway 8 and Appleton areas. The \$5 to list your location on the map and the money from the sale of maps is a fund-raiser for the Lyle Community Council and is used for projects that benefit Lyle. The Lyle Twin Bridges Historical Museum is the main recipient of our personal sale and is the annual fund-raiser for the museum.

During this next year when you start to donate or throw something away, ask yourself if you might instead, have your own yard sale. Better yet, help your church or organization that you belong to, have a sale to benefit their charitable projects.

The Lyle Community Council and Lyle Twin Bridges Historical Museum's Board take pleasure in thanking all of you who donated or purchased items. Remember that Lyle Park Place in Lyle is a nice place to gather at any time and a wonderful place to hold a yard sale the 2<sup>nd</sup> week-end in June so see you there in 2011.

## Congratulations....

*Glenda Lovejoy*

...to Lyle High School's Class of 2010! The graduation ceremony was on June 6<sup>th</sup>, and many proud family members and friends attended to mark the occasion. Keale Wiseman was the Valedictorian, and James Nickols was the Salutatorian. Numerous awards and scholarships were announced:

- Ⓜ Principal's Leadership Award:  
Yessica Gutierrez
- Ⓜ Senior Male Athlete of the Year:  
Keale Wiseman
- Ⓜ Senior Female Athlete of the Year:  
Julie Suppah
- Ⓜ President's Award for Academic Excellence:  
Keale Wiseman
- Ⓜ Lyle High School Citizenship Award:  
Micaela Carabin
- Ⓜ US Army Reserve Scholar/Athlete Award:  
James Nickols
- Ⓜ Evergreen State College High School  
Counselor Award: (\$900) Angelique Cox
- Ⓜ Northwest Career College Foundation Careers  
That Work scholarship: (\$1,000)  
Yessica Gutierrez
- Ⓜ US Army Tuition Assistance Award:  
James Nickols (\$4,500/year)
- Ⓜ Lyle Lions Club Scholarship: (\$750)  
Keale Wiseman, Dillon Huffman, Yessica  
Gutierrez, Angelique Cox
- Ⓜ Lyle Education Association: (\$200)  
Yessica Gutierrez and Micaela Carabin
- Ⓜ Lyle School District Classified Employees  
Scholarship: (\$150)  
Angelique Cox, Yessica Gutierrez, and  
Micaela Carrabin
- Ⓜ Lyle Alumni Association Scholarship:  
Angelique Cox (\$400)
- Ⓜ LHS Denim Dough Scholarship:  
Micaela Carabin (\$350)

## Habitat for Humanity Update

*Janet Holen*

It has been said that the only constant in life is change. And change did happen upon Mid-Columbia Habitat for Humanity (MCHFH) in late April. MCHFH owns a lot in White Salmon but had not been able to build on it because of the City's moratorium on new water hook-ups.

In April, the City of White Salmon notified all entities on the waiting list that they needed to return an application form along with a \$3000 check to confirm that they still wanted a water hook-up.

The MCHFH property was on that waiting list so, we proceeded to comply with the request. After the deadline we learned that of the more than 80 entities on the waiting list, only 6 had responded and MCHFH was one of them.

In order to meet the criteria for receiving a hook-up, there were certain actions with deadlines to be met by those wanting to build. That meant that MCHFH needed to move ahead with building on the White Salmon lot. Stan Horak, our Construction Chair, felt that we could manage the construction of two houses at once.

In the meantime, our partner family requested that they be considered for the White Salmon house as the job and daughter's school are in White Salmon.

The MCHFH Board of Directors discussed the pros and cons of making this sudden change and what impact that would have on our relationship with the Lyle Community. It was decided, by the Board, that this needed to be explained to the Lyle Community. On Monday, May 24, Roger Holen, President and Dave Elkins, Vice President met with the Lyle Community Council to explain the situation, and answer questions. After hearing a report of that meeting, the MCHFH Board of Directors came to the consensus that the partner family could be given the option of the White Salmon house. That option was accepted.

The Lyle house in progress will be finished on the outside so as not to be an eyesore, but we would like to find a family for it as soon as possible. We are already processing new applications. There will be a total of four Habitat houses in Lyle. There are brochures at the building site (4<sup>th</sup> & Washington) explaining the

criteria. This information is also on our website [www.midcolumbiahabitat.org](http://www.midcolumbiahabitat.org).

Those who think they qualify for a Habitat house may call the Family Selection Committee Chair, Janet Holen at (509)493-3576.



*Lyle's Habitat House on 3<sup>rd</sup> & Washington St.  
Photo by Mildred E. Lykens*

## MacLeod's Restaurant

*Glenda Lovejoy*

There's a new restaurant in town, and it's called MacLeod's. Cindy and Gordon MacLeod are pleased to open their doors and invite you to taste their delicious entrees, side dishes and scrumptious homemade desserts. They are committed to using only the finest fresh ingredients, and you really can taste it!

Breakfast offers biscuits and gravy, a variety of eggs, omelets, pancakes, French toast, and buttermilk pancakes—as well as 3 different kinds of hash. Lunch time staples include several types of burgers or fresh made sandwiches, soup, and a selection of salads such as the tasty chicken chipotle salad. Specialty dinners run the gamut from chicken-fried or top sirloin steaks; pastas with chicken breast and sun-dried tomatoes, bay shrimp or smoked salmon, to halibut fish and chips. Breakfast pastries, homemade buttermilk biscuits, pies and cakes are offered on the sweeter side of the menu.

MacLeod's is open Tuesdays through Saturdays from 8 a.m. to 8 p.m., Sundays from 8 a.m. to 3 p.m. They are closed on Mondays. Come on down to 502 State Street in downtown Lyle and say hello!

## Kids Activities are Thriving in Lyle

Lisa Conway

*—Nothing you do for children is ever wasted. They seem not to notice us, hovering, averting our eyes, and they seldom offer thanks, but what we do for them is never wasted.* —Garrison

**Keillor**

Before I had children, Garrison Keillor's words probably would not have even registered as remotely wise or true. Post-child, almost seven years into it—I get it now. Even more, I realize he is not 100 percent correct. As I have been mobilized into hovering, doing and acting, I do hear thanks coming from our children. The thanks is in their habit of returning for more, and asking “when can we do this again”? Maybe this is because OUR children in Lyle are actually more “above average” than those poor kids in Lake Wobegon, or maybe because for so long there were no community activities for our kids and youth.

Kid activities are thriving in Lyle, thanks to a solid core of volunteers who are dedicated, fun to be around and seem to have an endless supply of paint, paper, scissors, glue and random glittery objects on hand:

- ✘ **Saturday Class** (led by Rene Weiler and Brook Mauer) is a “Virtues class” rooted in the faith of the Baha’i. Rene and Brook lead the children in simple, fun activities where they explore their own inherent goodness, and discuss such values as truthfulness, gentleness, generosity, honesty, to name a few. Held on Saturday mornings at the Lyle Activity Center, the kids sing, play games, laugh, memorize and learn to love each other. Classes are on summer break now, and will resume sometime in August. The Baha’i Saturday class is offered at no charge.
- ✘ **Girl Scouts** – Lyle/Dallesport Troop #3425 has completed the second year of their journey to gain “courage, confidence and character and to make the world a better place.” Led by Lisa Conway, this group of seven rowdy girls and many patient mothers

meet bi-weekly at the Lyle Activity Center to work on fun craft projects, Brownie Try-It badges, service projects and go on field trips. This year they visited the Discovery Center, cleaned up the park for Earth Day, made cat toys for the cats of Catlink, hosted Goldendale Girl Scouts for a fun day at Horsethief Park, sang lots of song and earned their Brownie sashes. The end of season outing to Oaks Park was in late June. The Troop will be on holiday through July and August; meetings will resume in September. The Troop will be open to new members in the fall; first, second and third graders are welcome to join. There is a \$12 registration fee to join, as well as meeting dues to pay for supplies and activities.

- ✘ **Art in The Park** – Linda Grim led art classes the last three Wednesdays in June. Linda had been thinking for quite a long time that the Lyle Activity Center is the perfect venue for kid’s art classes, and decided to test the water and see if anyone was interested. During her first class in June, 16 kids showed up to make garden stepping stones, sunflowers and bottle cap magnets. Linda hopes to offer more art and children’s classes in the future and would like to do more art projects at the Center, including some outdoor installations. There was a \$2 charge per class to help pay for supplies.
- ✘ **Game Night** – Thanks to Risi Howard, Game Night is now a Lyle tradition. Held every other Friday night from 7 to 9 pm, Risi hosts game night at the Lyle Activity Center. Anyone and everyone are invited to attend an evening of games and fun, free of charge.

As you can see, the common theme surrounding the flurry of Kid’s Activities in Lyle is the availability of the new Lyle Activity Center. This community building is the perfect venue to gather kids to create, sing, play and learn more about each other. Our efforts to create a community building are not wasted, and I am sure more kids groups and activities will take root soon. If you would like more information, or are interested in supporting any of these youth activities—either financially or in-person, please contact Lisa Conway at [lisaconway@gorge.net](mailto:lisaconway@gorge.net) or (541)980-0041.

## Latest News from the Twin Bridges Museum

*Barbara Sexton*

Beginning in late June, the Museum will open to the public on Thursday evenings. We're not sure of the hours yet, but signs will be out—probably from 6pm to 8pm. So come enjoy the displays and learn more of the history of your community.

The Museum was the recipient of a \$4,000 Historical Conservation Grant from Klickitat County about a month ago. The funds will be used to purchase a security system for the Museum, for archival supplies, display cabinets, storage supplies and for signage. This is a new grant that was offered by the County this year. A very small percent of filing fees paid to the County go into a Historical Conservation fund. Those funds were awarded this year to four different Museums in the County with Lyle's Museum being one of the four.

We are in the planning stages of a History & Music event in the park—we're aiming for late August. The idea is to have people with local history knowledge come and answer questions and share their memories with the general public for a couple hours. It would then evolve into several different venues of music and a free hotdog and perhaps a root beer float. Does this sound interesting—a free evening, with food, music and history? More about this later in the Lyle News and posters about town.

The Museum had a visitor in May from the (don't know how many greats) grandson of William Clark of Lewis & Clark. He was a very interesting person and really enjoyed his visit. He has done an extensive genealogy on his ancestors and has promised to send the museum a copy for our files. We eagerly await its arrival.

Thanks to all who supported the Museum's table(s) at the recent 13+ Miles yard sale. This is the major fund raiser for the Museum and it was a great success. We were so busy on Saturday that we didn't even know it was quitting time at 5 pm. Sunday was a little slower but also quite busy.

One last thing—Ida Roan has donated a handmade quilt for a fundraising raffle. The Museum is selling raffle tickets for a dollar each. The quilt will be raffled off at the History & Music event in the park. You can get tickets each evening when the museum is open as well, as the day of the raffle. All proceeds go to the museum.



## Dogs of the Gorge

*Denise Stearns*

Dogs of the Gorge (D. O. G.) was established in June 2007. Our founder, Lisa Mabrey, decided to do something to address the growing problem of dog and cat overpopulation in the area and Klickitat County residents needed help with the spaying and neutering of their pets. D. O. G. was born.

D. O. G. helps adopt dogs out that have been abandoned or abused, or dogs whose owners just don't have time for them anymore. In order to get a dog ready for adoption, we make sure that they are either spayed or neutered and have all their shots.

Since its inception, D. O. G. has helped close to 400 dogs find new loving homes. Close to 300 cats and dogs have been spayed or neutered.

All this comes with a cost—so far, with all the donations and volunteers we have to run our program, we have been pretty successful. However, donations of money, food, dog toys, treats, cleaning supplies, as well as additional volunteers to help with the dogs or fundraisers, or foster homes are always appreciated.

Since Klickitat County covers so much area, we organize fundraisers all over the county—from Trout Lake to Goldendale. We aim for at least 6 per year.

If you'd like to help support D. O. G.'s efforts, or are looking to adopt a pet, contact Lisa at (541)978-0079 or [dogsofthegorge@yahoo.com](mailto:dogsofthegorge@yahoo.com).



## Adding Healthful Greens to Your Menu

Portia Masterson



Are you overwhelmed by the persistent challenge to change your eating habits? Here is one simple idea that will make a difference: **eat dark green vegetables twice a day.** Their increased popularity makes them readily available at grocery stores and they are easy to grow at home. They are loaded with essential vitamins and minerals. For those of us past 50 years old, they prevent and slow progress of age related macular degeneration, the leading cause of blindness among elderly Americans.

Which vegetables are in this category? Spinach, broccoli, chard, kale, collards and asparagus are a few. Forget your childhood memories of soggy, bitter greens. They were often canned and always over cooked. Lightly steamed or eaten fresh, they are easy to learn to like.

How can you cultivate a taste for these essential vegetables? Give yourself time to appreciate the flavor and texture of new foods. We tend to like the familiar whether it is music, food or work routines. Have you received a CD as a gift and upon first hearing disliked it? After a few repetitions you not only tolerated it but enjoyed it? Or, how about a commute? At first it feels long and tedious but after a couple weeks it falls into a routine, you recognize all the landmarks, and it seems to get shorter with the passing months. And honestly, how many people really like beer upon first tasting? But it's cool to drink at many gatherings, so most people learn to like it. So too, you can learn to like dark greens, especially when you understand the benefits.

Here are a few tips on shopping for and storing green vegetables. Avoid buying those sold in plastic containers. They're usually more expensive and can be old. Select fresh bunches that you can handle; pick ones that are not muddy or damaged. Be willing to buy what looks good today rather than what is on your grocery list.

When you get home, wash them thoroughly in lots of clear water, drain, and store them in an air-tight container. That will keep them fresh longer and makes them easy to serve since they are ready to eat.

Spinach, chard and broccoli are milder flavored and versatile to prepare. They are tasty fresh in salads or just steamed enough to wilt them. There are lots of recipes available on the internet but be selective and avoid recipes that load low-calorie greens with high calorie ingredients like cheese and oils.

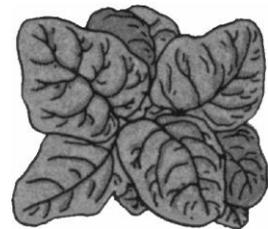
Southern wisdom teaches us the greens and dried beans go together in flavor and healthful nutrition. Here's one of my favorite recipes. It's quick, economical and very wholesome. You can cook the peas the night before or substitute canned beans but those are more expensive.

### Swiss Chard and Black-Eyed Peas (Serves 6-8)

- 1 pound dried black-eyed peas (about 2½ c.)
- 5-6 c. water
- 2 medium onions, chopped
- 2 cloves garlic, minced
- ¼ t. each cayenne pepper and allspice
- ½ c. Thompson raisins
- 1 c. black olives, pitted and halved
- 1 t. salt
- 2 pounds Swiss chard or other favorite greens, cut in bite-sized pieces

Rinse the dried beans and soak overnight. Rinse again and cook about 45 minutes over low heat in 5-6 cups of water. As beans approach tenderness, sauté the onions and garlic until lightly browned. Add cayenne and allspice, stirring constantly for 2 minutes. Add onions and spices to the beans. Add raisins, olives and salt. Heat and let the flavors blend. Just before serving, add the greens. I like to place them fresh in each serving bowl and serve the hot beans on top. This prevents the greens from being over cooked when leftovers are reheated.

Serve with whole grain bread, a light smear of peanut butter, and carrot or beet salad.



*Editor's Note: I found this in AARP Magazine's May 2010 issue, and thought it was a good reminder for those of us still working on spring cleaning. Remember that some of these things may be of use to someone else...pay it forward and enjoy the fact that you're helping someone else! Gail Blanke is the author of Throw Out 50 Things: Clear the Clutter, Find Your Life.*

## Spring Cleaning

Gail Blanke,

Come on! It's spring...the time to move forward! To blast your way out of the past, clear out what's clogging the hallways, heart and memories of your life. Throw out 50 things from your home—and from your mind.

1. Magazines more than three months old. They're fire hazards.
2. Old receipts clogging the kitchen drawer. You know—that drawer.
3. Keys that seem to have no locks. Haven't had for years. Maybe decades.
4. The belief that you're alone.
5. Twisty ties, random paper clips and safety pins.
6. Loose change. *[Take it to the bank to be counted and see how fast it can add up!]*
7. Trying to please everyone.
8. Containers of partially used grooming products untouched for six months.
9. Makeup in shades you no longer wear or can't be found in nature.
10. List your insecurities—and toss 75% of them.
11. Putting yourself down.
12. The need for everyone to like you.
13. Old athletic shoes with worn treads.
14. Medicines for conditions you no longer have. (Your pharmacy can dispose of them.)
15. Jumping to negative conclusions before you know the real deal.
16. Mismatched silverware or dishes.
17. Banged up pots.
18. Stale spices and ingredients.
19. Thinking you're always right.
20. Training wheels. (You're son is 38, right?)
21. T-shirts from the company outing that you grudgingly attended two weeks before you were canned.
22. The times you messed up.
23. The need to know how it all turns out.
24. Plastic garden pots. *[Editor's note Milestone Nursery can often re-use them.]*
25. Dried-up tubes of glue. Dried-up anything, really.
26. A single sock, glove or earring. Its mate is not coming back.
27. Thinking you have all the answers.
28. Sheets, towels or pillows that are torn, chewed or just bum you out.
29. People who remember the bad times, not the good times.
30. Old college furniture.
31. Wire clothes hangers.
32. Clothes that no longer fit.
33. Clothes from a departed loved one. Someone else needs them now.
34. Thinking that if you let go of the memorabilia, you'll lose the memories.
35. Souvenirs from bad vacations
36. Old parking tickets.
37. Bank statements, unless you need them for tax purposes. Shred.
38. Bills more than one year old. Keep shredding.
39. Fear that you're not rich enough, smart enough or good enough.
40. Energy-sucking comparisons with other people.
41. Playing the same music over and over again.
42. Feeling that your life is a movie you're watching instead of starring in.
43. The belief that your best days are behind you.
44. Books that you'll get to "someday."
45. Waiting for the right moment.
46. Eating the same food.
47. Fear of looking foolish.
48. The adage "no one is indispensable." Everyone counts.
49. Negative typecasting
50. Anything you don't want to pass to your children—from worn-out rugs to worn-out grudges.

For more tips on recycling, check out <http://bit.ly/GoodToss>



Below is the text of "Lost Generation", a video poem created by Jonathan Reed for an AARP challenge to youth/college students in 2008 to imagine themselves at 50. The video, which won 2<sup>nd</sup> place, can be viewed on You Tube. It is an interesting play on the concept of a palindrome, which reads the same backwards as forward. This poem reads the exact opposite backwards as forward. Not only does it read the opposite, the meaning is the exact opposite. Which generation do you belong in?

## Lost Generation

*Jonathan Reed*

I am part of a lost generation  
and I refuse to believe that  
I can change the world.

I realize this may be a shock but  
"Happiness comes from within"  
is a lie, and  
"Money will make me happy."  
So in 30 years I will tell my children  
they are not the most important thing in my  
life.

My employer will know that  
I have my priorities straight because  
work  
is more important than  
family.

I tell you this  
Once upon a time  
Families stayed together  
but this will not be true in my era.

This is a quick fix society.  
Experts tell me  
30 years from now  
I will be celebrating the 10th anniversary of  
my divorce.

I do not concede that  
I will live in a country of my own making.  
In the future  
Environmental destruction will be the norm.  
No longer can it be said that  
My peers and I care about this earth.  
It will be evident that  
My generation is apathetic and lethargic.  
It is foolish to presume that  
There is hope.

And all of this will come true unless we  
choose to *reverse it*.

There is hope.  
It is foolish to presume that  
My generation is apathetic and lethargic.  
It will be evident that  
My peers and I care about this earth.  
No longer can it be said that  
Environmental destruction will be the norm.  
In the future  
I will live in a country of my own making.  
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30 years from now  
I will be celebrating the 10<sup>th</sup> anniversary of  
my divorce.

Experts tell me  
This is a quick fix society  
But this will not be true in my era.  
Families stayed together  
Once upon a time.

I tell you this  
Family  
Is more important than  
Work.  
I have my priorities straight because  
My employer will know  
That they are not the most important thing in  
my life.

In 30 years I will tell my children  
"Money will make me happy"  
Is a lie and  
"Happiness comes from within."

I realize that this may be a shock but  
I can change the world  
And I refuse to believe that  
I am part of a lost generation.

Lyle Community Council  
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Lyle, WA 98635

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*Sincere thanks to Klickitat County's Department of Economic Development  
for their support in publishing To The Point*



### July 3<sup>rd</sup> **First Saturday Breakfast**

*Lyle Lions  
Community Center  
7-10 am*

\$5 for adults, or \$2 for 12 and under

**Ham & Eggs or Omelet's  
All the Pancakes You Can Eat  
Blueberry Compote  
Orange Juice & Coffee**

*Proceeds go to fund eyeglasses, hearing aids,  
scholarships and humanitarian projects.*

### **The Next Issue...**

*Glenda Lovejoy*

...of *To The Point* is scheduled to be delivered on or about October 1<sup>st</sup>. If you have information, a story or an idea you'd like to see included contact any one of Lyle Community Council members or Glenda Lovejoy at 365-6831 or [lovejoy@gorge.net](mailto:lovejoy@gorge.net) Deadline for submission will be September 20<sup>th</sup>; earlier is just fine too!

### **Lyle's Community Council Members**

<b>Darla Brashers</b>	<b>365-4432</b>
<b>Barbara Sexton</b>	<b>365-5374</b>
<b>Joy Collins</b>	<b>365-5102</b>
<b>Terry Mills</b>	<b>365-3903</b>
<b>Juliet Pouillon</b>	<b>365-2795</b>
<b>Mildred Lykens</b>	<b>365-0060</b>
<b>Oren Johnson</b>	<b>(541)490-5663</b>

### **BURN BAN**

*Glenda Lovejoy*

The Klickitat County Burn Ban is in effect as of July 1, 2010. This means no outdoor burning is allowed. Extreme caution is recommended with barbeques and camp stoves; don't leave them unattended. It's a wise idea to have a fire extinguisher or a charged hose line readily available. Be aware that people can be held accountable for fires they cause.

Concerns about illegal burning can be reported to the Klickitat County Sheriff's Office. If you have any questions, please contact Fire Chief Peter Wayne Trosper at (509)365-2500 or (509)250-3450.