

HIGH COUNTRY

Plumas, Lassen and Sierra Counties

MARCH 2023 ■ FREE

Life

On the cover:

GOLF

Diamond Mountain Golf Course opens for the season
March 18. See story on page 4.

INSIDE:

The photographer behind the images ■ Depression cake? Gotta try it
Things you probably don't know about St. Patrick's Day
Tricks in the kitchen ■ Healing a community through meditation

FREE DELIVERY *in Lassen & Plumas Counties!*

Our 30,000 sq. ft. showroom and warehouses are overflowing with all your favorite brands at the lowest prices!

LA BOY ASHLEY FLEXSTEEL HOME England Beautyrest MLILY SOUTHERLAND

FLOOR COVERINGS

CARPET ONE FLOOR & HOME



OVER 300 RECLINERS IN STOCK



WINDOW COVERINGS

HunterDouglas



Huge Selection of
SOFA'S and SECTIONALS



OVER 400 MATTRESSES IN STOCK

NO INTEREST WITH PAYMENTS FOR 6 MONTHS!

zaengles.com • 2800 Main St., Susanville (in front of Walmart) • 530.257.7788

*Interest will be calculated on your account from the purchase date. If the purchase balance is not paid in full within 6 months or if you make a late payment, interest will be charged on the total purchase.



NOW ACCEPTING NEW PATIENTS

Katy Bynum, FNP is a certified family nurse practitioner specializing in health and wellness of the whole person, and is now accepting new patients for the full-service family care clinics in both Portola and Graeagle.

Call today to schedule your appointment!

530-832-6600



480 1st Avenue, Portola, CA 96122
www.ephc.org

About the cover



Spring is just around the corner, and golfers are gearing up for a fine 2023 season.
File photo

CONTENTS

Diamond Mountain Golf Course opens for 2023	4
Through the lens: Christopher Coughlin	8
Healing a community through meditation	12
Taylorsville's Margaret Cooke lived quite a life	14
Some things you may not know about St. Patrick's Day	16
Grizzly Bite Café serves up breakfast and pizza	20
Lift your mood with a slice of Depression Cake	24
Kitchen Kaos Coast to Coast with Eva and Teri	26

File photo



A note from our staff

Feather Publishing Co., Inc.

Can it be March already? Soon, we will see the first signs of spring, but there is still some wintry weather ahead of us. What better time to spend some time in the kitchen? Check out Lauren Westmoreland's chocolate cake, born out of the depression, though there is nothing depressing about this cake. Or, take a moment to read Eva Small's hacks for just about everything related to cooking. The recipe calls for heavy cream, but you don't have any ... here's what to do. Confounded by elevation cooking? She provides a guide along with a key to local area elevations.

March isn't just the transition into spring, it's also Women's History Month and writer Meg Upton introduces us to an amazing woman who made her mark by creating the first domestic violence shelter in Plumas County, opening her own home to women and their children.

Though the embers of the Dixie Fire have been put out, the rebuilding process continues — not just its buildings, but with its people. New staff writer Andrea Singer shares how one Taylorsville man is taking a new approach to healing through community meditation.

Think March and think St. Patrick's Day. Lassen Editor Sam Williams provides a history of the popular holiday.

These are just some of the stories in our latest edition of High Country Life. We hope you have a wonderful month and begin to thaw — at least a little.

The staff of High Country Life



Fore! Diamond Mountain Golf Course opens for the 2023 season

By Sam Williams
swilliams@lassennews.com

Skiers think snow. Golfers think spring. And if the weather cooperates a little bit, Susanville's Diamond Mountain Golf Course plans to open Saturday, March 18. "Right now we're waiting for the snow to come off the course," said manager Dave Martin. "Hopefully we'll end up with some good weather the next couple of weeks when the snow will melt and we can get out there and get some things ready to go because my plan is to absolutely open March 18. I know the golfers are anxious and cabin fever has set in and they want get out and play. We want to let them know we're plugging away and that's the target date to open for the season."

playing your best round. Diamond Mountain Golf Course is a terrific choice for your regular rounds of golf or a new destination for you and friends when visiting Susanville."

The course struggled to make a profit or just break even for the past several years and some in the community even suggested

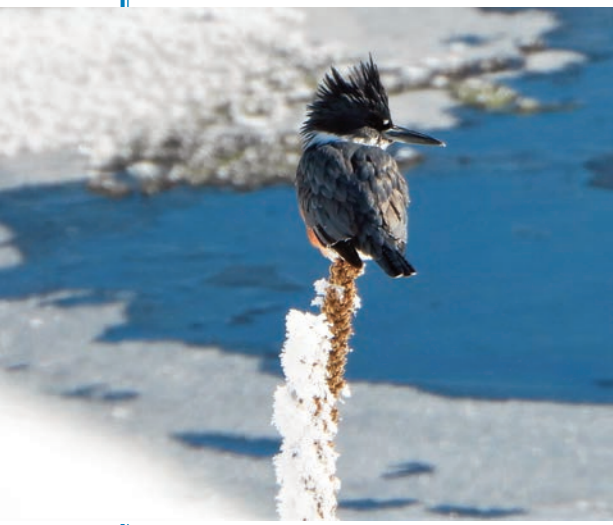
the course's owner, the city of Susanville, should dump the worthless, budget-breaking albatross around its neck, but city leaders rejected that idea and instead worked to turn the course's red ink black, and last year all that hard work paid off as the course actually made a profit. Insiders suggest two reasons for the turnaround —

Formerly known as Emerson Lake Golf Course, a decade or so ago the course was renamed, redesigned and expanded from nine to 18-holes. The new tight layout features a defined cut of rough bordering its fairways, so shot accuracy is at a premium. Nestled at the base of Diamond Mountain, the course offers something for everyone, with its long straight fairways, simple doglegs, numerous pine trees and fast greens.

According to golfnow.com, "Not far from Susanville, Diamond Mountain Golf Course (18 holes, par 72 and 6,518 yards) offers terrific views and challenging play for golfers at every skill level. Well-groomed fairways and greens keep Diamond Mountain Golf Course difficult yet friendly, and the staff can offer tips and tricks for

High Country Life

March 2023



A belted kingfisher keeps a frosty vigil along the icy shoreline of Lake Almanor.
Photo by Norm Williams

A free regional monthly magazine about the people, places and events in Lassen, Plumas and Sierra Counties.

Published locally by:
Feather Publishing Co. Inc.
and the Lassen County Times
Main office: P.O. Box B,
Quincy, CA 95971
530-283-0800

Cobey Brown, publisher
Debra Moore, Plumas editor
Sam Williams, Lassen editor
Cindie Williams,
Robert Mahenski,
graphics, layout and design

For advertising information or story ideas, call or email:
highcountrylife@plumasnews.com
or
highcountrylife@lassennews.com



H&R BLOCK®

Family Owned and Operated • Servicio En Español

TAX SEASON IS HERE

Professional, Reliable, Friendly Service

- Refund Transfer
- No Fee Direct Deposit
- Audit Services
- Ask Us About Spruce Banking

Call for an appointment:
530.257.9339

2850 Main St., Ste. 7, Susanville • Windgate Shopping Center next to Walmart



the COVID-19 pandemic made more players anxious for something to do rise from their couches and head to the course, and the reduced fees offered to annual membership players.

This year, the fees have returned to pre-pandemic levels, and the city hopes the players will continue to play at last year's

levels. While the course normally opens in March, the first year of the pandemic it didn't open until June, making the reduction in the annual fee necessary.

"Kevin Jones, the former city administrator, asked the city to lower the fees because the golfers weren't getting any bang for their buck," Dave said. "Once we

got past COVID, we went back to our normal rates."

Course is ready to provide a quality experience

"The course right now is in good shape," Dave said. "The back nine has never been in the condition it's in right now. It's in the best shape it's ever been. The front nine is a different breed of cat — it's been here since 1966 ... With the limited staff we have, the course has never been better as far as the back nine goes ... When we put it to bed last year, it was in phenomenal shape. It's going to be in great shape, especially with the moisture and water we got this winter. As soon as that snow comes off, we'll get it fertilized and get the greens in tip top shape. The course is going to be in great shape this year."

Dave said it's hard to compare the front nine to the way it was 35 or 40 years ago. He said in the old days there were more people working on then nine-hole course than he has working on the current 18-hole course.

"We doubled the size of the course, but we're limited in the number of people we can employ," Dave said, "but right now our course — front and back — is in tremendous shape."

The crew at the course includes Dave, three maintenance workers, five employees in the pro shop and two youngsters who work on the carts and collect range balls.

"And we've also got a few volunteers — work-for-golf guys — who provide a service and get unlimited golf," Dave said. "It's a great deal for everybody because they do a variety of things from equipment mechanics to mowing to course marshal. Yeah, they do a lot. It's a good deal for everybody."

"Prices went up a little bit this year, but not a lot," Dave said. "The daily price went up \$5 a round, punch cards went up \$20 and annual fee went up \$100. Cart fees stayed the same — they didn't go up — and trail fees stayed the same. With the price of electricity going up, the price of gasoline going up and minimum wage going up, we really didn't want to put this on our customers, but we were kind of forced to raise the fees a little bit with the price of everything else going up. Even with our price increase, we are still the cheapest golf course around."

And here's a great deal for the serious golfer. Martin said golfers who sign up for an annual membership before April 1, can save \$100 — the amount of this year's fee increase.

How good a deal does a golfer get at the Diamond Mountain Golf Course?

"You can come out and play golf Monday through Thursday for \$40 and Friday, Saturday and Sunday for \$45 — 18 holes with a cart," Dave said. "That's pretty cheap for four or five hours of entertainment."

Youth On Course

Youth on Course members have access to play at thousands of YOC courses including Diamond Mountain Golf Course for \$5 or less!

Youth ages 6-18 can join online: youthoncourse.org/join

Restaurant Opportunity

The City of Susanville is pleased to announce an exciting opportunity for a qualified individual or business entity to submit a proposal to lease the Diamond Mountain Bar & Grill located at the Diamond Mountain Golf Course. This turnkey restaurant is located in the

Clubhouse on an 18-hole golf course with a playing season from approximately March through end of November.

"That's something I would love to see open," Dave said.

For more information, call the city of Susanville at (530) 252-5100.

For tee-times, call the Diamond Mountain Golf Course at (530) 257-2520. **HCL**

Leonard's Markets

PORTOLA OPEN DAILY 7 AM-10 PM • LOYALTON OPEN DAILY 8 AM-8 PM
Groceries, Variety, Meats, Liquors, Wines and More!
TWO LOCATIONS! Portola: 88 West Sierra Ave., 530.832.5062 • Loyalton: 606 Main St., 530.993.4397

Edward Jones > edwardjones.com | Member SIPC

When it comes to your to-do list, put your future first.

Together, let's create an investment strategy that works for you. Contact us for a complimentary portfolio review.

Kris Kurpjuweit
Financial Advisor
47 Bradley Street
Quincy, CA 95971
530-283-4061

ALMANOR LANDSCAPE SUPPLY
LANDSCAPE MATERIALS - EARTHWORK - TRUCKING

(530) 596-3953

OUR RETAIL YARD IS LOCATED CONVENIENTLY IN THE HAMILTON BRANCH AREA OF THE LAKE ALMANOR BASIN AT 3746 BIG SPRINGS ROAD. WE PROVIDE BASE & DRAIN ROCK, BOULDERS & RIVER COBBLE, DECORATIVE ROCK, SAND & SOIL, WOOD & BARK, EQUIPMENT RENTALS, PAVERS & ACCESSORIES, OUTDOOR LIGHTING, AND FIRE PITS. WE ARE OPEN 7 DAYS A WEEK FROM MEMORIAL DAY WEEKEND THROUGH SEPTEMBER. FOLLOW US ON FACEBOOK FOR OUR SEASONAL HOURS.

WWW.TURNEREXCAVATINGINC.COM

ALMANOR LANDSCAPE SUPPLY
TURNER EXCAVATING, INC.



A look at the *Lost Sierra*
through the lens: Christopher Coughlin

Left photo: A wintery wonderland near Sattley on January 1, 2023. “I always try to go out early on New Years Day to photograph the first sunrise of the year. This year it was in the Sierra Valley and it was COLD! Minus 15 degrees at one point,” Coughlin said. “The trees and plants all showed the weather phenomenon called Pogonip (I just learned this word). It is apparently an Indian word for when the water content in low hanging fog clings to objects on the ground, like trees.”
Photos by Christopher Coughlin



A Cooper's Hawk in the Sierra Valley near the Lost Marbles Ranch.

While at the Academy, Coughlin learned the “now archaic skills and techniques of photography,” doing his own film developing and photo printing.
“When I first started taking photographs seriously, I shot almost exclusively in black-and-white and developed my own negatives and photos. Black and white to me made me concentrate on composition and form,”

Coughlin said.
“I always enjoyed shooting in urban environments like San Francisco and would look for a way to balance a photograph with strong dynamic composition. I think it was very useful to start training my eye in black-and-white so that when I finally started shooting more color film, I could incorporate the sense of framing and then

add color as another compositional element.”
“I am becoming aware that photography is something that comes naturally to me,” Coughlin said with a smile. “That’s a wonderful revelation, and it makes it much more fun to just trust your instincts and give the process over to a more organic flow. That might be a fancy way of saying, trust

WHITE CAP READY-MIX INC.

Get a load of this!

- Quality Controlled Transit Mixed Concrete
- All Admixtures
- Commercial, Industrial and Residential
- State, Federal and County Approved
- Radio Dispatched Trucks
- Portable Batch Plants
- Concrete Pumping Service

whitecapreadymix.com

Chester 530.258.3050
Portola 530.832.4225

Serving Plumas, Sierra and Lassen counties and surrounding areas. Family owned and operated since 1976.

By Lauren Westmoreland
lwestmoreland@plumasnews.com

Many in Plumas County have become familiar with the breathtaking moments captured by local photographer Christopher Coughlin, whether they are wildlife or wild moments at the Historic Johnsville Longboard Ski races. Coughlin has a knack of sharing his perceptions of the world thru his own lens and has been doing so for most of his life. “I had an early interest in photography and was lucky enough to attend the Academy of Art University photography program in San Francisco,” Coughlin explained. “I was always drawn to photography,” Coughlin added, when asked about what led him to pursue life through the lens of a camera. “It may be something that I inherited from my father as he was an avid photographer and took fantastic black-and-white photographs with large format cameras back in the 40s, 50s and 60s. He had a camera that took negatives that were 4” x 5” large. The quality of those images is still unmatched with our new cameras.”

Find your pot o' gold in a Lassen County Property!

Cindy DeMasi • 530.260.1759
CA Lic #01261435

Mountain Valley Properties
Peter M. Talia, Broker • CalBRE #0727442

Thank You!

To everyone who donated, volunteered, supported an event, or rang the bell:

In 2022 YOU helped:

- 989 families (2,259 individuals) with Senior, Thanksgiving, and Christmas food boxes
- 167 kids with Christmas gifts
- 175 energy assistances and MUCH more

BECAUSE OF YOU,
HOPE MARCHED ON
IN 2022

Upcoming programs for 2023 include Kids Camp, Gary Felt Kilt Classic Golf Tournament, Back-to-School, Angel Tree and more. Follow us on Facebook to stay informed!



A snapshot of the World Famous Historic Longboard Races in Johnsville, California on January 15, 2023. From left, locals Greg Hines, Nick Polzak, and David Carmazzi. Photos by Christopher Coughlin

Need a tow?

— 24 Hour Emergency Road Service —
 Big Rig Towing • Auto • Chains • Batteries
 24 Hr Truck Repair • Auto Repair
 Complete Tire Shop
 Rental Cars Available

SUSANVILLE: Susanville Towing & Lassen Tire • 2955 Johnstonville Rd. • 530-257-8640
CHESTER: Lake Almanor Towing • 333 Main St. • 530-258-3062
DOYLE: Doyle Towing • 430-610 Susan Dr. • 530-827-2617



Above photo: Longboard skiers cheese for the camera at one of the first post-pandemic races in Johnsville.

Right photo: The end of the rainbow seems to be near White Sulphur Springs Ranch at the edge of a peaceful meadow near Whitehawk and Clio.



Dreaming of Spring...

We feature hundreds of quilt kits, books, patterns, notions and fabrics galore. Shop online for kits and more. Stop by the store to say hello and select fabrics from a rainbow of colors!

Country Pines QUILT SHOP

www.quiltkitstore.com
 HOURS: Tues-Sat 10 am-5:30 pm

www.countrypinesquiltshop.com
 704-395 Richmond Rd. East, Susanville • 530.257.4071

your instincts.” Coughlin explained that the processes and technology of photography have made great changes over the years and noted that the world of digital photography has added much to our capability and the sheer volume of how much a person can photograph. Coughlin’s interest and study in photography led him into other forms of media, including film motion picture cameras and the early days of portable video recording.

“In the end I made my living primarily doing video camera engineering and sound recording. I recently retired from that career and I have continued my interest in photography,” Coughlin said. “It is one of the few visual arts where you can actually work on your own as a single person without the need for a large crew, for the most part.”

These days, Coughlin finds himself doing much more event photography and reports that he has found great joy in documenting the activities in Plumas County, since moving to the area in 2017.

Coughlin recalls his first view of the Lost Sierra on a visit to Plumas Pines some years ago, saying, “When I came over the hill and saw the Sierra Valley, I felt like the air just left my lungs, and yet I was elated in a special way. I couldn’t believe how beautiful it was and how I had never experienced it before in my life!” After a few more visits, Coughlin bought a home in Clio.

“For the first year I felt like I had landed in heaven. I would walk outside of our house and just listen to the silence and look up into the tall, tall trees and I couldn’t believe how lucky we were to live there,” Coughlin mused. “I’ve always associated snow with good times, that may stem from the fact that I didn’t have to shovel it on a daily basis for most of my life, and just enjoyed snow on the ski slopes. It still never fails to change my attitude when I can walk outdoors and experience the beauty of the Lost Sierra.”

Coughlin went on to note that he especially enjoys photographing the Longboard Race events in Johnsville, giving him a chance to capture photos of people in places, actively doing what they love most.

“That’s the best part about photographing the Longboards events,” Coughlin said with a smile. “It’s the spirit and energy of the people set against the fabulous backdrop of nature and action. I think event photography is the best part for me as I find it is a way to connect with people and places in a way that I never would on my own. There’s something about having a camera in your hand that allows you to get closer to the action and the people. You can’t beat the action, color and excitement of those days on the ski hill!”

Coughlin is currently showing some of his work at the Mohawk Community Resource Center (MCRC) in Blairsden-Graeagle through the month of March.

Troubled by your taxes?

Left to right: Curtis Lomas, Tax Preparer; Breeann Pence, Office Manager and Bookkeeper; Suzette Reed, Bookkeeper; Lori Lomas, EA, CA Ins. Broker, Lic #0506912.

feather financial
 TAX AND INSURANCE SERVICE

Call us for easy, stress-free and affordable tax help!
530.283.2341
 Income Tax Preparation for Individuals & Businesses
 Tax Planning and Tax Problem Resolution
 Bookkeeping, Payroll
 Health Insurance, Medicare Supplement

Lori Morrell Lomas, EA
 Lic. #0806912

feather financial
 Tax and Insurance Services

featherfinancial.com
featherfinancial@gmail.com • 20A Crescent St., Quincy

Healing a community through Meditation



Dan Kearns became a familiar face with his daily updates on the Dixie Fire and now he is helping his community cope with the aftermath through a meditation circle. Photo by Andrea Singer

By Andrea Singer
Staff Writer

From average Joe to small town hero, Daniel Kearns became a household name during the Dixie Fire. With the Indian Valley community dispersed and information not only hard to find but difficult to trust, his daily social media updates kept us connected in real time, giving many citizens a sigh of relief knowing one of our own was looking out for us.

Since the fire, Dan has been a staple in our community, and is now shifting gears to help Indian Valley in a new way.

Navigating grief under any circumstance can be difficult, then combine it with the stress of Covid, the loss of our community, and personal difficulties, the weight can become almost unbearable. Recognizing the anguish in the community, that he himself was feeling, Dan came up with the idea to lead a meditation/grief support group in Greenville, and the outcome was nothing short of inspirational.

A hodgepodge group of citizens gathered in the Greenville branch of Plumas Bank on a wintry evening. The difference between individuals was obvious, but the instant camaraderie outshined all else.

Most can agree that we have a passionate and opinionated community, that share a deep love for the land and feel devastated about what has happened. But that can also make it difficult to communicate efficiently with each other. Understanding beforehand that this was not a place for debate was fundamental.

As we passed the "talking stick" around it became apparent that despite the different social statuses, ages, and genders, many of us were feeling very similar emotions. All of us were on different parts of our healing

We are all at different stages on the path to healing

journey, giving us a chance to share tools and techniques that may help the person next to them.

Also realizing that although many of us differ in what we want the future of Greenville to look like, when it comes down to the bones, we all want what is best for our community, and healthy communication is key. It personally felt like such a relief to be heard. To speak without an agenda or pushing my personal beliefs.

Leaving that room I understood that the traumatic experience of the Dixie Fire would forever be with me, but with the compassion and understanding from my neighbors, it would be something I could overcome. That night I felt that I had gained not only friends but family. Please join us for the next meditation circle, every second and fourth Tuesday of the month. **HCL**



Circle of Light Group Share and Meditation

Every 2nd and 4th Tuesday of the Month

6-8 PM

Plumas Bank Greenville Building
121 Crescent St.
Greenville CA. 95947

This group is open to anyone who would like to come.

The circle will begin with a chance for each individual to share what is on their mind and in their hearts. Individual shares will be followed by a guided group meditation which will be tailored according to the shares of the group.

This is an opportunity to let your thoughts, feelings and emotions flow in a safe and compassionate space. Any and all shares are welcome and will be listened to without judgement. Please come prepared to listen to and respect others' truths. This is not a place to disagree, this is a place to honor each of our unique paths and to release the energy which may be stuck in each of us.

Trusted and Reliable Propane Delivery
...with unbeatable service and value!

Warm your home quickly and efficiently with propane. We offer a Budgetpay Plan so you're never left out in the cold.

Unleaded & Diesel Fuel • 24/7 Cardlock Fueling • Propane
Fuel deliveries from 100 to 10,000 gallons • Installation, Repair and Maintenance

Eds Ed Staub & Sons
Serving all of Lassen and Plumas Counties

www.edstaub.com • 530.257.3416 • 702-190 Johnstonville Rd., Susanville

Spring with Smith Properties...
the possibilities are endless.

SMITH PROPERTIES

smithpropertiesinc.net • 530.257.2441 • 2213 Main Street, Susanville • #00551162

Taylorsville's Margaret Cooke lived quite a life

By Meg Upton
mupton@plumasnews.com

As I was cleaning out another box in my mother's office I came across a file that looked like a book report. It was the transcript of a taped interview with the late Margaret Cooke. I remembered meeting her at one of the Taylorsville Ladies Fall Festivals and again at the Taylorsville Tea. She'd sewn baby quilts when both my children were born in 2003 and 2004 as she was a good friend of my stepmother Lynn Herman, whom Cooke had befriended in the 1960s when Herman had first come to Indian Valley as the Methodist minister's wife in Greenville.

My stepmother always spoke fondly of her and said she was a champion of women. "You'd love her if you got to know her," she said. But being a young mother myself without much time, and Margaret Cooke getting ready to move in with her daughter Jean in Reno not long after I moved to Indian Valley, meant I didn't really get the chance to

know her.

Until now. It's quite interesting when you think of how in this tiny place of Taylorsville there's all sorts of people with a wide breadth of experience and heart you may not have known.

Cooke, born in 1914, was originally from Iowa but like many Midwesterners in the early 20s, she came out to Los Angeles with her family. She married young — too young as she states in her autobiography — to an abusive man with an abusive sister and mother who tormented her day and night along with the children she had with him.

The family moved to Reno, Nevada at the request of John Harrah of Harrah's casinos where the family initially found work. Cooke talks frankly in her interview about how hard it was in the 30s and 40s to get divorced and keep one's children at the same time. She had to prove she could support them on her own and did so with a job at J.C. Penney, where she worked for nearly two decades. She loved working there and said it was one of the happiest times in her life.

"You know, it is a hard thing for women to just pick up and leave. I know. I went through it and it was a big change, big decision, but it was the best thing I ever did," Cooke said in her interview, "It saved my kids' lives and my life."

She was able to rent her own house back then and began taking in and helping other women trying to escape the bad men in their lives too.

"I said if I ever get rid of the Crume outfit [her first husband and his family], I'm going to help every girl that needs help." For six years of her time in Reno, she ran what would now be called a 'domestic violence shelter.'

She met the love of her life, Bob Cooke because he was her 'fuel man' delivering wood and coal to houses in Reno. Then she ran into him at a Christmas Dance and that was it. According to Margaret Cooke, it was like night and day the difference between Bob and her first husband. They got married after dating two and a half years. He helped her add on to the house to bring in more women and their children needing to get away from abuse.

Bob was originally from Genesee, with family both there and in Taylorsville who were getting on in years. In 1957, they moved to Taylorsville to his mother's place. Part of leaving Reno was also for health. Her asthma was bad in the summers and the doctors thought the mountains would be better for her. She was allergic to sagebrush and Reno had plenty of that.

They remodeled his mother's house and began adding motel rooms in back behind the house. This was around the time Antelope Dam was being built so they boarded a good deal of workers who had nowhere else to stay unless they wanted to camp. Margaret Cooke became the queen of hospitality making three meals a day for the men working the dam. She talked about how celebrities like Michael Landon and his wife even stayed there for a while when vacationing in the area.

She talked too about how in the 1950s in Taylorsville the elderly women in town didn't like her and would often talk about her and say she had no place there. I laughed with recognition when I read that and also because in my mind, Taylorsville was Margaret Cooke. She said it was mostly church women who were mean to her but one was super nice to her—Lucille Stead—who had Margaret work with her on the Sunday School and the Youth Program.

Word got out, she said, that if you needed help to talk to her. Her husband Bob worked at the mill.

"Women would come over after dinner and talk to me about their problems. A lot of them had problems. They just needed someone to talk to," said Cooke, "It's like these women who are so abused don't know what to do and are afraid to do anything. Most of those who stayed with me listened to my suggestions, but mostly they just needed someone to talk to."

The Cookes housed women and their children on and around their property in Taylorsville for 23 years. It's phenomenal when you think about what they could accomplish under the radar like that in small tucked away Taylorsville

Along with helping women and children get on their feet and away from abuse and assault, the Cookes were extremely civic minded.

Margaret Cooke was one of the main instigators of the Taylorsville Fall Festival and the Taylorsville Tea. She played piano for 4-H and the school and the Methodist Church. Bob Cooke lived for the Indian Valley Museum and got it all started in the first place. Bob was obsessed with the museum and getting everything together for it, and Margaret in her interview talks about all the time he spent trying to get it just right despite ailing health. The museum in a tiny town even made the May 17, 1973 edition of Sunset Magazine (the magazine is in the museum). Margaret said at first that no one would help put the museum together and didn't think the stuff stored away in their barns and garages were worth anything but when people knew Sunset Magazine was

showing up all of a sudden donations of stuff to display started pouring in and filled the museum.

They had a very busy and active life helping others that often took a toll on their own health. Bob died in 1993.

After he died Margaret stayed active; took on more quilting and was well known for making baby quilts. I have four Margaret Cooke quilts myself — hoping to one day use them for grandchildren. She was still making the quilts when she joined her daughter in Reno when living alone in Taylorsville became too much for her as she got into her 90s.

We often think of Western history as being Gold Rush era — and that the women of that era are true pioneers. But coming into rural California as an independent minded woman who was able to raise two children and work to support them by themselves

after a divorce in the 1940s is its own type of pioneering. We often think of social work as something of this generation (the profession and the concept began in the 19th century in the United States), but here again Margaret Cooke was a pioneer helping women and children without judgment, knowing what it feels like to not have agency.

You could tell in the interview just how much she adored Bob and how much of a people person she was and that she didn't feel she needed anyone's permission to do what she thought needed to be done.

We could all learn a lesson from Margaret Cooke. No wonder my stepmom wanted me to get to know such a remarkable woman. I'm glad I spent a day reading about her in her own words.

So, if you find yourself in Taylorsville, remember the woman who brought people together, played piano, sheltered women and

children, and always kept herself busy with civic projects and helping.

She died on Easter Sunday April 20, 2014 at the age of 100 in Reno, Nevada. **HCL**



Photo by Pavel Danilyuk

RELAX
on
your
new deck!

COMPOSITE DECKING
Call for our everyday low prices!

PAYLESS BUILDING SUPPLY
702-340 JOHNSTONVILLE RD., SUSANVILLE 530.257.5123
Employee Owned paylessbuildingsupply.com
Building GREEN! Efficient. Sustainable. HOURS: Mon-Sat 8-4

Full Time, Full Service and Four Seasons

Big or small, we do it all!

Howard Construction is a locally owned and operated full service construction company. Owner Kyle Howard has been in the construction field since 1978, building custom homes and other structures in the Lake Almanor Basin since the 1980s.

Howard Construction ranks customer service first. We are meticulous and strive for perfection. We take pride in professionalism, quality work and customer satisfaction at a competitive price while maintaining superior service.

New Homes Remodels Decks • Porches Carports • Garages Roofing • Plumbing Electrical • Painting Concrete Work EPA Certified in Renovations and Repair Testing • Evaluation Documentation Removal

HOWARD Construction Lic# 927562
Where Quality Counts

kyle@howardconstruction4u.com
Website: www.howardconstrucion4u.com

530.258.3541, Office • 530.258.1601, Cell • Mobile App: Text HC4U to 72727

LEAD-SAFE SEPA CERTIFIED FIRM

Some things you may not know about

St. Patrick's Day



No one is sure exactly when St. Patrick lived.

when he lived. Some sources say the fourth century and some say the fifth. At 16 he was captured by pirates and taken to Ireland as a slave. He escaped and returned to England and became a cleric and is credited with bringing Christianity to pagan Ireland, using the shamrock as a way to explain the Holy Trinity. He also allegedly chased all the snakes in Ireland into the sea and claimed to have raised people from the dead.

While St. Patrick's Day has been a feast day in the Catholic church for centuries, it didn't become a public holiday in Ireland until 1903, but due to the sectarian conflicts mostly Protestant Northern Ireland's

By Sam Williams
swilliams@lassennews.com

Later this month, Friday, March 17, we celebrate St. Patrick's Day and the Irish in earnest on the day of the great saint's death. New York and Boston both feature St. Patrick Day parades due to the large number of residents of Irish ancestry; many drinking establishments serve copious amounts of green beer and cocktails; school kids will pinch each other if they're not wearing green; and in Illinois they even dye the Chicago River.

No Irish need apply

It's the common American story — just like many other immigrant peoples coming to America to make a free and fresh start, the Irish faced incredible discrimination when they landed on our shores in the mid-19th century. Many were poor and uneducated, and critics complained they were going to take jobs away from hard-working American citizens. Besides that, they were mostly Catholics while American Christians were mostly Protestants. Critics accused them of being diseased criminals, accusations we still hear of new immigrants to our country today.

How bad was it? According to History.com, President Abraham Lincoln

wrote in an 1855 letter, "As a nation, we began by declaring that 'all men are created equal.' We now practically read it 'all men are created equal, except negroes.' When the Know-Nothings get control, it will read 'all men are created equal, except negroes and foreigners and Catholics.'"

Despite the challenges they faced, nearly 2 million Irish immigrants — almost a fourth of Ireland's population — came to America to flee the Potato Famine, also known as the Great Hunger. As we might expect, they brought one of their favorite holidays — St. Patrick's Day — with them.

You might be surprised to learn St. Patrick — The Apostle of Ireland — is actually English. No one knows for sure

There's no place like home...
...especially a home in Plumas County.

Town & Country PROPERTIES
1695 E. Main, Quincy, CA
530.283.3386
townandcountryprops.com

UNIVERSAL ELECTRIC
Serving Plumas & Lassen Counties

NOW OFFERING SOLAR!
Free On-Site Evaluation

- All Electrical Work and Service Calls
- Affordable Electrical Service
 - Installation
 - Repair and Service
- Reliable, Trusted and Professional
- We Also Repair Septic Tanks

CALL before your power goes out!
US Order your GENERAC for public safety power shutoffs!
It's a good idea to have a professional service your generator once a year. Let Universal Electric be the one to guarantee your generator is working properly when the utility power fails.

GENERAC

**New Installs • Service
Repair • Service Calls
Free Estimates
All Electrical Work**

LOCALLY OWNED AND OPERATED

530.816.0685 CA LIC #840585

Welcome to
peace of mind

Our dedication to high standards brings our clients back year after year.

- Tax prep for all entities including all individuals, non-profits and corporations
- Full service bookkeeping & payroll

Call for an appointment today!
chrisshea@bgsbub.com • kenbarnard@sbcglobal.net • johnhbreaux@bgsbub.com


The Breaux Group
 Business & Tax Professionals

530.283.3965 • breauxgroupsolutions.com • 2056 E. Main Street, Suite 1, Quincy
 Additional location: 1693 County Rd., Suite A, Minden, NV


It's Your Money

How To Tell The Difference Between A Hobby And A Business For Tax Purposes

A hobby is any activity that a person pursues because they enjoy it and with no intention of making a profit. People operate a business with the intention of making a profit. Many people engage in hobby activities that turn into a source of income. However, determining if that hobby has grown into a business can be confusing. To help simplify things, the IRS has established factors taxpayers must consider when determining whether their activity is a business or hobby. These factors are whether:

- The taxpayer carries out activity in a businesslike manner and maintains complete and accurate books and records.
- The taxpayer puts time and effort into the activity to show they intend to make it profitable; there is a change to methods of operation to improve profitability.
- The taxpayer depends on income from the activity for their livelihood, or the taxpayer has enough income from other sources to fund the activity.
- The taxpayer has personal motives for carrying out the activity such as general enjoyment or relaxation.
- Losses are due to circumstances beyond the taxpayer's control or are normal for the startup phase of their type of business.
- Taxpayer and their advisor have the knowledge needed to carry out the activity as a successful business.
- The taxpayer was successful in making a profit in similar activities in the past.
- The taxpayer can expect to make a future profit from the appreciation of the assets used in the activity.

All factors, facts, and circumstances with respect to the activity must be considered. No one factor is more important than another.


BEQUETTE & KIMMEL ACCOUNTANCY CORPORATION
 307 W Main St., Quincy • 530.283.0680 • 17 Highway 89, Graeagle • 530.836.0193



In Chicago, they dye the Chicago River green on St. Patrick's Day. File photos

government does not recognize St. Patrick's Day.

In the last 30 or 40 years, the day has become a rallying point for everything Irish and St. Patrick's Day celebrations have expanded all 'round the world.

If you're looking for an authentic Irish meal to celebrate St. Patrick's Day this year, try a good Irish stew rather than the corned beef and cabbage Americans are used to. Back in the day, cows were extremely rare in Ireland, and most Irish ate lamb rather than beef. **HCL**



Children celebrate their Irish heritage during the St. Patrick's Day Parade in New York City.



St. Patrick's Day revelry can get out of hand and some critics complain the holiday pushes negative stereotypes of Irish people.

Control Your Power.
Control Your Life.™



HOME BACKUP POWER.
COMFORT. SECURITY.
COME WHAT MAY.

The Most Affordable and Reliable
Home Stand-by Generator on the Market!

GENERAC®

Sales • Installation • Service

CST GENERAL CONTRACTORS INC.

B/C-10 • CSL #562340 • tlw@citlink.net

Cal Thurber, Jr • 530-259-4995 office/fax • 530-258-6690 cell

“Your Local Factory Trained Service Technician”

Grizzly Bite



Taylorsville's newest eatery

By Andrea Singer
Staff Writer

There's a new eatery in Taylorsville that is quickly becoming a gathering place — Grizzly Bite Café. Open Thursday through Monday, sunup to sundown, the restaurant offers a savory array of breakfast items and pizza, including a fun twist on the traditional pie with their breakfast pizza! Using only high quality, hand-picked ingredients the menu is as delicious as it is fun.

As you look over the menu you may realize that all their pizzas are named after

local Indian Valley haunts — a fact that hasn't gone unnoticed by the locals. If you aren't familiar with the area, yet have some time to spare, you may want to ask the table next to you for directions to one of the destinations mentioned in the menu, as Indian Valley has spectacular scenery for nature lovers.

This isn't owner Hugh Ausmus' first rodeo when it comes to being a Plumas County small business owner. In fact, many Quincy residents may recognize him from their own neck of the woods where he used to own Hugh's barber shop in downtown Quincy.

After 12 years away, Hugh felt a calling to come home amidst the devastating Dixie

Quinlee Newman, 6, seems to enjoy her bite of pizza from Grizzly Bite Café in Taylorsville.

Photos by Andrea Singer

Fire, seeing an opportunity to give back to a community that holds a special place in his heart. Hugh's vision is to provide Indian Valley with “good jobs, good food, good service!” Well Hugh, you're off to a great start. The Grizzly Bite is quickly becoming a hub for locals, grateful for a place to once again congregate out of the harsh elements, bringing back a sense of “togetherness” many have been yearning for.

Long-time Greenville resident, Pat Bradley enthusiastically shared her thoughts about the local treasure being brought back to life. “From my position it may be easy to say this because I have standing homes, but the fire has cleared the past, and with it came the realization it will never be the same. Now we have the opportunity to ask, what do WE want? But places like the Grizzly Bite give us an anchor into the past. They are still there, and so, unchanged. When you go in there, you're using the same cups — I love that.”

No matter if your roots run deep or you're just passing through, Taylorsville hospitality is sure to make y'all feel welcome at the Grizzly Bite. It is located at 4301 Nelson St. in downtown Taylorsville. [HCL](#)



Hugh Ausmus is the owner of Taylorsville's newest eatery, Grizzly Bite Café.



Our Locally Grown Wheat
Milled On Our Family Farm
in Lassen County!

OUR FLOURS

Roller & Stone Milled

- ◆ Red & White Hard Spring
- ◆ Soft White Winter
- ◆ Rye & Bran



- ◆ Deliveries Weekly
- ◆ 2lb., 5lb., 25lb., 50lb. Bags

100% Organic

Enjoy the Flavors & Quality
Of Our Region!

ORDER ONLINE: www.milehighmill.com



Committed to Our Community

Enrichment Through Circus Arts

An organization of expression. That's Quircus in a nutshell: a little non-profit community circus where residents of Plumas County can explore their creativity, improve their health, and enrich their communities through the exciting and inclusive world of circus arts.

Photos by Joanne Burgueno

Left: Kaitlyn Rangel, Board President
Below: Lexi DeCoe, Executive Director

Performing or helping in our circus shows motivates many of Quircus' volunteers. They rehearse for months to show off their unique talents and gain new professional skills. However, community outreach events with carnival booths, games, and cotton candy are also a major part of what makes people love our organization. Through outreach events, our members connect with the community and bring joy to kids and kids-at-heart alike.

A Little Circus Making Big Changes

In 2015, Quircus was founded with the help of Plumas Arts as a fiscal sponsor and focused on developing the circus arts community in Plumas County. Now we have grown into a vibrant organization, engaging residents from all over the county in skills training on and off the stage. As the organization has grown, the time has come to establish ourselves as an independent nonprofit outside of our fiscal sponsor.

Quircus is on the path to incorporation, nonprofit status, and a governing membership (so be sure and sign up if you want your voice to be heard!). These new and exciting changes come with an

emphasis on equity, inclusion, and creative expression.

Staying Connected in 2023

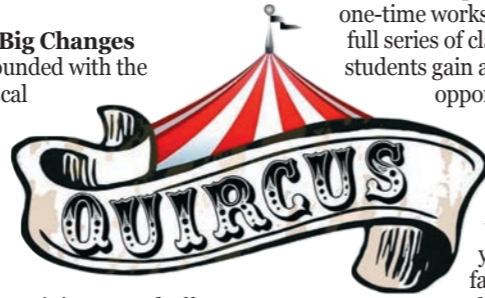
Quircus aims to increase access to circus arts, and we have developed new programs this year to achieve that goal. This Spring, we are partnering with Plumas Charter School to teach a three-week workshop covering a variety of circus arts. We hope to one day expand this one-time workshop at the school into a full series of classes that help interested students gain access to more opportunities in the field of circus, fitness, theater, and performing arts.

We're also sponsoring several workshops throughout the year teaching skills like face painting, costume making, juggling, acrobatics, and flow arts, which will be free to Quircus members. Residents can also learn aerial silks through the ongoing community education class offered through Feather River College. There are lots of ways to learn!

Quircus is also excited to announce our new annual circus performer sponsorship. Through this program, our funds will allow local, aspiring circus artists to take classes to develop their talents, and they will be guaranteed a spot on our stage. After purchasing a Cyr wheel from a Quircus alum, James Shipp, we are seeking applicants to send to Acro Enso in Reno to use the new prop. Find out if you qualify at Quircus.com.

To learn more and to get involved visit Quircus.com, email us at quircus@gmail.com, or find us on Facebook, Tik Tok, and Instagram. The website will be getting some major facelifts this year, so check back often to see what's new! Join the cause and become a part of Quircus, the Quincy Community Circus!

This article is sponsored by Plumas Bank. Learn more at plumasbank.com.



Above: Matt Goodson on the new Cyr wheel



Hamilton Branch resident Clint Koble said that "living at Lake Almanor presents beautiful views almost every day!" Many sunrises and sunsets are filled with orange, pink and red colors, but this was golden! This was taken on the East Shore of Lake Almanor (Highway 147) at sunset. He said it was almost shocking to see it in person. Photo by Clint Koble

SAVE A POT O' GOLD AT MOUNTAIN MATTRESS!

Open 7 Days in Quincy 10-5
Graeagle Open Sat-Sun 12-4

Now in 2 locations!

MOUNTAIN MATTRESS

Mattresses • Bedding • Accessories • Furnishings

11 Lindan Avenue, Quincy, 530.283.9318 • 7650 Highway 89, Graeagle, 530.836.4668



HERE. For Good.

plumasbank.com

Lift your mood with a slice of

Depression Cake!

There's nothing to cure the 'end of winter blues' like a slice of fresh depression cake.

Photos by Lauren Westmoreland

By Lauren Westmoreland
lwestmoreland@plumasnews.com

For those without their own hens, eggs have become an expensive proposition in a recipe, giving many bakers a bit of shell shock when counting costs.

Soaring prices don't take away the urge for a sweet treat, but in my research through historical recipes, it turns out that there are ways around just about everything, including baking without eggs.

In a time where desserts were becoming a luxury, depression era recipes give a wide array of options to try that include very few, mostly inexpensive ingredients, as many items such as eggs, milk, butter and sugar were difficult to obtain for the average person.

As eggs creep closer to \$1 each in some places, echoes of those times haunt us once more and many are finding ways alternatives.

The first truly delicious depression era recipe I have found is a rich, moist, sweet and toothsome treat called a depression cake.

A depression cake is a style of cake that was commonly made in the United States during the years of the Great Depression, and despite the dour name, it definitely brings cheer to the dinner table. It has also been called by other names, such as Poor man's cake, or war cake.

The cake was listed in a 1918 booklet from the United States Food Administration called "War Economy in Food" under the subtitle "Recipes for Conservation Sweets."

A style of cake that was commonly made in the United States during the years of the Great Depression

While there are many takes on this old favorite, my favorite recipe calls for flour, cocoa powder, salt, baking soda, sugar, water, oil, white vinegar and vanilla extract.

Chocolate Depression Cake

- 1 1/2 cups of flour- all purpose, wheat or organic will work
- 1/4 cup of a good quality cocoa powder
- 1 tsp. baking soda
- 1 cup white sugar or 1 1/4 cups raw sugar, can be substituted with honey
- 1/4 tsp. kosher salt
- 1 cup warm water
- 1/3 cup oil- I used peanut oil but you can also use coconut, canola oil or melted butter if you prefer.
- 1 tbsp. white vinegar
- 1 tbsp. vanilla extract

Preheat the oven to 350 degrees and grease and flour an 8-inch round cake pan well.

Combine the flour, cocoa powder, sugar, baking soda and salt in a large mixing bowl. Sift the dry mix several times through a sieve to add air and make a light cake. I went through the sieve six times to ensure everything was aerated.

Create a well in the dry mix and pour the water, oil, vinegar and vanilla into it. Gently stir the wet ingredients into the mix. Combine the ingredients well but do not overdo it! The batter is going to be fairly thin and runny.

Transfer the mix to the greased and floured cake pan, tapping on a flat surface to release trapped air bubbles from the vinegar and baking soda combination.

Bake for 35-38 minutes. Check after 20 minutes with a skewer and pull out of the oven when it comes out clean.

Cool the cake in the pan for 20 minutes before flipping it gently onto a wire rack to finish cooling.

I really enjoyed this recipe with a bit of powdered sugar on top and fruit on the side, but you can make a simple frosting by mixing together powdered sugar and water to form a glaze and drizzling over the top of the cake. Serve warm and enjoy! **HCL**



This simple yet rich and sweet chocolate cake makes for a budget friendly family favorite. It's also vegan and pareve if made without dairy.



We welcome most dental insurance plans, and offer affordable solutions.

Free Consultations and Second Opinions

- Single Visit Crowns
- Implants and Root Canals
- Fillings and Extractions
- Digital X-rays
- Routing Cleanings and Gum Disease Care
- Whitening and Cosmetic Services
- SureSmile Aligner Braces
- TMJ Treatment
- Chronic Pain Treatment
- Sleep Apnea Treatment
- Botox



**LAKE ALMANOR
DENTAL**

Preventative Care and Treatment Services for a Healthy Smile!

211 Laurel Lane, Chester • 530.258.2201

Gentle Dental Care for the Whole Family!

Hunt & Sons

Hunt Propane

- Heating Oil
- Kerosene
- Diesel
- Unleaded
- Lubes & Oils



**Propane
Only**

Call
530.283.1080
or come by
188 Crescent St.
Quincy



Call
530.283.9062
or come by
477 N. Mill Creek
Quincy

HuntSons.com Since 1946 **HuntPropane.com**



REPLACEMENTS & SUBSTITUTIONS

"Uh-oh, I'm out of buttermilk."

Have you ever been midway through a recipe and discover there's an ingredient missing from your pantry? My husband would dash off to the store and buy the missing ingredient – and another \$30 worth of stuff we don't need, that he spotted and couldn't resist. Me, I'm the sort who says, 'What can I use instead?' because I don't feel like putting on shoes and changing into a clean shirt to leave the house.

Then there are the times when I'm trying out a recipe I found online or in one of my cookbooks, and it's got metric measurements. I haven't studied metrics since 7th grade math, which was a long, long time ago.

Another problem crops up when looking through my cookbooks that cover Irish and Scottish cooking, and some antique books – these often call for odd ingredients or measurements. I've had to do some research to figure out how to use these recipes. Teri and I hope you find these notes helpful, and that you'll clip them out and save in your kitchen for handy reference.

—Eva Small

Self-rising flour

Self-rising flour is a flour that already contains baking powder and salt. That means if you're using it in a recipe you don't have to add those two extra ingredients. Rather than clutter up my small kitchen with another special flour canister, I make

what I need when it is called for. For every 1 cup of all-purpose flour, add 1-1/2 teaspoons baking powder and 1/4 teaspoon fine salt. Whisk the ingredients thoroughly in a large bowl. If you make more than you need, store any left over in an airtight container. It's recommended to use within six months or the baking powder will start to lose its potency.

Metric Conversions

These can help when you find a recipe online that happens to be from a country that uses Metric instead of Imperial measurements. Meter measures length or distance. Gram measures mass or weight. Liter measures volume. Celsius measures temperature.

IF THE RECIPE CALLS FOR:	USE:
1 tsp baking powder	= 1/4 tsp baking soda plus 1/4 tsp cream of tartar
1 oz. unsweetened chocolate	= 3 Tbsp unsweetened cocoa powder plus 1 Tbsp butter
1 Tbsp cornstarch	= 2 Tbsp all-purpose flour (for thickening)
3/4 cup cracker crumbs	= 1 cup dry bread crumbs
1 cup buttermilk	= 1 Tbsp lemon juice or vinegar plus enough milk to make 1 cup. Mix together and let sit for 5 minutes before adding to rest of recipe.
	= 1 cup milk and 1-1/2 teaspoons cream of tartar
	= 1 cup plain yogurt
	= 3/4 cup sour cream and 1/4 cup water or milk
	= Dairy-free version: 3/4 cup plain almond milk yogurt, 1/4 cup almond milk and 1/2 teaspoon white vinegar. Let stand 5-10 minutes.
1 cup whole milk	= 1/2 cup evaporated milk plus 1/2 cup water
	= 1 cup skim milk plus 2 Tablespoons butter
1 cup light cream	= 7/8 cup milk plus 3 Tbsp butter
	= 1 cup undiluted evaporated milk
1 cup heavy cream	= 3/4 cup milk plus 1/3 cup butter (for cooking, not whipping)
	= 1 cup plain yogurt
1 cup sour cream	= 1 Tbsp lemon juice plus evaporated milk to make 1 cup
	= 6 oz cream cheese plus 3 Tbsp milk
	= 2 egg yolks
1 whole egg	= 2 Tbsp frozen egg white
1 egg white	= 1 cup plus 2 Tbsp sifted cake flour
1 cup all-purpose flour	= 7/8 cup sifted all-purpose flour (1 cup minus 2 Tbsp)
1 cup sifted cake flour	= 1/2 Tbsp cornstarch
1 Tbsp flour for thickening	= 2 tsp quick-cooking tapioca
	= 1 whole egg
	= 2 egg whites
	= 2 egg yolks
1 cup granulated sugar	= 1 cup packed brown sugar
	= 2 cups sifted powdered sugar
1 cup tomato juice	= 1/2 cup tomato sauce and 1/2 cup water

Weight:

Metric	Avoirdupois*
30 grams	1 oz
115 grams	4 oz. (1/4 pound)
230 grams	8 oz (1/2 pound)
454 grams	1 lb.

8 oz. of granulated sugar by weight equals 1 cup and 3 tablespoons. (My Irish cookbook weighs sugar so I had to figure this out with my digital kitchen scale.)

*A system of weights based on a pound of 16 ounces or 7,000 grains, widely used in English-speaking countries, including the US.

Liquid measures

Imperial	Metric
1 Tbsp liquid (like honey or milk)	20 milliliters
1 fl. Oz	30 milliliters
1 gill (1/4 pint)	145 milliliters
1/2 pint	285 milliliters
1 pint	570 milliliters
1 quart	1.140 liter

Oven Temperatures

°Fahrenheit	Gas Mark	Celsius
Slow: 300	2	150
325	3	170

Moderate:

350	4	180
375	5	190
Hot: 400	6	200
425	7	220
450	8	230
475	9	240

My antique cookbooks – 1920 and back – often use the "Slow, Moderate, or Hot" description instead of a temperature. This means the recipe was written for a wood cookstove. A good cook could figure out how hot the oven was by placing her hand in the oven, if she could hold it there for 10 seconds, then it was considered a Slow oven; 5 seconds was Moderate, 350-375° and if it was too hot to keep the hand in for more than a second, it was 'Hot'.

What is this thing?

A guide to food names often used in European and U.K recipes, not necessarily known to Americans. Bicarbonate of Soda: Baking Soda. Caster Sugar: White Granulated Sugar that is ground finer than what we have in the US. To better approximate caster sugar, pulse or blend white sugar until it is finely ground, but not powder. Golden caster sugar



is closer to brown sugar, containing some molasses.

Glacé cherries: Candied cherries, different from Maraschino cherries because they are actually cooked (rather than cured) in syrup. This gives them a texture and intense sweetness similar to other candied fruit, like orange peel and pineapple. Icing Sugar: Powdered or Confectioner Sugar. Sultana: Golden Raisins (made from green Thompson seedless grapes). Dark raisins can be used instead, they'll just show up in the dough more than the lighter golden raisins.

Sprague Bookkeeping & Consulting

530.283.3292
Cell 530.519.3407 Fax 530.283.2033

Quickbooks Certified ProAdvisor

Laura E. Sprague
Owner

PO Box 119 Quincy, CA 231 W. Main Street, Suite 208
spraguebookkeeping@gmail.com

Lend your voice.

BECOME A CASA VOLUNTEER.
lassenfamilyservices.org/CASA

CHANGE A CHILD'S STORY. CASA OF LASSEN FAMILY SERVICES

YOGA + CYCLING + MASSAGE

+ NEW WEBSITE!
mountainyogastudio.com

530.251.6028
2005 Main Street, Susanville

MOUNTAIN YOGA STUDIO



Convection oven conversions

Convection ovens, the original air fryer! While a conventional oven cooks food by heating the air inside the oven, a convection oven takes it a step further by moving that heated air around the food, allowing food to be cooked for less time and at lower temperatures than a conventional oven. This is great if you need to speed up the cooking for something on a timeline, are trying to get something evenly crispy (baked chicken with crispy skin, mmmmm), or are just trying to use less energy. There are three methods for converting a conventional oven recipe to a convection recipe, depending on what you're baking.

Reduce Temperature Only:

For breads and desserts, reduce the temperature by 25°F and keep the time from the original recipe. So 400° for 45 minutes becomes 375° for 45 minutes.

Reduce Time Only:

Especially good for roasting meats, reduce the time by 25% and keep the temperature from the original recipe. So 425° for 60 minutes becomes 425° for 45 minutes.

Split the Difference:

Best method for casseroles, custards, and other baked meals, try reducing the time by 10-15% and the temperature by 15-20°

What About Air Fryers?

Most air fryer recipes out there work just the same in a convection oven! Just remember, you'll get the best results when the air can fully circulate around the food, so perforated trays or fryer baskets give the best results, and make sure there's plenty of space between pieces. Check your convection oven's manual, but a lot of them don't need to be preheated if the food is cooking for over ten minutes!

Replacements for eggs

Short one. Dropped one. Allergic. Someone got a hankering for fried eggs, not knowing you were planning on baking with them that afternoon! Here's what you can replace them with.

- Fruits: ¼ cup per egg unsweetened applesauce, pumpkin puree, avocado puree, or mashed banana.
- Ground flaxseed or chia seed: To replace one egg (works best for a max of 2 eggs in a recipe), whisk together 1 Tbsp ground flax or chia with 3 Tbsp water and let sit until fully absorbed and thickened before adding to your baked goods. Also a sneaky way to add fiber and omega-3 fatty acids to

your baked goods.

- Silken tofu: ¼ cup per egg pureed silken tofu. It's relatively flavorless but can make baked goods dense, so is best used in brownies and cookies.
- Yogurt or buttermilk: ¼ cup per egg plain yogurt or commercially cultured buttermilk.
- Vinegar and baking soda: 1 tsp baking soda mixed with 1 Tbsp vinegar replaces one egg. Best used for recipes that are meant to be light and airy rather than dense.
- Aquafaba (Aqua-what?? It's the extra liquid found with canned or freshly cooked chickpeas or beans, which has absorbed a lot of the bean proteins and has a similar consistency to raw egg whites!): 3 Tbsp aquafaba replaces 1 egg. It works surprisingly well in recipes that call for just egg whites, like meringues and angel food cake.
- Carbonated water: ¼ cup per 1 egg. Great for cakes and other light baked goods.

Imitation maple syrup

Tasty on pancakes and French toast, and works in baking just fine.

Recipe 1

- ½ cup honey
- ½ cup granulated sugar
- ½ cup water
- Maple flavoring

Vanilla extract
Bring honey, sugar and water to a boil. Stir to dissolve sugar. Remove from heat. Stir in 1 tsp maple imitation flavoring, and ¼ tsp vanilla.

Recipe 2

- ¼ cup honey
 - 1 cup water
 - 1 cup white sugar
 - 1 cup brown sugar
 - 1 Tbsp maple imitation flavoring
 - 1 tsp vanilla
- Bring honey, water and sugars to boil, simmer 3-5 minutes. Remove from heat, add flavorings.

Recipe 3

- 1 cup water
 - 1 cup white sugar
 - 1 cup brown sugar
 - ½ tsp maple imitation flavoring
- Boil water and sugars together. Remove from heat, add flavoring.

How to substitute Honey or Maple Syrup in place of granulated sugar

Because honey is a liquid, you can't just swap it out cup-for-cup with granulated or brown sugar. This rule also applies to other liquid low-carb sweeteners.

For every 1 cup of honey used, subtract ¼ cup of other liquid from the recipe (water, milk, yogurt).

For ¼ cup of honey, subtract 1 Tbsp liquid.

Substituting granulated sweetener for Honey or Maple Syrup

If you want to use a granulated sweetener in place of honey (coconut sugar, xylitol, white granulated sugar, etc.) For every 1 cup of granulated sweetener, add ¼ cup liquid. For ¼ cup granulated sweetener, add 1 Tbsp liquid.

Oven temperature adjustments for Honey Baking

When using honey or maple syrup, reduce oven temperature by 25 degrees



Lassen Auto Body

Trust your investment to the experts in auto body repair and service!

Diagnostic Checks • Spray-In Bedliners
Free Estimates • All Insurance Accepted
Only AAA Approved Shop in Lassen County

Monday-Friday 8am-5pm

530.257.2882 755 Alexander Ave., Susanville 530.200.8920

SERVICE & REPAIR

AUTO • TRUCK
R.V. • BOATS

We Tow Them & Fix Them, Too!

CHECK ENGINE LIGHT REPAIRS
REGULAR MAINTENANCE
AIR CONDITIONING
ELECTRICAL REPAIRS
TIMING BELTS • OIL CHANGES
TUNE UPS • BRAKES
COMPUTER DIAGNOSTICS

180 NUGGET LANE
QUINCY, CA 95971
530.283.1162

"your friendly hooker"
Serving you for over 41 years.

TECH-NET Professional CONTRACT STATION

QUINCY TOW SERVICE & REPAIR

For all your towing needs
www.QuincyTow.com

Builders Supply

Supplying all your building needs for over 50 years!

A Division of
 Collins

TRAEGER DEALER

- Building Materials
- Doors
- Hardware
- Paint - Interior/Exterior
- Lumber
- Plumbing Supplies
- and much more!

Do it Best

540 Main St.
Chester

530.258.2131

collinsco.com/Locations/BuildersSupply

Fahrenheit, because these syrups will caramelize and burn faster than granulated sweeteners.

Maple syrup and honey are somewhat acidic, so when baking you need to add 1/4 to 1/2 teaspoon of baking soda per 1 cup of honey used. Likewise, if using granulated sweetener instead of honey, subtract 1/4 to 1/2 tsp of baking soda called for in the recipe.

High Altitude Cooking

Most recipes are written for sea level, there are adjustments needed to help them turn out at higher elevations.

Altitude	Temperature of boiling water
Sea Level	212°
1,025 ft	210°
2,063 ft	208°
3,115 ft	206°
4,169 ft	204°
5,225 ft	202°

Recipes you find in cookbooks and on-line are set for sea level and won't be affected if you live below 3,000 feet; however, the higher you go, the lower the air pressure. This change in pressure can affect baking in three ways:

- Liquids evaporate faster, causing baked goods to dry out more;
- Liquid boils at a lower temperature, causing baked goods to rise faster – sometimes before the structure of the dough

sets;

- Leavening gases will expand quicker, leaving pockets that cause holes in the batter, making baked goods less stable.

Local elevations:

Plumas County

Chester: 4,550 feet
 Chilcoot: 5,013
 Graeagle: 4,383
 Greenville: 3,600 feet
 Portola: 5,000 feet
 Quincy: 3,423
 Twain: 2,858

Lassen County

Herlong: 4,114
 Madeline: 5,321
 Ravendale: 5,305
 Susanville: 4,186
 Westwood: 5,125 feet

Adjustments to make:

- At 3,000 feet elevation
 Baking Powder – decrease by 1/8 teaspoon for each teaspoon called for.
 Sugar – Decrease 0 to 1 Tablespoon for each cup
 Liquid – For each cup, add 1 to 2 Tablespoons
- At 5,000 feet
 Baking powder – Decrease 1/8 to 1/4 teaspoon for each teaspoon called for.

Sugar – Decrease 0 to 2 Tablespoons for each cup
 Liquid – Add 2 to 4 Tablespoons for each cup

Deep-fat fried foods brown more quickly at higher altitudes. Fried foods can overbrown on the outside and still be undercooked on the inside. Lower the temperature of the fat about 3 degrees for each 1,000 feet above sea level.

Above 5,000 feet, cornstarch mixtures must be cooked over direct heat rather than in a double boiler. The lower boiling temperature of the water will not give enough heat for the cornstarch to thicken.

Converting Older Recipes

Many measurements and words are unfamiliar to modern cooks. Many older recipes refer to a 'can size' instead of ounces or other measurements.

Can size – Contents in Cups

- No. 1 (Picnic) – 1-1/4
- No. 300 – 1-3/4
- No. 1 Tall – 2
- No. 303 – 2
- No. 2 – 2-1/2
- No. 2-1/2 – 3-1/2
- No. 10 – 13

Older measurements:

- A Sprinkle: 1/32 teaspoon
- A Dash: 1/16 teaspoon



- A Pinch: 1/8 teaspoon
- Knob (typically 'a knob of butter'): 2 Tablespoons
- Dollop: 1-1/3 Tablespoons, (one Tablespoon and 1 teaspoon)
- Teacup: 3/4 cup. 2/3 Teacup: 1/2 cup.
- 1/3 Teacup: 1/4 cup
- Jigger: 3 Tablespoons
- 1 Kitchen Cup, 1 Coffee Cup or 1 Tin Cup: 1 cup
- 1 Tumblerful: 2 cups
- 1 gram: 1/5 teaspoon
- 1 Dram (liquid): 3/4 teaspoon
- Dessert Spoon: 1 Tablespoon
- 1 Salt Spoon: 1/4 teaspoon
- 1/4 Peck: 2 quarts or 8 cups
- 1 Peck: 8 quarts
- 1 pint: 2 cups
- 1 Tumbler: 1 cup
- 1 Gill: 1/2 cup
- 1 Wineglass: 1/4 cup
- Heaping cup: 1 cup plus 2 Tablespoons
- Scant cup: 1 cup minus 2 Tablespoons
- Hen's Egg (size of): 1/4 cup or 2 ounces
- Walnut (size of): 1 Tablespoon
- Fistful: 1/4 cup
- Handful: 1/2 cup

Southwest Chili Powder

This is not as harsh as many commercial chili powders; it is less likely to cause heartburn in members of my family. 3 Tbsp paprika (I use half smoked Spanish and half regular) 2 Tbsp cumin 1 Tbsp turmeric 1 Tbsp garlic granules 1 Tbsp cayenne 1 Tbsp salt

Gently stir together with a whisk in a bowl. Store in airtight container.

Italian Seasoning

2 Tbsp oregano
 2 Tbsp thyme
 2 Tbsp basil
 1 Tbsp rosemary
 1 Tbsp sage
 Crush fine in mortar, stir together. Store in airtight container.

Poultry Seasoning

1 Tbsp sage
 2 tsp oregano
 1 tsp coriander
 1/2 tsp cumin
 1 tsp thyme
 1 tsp basil
 1/2 tsp rosemary (ground up in mortar before measuring)
 1 tsp onion granules
 Mix together in mortar and pestle. Store in airtight container.

Irish Mixed Spice

For baking, in place of pumpkin pie spice or apple pie spice
 1 Tbsp ground cinnamon
 2 tsp ground nutmeg
 1 tsp ground cloves
 1 tsp ground allspice
 Mix together and store in airtight container. HCL



Great home & auto rates for any budget.

Surprisingly great rates await when you have options like bundling your home and auto insurance. Call me for a quote today.

Like a good neighbor, State Farm is there.®

Individual premiums and budgets will vary by customer. All applicants subject to State Farm® underwriting requirements. Availability and amount of discounts and savings vary by state.



State Farm Mutual Automobile Insurance Company
 State Farm Indemnity Company
 State Farm Fire and Casualty Company
 State Farm General Insurance Company
 Bloomington, IL

State Farm Florida Insurance Company
 Winter Haven, FL

State Farm County Mutual Insurance Company of Texas
 State Farm Lloyds
 Richardson, TX
 2101551

Richard Stockton CLU ChFC, Agent
 Insurance Lic#: 0B68653
 70 E Main St
 Quincy, CA 95971
 Bus: 530-283-0565
 richard@richardstockton.us

Visit us for all your heating needs!



Wood stoves, pellet stoves, gas stoves and oil stoves...service, sales and installation!









Quincy Hot Spot

26 Years Experience • 2019 E. Main St., Quincy • 530.283.2929 • quincyhotspotca.weebly.com

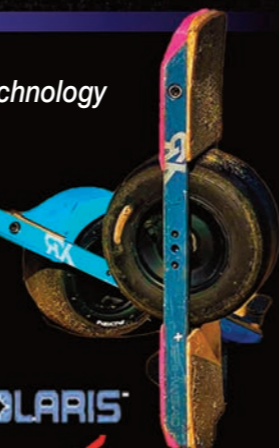


GOTT POWERSPORTS LLC

From the most recent in off-road technology to the hottest new electric vehicles, we can help you find the powersports product that's made for you!



Honda Generators!



123 Crescent St., Hwy 70, Quincy • 8888 2 RIDE 1 • 530.283.2136

April Leonardo MD MPH

Lori Link CNM MSN

Paige Lewis MD

Erin Barnes MD



Families can establish prenatal and newborn care with their PDH doctor or midwife. Questions about prenatal and newborn appointments can be directed to 530-283-5640.