

DIET CHANGES:
Old family recipes
have historic value

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graham and rye flour, a main course of broiled slat mackerel with cabbage and end with a piece of Lintz Tart – a pastry made without wheat flour.

Here is an original recipe for dessert after dinner from 1917:

Lintz Tart
1 lb. Rye flour
1/2 lb. almonds
1/2 lb. pastry crumbs
12 oz. sugar
12 oz. butter
2 eggs
2 yolks of eggs
1 grated lemon
1/2 oz. ground cinnamon

1/2 lb. almond paste
Mix the whole to paste, form in long strips on a pan, and fill with a filling of 1/2 lb. almond paste, 1/2 lb. sugar and the grated lemon and made to a soft dough. Bake in a medium oven.

Gladys Henderer, a 93-year-old Sisters resident, remembers her husband making homemade sauerkraut in the utility room — and how it stunk up the whole house.

But as she noted, “We sure loved to eat it after it was done to perfection.”

Henderer’s husband’s sauerkraut recipe was handed down from his mom, who possibly made it during World War I when cabbage was a common household item.

The recipe called for 5 pounds of cabbage bought from a nearby farm. The

cabbage was cut using a Kraut maker.

5 lbs. of shredded cabbage
3 Tablespoons of non-iodized salt

Stir well and put in a crock and tamp it down. Do 5 more pounds with salt, keep doing 5-pound batches till your crock is full. Leave some room at the top of the crock so that when it starts working and creating juice it won’t run over.

Put a rock on the lid to hold the crock down, so it won’t all bubble up. You have to keep it close to 75-degree temperature. If it gets too hot it will kill the fermentation, but if it gets below 65 degrees it will stop fermenting and spoil. It will take about three weeks. You will know when it’s ready because it will not bubble any more.



Tales from a Sisters Naturalist
by Jim Anderson
Helping the hops

I just never know what my wife, Sue, and I will witness when we go out on our seasonal look-see at the 150-plus golden eagle breeding sites we watch over.

Sometimes it’ll be only one American badger sighting for the whole day, or none, which is very sad. Other times we’ll witness a herd of one hundred or so Rocky Mountain elk suddenly come thundering across the road in front of us out on the Great Sandy Desert, and that perks us up.

Burrowing owls are always a delight to meet up with, especially when one is on guard perched on a BLM road sign, or for a big thrill, when the whole family — mom, dad and six owlets — are standing in front of their burrow scolding us, with the kids looking at us with their heads upside-down.

Sue’s into butterflies, and when we come upon a milkweed patch we didn’t know about, and its breeding monarchs that we didn’t know of previously, eagles are almost forgotten. We whip out the GPS and spend a good hour crawling around counting and photographing caterpillars and adults.

Then last summer we discovered a beautiful new-for-us insect. I first called it a Western bumble bee — that

See BEE on page 22

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Mr. SHS...

PHOTO BY JERRY BALDOCK

Rylee Weber and Ethan Morgan congratulate Brady Wessell as Mr. SHS along with his escort Kendall Griffith. Brady was crowned at the end of a talent show on Saturday night.

OUR DRINKING WATER QUALITY TOLLGATE WATER COMPANY 2017

Federal and state agencies require each community water system to provide an annual Consumer Confidence Report (CCR) to each customer. This is Tollgate Water Company’s (TWC) 2017 report.

Where does my water come from?
TWC’s water is derived from two wells, which pump from a ground water aquifer. One well is located at the east end of Wagon Wheel in section 5. The other is located just north of the fire substation.

Source water assessment and its availability
The 1996 Amendments to the Safe Drinking Water Act require all states to conduct Source Water Assessments for public water systems within their boundaries. The assessments consist of (1) identification of the Drinking Water Protection Area, i.e., the area at the surface that is directly above that part of the aquifer that supplies water to our wells, (2) identification of the potential sources of pollution within the Drinking Water Protection Area, and (3) determination of the susceptibility or relative risk to the well water from those pollution sources. The purpose of the assessment is to provide water systems with the information needed to develop a strategy to protect the drinking water resource. The respective Drinking Water Programs of the Department of Human Services and Environmental Quality have completed the assessment for Tollgate’s wells. A copy of the report is on file at the water system’s office.

Why are there contaminants in drinking water?
Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive materials, and can pick up substances resulting from the presence of animals or from human activity. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency’s (EPA) Safe Drinking Water Hotline (800-426-4791).

Is my water safe?
Last year, 2017, as in years past, your tap water met all U.S. Environmental Protection Agency and state drinking water health standards. Tollgate Water Company is proud to report that your system has not violated a maximum contamination level or any other water quality standard. Not all contaminants are tested annually. For those which are not tested annually, the most recent sampling results occurring in the last five years must be reported, if the contaminant was detected.

To help you understand terms and abbreviations found in **Table One** the following definitions are provided:

Parts per million (PPM) or Milligrams per liter (mg/l) – one part per million corresponds to one minute in two years or a single penny in \$10,000.

Maximum Contamination Level – the “Maximum Allowed” (MCL) is the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to MCLGs as feasible using the best available treatment technology.

Maximum Contamination Level Goal – the “Goal” (MCLG) is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

CONTAMINANT	VIOLATION YES NO	LEVEL DETECTED	UNIT MEASUREMENTS	MCLG	MCL	LIKELY SOURCE OF CONTAMINATION
Lead 8/13/15	No	0.002	PPM	0	0.0155	Erosion of household plumbing, erosion of natural deposit
Copper 8/13/15	No	0.1450	PPM		1.35	Corrosion of household plumbing systems; erosion of natural deposits.
Total coliform	No	4	present	0	na	Naturally present in the environment

MCLs are set at very stringent levels. To understand the possible health effects described for many regulated constituents, a person would have to drink two liters of water every day at the MCL level for a lifetime to have a one-in-a-million chance of having the described health effect.

Health effects
Infants and children who drink water containing lead in excess of the action level (Action level is the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water company must follow. Action level for lead and copper are the same as their respective MCLs) could experience delays in their physical or mental development. Children could show slight deficits in attention span and learning abilities. Adults who drink this water over many years could develop kidney problems or high blood pressure.

Copper is an essential nutrient, but some people who drink water containing copper in excess of the action level over a relatively short amount of time could experience gastrointestinal distress. Some people who drink water containing copper in excess of the action level over many years could suffer liver or kidney damage. People with Wilson’s disease should consult their personal doctor.

Water is sampled monthly for coliform bacteria, a naturally occurring nonpathogenic organism. A routine monthly water sample collected in March of 2017, tested positive (coliform present) for coliform. Coliform are used as an indicator that bacteria are present. Three more repeat samples were collected. They too were positive for coliform bacteria. All samples were also tested for *E. coli*, a potential pathogen. There was **no E. Coli** present. An investigation identified the source of the contamination resulted from reinstallation of recently refurbished pump components at one of the wells. The well was immediately taken off-line, chlorinated, test for coliform and not used as a water source until laboratory test results confirmed the well water was coliform free.

Do I need to take special precautions?
Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/Aids or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Water Drinking Hotline (800-426-4791).

How can I get involved?
Your continued cooperation in such programs as the cross connection program helps insure the quality of our water. If you have questions about the water system or the quality of your water, call Kristy Johnson at 541-549-7962 or Lynn Lounsbury at 541-419-9593, or attend water board meetings, which are held the fourth Tuesday of January, April, July, and October in the Tollgate Recreation Hall at 7:00 p.m.

Malcolm Murphy
Board Chair

Lynn Lounsbury
Distribution Manager