

MEALS

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1. Heat oil in a skillet until hot and add 1 tortilla. Cook 1 minute, then remove. Place the other tortilla on the skillet and scatter evenly with the broccoli, mushrooms and tomato. Top with the cheese. Place the other tortilla on top, oiled-side up. Cook 1 minute until bottom tortilla is nicely browned.

2. Flip quesadilla and cook until cheese melts, 1 to 2 minutes. Cut into quarters and serve immediately.

— Recipe by Norma Klingsick

FERNS

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There are about 10,000 species of ferns throughout the world and only the deserts and polar regions have no ferns. Ferns are popular as ornamental house plants and florists often use the fronds in bouquets and wreaths. You can break off the fronds easily from the root in the late summer and early fall with no harm to the plant. Ferns are also pretty pressed and used in pressed flower pictures or note paper.

The osmunda ferns are among the earliest to poke through the earth in spring, and their distinct crosiers are so matted with woolly hairs they seem like cotton balls. Ferns can do well if they receive plenty of moisture. Cinnamon ferns (*O. cin-*

namonea) has separate sterile and fertile fronds. The fertile ones, which are the first to grow in spring, have narrow leaflets that hug the stalk very tightly. The fronds turn from green to brown as they mature in spring and then they wither and fall after the spores are shed. The sterile fronds then unfurl later and remain green all summer until frost killed.

The 6-foot tall royal fern (*O. regalis*) is one of the largest native American species. Its elongated, blunt-tipped leaflets turn from red to green as they unfurl. Thin fertile leaflets grow in brown clusters at the tip of each frond.

Common in the gorge is the native maidenhair fern (*Adiantum*), which grows in cool, moist places. It has thin, wirey black stems, fronds finely cut,

the leaflets fan-shaped and bright green and thin textured. Maidenhair fern needs rich, loose soil and shade and steady moisture.

If you are looking for a plant for a damp, cool shaded area of your yard, or for something to plant along the edge of a pond or stream, try a fern.

• Encourage birds to nest in your yard by providing water and by putting up bird houses. Plant suitable shrubs, trees, vines and evergreens will provide wild food sources and nesting habitat.

• Branches of pussy willow, quince, crabapple, forsythia, pear, and flowering cherry may be forced indoors. Place cut stems in a vase of water and change the water every 4 days.

• Exchange seeds and plant information with your friends.
• Begin to fertilize house

plants as they show signs of new growth. Plants that are still resting should receive no fertilizers yet.

• Think about starting seeds of tomatoes, peppers, and eggplants indoors. Get

your pots and soil mixture and seeds together.

If you have garden questions or comments, please write: greengardencolumn@yahoo.com Thanks for reading!

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DORY

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There was a house that I remember being called the Rohan house where we lived for a time and my father, who worked for the railroad, came home bearing a huge dead rattlesnake to show off its many rattles at the end of its tail and which he kept for many years in a small hutch drawer.

Years later we were living in another house a block down the street when fire engine siren wails woke us from our sleep in beds at night. Out our upstairs window we watched the flames that consumed that earlier home and filled us with sadness at its loss. We left that house when city growth put through a street and houses were built in what had been an open field in which my horse roamed at will.

Elementary Central School, on the blocks toward town on Fourth Street, was torn down along with our high school right next door, both only to be rebuilt in a different location. The college outgrew its one building to finally encompass a campus of generous proportions, eating its way even along the street leading to the cemetery and the homes once occupied by my Hofmann uncle's family at one place and my Swart grandmother at another. No one would recognize what once was.

As far as work is concerned, the businesses where I was employed have simply changed in nature except the one yellow brick newspaper home that vanished with time and could no longer serve the needs of progress. Even my connection has changed but I linger on in a different capacity.

The only way to "go back" is never to leave.

Even the churches in which I grew up and was once married no longer serve their original meaning. The church building of my youth was remodeled into a home and a new one built in a new location. Such was the fate of the building where we were married. In both places their demise meant new buildings in a new place or rebuilt for a different use.

Progress and the desire to improve dictate the changes and the loss of loved ones prove why we cannot go back, only forward, but I still visit there in memory.

In memory I can be any age I want to be and with those whom I choose. So can I jump from one generation to another and gather all that seemed good, honest, and true. Because of memory we can choose never to age and have only the good that we want to remember.

Why else would we want to go back? Well, maybe for the moment.

TRASH

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I personally have already gone paperless with most of my business dealings but I want to stop unwanted mail that mostly ends up in the trash. Each American household receives almost 900 pieces of junk mail per year and wastes about eight hours per year dealing with it. Did you know you can stop all that junk mail and sale catalogs you receive in the mail? Here is what I discovered.

The real junk mail, of course, isn't stuff you signed up for, it's the catalogs and credit card offers that really clog your mailbox. Companies can get your name and address from lists of "prospective customers" their partners share with stores you've shopped at, banks you've done business with or clubs you've joined. Others could just be local ads distributed to every mailbox in your neighborhood. You can unsubscribe from some by contacting the company's customer service, but as long as you have not been a customer, it is easier and more efficient to remove your name from these lists entirely by using some of these sites and services.

DMA Choice, at dmachoice.thedma.org, is an online tool developed by the Data & Marketing Association to help you manage your mail. This request is only good for five years and costs \$2, so expect to renew your opt out then.

Catalogchoice.org is a free service to stop unwanted store catalogs, but only allows you to unsubscribe from catalogs one at a time. Note these services won't unsubscribe you from businesses you've used, only ones where you're a "prospect." If you've actually purchased a product from a company, you'll have to visit their website and unsubscribe from their catalog manually through customer service.

• www.directmail.com/

mail_preference/ is a free, quick way to get your name off commercial mailing lists.

• www.optoutprescreen.com/ is offered by the major credit bureaus to unsubscribe from preapproved credit and insurance offers. You'll need to give your Social Security number, but don't worry — it's a legitimate service, recommended by the Federal Trade Commission. You can opt out of offers for five years online or by calling 1-888-5-OPTOUT, or ask for a form to opt out permanently.

• YellowPagesGoesGreen.org or YellowPagesOptOut.com to stop phone book deliveries.

• PaperKarma.com is an inexpensive smartphone app that contacts the mailer to remove you from distribution lists based on a photo you take of the unwanted mail.

• Avoid mail intended for previous residents: Not everyone is great about changing their address when they move. If you keep getting their mail months or years later you have a few options. First, resist the temptation to throw these away. Instead, cross out all bar codes on the envelope and write "Return to sender: Recipient moved" on the front and stick it back in the mailbox. This will send it back to the Post Office and hopefully back to the original sender, so they won't keep mailing stuff to your address. If things are really bad, you can fill out a change of address form for the previous occupant with "Left No Forwarding Address" in place of the new residence, or file a complaint with the postmaster.

Some bulk mail items are sent to every resident on a postal route. These are addressed to "Resident," "Our Friends At," etc. Your postal carrier cannot, by law, determine what you consider junk mail. All resident mail must be delivered as addressed. To stop this type of junk mail,

you must contact individual mailers to have your address removed. Look on mailers for return addresses and phone numbers, or visit the senders' web site.

After trying a few of these options or steps, you won't necessarily see a decrease in junk mail right away. These mailings will take a few weeks or a few months to stop, but over time, you should see the junk mail slow to a trickle. You may still get mailings for local businesses, charities you've donated to or other mailings that don't use the above lists. For the remaining stragglers, sort them into a separate pile and try contacting each sender directly.

In other paper recycling news, Baker City Trash Talk has been working with the Baker Food Co-op to increase paper recycling options for residents. Since mixed paper is no longer accepted at the recycling depot in Baker City, the Co-op has stepped forward to allow locals, whether they are Co-op members or not, to recycle their office pack paper in the store. This will reduce waste going into our landfill and give high quality paper the chance for a second life.

Prepare your paper recycling following the guidelines below to avoid contamination.

Bring your office pack paper to the Co-op at 2008 Broadway St. in Baker City. Place it in the blue recycling bin located in the back refrigerator room. Ask a working member to show you the location.

YES — Recycle These Items

White and pastel printer paper
White and pastel card stock
Manila and light colored folders with all metal and plastic removed
White and pastel plain envelopes
Window envelopes with cellophane windows removed
Manila envelopes with metal

removed
Post-its
Adding machine paper that is not glossy

NO — Do Not Include These Items

No glossy or coated paper
No envelope windows
No metal (staples, brads, paper clips, etc)
No sales receipts (these are on thermal paper and not recyclable)
Keep the Co-op's recycle bin clean so they can continue to provide this valuable community service. When in doubt, throw it out!

You can reach Baker City Trash Talk on Facebook at @BCTrashTalk and via email at BakerCityTrashTalk@gmail.com

P.S. Here is further clarification of the HDPE #2 plastic recycling available at the Baker Sanitary Service recycling depot. Milk jugs and other HDPE bottles with milky color (no dye) go into the Milk Jugs Only bin located on the street side. White and colored HDPE bottles go into the HDPE #2 bin located inside the fenced yard and can only be deposited during office hours (Monday-Friday, 8 a.m. to 4 p.m.) when the gate is open.

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