

MERRYDAY from 16

has reopened the tree debris drop-off area behind Dari-Mart.

This option got quite a workout during the Snowmageddon of last year. Already the limb mountain is getting pretty high and starting on Thursday, there will be curbside limb pickup. It will run through May. Remember not to put your debris in the intersections and please point the butt ends of branches in the flow of traffic.

If you are in the 60-plus age bracket you should have received a mailer from the city that has a passel of listings of interest to our senior population. Since you are being heavily encouraged to stay home and stay safe, this mailer was prepared especially to point you toward resources to help you with food, senior shopping hours, transportation, and counseling. One of the best features is a hotline number for Cottage Grove Mutual Aide.

This group of volunteers is standing by to make sure you are getting what you need. So if you need something picked up, delivered, facilitated, or just need an ear to hear you out, they would love to hear from you. Please give them a call at 541-649-2460, neighbors helping neighbors.

Here are a couple more ideas for assistance.

Although the Community Center is closed, the phone lines are open. Give Teresa Cowen a call and she will try and connect you to who can help you or answer your question. Another resource is an old favorite, "Around the Grove," a compilation by Cindy Weeldreyer.

If you are not already a subscriber send an email to AroundTheGroveNews@gmail.com or cindy@knnn.com. You can also send submissions to either email address.

There is a wealth of I heard a novel and joyous aspect of how special Cottage Grove is as a community. Not only have people come together to make sure everyone is cared for, as is to be expected in a close-knit town like this, but Councilor Mike Fleck, Director of Community Sharing, touchingly related that in this time of need he has received several stimulus checks, sent in as a donation by folks who felt they were doing okay on their own and wanted to see the money go to people who were having a harder time.

Now that is what makes this a truly special place to live. Stay safe everyone, treat yourself and others well and help as you can.

Dana Merryday can be reached at 541-942-7037 and dana_merryday@yahoo.com

Nutritionally Speaking

Happy Mother's Day, Mom!

It's been 10 years now that I can't just give my mom a call, to say "hi," to get a recipe or share an experience. I always miss her the most in May. She always told me I was her best Mother's Day gift (don't tell my sister). She went into labor on Mother's Day, and after a couple of miscarriages her firstborn, me, arrived on the scene.



YAAKOV LEVINE

My mom, Margaret, but known to most as Margie, was a great cook. She emigrated from Hungary with her family as a 9-year-old and learned from her mother and grandmother and preserved their culinary traditions. Often when I called her to ask for a recipe ... it was hard for her to give an exact amount of each ingredient to add ... I would hear her hmmm as she

pondered and would often say, when it felt right (for a pastry dough) or tasted great (for a seasoning), so I always did my best to approximate, usually with success.

During my many years as nutritional health coach at Natural Grocers I was charged with offering cooking demonstrations, and at first struggled to strictly follow the instructions created for my use. I found myself channeling my mom's kitchen energy, so she was with me as I shared recipes with my classes. She would have been proud!

This easy chicken paprikash is made with chicken, peppers, onions, garlic, stock, sour cream, and, of course, paprika. It is important to use fresh, high-quality paprika for this recipe. It's traditional to use sweet Hungarian



paprika. If you enjoy spicy food, you could try replacing 1 tsp of the paprika with hot Hungarian paprika. Paprika can go flat or tasteless if it is too old. So check your paprika first, before starting this dish and make sure it's still fresh.

Yaakov Levine is a functional nutritional therapy practitioner. He can be reached at nutrionallyspeaking@gmail.com

Hungarian Chicken Paprikash

Tips

Sear the chicken – Searing the chicken (which means cooking the food at high temperature until a caramelized crust forms) adds a lot of flavor and produces a more complex sauce.

•Saute the paprika with the vegetables for a couple of minutes – toasting the paprika in high heat helps the paprika develop a full flavor, adding complexity and depth to the spice.

•Use fresh good quality paprika – my mom only used Szeged brand; I use organic.

Ingredients

- 1.5lbs chicken breasts, cut into 1-inch cubes
- Sea salt and freshly ground black pepper
- 2 Tbsp Hungarian paprika (extra for seasoning chicken)
- 1 Tbsp extra virgin olive oil (more is fine)
- 1 large onion, thinly sliced
- 1 large red bell pepper, thinly sliced
- 4 cloves garlic, minced
- 1 cup chicken stock
- ½ cup sour cream

Instructions

• In a large skillet, heat oil over medium high heat. Season chicken on both sides with salt, pepper and sweet Hungarian paprika, and add to the skillet. Cook without moving the chicken pieces for about 4 minutes per side and flip them over, and cook for another 3-4 minutes, or until cooked through. When chicken is done, transfer to a plate.

• In the same skillet, add more olive oil and sliced onion and red bell pepper. Cook for a few minutes until the vegetables are soft, about 3 minutes. Add garlic and cook for another 30 seconds. Season with salt, pepper and sweet Hungarian paprika to taste, and saute the vegetables for a couple of minutes, stirring occasionally.

• Add chicken stock, sour cream (optional) and stir well.

• Add chicken to the skillet and stir everything. Reduce heat to medium low, cover and simmer for about 10 minutes until flavors blend and sauce thickens. Taste for salt and pepper and add more if needed.

• While the chicken paprikash is cooking, cook rice or egg noodles.

• Serve chicken paprikash over rice or egg noodles.

The present reflects the past

Editor's note: May is National Historic Preservation month.

In 1920, the Creswell Civic Improvement Club (CCIC) recorded that its February meeting was postponed "on account of the flu ban." I reflect on that simple sentence and wonder how Creswell was affected during the devastating 1918-1920 Spanish flu epidemic. In the same minutes, "Sunshine



VERLEAN MCCOY
GUEST COLUMN

Committee reported several calls and delicacies for the ill and shut-ins." This is a common monthly report, along with "Condolences were sent to ..."

One hundred years later, Creswell is again under a "flu ban" and its citizens are calling and watching out for the ill and shut-ins. And sending condolences. I wonder how this period will be viewed by citizens 100 years from now. Time marches on and we are connected by common experiences to those who came before and those who will follow.

During those years, the Creswell

Civic Improvement Club was meeting at members' homes. Its membership continued to grow and it needed a larger space. So, in 1927 the club purchased the building on South 2nd and D streets that had most recently been a Baptist church, but was also used by the Red Cross during World War I. They remodeled it into their clubhouse and referred to it as "The Club" or "The Civic." We

know it as the Old Schoolhouse or the Old Library.

It was a two-story building when it was built in 1875 as Creswell's first school on the northeast corner of 5th Street and Oregon Avenue. We know that the roof was lowered after a fire in the second story and that a new school was built in 1897 north of the first. No written record of the fire has been found nor a written record of when it was moved to its current location.

While it was "The Civic," in addition to being the base for many ambi-

tious community projects, it housed a community library under the supervision of a librarian appointed by the Club. Over time, the library became the most important service of the Club, but their membership dwindled and they found it hard to maintain the building.

In 1979, the library became a branch of a short-lived Lane County Library Association, which ended in 1988. Volunteers continued to operate the library until a tax-supported library district was created in 2004 and the library moved in 2006. The building has been vacant since then.

In 2017, the Creswell Heritage Foundation was organized with its first goal the preservation of the old schoolhouse/old library. A restored "Civic" will once again be a public meeting place, honoring the legacy of the Ladies of the Club and serving as a reflection of the past.

Information about the restoration will be in a later article in the "May is Historic Preservation Month" series.

Verlean McCoy is the president of the Creswell Historical Foundation.

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