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## The kettles of Christmas

Ken  
Denbow

Christmas-in-July sales are common. Santa Claus lands his sleigh in the same mall parking lot just vacated by witches as they mount their brooms and fly off to Hogwarts, or wherever witches go after Halloween night. Some people claim these events to be the start of Christmas. But for many, the real start is when the Salvation Army red kettles, accompanied by bell ringing attendants, appear on Thanksgiving afternoon at half time of the

Dallas Cowboys' Thanksgiving game, and around the world. Where did this tradition start?

The idea for the kettles originated when Salvation Army Captain Joseph McFee wondered how to raise money to provide San Francisco's poor with a Christmas dinner. Prior to joining the Salvation Army, he had been a sailor, making his living as a crewman sailing merchant ships. He had made a port call at Liverpool, England, and had seen a

See **KETTLES** page 21



Volunteer Bill Todd tends kettle and sings Christmas carols  
outside Keil's Market on Jackson Drive. (Photo by Ken Denbow)



(l to r) SDAS Executive Director Chris Redfern with Wayne Harmon, Lifetime Achievement Award winner and Lisa Heinz, volunteer of the year (Photo by Cynthia Robertson)

## San Diego Audubon Society hosts holiday gathering at MTRP Visitor Center

Cynthia  
Robertson

The full, bright moon was just slipping up over Kwaay Paay Peak in Mission Trails Park when revelers of the San Diego Audubon Society met in the park's visitor center. Their annual holiday bash brought bird lovers together to commemorate the year and honor volunteers.

Conservation Program Manager Rebecca Schwartz stood in line with others on the plaza to get a plate of tacos with frijoles, rice and gua-

camole. She spoke about the importance of the organization's volunteers.

"We couldn't do what we do without our volunteers. They allow us to have a presence in the community and they are a major player in the education," Schwartz said.

Schwartz turned to the woman standing behind her. "Like Lisa Heinz. Having volunteers like her is like having many extra staff people," she said.

Heinz smiled and shrugged. "I just do what-

See **AUDUBON** page 18

## Young family lights their neighborhood Christmas tree for San Carlos residents

Cynthia  
Robertson

When Bob and Christine Ford wanted to start a family five years ago, they started looking for a different neighborhood. They'd been living in Hillcrest, but they needed a safe, neighborly place away from high-speed traffic and all-night sirens.

The Fords fell in love with the house at 7976 Laurelridge Road, and they decided to make it their home in San Carlos. With quiet streets and Dailard Park to walk their Lab-Dane mix, Rex, they felt at home. Their house wasn't the only thing they fell in love with; the residence has become known for something of a local landmark: their massive pine tree. They have to stand with their necks craned to look straight up at their 90-foot-tall tree. That's taller than the Rockefeller Plaza Christmas Tree.

On a recent cool, rainy night, the Fords warmed themselves in front of the fireplace. Christine held their two-month old baby Andy. Their two and a half-year-old Robbie sat on the couch busy with his child-sized tablet.

See **TREE** page 5

## Kiwanis gather stuffed animals for the holidays

John  
Peterson

The Kiwanis Club of Grantville-Allied Gardens made the holiday season a little brighter for almost 400 foster children this year by donating stuffed animals to Voices for Children, an advocacy organization for foster children in San Diego.

Kiwanians collected 389 new stuffed animals of various sizes, shapes and descriptions and delivered them to the Voices for Children headquarters in early December, just in time for the holiday parties for the children. Each year, Voices for Children hosts holiday parties for the 2,500 foster children they serve. Sadly, for many, this will be their only holiday celebration.

Voices for Children trains volunteer court appointed special advocates (CASAs) to be "information gatherers who get to know their case child, facilitate communication with the child's case team, and make recommendations to the Court."

They are voices in behalf of foster children.

Kiwanis is a global organization of volunteers dedicated to improving the world, one child and one community at a time. For information about the Kiwanis Club of Grantville-Allied Gardens and what we do in our community, visit alliedgardenskiwanis.org or go to facebook.com/gagkiwanis. Become a Kiwanis volunteer and give back to our great Navajo Community.

—Contact John Peterson at johnpete2810@cox.net ■



Volunteers with the Kiwanis Club of Grantville-Allied Gardens collect stuffed animals for local foster children. (Courtesy Mary Haass)



# Into the holiday spirits

B.J.  
Coleman

In the classic Yuletide story, "A Christmas Carol," Ebenezer Scrooge had to be visited by frightening ghosts for the spirit of holiday generosity to overcome his customary selfish miserliness. Fortunately for San Diegans, local Christmas spirits that warm the heart are not such scary specters — they are available from area beer makers that have expanded from brewing into distilling.

Three local breweries tell the tale of adding liquors into the mix of craft brewing. Ballast Point Brewing & Spirits began distilling in 2008, the first such endeavor in Southern California since Prohibition. Santee's BNS Brewing & Distilling Co. was intended from the enterprise's 2013 beginning to handle both, and the owners are now laying final plans for the distilling side's tasting room.

Jeff Trevaskis is president and founder of Twisted Manzanita Ales & Spirits, also in Santee, which is at the mid-range of distillery development. Brewers with his operation have been home distilling for a couple of years, moving through experimenting and expanding into making liquors for the business through 2013.

"This was just a natural thing, to go from one to the other,"

Trevaskis said. "The washes in beer are similar to the washes in whiskey."

He cautions, however, "This is a totally different animal."

In his assessment, craft distilling today is at about the same level as craft distilling was in 1986. He expects distillery development to proceed at an accelerated pace, given the knowledge and experience brewers have grown and shared throughout their industry.

To further explain the "natural" business growth, Trevaskis notes the savings from already having much of the equipment necessary for distilling. The startup costs were less, building out from brewery operations. The only full-time employee added for the expansion was distiller Jake Pitman.

Twisted Manzanita's group moved into distilling, in what Trevaskis describes as "a non-traditional way." They designed and built their own still, a hybrid of the pot and column styles.

"We did the engineering up front, and the product we make has a different profile," he explained.

The intent has been to use pure, quality ingredients to make liquors that have a "different mouth feel, to cut down on the burn." And the distilling side of the business has adopted the tagline, "The Softer Side of Spirits."

Manzanita's SoCal Moonshine and Oaked Moonshine are in dis-

tribution now, and the Rebellious Rye Whiskey will be out and available after the first of the year. Twisted Manzanita has distribution agreements in California, Arizona and Maryland.

Trevaskis expresses consternation over the fact that current laws and regulations treat liquors, beers and wines each as a separate class of alcohol, with differing rules to follow. Only as of January 2014 could distillers offer on-site tastings under California law. And they are limited to a tasting of 1 1/2 oz. in total servings.

Wineries operate with the loosest restrictions and can sell directly to buyers. Brewers can fill customers' growlers under rigid guidelines. By contrast, craft distillers must work in the "three-tier" system, selling liquors to distributors who sell to retailers, who in turn offer the products to customers.

Trevaskis shakes his head, saying, "And because brandy is based on distilling grapes, I can hand sell that." But none of the other liquors from Twisted Manzanita can be freely dispensed or sold in bottles on premises, even to eager customers who want more. He estimates that a "small place" like his could sell around 100 bottles each month.

And that makes marketing strategies different.

"Beer is marketed to a person," Trevaskis explained. "Even the



Jeff Trevaskis, president and founder of Twisted Manzanita Ales & Spirits, stands by the 1,000-gallon still on the distilling side of his Santee businesses. (Photo by B.J. Coleman)

tap handles behind a bar raise visibility to beer drinkers."

With liquors, the distiller has to make bartenders "enthusiastic."

Not that Trevaskis should be too concerned. On a recent December day, the small sampler set included an impressive, sweet limoncello (60 proof) made with fresh lemons, and a delicious orange vodka based solely on fresh oranges, no added flavor infusion (80 proof). This orange liquor was Bronze Medal Winner at the San Diego International Spirits Festival. At that competition, Manzanita's Moonshine earned a silver medal. And the 95-proof Rebellious Rye Whiskey took a bronze medal at the 2014 International Wine and Spirits

Competition.

Manzanita's holiday beers include the fall-to-winter Witch's Hair Pumpkin Ale, an excellently balanced drink to the bottom of the glass, based on over 30 pounds of pumpkin per barrel, matched with pie spices, with vanilla and raisin flavors, and the wintry Enlightenmint, a chocolate mint stout available from December through February. The heft of this flavorful and warming dark brew is wrapped in a creamy, delicate drinkability.

Trevaskis expressed sympathy toward nearby BNS Brewing & Distilling, saying, "Wes Richey is probably over there right now,

See **SPIRITS** page 7 —————>

## Celebrate Christmas

### Advent

Dec. 21st  
8 a.m. & 10 a.m.

### Christmas Eve

December 24<sup>th</sup>  
4:30 p.m.  
Family Service with Pageant  
& Candlelight Communion

### 10:00 p.m.

Christmas Carol Sing

### 10:30 p.m.

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### Christmas Day

December 25<sup>th</sup>  
10 a.m.

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(l to r) Tito Garcia, Louise Batchelor, Fernando Vasques, Nick Olson and Dario Farisato of EnviroGreen Electronic Recycling Services (Photo by Jeremy Ogul)

# An e-waste recycling business grows in Grantville

Jeremy Ogul  
Contributing Editor

Facing increasingly fierce competition in the market for electronic waste recycling, Louise Batchelor knew she had to take steps to set her company apart.

She started offering to pick up old electronic items for free. She now pays by the pound for certain items. She targets her marketing to small and medium businesses.

And there is almost no e-waste item she will not accept. The strategy seems to be working. Batchelor's company, EnviroGreen Recycling Services, has grown steadily since it began four years ago with nothing more than a pickup truck and a garage. So far in 2014, EnviroGreen has collected 328,760 pounds of batteries, copper, computer parts, televisions, aluminum, steel and other discarded e-waste. That volume forced the company to expand in November from a 1,500-square-foot warehouse into a larger, 2,000-square-foot warehouse space in an industrial park off Friars Road in the Grantville area.

"It's exciting that we've grown as much as we have," Batchelor said.

Much of that growth has come

from small and medium businesses, which are sometimes overlooked by other e-waste collectors.

"Everybody wants the Qualcomms of the world," Batchelor said, but small companies "are the ones that really seem to appreciate it, because they don't know what to do with it."

Increasing awareness about e-waste recycling helps drive the growth of companies like EnviroGreen, but one of the biggest challenges electronic waste collectors face today is the fluctuating price of commodities. The collectors earn part of their income by selling the scrap metals — copper, for example — that can be found in small amounts in old computer towers and other items. But prices for those materials have dropped over the past couple years. Whereas computer

motherboards fetched \$4 just two years ago, the same item is now worth \$2.20.

Those changes have driven Batchelor to diversify EnviroGreen's revenue sources. She noticed a couple years ago that many businesses were dumping printers, security cameras and flat-screen televisions that were only slightly outdated or missing only one or two small components. She realized that with some minor repairs, this stuff could be cleaned up and sold for far more money than scrap would, and a consumer could buy it for far less than a comparable new item. In some cases, people threw away new items that they just did not need anymore — EnviroGreen has a closet full of unopened printer toner and ink

See RECYCLE page 20 —————>

## How to Sell Your La Mesa Home Without an Agent

La Mesa - If you've tried to sell your home yourself, you know that the minute you put the "For Sale by Owner" sign up, the phone will start to ring off the hook. Unfortunately, most calls aren't from prospective buyers, but rather from every real estate agent in town who will start to hound you for your listing.

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# City Attorney goes after Grantville pot shop

## Living Green Co-op closes doors, awaits face court fight

Doug Curlee

Editor at Large



The Living Green Medical Marijuana Cooperative on Rainier Street in Grantville has reportedly closed its doors and ceased operations, now that it is facing a court fight with the City Attorney's office. Living Green had closed under an order to do so from the city of San Diego Code Enforcement Division.

Living Green attorney Jeff Lake said the cooperative will remain closed until an appeal he has filed over the Code Enforcement order can be heard.

The request for a permanent injunction by the City Attorney may prove to be a much tougher battle for Living Green.

Such a measure has been tried before, and legal maneuvering has resulted in several instances of the measure going on and off court calendars, including at least one challenge to a judge.

In order to block that, the City Attorney's office is asking the state Court of Appeals to order the case go forward on the merits.

The Code Enforcement order, dated Dec. 9, states the co-op must have a conditional use permit to operate a dispensary in an area not zoned for such use.

This came out at last Monday's Navajo Community Planning group, called to consider the presentation from Living Green for permission to operate legally. Living Green has been operating illegally at 4417 Rainier St. for several months.

The planning group meeting was actually a special session just to hear Living Green, scheduled at Living Green's request. However, no representative for

Living Green was present at the meeting.

The planning group still debated the matter, but it was clear that whatever thought might have been given to approving Living Green's plan had evaporated in the heat of the closure order.

"I actually was thinking about voting to approve these people, until I read this order from the city," said board member Mike McSweeney. "But I now realize it's all about the money. These people are breaking the law, and

while that is going on, their ongoing efforts to secure approval to open and operate legally should come to a halt," Braun said. "No matter where they are in the process, it all stops there pending legal resolution."

When all this starts in the legal machine is anyone's guess, but Braun estimated that there should be some action in 30 days or less.

Lake says it's his belief that Living Green will remain closed for the immediate future, again pending any court action.



(ThinkStock)

I can't go along with that."

The vote to deny approval of Living Green's plan was unanimous.

Lake said he believes the order to shut down his client's operations is legally deficient and unenforceable, and will be reversed on appeal.

That view isn't shared by the City Attorney's office. The matter has been referred to the City Attorney for prosecution, and spokesperson Gerry Braun said it presents a clear path to court for the City Attorney.

"What happens in cases like this is that we get the violators into court as soon as we can, and

Interestingly, representatives from another cooperative attended the Navajo Community Planners meeting last night.

Green Door spokesman Michael Nicol argued his group are the good guys, while Living Green are the bad guys, given Living Green's history of illegal operation.

Nicol plans to ask approval to open his operation at 4427 Rainier St. in Grantville, less than 50 feet from Living Green's now-closed operation.

—Contact Doug Curlee at [doug@sdenn.com](mailto:doug@sdenn.com).■

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Bob and Christine Ford, with their two children, in front of a Christmas tree considerably smaller than the one in their front yard (Courtesy Ford Family)

► Tree, from page 1

The tree outside sparkled with lights, a star atop it that could be seen for blocks. When the Fords flicked on its lights that evening, all the neighbors turned out for it in their front yard, some of them bringing cookies and cake.

The tree is, in many ways, a gift by the Fords to the neighborhood.

Larry and Mary Sdao, neighbors who live across the street, remembered that the older ladies who had been the previous owners of the house would recruit neighbors to distribute hundreds of invitations to the tree lighting. They obtained a city permit to close off the street. Everyone enjoyed hot beverages and cookies, and children were given a Christmas keepsake.

But some of the tree lights had been cut accidentally 10 years ago when the ladies hired someone to trim the tree. So they just had the lights taken down completely.

So the tree stood barren and dark at Christmas time for five years before the Fords moved in.

To the gratitude of all the neighbors, the Fords revived the ceremony, even after a contractor recommended they remove the tree entirely upon moving in. They got the 90-foot giant up and running again, to the tune of \$750 for trimming and \$1,200 to string on new lights and take down old broken ones.

"The lights themselves cost \$500," Christine said, with Andy lying asleep on her shoulder. "But we knew we just had to light the tree again."

Gene Schwartz, owner of Arbor West and a resident in the neighborhood, helped give the tree new Christmas life.

"Gene and his Arbor West people have been super," said Bob Ford. "They come out every year to check the lights at no charge."

Christine went to sit by Robbie on the couch. "It's been worth the money to keep the tradition," she said. "The people are so thankful. They send Christmas cards with stories of how they appreciate it. One lady with her young daughter gave us a poinsettia this year."

The Fords had a big crowd this year, "wall to wall," Bob Ford said, "to watch the tree lighting."

For the Sdaos, the tree represents bringing all the neighbors together.

"What's wonderful is seeing long-time and new neighbors young and old and lots of new babies gather together," Mary Sdao said.

Christine said that their family has fallen in love with the neighborhood.

"We wanted to give back and decided re-lighting the Christmas tree would be a way to do just that," she said.

—Contact Cynthia Robertson at [c1g2robertson@gmail.com](mailto:c1g2robertson@gmail.com).■

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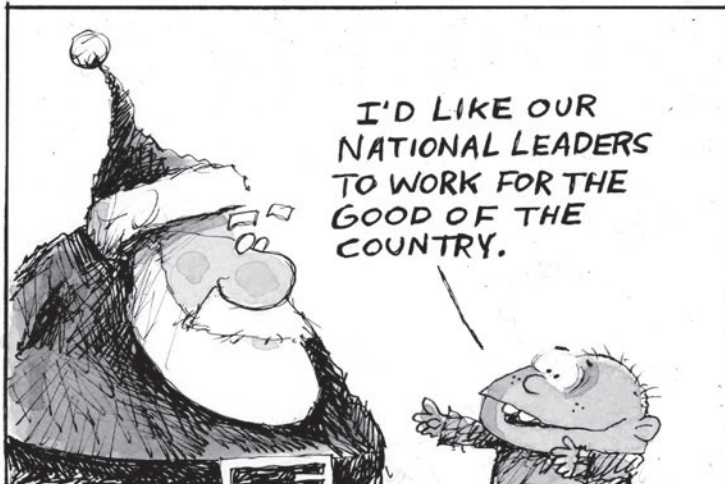
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## EDITORIAL

## Turn your New Year's resolutions into success stories

Christian Wasinger



Every year, approximately 45 percent of Americans make New Year's resolutions. A staggering 25 percent don't make it past the first week, and only about 8 percent stay on course and achieve their resolutions.

One of the reasons New Year's resolutions go awry for so many of us is because, after years of failing to succeed, our subconscious mind has learned to associate negative feelings with New Year's resolutions, such as disappointment, failure, and anger.

Unless you change your approach in 2015, history will repeat itself. Here are 10 steps to shift the outcome and make the road to achieving your New Year's resolutions both smooth and swift.

### Give your New Year's resolutions a name change.

Words generate feelings. Some cause us to feel happy, others sad, and some leave us in a neutral state. For those who have not succeeded in the past, the words "New Year's resolutions" may awaken negative feelings. Consider replacing the words "New Year's resolutions" with "future accomplishments," or any other label that leaves you feeling more positive.

### State your goals as positives.

When setting your goals state them as positives. If I ask you not to think of an apple, your mind will immediately think of an apple and all your associations with them. Rather than stating "I no longer want to be broke," say "I manage my

money well, and pay all my bills on time." Being in a positive mental and emotional state, you are far more likely to achieve your goals.

### Be specific.

Many people fail because their resolutions are too broad and not specific enough. If you want a taxi driver to drop you off at a specific destination you must be clear, otherwise you won't get there. The same goes for your goals. So long as you have a clear destination, you will eventually get there, even if there are detours and obstacles along the way.



(ThinkStock)

### Make your goals measurable and give them a deadline.

Your goals and the progress you make must be measurable, so you know whether or not you are getting closer to reaching them. Have a deadline, because goals without a deadline are only dreams.

### Be realistic, be flexible, and break down your big goals into smaller goals.

Is it realistic to expect yourself to go to the gym every single day in 2015 if you haven't exercised once in 2014? Perhaps commit to exercising three

times a week. If you miss a day, don't give up. Make up for it with an extra workout the next week.

If losing 100 pounds in 2015 feels overwhelming, focus on losing 2 pounds a week. You still end up with the same result, but the goal feels more manageable.

### Keep your goals in front of you daily.

Place your goals where you will be reminded of them daily. Place a sticky note on the dashboard of your car, or put up a vision board in your office. Read them after waking up and before you go to sleep. Falling asleep with the visuals and feelings of having achieved your goals programs your subconscious mind to accomplish them.

### Take action and have faith.

Setting "future accomplishments," and affirming them daily won't "attract" them magically into your life. The last six letters in the word attraction spell "action." To achieve them, you must map out a plan, and focus on one step at a time. When driving to L.A. from San Diego, you must first get to Carlsbad, then Irvine, and so on northward before reaching L.A. Take that very first step, and have faith that the next step will be revealed.

### Keep at it, even if you don't succeed at first.

There really is no failure. It may have taken you multiple attempts, but you achieved every past goal that was important to you, because you persevered. Those you did not attain either were not important enough to you, or were no longer important because your situation or desires changed.

When it appears you are experiencing failure, change and adjust some aspect of your approach. Everything will work out in the end. If it hasn't yet, then it's not the end.

### Be accountable.

Have an accountability partner, or use smartphone apps and computer programs to help you stay on track. We are less likely to let others down than ourselves. Share your goal only with people who are supportive of you.



(ThinkStock)

### Are you getting closer to your goal?

Always ask yourself whether what you are doing is getting you closer or further away from accomplishing your goal. Don't waste time, money, or energy on anything that is not getting you closer to your final destination.

Finally, be patient with yourself and be realistic. Start by implementing one of the above steps at a time, until you have reached your goals.

—Christian Wasinger, CHt, is a bestselling author, neuro-linguistic programming trainer and clinical hypnotherapist with an office in Mission Valley. To learn more about him, visit [www.theNLPexpert.com](http://www.theNLPexpert.com). ■

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► **Spirits**, from page 2

concentrating on the beer side, to get ready for the distilling.”

Indeed, Richey, president and owner of BNS, was juggling oversight of deliveries into the brewery by forklift with scheduled supply pick-ups and beer deliveries. He gestures toward the area of the building facing Woodside Avenue.

“That is where the tasting room is going to be located,” he said.

BNS has received approval to offer six-spirits taster sets to the public, saying, “BNS vodka, gin, whiskey and bourbon are on the way.”

Seasonal beers being poured at BNS during December include The Jackyl Pumpkin Pale Ale, Model 1859 Märzen, and the peppery pair of Los Banditos (Serrano-Cilantro Golden Ale) and Pistoleros (Habanero-Papaya IPA). BNS also has some barrel-

aged beers in the making. Expect Christmas specials as well. And BNS Gatling Gun Imperial Stout remains the brewery choice to leave out with cookies for Santa on Christmas Eve.

Ballast Point has the most distilled offerings and widest local availability, as would be expected of the brewing enterprise that made the first Southern California foray into liquors. For the second year in a row, Ballast Point won

the “California Distillery of the Year” award at the New York International Spirits Competition. Lead brewer Yuseff Cherney, who also heads the distilling side of the business, has described distilling as the next logical step for quality brewers. Ballast Point Spirits kicked off formally about five years ago. Old Grove Gin was their first liquor, followed in quick order by rum, whiskey and bourbon. And Ballast Point brings the craft style into distilling, opting for virgin charred American oak barrels for all their liquors, not just the bourbons. Cherney traveled to Kentucky for distillation conferences, which ultimately pushed the “spirited” endeavor of business expansion beyond beers.

Johnny Seiber, a home brew advisor for Ballast Point, recently spent time working at the distilling facilities.

“We offer the whole board of liquors,” Seiber said.



Liquors ready to be sampled at Santee's Twisted Manzanita Spirits tasting room, including SoCal Moonshine, Oaked Moonshine and Rebellious Rye Whiskey (Photo by B.J. Coleman)

and a liqueur named Opah, which has robust flavors of cinnamon and anise. Ballast Point also produces four flavored vodkas in the

“Taco Shop Series,” based around habanero peppers, horchata, hibiscus flowers and pineapple. Visitors to the distillery tasting room can also sample Ballast Point's bourbon and single-malt whiskey.

Seiber explains that, by law, the brewery and the

distillery must be separate business entities. Employees work for and are paid from one or the other.

Ballast Point has further expanded business lines with a

pair of cocktail mixers. The bloody mary mix is delicious and spicy. Seiber advises that the mixed cocktail is best with Old Grove Gin, instead of any vodka. The Mai Tai mix is similarly satisfyingly fruit-juiced, awaiting a splash of rum.

“We bring our love of craft brewing into how we make the spirits,” Seiber said. “We use brewing yeast and brewing malt that is the Cadillac of malts. In our rum, we use only certified organic cane sugar.”

Big holiday beer events for Ballast Point revolve around the third annual Victory at Sea Day on Dec. 21. Specialty versions of the brewery's tasty imperial porter are being poured throughout the month, leading up to the culmination on the Sunday before Christmas, when varia-

tions on Victory at Sea infused with peppermint, or flavored with rum, bourbon, chocolate cherry, peanut chocolate or orange fennel will be featured.

Twisted Manzanita Spirits is located at 10149 Prospect Ave. in Santee, next door to the companion brewery. For sampling spirits there, the tasting room is open on Fridays and Saturdays from 5 – 10 p.m. Six quarter-ounce shots go for \$5. Bottles of Twisted Manzanita's “softer side” spirits can be purchased from several retailers in East County. More information can be found at [twistedmanzanita.com](http://twistedmanzanita.com).

BNS Brewing & Distilling is at 10960 Wheatlands Ave., Suite 101. The holiday season tap list and updates on the distillery tasting room can be reviewed at [bnsbrewinganddistilling.com](http://bnsbrewinganddistilling.com).

Ballast Point's beer tasting room can be found at the brewery's San Diego River Valley location at 5401 Linda Vista Road. The location began as Home Brew Mart in 1992, and has been a Ballast Point Brewing outlet since 1996. Further to the north, Ballast Point's Scripps Ranch site holds its distillery, where the venture-some may sample liquors. Visit it at 10051 Old Grove Road, off I-15 at the Carroll Canyon exit. Guided tours, limited to 15 people per group, set off every two hours during afternoons at 1, 3, 5, and 7 p.m. (Sunday's last tour is at 5 p.m., with the facility closing at 7 p.m.) Details are at [ballastpoint.com](http://ballastpoint.com).

—Contact B.J. Coleman at [barshajo@aim.com](mailto:barshajo@aim.com).■

## For the second year in a row, Ballast Point won the “California Distillery of the Year” award at the New York International Spirits Competition.

The barrel-rested version of Ballast Point's gin, for example, delivers flavors of pine and cinnamon, he said. Other spirits offered include three rums, moonshine,

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(ThinkStock)

## The drought is not over — not even close

Doug  
Curlee  
Editor at Large

Water resource experts at the San Diego County Water Authority (SDCWA) cringe every time they hear someone speculate that the drought is over just because we've had a couple of decent rainstorms, although more are on the way at this writing.

"We need several more good storms here, and all over California, before we can even begin to think about an end to the drought" said Alexa Schnell, water resources specialist at the SDCWA. "Some of our local reservoirs are in good shape as far as capacity is concerned, but our water supply depends a lot on what happens in northern California, and especially in the high Sierra snowpack."

As it has since the construction of the state water project back in the 1950s, Southern California's water supply is heavily dependent on water coming to us from the north, through the Sacramento-San Joaquin Delta and down the canal system. Much of that water must come from the snows. The very poor snowpack over the past three years is the major reason the state is in a drought condition.

"We need rains and snows to be, at the least, 150 percent of normal this season to be able to say we're out of the drought. Right now, there is no way to know whether that's going to happen or not," said Schnell.

### The reservoirs

A look at our local reservoirs shows what a confusing picture our current situation is.

Reservoirs large and small vary widely, and wildly, in their percentage of water actually stored.

At the high end, the newly raised San Vicente Dam near Lakeside, our second largest reservoir, is at 93.1 percent of its capacity of 89,312 acre-feet of water.

(An acre-foot is roughly 326,000 gallons, enough to serve two families of four for a year.)

At the low end, Lake Morena can hold 50,674 acre feet, but it's at 3.1 percent of capacity — in other words, almost dry.

All the other reservoirs fall somewhere between those two, although El Capitan — which depends strictly on runoff, with no way to receive water from a pipeline like other reservoirs — is at only 28.7 percent of its capacity of 112,807 acre-feet.

It sounds as though there's a lot of water out there, but there isn't. If you really want to see water authority people turn pale and shaky, suggest out loud that there's no need for continued mandatory conservation measures currently in effect over the county.

They simply don't know what the future will bring. If more storms are in our future, so much the better. We have the reservoir capacity to handle it.

### Two possible problems ahead

A significant part of our future water supply is coming from

Imperial County, where the water authority has a deal with the Imperial Irrigation District to receive more than 200,000 acre-feet of water per year from Imperial in exchange for our fixing and lining their canals to stop the loss of water there.

That deal may be in some jeopardy, because Imperial is demanding the state of California do what it apparently agreed to do years ago and hasn't done — clean up the dangerous, polluted mess that is the Salton Sea.

If the state won't act, then Imperial may want to take the water that would have come to San Diego and use it instead to attack the environmental disaster the Salton Sea is becoming. More than one court fight may be looming there.

The other potential problem is what we've been talking about.

What if the storms stop? What if there is no El Nino, the weather phenomenon everyone has been counting on and praying for?

If that happens, and it very well might, we will be worse off than we are now. We would have to depend on Colorado River water, which might be in short supply, and on the Carlsbad Desalination plant when it comes on line at the end of 2015.

Conservation will then become not just voluntary. It'll be rigidly enforced.

No one wants to see that.

—Contact Doug Curlee at [doug@sdenn.com](mailto:doug@sdenn.com). ■

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# Del Cerro Action Council

Jay  
Wilson



Much to the delight of the students at Hearst Elementary and the hundreds of children who participate on youth sports teams that practice or play at Hearst, the grass sports fields are scheduled to be renovated this summer.

It has been over a decade since the grass fields were first constructed as part of a joint-use project that included funds from the city of San Diego through former Councilmember Jim Madaffer, the San Diego Unified School District, donations from parents that included a major donation from Tom Stall (a Hearst parent at the time), and the donation of countless hours by landscape architect David Reed. Since the initial construction, the fields have never been fully renovated.

Hearst parents recently contacted Councilmember Scott Sherman and he was able to allocate the necessary funds to thoroughly renovate the upper and lower fields. These will be the eighth and ninth fields renovated in the Navajo Area with funds from Sherman's office. Between January and August of last year, the Park and Recreation Department renovated The Peanut, Lower Lewis, and Skunk Hollow fields at the Allied Gardens Rec Center, the two fields at Princess Del Cerro, the large field at Lake Murray Community Park, and the large grass field at the San Carlos Rec Center. The Hearst fields are scheduled to be closed for a minimum of four weeks — after the Little League and Navajo Fast Pitch Girls Softball seasons, and before the Crusaders Soccer season.

A number of people have contacted me about the "For Sale" sign posted on the property just south of the Chevron station on College Avenue. It is my understanding a developer is talking with the city of San Diego's Planning and Development Services Departments about the feasibility of developing the property for single-family homes with ingress and egress from College Avenue. A decision by the developer is anticipated by the end of March. There are many hurdles confronting any developer for the property in question. There will be plenty of time for public input. If the developer decides to move forward, he will be invited to make a presentation to the Del Cerro Action Council.

The holiday season is upon us and it is time to be extra careful on several fronts; the city's Fire-Rescue Department urges everyone to follow safe practices when hanging decorative strings of lights outside and inside the home. Do not overload electrical circuits and make sure all electrical cords are safe to use; the Police Department is reminding everyone to use good judgment

when shopping and not to leave packages in your car in plain sight. Women should be especially alert regarding their purses. Don't give someone an opportunity to remove something from your purse when you are in a crowded store.

If you are interested in the Winter Solstice guided hikes at Mission Trails Regional Park, there will be three such hikes to the "solstice observatory" on Cowles Mountain beginning at 6 a.m. on Saturday, Sunday, and Monday, Dec. 20 – 22. Hikers should meet at the Cowles Mountain Staging Area at Navajo Road and Golfcrest Drive. Mission Trails Volunteer Trail Guides will lead the hikes on Dec. 20 and 22 and the San Diego Natural History Museum Canyoneers will lead the hike on Dec. 21. The solstice observatory area is about a mile up Cowles Mountain.

The next quarterly meeting of the Del Cerro Action Council will be held on Thursday, Jan. 22 at 7 p.m. at Temple Emanuel.

On behalf of the Del Cerro Action Council Board of Directors, we want to wish everyone safe and happy holidays! View our website at [delcerroactioncouncil.org](http://delcerroactioncouncil.org).

—Jay Wilson is president of the Del Cerro Action Council.■

# San Carlos Area Council News

Mickey  
Zeichick



Our next San Carlos Area Council (SCAC) meeting will be Wednesday, Jan. 7, 2015 at 6 p.m. in the San Carlos Branch Library, 7265 Jackson Drive. Our scheduled speaker is Mr. Kevin Beiser from the San Diego Unified School District Board of Education. He will discuss, among other things: Putting Kids First, the end of the year-round school system, and the idea of starting school at the end of August rather than after Labor Day.

The next NCPI meeting is scheduled for 7 p.m., Dec. 15, 2014, at the Zion Avenue Community Church in Allied Gardens. For a copy of the upcoming agenda or minutes of past meetings visit [navajoplanners.org](http://navajoplanners.org). These items are available three days before the upcoming meeting. I know of no pending San Carlos matters for the December meeting.

We held our Neighborhood Watch Workshop on Tuesday, Dec. 9, and while the turnout was low we had a good "work shop." As we all know, our San Diego Police Department, while they do a terrific job, cannot be everywhere. Because we live in our neighborhoods we need to have some responsibility of ensuring that they stay as safe and secure as possible, and that

we keep a helpful eye out for each other. And, we must not forget the positive role that the RSVP volunteers can play in helping us out by visiting folks who are sick and if you go on vacation, RSVP can check on your property periodically.

The rains are (finally) here

Councilmember Scott Sherman's office, as all of the City Council members, for trying to stay on top of fixing potholes and keeping our street surfaces smooth. Because of the wonderful rains, most likely we will experience new potholes.

To find out what is happening



and our drought is being helped somewhat. But, that does not mean that we should go back to old habits and not pay attention to the drought instructions provided last month by the city of San Diego, the San Diego County Water Authority, and the state of California. Water is still a precious commodity and we still don't have enough on hand to spend this commodity willy-nilly.

A big thank you to

in our San Carlos neighborhood go to [nextdoor.com](http://nextdoor.com). If you would like to discuss a matter please call me at 619-461-6032 or email [mrzeichick@gmail.com](mailto:mrzeichick@gmail.com).

Wishing you all a happy holiday season and may we enjoy contentment, peace, good health and living in this great city.

—Mickey Zeichick is the president of the San Carlos Area Council.■

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# Mission Trails Regional Park Foundation



Jay  
Wilson

The Mission Trails Regional Park's (MTRP) Visitor and Interpretive Center is drawing closer to its 20th anniversary in February. Over the past two decades, nearly 1.5 million visitors have entered this magnificent sprawling building and been amazed by all the educational exhibits and displays waiting to be explored. "This is one of the best visitor centers I have seen" or "this building rivals the best visitor centers in the national parks" are comments frequently heard as people tour the nearly 15,000 square feet that make up the Visitor and Interpretive Center.

On Wednesday, Dec. 17, Councilmembers Mark Kersey and Scott Sherman held a ribbon-cutting ceremony to officially open the 1,000-plus acres of the West Sycamore portion of MTRP. Located to the east of Stonebridge Parkway in Scripps Ranch, West Sycamore offers over six miles of new trails to be explored. Although it's separated from the main portion of MTRP, two Rangers have been assigned to this new addition.

Virtual tours of key museums and visitor centers are now featured through Google Maps, and the MTRP Visitor and Interpretive

Center has recently been added. Go to [google.com/maps](http://google.com/maps) and enter Mission Trails Visitor Center in the search window. Click on "Inside View" and you are ready to begin a step-by-step virtual tour of the entire building. A virtual tour of the Kumeyaay Lake Campground, which is open Friday and Saturday nights with its 46 campsites, has also been added.

Restoration of the 95 acres that burned on KwaayPaay began in November with the assistance of 11 members of an outstanding AmeriCorps crew. They worked tirelessly from Nov. 11 through Dec. 19. The crew camped out in tents at the Kumeyaay Lake Campground. Under the direction of Park Rangers, they accomplished many tasks from spreading rolls of jute over burned out areas on the top of KwaayPaay and rebuilding trails up its hillside to installing fences to ensure hikers do not wander off-trail. A second crew will arrive in January.

The MTRP Foundation will con-

tinue to sponsor free events and programs at the Visitor Center in 2015. The art exhibitions in the Visitor Center Gallery fea-

are scheduled each month on designated Sundays beginning at 3 p.m. in the Visitor Center Theater. The next concert will be held on Sunday, Dec. 21, with the return of Jeff Pekarek with Fred Benedetti performing "Panamerican Sea Shanties II." Renowned guitarist James Earp returns to perform on Jan. 4, and the Santee Community Chorus returns on Jan. 18. Go to our home page at [mtrp.org](http://mtrp.org) for a complete listing of the concerts and art exhibitions scheduled throughout 2015.

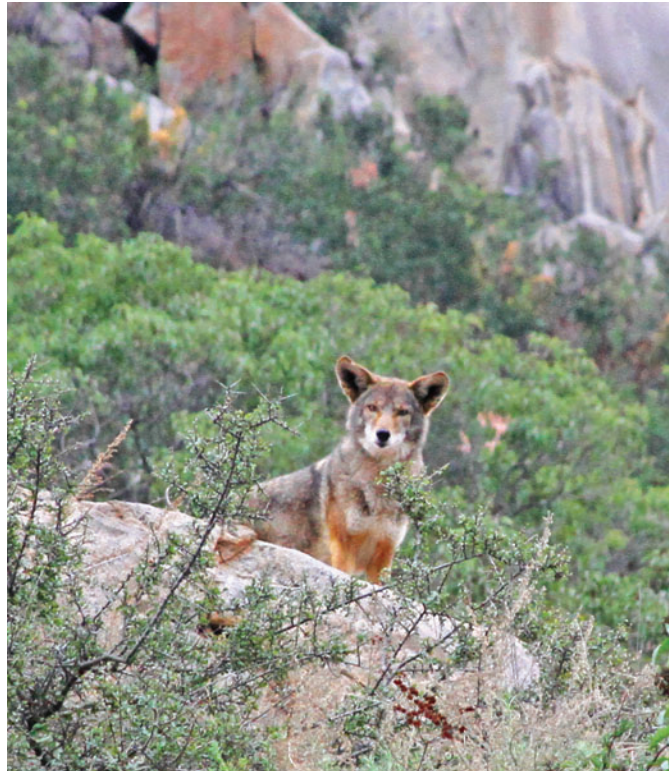
Linda Hawley's exciting "Nature Adventures!" classes for children 4 and up are offered each month on designated Tuesdays and Wednesdays. Her 90-minute program features a different topic each month. The next classes will be held on Jan. 20 and 21, when the topic will be "Kumeyaay Life Before 1789." Children attend one class a month and must be accompanied by an adult. Visit our home page under "More News" for additional information including

topics, dates, costs, and registration forms.

If poetry and nature interests your adventuresome spirit, the city of San Diego's Park and Recreation Department is offering a three-day, two-night poetry workshop with poet Jim Moreno on Feb. 13, 14 and 15. "The Valentine's Day Weekend" workshop will blend writing time for beginners to seasoned poets in four structured writing workshops. Star Gazing with the San Diego Astronomy Association, a Guided Nature Walk, and a Saturday Sunset Open Mic for campout poets and community at the Kumeyaay Lake amphitheater are blended with poetry events. The first workshop begins Friday evening with the San Diego Astronomy Association and culminates Sunday morning with a DreamCatcher craft workshop followed by participants writing poems about actualizing dreams. For more information, to go <http://jimpoet.com/id80.html>

There is still time to make a donation to the MTRP Foundation and receive a write-off for your 2014 taxes. Clicking the "Donate" button on the MTRP homepage at [mtrp.org](http://mtrp.org). Your support of the MTRP Foundation helps ensure that every day is an exciting adventure at Mission Trails Regional Park!

—Jay Wilson is executive director of the Mission Trails Regional Park Foundation. ■



A coyote imitates Mufasa from Lion King as he looks over Mission Gorge. (Photo by David Cooksy)

ture local award-winning artists; each exhibition is on display for four weeks. Currently, artwork created by students from nine high schools in the Grossmont Union High School District is on display through Jan. 2 in the Visitor Center Gallery.

An average of two concerts

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Audrey F. Baker



With the sparkling reflection of Cowles Mountain mirrored in its waters and a shoreline dotted with multiple bird species, Lake Murray is a serene and active habitat that showcases the variety of landscapes offered at Mission Trails Region Park.

Lording over this scenic gem is an extraordinary nester, the osprey. The envy of anglers, for its feet-first fishing technique, and naturalists, for its status as North America's only exclusively fish-eating raptor — the osprey's story is a tale of regeneration and renewal, benefiting from public awareness of environmental threats. Whether you visit the park under sunlight or sunset, we invite you to experience that same sense rebirth with your own excursion into nature.

Our MTRP Trail Guide walks are an opportunity to learn more about natural Southern California, with its unique landscapes, habitats, local history, plant and animal life. The walks are free, interesting, fact-filled, and geared to all ages and interests. Grab sturdy shoes, that comfortable hat, water bottle and sunscreen and hit the trail!

\*\*\*\*



The osprey, North America's only exclusively fish-eating raptor (Photos courtesy of Wendy Esterly and David Cooksy)



Morning walks are offered every Saturday, Sunday and Wednesday from 9:30 to 11 a.m. You'll start from the park's Visitor and Interpretive Center, One Father Junipero Serra Trail, San Carlos. The

walk beginning from the Kumeyaay Lake Campground Entry Station, Two Father Junipero Serra Trail, at the San Carlos-Santee border, gives a different perspective of the park and its diverse habitats. These walks are offered from 8:30 to 10 a.m. on the second and fourth Saturdays of the month, and take in historic Old Mission Dam. We meet by the flag poles.

\*\*\*\*

Wildlife Tracking reveals the secret life of animals and brings insight into their survival techniques and habits. Tracking Team members assist in identifying and interpreting tracks, scat and habitats. Join us at 8:30 a.m., Saturday, Jan. 3 in front of the Visitor Center for a two-hour tracking adventure.

\*\*\*\*

Reading with the Ranger combines a captivating nature story with an embellishing activity and arts-and-crafts project based on the story

theme. Ranger Heidi invites 5 – 7 year-olds to join her on Saturday, Jan. 3, 10 – 11 a.m. and 8 – 10 year-olds to attend on Saturday, the 17th, 10 – 11 a.m. Reserve your spot at 619-668-3279 to meet Ranger Heidi in the Visitor Center Library.

\*\*\*\*

Discovery Table: Critter Camouflage is hands-on science presented by MTRP Trail Guides. You'll explore the many forms of camouflage and the surprising variety of critters that depend upon it to enhance their lifestyles and thrive in nature. See you Saturday, Jan. 10 between 10 a.m. – 1 p.m. inside the Visitor Center.

\*\*\*\*

Bird Spring Canyon and Grasslands with expert MTRP birders Jeanne Raimond and Millie Basden for avian adventure amid sweeping grasslands and chiseled Spring Canyon to identifying birds that thrive within each habitat. Bring binoculars and bird book if you've got 'em. See you Saturday, Jan. 17, 8 – 10 a.m. at East Fortuna Staging area lot off Hwy. 52 and Mast Blvd., Santee.

\*\*\*\*

La Mesa Walk 'n Talk enjoins ambling along scenic shores with your MTRP Trail Guide with chatting up topics in nature. Lake Murray is a magnet for

See MTRP page 12 —————>

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► MTRP, from page 11

multiple animal and plant species, and is rich with engaging land and seascapes. Join us 9 – 10:30 a.m. on Tuesday, Jan. 20 at the boat docks, Lake Murray, 5540 Kiowa Drive, La Mesa.

\*\*\*\*

**Star Party Marvels** is your invitation for solar exploration with MTRP Resident Star Gazer George Varga. George tells us under a near-first quarter and waxy moon, he'll scan the skies for Pleiades (Seven Sisters), Double Cluster in Perseus, Andromeda galaxy (M31) and her companion (M32), and the Orion Nebula. We observe from 5 – 8 p.m. on Saturday, Jan. 24. (Rain/cloud cover cancel.) Meet us at the far end of the Kumeyaay Campground Day Use Parking Lot.

\*\*\*\*

**Family Discovery Walk**, our essential “family time” experience, connects your little ones to nature. This interactive outing for parents and their children focuses on childhood enrichment and fun along the trail! Meet inside the Visitor Center on Sunday, Jan. 25, 3 – 4:30 p.m.

\*\*\*\*

**Birding Basics**, the 90-minute class conducted by Mission Trails Bird Guide Winona Sollock, teaches five simple techniques to identify birds “at a glance!” You'll also pick up tips on bird field guide use (bringing one is optional). Class meets on Saturday, Jan. 31 from 1 – 2:30 p.m. inside the Visitor Center.

Meanwhile, come on out and enjoy the park!

Visit [mtrp.org](http://mtrp.org) for more information and our events calendar, or call 619-668-3281. Special walks can be arranged for any club, group, business or school by contacting Ranger Chris Axtmann at 619-668-2746 or at [caxtmann@mtrp.org](mailto:caxtmann@mtrp.org).

—Audrey F. Baker is a trail guide at Mission Trails Regional Park.■



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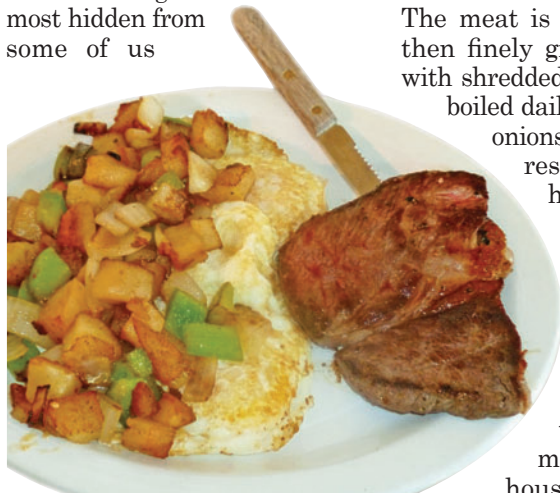



# Green with history

Frank Sabatini Jr.



In terms of age, Tobey's 19th Hole Restaurant is basically on par with The Waterfront Bar & Grill, having opened only a year later in 1934 a few miles away within the Balboa Park Municipal Golf Course, which was formerly known as The Rock Pile. Aside from being one of San Diego's oldest kitchens, it has also ranked among the most hidden from some of us



Steak and eggs (Photo by Frank Sabatini Jr.)

who don't know the difference between a putter and a 9-iron.

"Until around the year 2000, about 75 percent of our customers were golfers. Now it's the other way around," says Steve Tobey, adding that his late grandparents, Chester and Lois, grossed \$9,000 from meal sales in their first year of operation.

Tobey's father, Earl, took over the restaurant in 1969. He had previously cooked for a general in the South Pacific during World War II while serving as a staff sergeant.

"He was a good cook. Everyone used to come in for his short ribs, lamb shank and the Monday specials of meatloaf and roast beef, which still remain."

Tobey jumped into the business at an early age to assist his father, who passed away in 2010. As chief proprietor, he recently began grooming his son, Chris, to eventually take over the restaurant, which is leased from the City of San Diego.

Tobey's marketing efforts over the past several years have prompted an increased number of non-golfers and retro-foodie types to take the winding ride down Golf Course Drive for meal service that runs from 6 a.m. to sunset — and 365 days a year.

"We only missed one day ever because of the 2003 Cedar Fires," he added.

Visitors are greeted first by a central lobby filled with old photographs capturing how the land looked more than 60 years ago. There are enough of them to warrant a museum exhibit, so do a little browsing.

Inside the restaurant is a lunch counter seemingly frozen in time. To the right of it is the main dining room and balcony, which face out to sweeping green

lawns and the San Diego skyline. The big-window views duly compensate for the stark (and refreshing) absence of modern design elements.

Breakfast is served all day, and lunch runs from 11 a.m. until closing. Since a friend and I arrived in the hang, we ordered a little of each.

Tobey's is one of the few restaurants in San Diego that makes traditional corned beef hash from scratch. The meat is roasted in-house, then finely ground and mixed with shredded potatoes that are boiled daily. Plenty of wilted onions are also tossed in, resulting in a fluffy hole-in-one hash sporting appealing, crusty edges.

Top sirloin is used for the steak and eggs. The cutlet was trimmed of fat, yet tender and well-marbled. We chose house-made potatoes O'Brien for the dish, which tasted crazy-good when dribbling them with the spicy green salsa created by one of Tobey's cooks. So zesty and complex, we actually doused nearly everything else with it: our eggs, a serving of hearty meat-and-bean chili and an accompanying cheese roll.

The chicken fried steak, however, stood fine on its own. Served with green and yellow beans as well as real mashed potatoes, the obligatory white gravy on top is commendable. It



Chicken fried steak (Photo by Frank Sabatini Jr.)

## Tobey's 19th Hole Restaurant

2600 Golf Course Drive (Balboa Park)

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Prices: All breakfast and lunch items are under \$10, with the exception of top sirloin steak priced at \$10.50

escapes the vapid, pasty ilk common in other places, thanks to proper seasoning and chunks of sage-y breakfast sausage strewn throughout.

Tobey's is a green-enveloped shrine to food that is nostalgic and unpretentious. It has withstood the test of time while cranking out such other dishes as Denver omelets, grilled ham steaks, biscuits and gravy, liver and onions and cod filets.

Beer, wine and low-alcohol cocktails are also in the offering, qualifying it as a true "19th hole" destination for those avid golfers who have long advanced off the putting green.

—Frank Sabatini Jr. is the author of "Secret San Diego" (ECW Press), and began his local writing career more than two decades ago as a staffer for the former San Diego Tribune. You can reach him at fsabatini@san.rr.com.■

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# Patrick Henry girls' tennis clinches the Eastern League Doubles Title



Karen Ronney

Patrick Henry High's Julia Ronney and Hailey Broderick took the Eastern League tennis world by storm when they opted to become a doubles team at the end of the girls' season. Ronney dominated as the Lady Patriots No. 1 singles player, and Broderick was a strong doubles specialist with previous partners. At the last minute, the sophomores joined forces and won the Eastern League Doubles Championship without dropping a set.

"I never thought I'd be the doubles champion," Broderick said. "I wanted to play with Julia because we are good friends off the court and we thought it would be really fun."

The Lady Patriots earned All-Eastern League honors for their tournament victory. They qualified for the CIF San Diego Section Individual Doubles Championships and were the 19th seeds in the 80-team draw. The pair reached the "Sweet 16" of the strong doubles draw, eliminating seeded teams along the way from Canyon Crest Academy, as well as pairs from Fallbrook and Vista.

As a team, Patrick Henry qualified for the San Diego CIF Division I Championships. They were one of the top 16 squads in the county in that category but fell 16-2 to eventual Division I CIF champion Canyon Crest Academy.

Lady Patriots were also led by



Varsity captains of Patrick Henry High's girls tennis team (Courtesy Karen Ronney)



(l to r) Patrick Henry High's Julia Ronney and Hailey Broderick win the Eastern League Doubles Championship (Courtesy Karen Ronney)

outstanding league singles quarterfinalists senior Jessica Sweis and freshman Nicole Wakeland, as well as the doubles team of

junior Stasia Khinich and freshman Jade Loucks. Contributing to Patrick Henry's strength was the doubles team of senior Courtney Gilbert and sophomore Kate Kiley, as well as the twin sister power pack of Ali and Paulina Nguyen. Other outstanding Patriots were junior Alex Loucks, senior Alex Kelly and sophomore Michelle Nguyen.

Much of the team's spirit and enthusiasm, however, was due to the triple crown of leadership in senior co-captains Courtney Gilbert, Kelly and Sweis. They led the Lady Patriot troops with honor, responsibility and a love of the game that was contagious

to all. The trio was instrumental in creating a festive but hard-working environment that made the season a huge success on and off the court.

"I loved being a captain because I was able to help my teammates and support them," Sweis said. "We all became better friends and personally this responsibility made gave me more confidence."

The Patrick Henry Junior Varsity team (4-4) was led by Coach Cheryl Gilbert, who is in her fourth season with the Patriots. JV standouts were co-captains Dena Sweis, Quayn Uong, Lauren Haneke-Hopps and Jenny Brown. Adding strength to

the lineup were Alyssa Arnold, Sarah and Rachel Barron, Devynn Glanz, Sierra Gilmore, Erica Tolley, Noelle Stewart, Rachel Smeltzer, Samantha Cerasaro, Sarah Ahles, Danielle Sullivan, Stephanie Roche, Tyra Roberts and Whitney Monroe.

"It felt good to be a leader because I was able to help my teammates in practice and matches," said JV co-captain Dena Sweis. "I liked being supportive and making a difference."

The Lady Patriot Novice team was led by Coach Karen Brown, who did a masterful job of introducing the game of tennis to freshman athletes. The Lady Patriots showed promise and made great strides. They were Ariana Cibrian, Athena Gasmino, Emily and Ingrid Dihn, Jenna Thai, Maivi Luu, Marika Losasso, Phong Diep, Sona Radhakrishnan and Victoria Crisologo.

Special thanks go to team managers and the Patrick Henry administration for their support this season. Lake Murray Tennis Club also offered community help by giving the Lady Patriots a home when the school's courts were under construction.

As a personal note, it literally takes a village to support a successful program like ours. We carried about 50 girls in the program and, this tennis journey truly brought joy to me and hundreds in the Navajo community. We are very grateful to all.

—Karen Ronney is the Patrick Henry High Girl's Tennis head coach.■

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Davin Widgerow, pictured at the Grand Canyon, will speak at the La Mesa Democrats' Jan. 7 meeting. (Courtesy Davin Widgerow)

# La Mesa Dems welcome Sierra Club executive

## December holiday fest leaves lasting impression

Linda Armacost



La Mesa Foothills Democratic Club, representing members from San Carlos, Del Cerro, Allied Gardens, La Mesa, College area, Mt. Helix, and other surrounding communities, will have Davin Widgerow, environmental lawyer and activist, keynote its Jan. 7 meeting.

Though not a longtime San Diego resident, Davin nonetheless represents the new wave of nature lovers and conservationists, who expertly blend policy and politics, volunteerism with occupational advocacy. Not long after moving to San Diego to work with a local environmental law firm, Davin joined the local chapter of the Sierra Club. He was soon appointed to join the new Executive Steering Committee and was recently elected Chair of the Club's Political Committee.

Though a native South African, Davin has fallen in love with U.S. National Parks and Forests. Between his undergraduate years at Berkeley, and law school at the University of Wisconsin in Madison, and subsequent years in Southern California, he's traversed the country's most scenic and breathtaking monuments and landmarks. In San Diego, he has explored many of our county's hiking trails using Jerry Schad's hiking bible, "Afoot and Afield San Diego County." He will address his commitment to establishing dynamic networks of activists and elected officials to realize our shared visions for a beautiful, sustainable county. Davin has been inspired by the works of John Muir, Edward Abbey, Theodore Roosevelt, and David Brower, and is passionate about devoting his talents, energies and law career to protecting the Earth.

Also attending our January meeting will be newly elected La Mesa City Councilmember Guy McWhirter. A long time city resident and businessman, Guy will address the club about his personal

goals and reflections and is eager to hear our input into the direction the City should be taking. If you are a La Mesa resident, this is your chance to direct some personal recommendations to the newly sworn-in Councilman McWhirter.

We were fortunate at our December meeting to hear the eloquent and learned Professor Marjorie Cohn and her in-depth review of her latest book about the use of unmanned aircraft (drones) in targeted killings and intelligence gathering. Many of us walked away with a new outlook on our country's growing reliance on such clandestine weapons in war and peacetime.

We also had the pleasure of hearing the wonderful flamenco guitarist, Anthony Garcia play during our holiday feast and he was spectacular as expected. Everyone should have the experience of listening to Anthony's wonderful musical talents.

Over 100 of our members partook in the robust holiday potluck at La Mesa Community Center, with more than enough roast turkey and ham, and all the trimmings, for an army. Many thanks to all the great board members and club members that helped out and/or brought food to share — and to VP of Membership Jane Inglesse for her spectacular decorations and centerpieces that a few lucky members got to take home.

What made the evening even more special were the boxes and boxes of food and nonperishables that were donated by our membership to our Holiday Giving Partner, the St. Vincent De Paul Society Food Bank at Santa Sophia Catholic Church in Casa de Oro. What a great outpouring of generosity to those less fortunate, especially at this time of the year. Hunger takes no holiday. Please visit LaMesaFoothillsDemocraticClub.com or our Facebook page for more information about future and past events.

—Linda Armacost is president of the La Mesa Foothills Democratic Club.■

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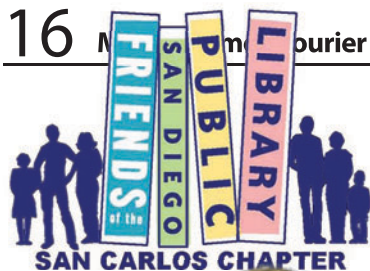
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Sue Hotz



Honoring the past — building for the future

What a wonderful year this has been! Nov. 19 marked the final SCFOL celebration of the San Carlos Branch Library's 40th Anniversary year. At the SCFOL Annual Membership Meeting, Jack and Carolyn Winer's sons, Gene, Rocky and Michael unveiled the new signage for "The Winer Family Community Room and Art Gallery," and assisted past SCFOL President Judy McCarty and President Judy Williams in unveiling the SCFOL Honor Wall. The room looks great. The library's east entrance is also getting a makeover. The gates are gone, and the long awaited ADA restroom upgrades will soon be completed. New bookshelves, carts, tables and chairs abound. Stop by and check it out.

**Youth programs:** Friday, Dec. 19 at 3 p.m.: "Writing for Literacy Essay Contest" essays are due. Tuesdays at 4 p.m., yoga; Wednesdays at 2 p.m., school-age storytime; Fridays at 10 p.m., preschool storytime; second Saturday at 10:30 a.m., Spanish storytime. Certified help with homework Monday through Friday starts at 3:30 p.m. and Saturdays from 11 a.m. – 2 p.m.

**Adult programs:** Mondays at 9:30 a.m. starting Jan. 5, 2015, Tai Chi Chuan with local instructor Sifu Mario Mayorga.

**Art:** Jan. 6 – Feb. 5: Safari Art Circle with Hazel Ross is on exhibit. Artist demonstration and reception is Jan. 17 at noon.

**Oasis:** Jan. 16 at 1 p.m. is "Tut: The Boy Pharaoh."

**Author:** Jan. 23 at 2 p.m.: Layla Fiske, author of "The Fig Orchard."

Go to [sancarlosfriendsofthelibrary.org](http://sancarlosfriendsofthelibrary.org) for program updates.

**SCFOL PREZ Judy Williams SEZ:** As this 40th anniversary year ends, I send a heartfelt "thank you" to all who have supported SCFOL and our



(l to r) Rocky Winer, Judy McCarty, Riley Webb, Judy Williams, Gene Winer and Michael Winer at the dedication and unveiling of the community room's new Honor Wall and plaques at the Nov. 19, SCFOL Annual General Membership meeting (Courtesy Sue Hotz)

branch library throughout its history. This year, we "honored our past" with a spectacular 40th Anniversary GALA; the creation of a 40-year historical timeline spreadsheet, historical picture boards and an oral history video with stories of our beginnings as told by those who were there; by celebrating a landmark monthly used book sale; by honoring the Winer Family; by creating the SCFOL Honor Wall which recognizes our Life Members and past Presidents — they represent all members and volunteers who have given us their time, talent and financial support. We also "Built for the Future," by

supporting members of our community. We recognized the 234 San Carlos fourth, eighth, and 10th graders who entered and then honored the winners of the citywide "Writing For Literacy, Library Essay Contest," created by Jack Winer 19 years ago.

In August, we sponsored the "FREE Family Fun Fair" with a local authors fair, games, face painting, crafts and cotton candy for all ages. We underwrote the Craft Fair, and programs including OASIS, art, music, speakers, yoga, meditation, exercise classes, summer reading programs, and a variety of youth activities such as contests, Kids and Nature,

Steam 2 Academy, exercise and craft classes. By sprucing up the library's physical appearance, we hope to have inspired you to visit the library more often and join us in these many activities.

As this celebratory year comes to a close, it is now time for us to continue in earnest to "Build for the Future." The San Carlos Branch Library needs more space to provide and improve its services to our community. Due to Jack Winer's tireless efforts, the city has access to the Jackson and Golfcrest corner lot, and designs

See **FRIENDS** page 21 —————→

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# Choose the right pet toy

Sari Reis



More than half of American pet owners will buy Christmas gifts for their pets this year and will spend an average of \$46, according to a recent poll conducted by AP-Petside.com. Gifts will include treats, clothing, bedding, leashes and toys. If you're one of the 50 percent buying gifts, here's some helpful advice on toys to make Fluffy and Fido happy and to keep them safe.

If you're on a budget, a large paper bag with the handles cut

can snooze in the sunshine and observe the outdoors.

Unlike cats, most dogs generally need and want human interaction to make their toys fun and engaging. Always remember to keep the size and the durability of the dog's toy appropriate for the breed, age and health of your dog. Puppies do best with small, soft toys and easy chews for teething. Larger dogs, especially if they are young and strong with a firm bite, need large, more durable toys that can withstand a lot of abuse. Good toys for active dogs include Frisbees, balls that can be used for fetch, tug-of-war rope toys, and toys that are made with a tough rubber. Most dogs

love squeaky toys.

If your dog is destructive and will try to remove the squeaker, it is best to monitor him when he plays with the toy. If he tries to remove the stuffing in his toys, purchase one without stuffing. If

**If you have a few dollars to spend, tunnels, scratching posts and catnip toys are fun and can keep kitties amused for quite a while.**

the sound of the squeaker drives you crazy, they do have ones that can be turned off so only the dog can hear it. Toys that you can hide treats in are always a winner with dogs and some are very challenging, providing learning as well as fun. A couple more tips for both dog and cat toys: check the toys often for wear and tear and change them out about once a week. It will make them last longer and the pet thinks it's a new toy each time you bring it out. Happy Shopping!

the sound of the squeaker drives you crazy, they do have ones that can be turned off so only the dog can hear it. Toys that you can hide treats in are always a winner with dogs and some are very challenging, providing learning as well as fun.

A couple more tips for both dog and cat toys: check the toys often for wear and tear and change them out about once a week. It will make them last longer and the pet thinks it's a new toy each time you bring it out.

Happy Shopping!

—Sari Reis is a Certified Humane Education Specialist and the owner of Mission Valley Pet Sitting Services. For more information you can reach her at 760-644-0289 or [www.mission-valleypetsitting.com](http://www.mission-valleypetsitting.com). ■



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Mission Valley- According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the 11 most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether. In most cases, you can make

a reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help home sellers deal with this issue before their homes are listed, a free report entitled "11 things you need to know to pass your home inspection" has been compiled which explains the issues involved.

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### ► Audubon, from page 1

ever needs to be done," she said. "There's always a need for the front desk help in answering the phone, opening the door to people. People call in to ask where to see birds or to report where they've found an unusual bird.

"People also call about habitat cleanup. The Audubon Society is not just a bird organization. There's about understanding and getting involved with protecting and conserving habitats," she said.

Long-time member Mel Hinton nodded in agreement. He pointed out to the moonlit parkland behind the visitors' center.

"Without healthy habitat, we don't have birds or other animals. I'm glad that the rain we've had recently has helped green it up out there. I can hardly wait to go hiking out in the park again," Hinton said.

Along with the other partygoers, Schwartz, Heinz and Hinton admired the rehabbed birds of prey that folks from the Raptor Institute had brought in. A Harris's Hawk, impressive with its sharp talons and beak, took everyone's breath away when he flew within the visitors' center, swooping low just over people's heads. The bird landed on the trainer's arm for his treat of food.

Then it was time for Chris Redfern to give recognition and honor to some of their special volunteers.

"First of all, I want to thank all the volunteers. We need all of you. You are all the foundation of the Audubon Society," Redfern



Executive Director Chris Redfern, at far left, looks on as Conservation Director Rebecca Schwartz (right) gives 17-year-old Emma Hobschard the Fledgling Conservation Award for her internship work at SDAS. (Photo by Cynthia Robertson)

said. "We find all of you inspiring. You make us better as an organization."

The first volunteer to be honored was Bill Whiteside. Schwartz handed him the Conservation Service Award for his work with habitat conservation for Least Terns.

For the Volunteer of the Year, everyone was pleased when Redfern and Schwartz presented Heinz with the award.

"She's done fundraising, taken over the sales at the Bird Festival and a whole lot more. She does it all," Redfern said.

"Including vacuuming the office," Heinz said, smiling, holding her award high.

For the Lifetime Achievement Award, Wayne Harmon was the winner. Hinton is a past president, past vice president and continues to serve on the board.

"Remember the Cedar Fire in 2003? Silverwood Wildlife Sanctuary was wiped out. Wayne was at the helm helping to get us back on track with the sanctuary and establishing relationships with valuable donors," Redfern said.

Redfern announced the final winner of a volunteer award for the evening.

"For the Fledgling Conservation Award, we are proud to present this to Emma Hobschard, who started last year when she was 16 years old as an intern," he said.

Hobschard beamed upon receiving the award from



A Harris's Hawk, rehabbed by Raptors Institute, enthralled revelers at the San Diego Audubon Society holiday celebration. (Photo by Cynthia Robertson)

Schwartz, who hugged her.

"Among the many great things she has done this year, she read all of the letters to and from the organization, summarizing them all and helping us to understand people's opinions. That is invaluable," Schwartz said.

Hobschard said that she knew she wanted to be an environmentalist and saw that volunteering with SDAS was a good way to get training.

After the volunteer honor ceremony, it was time for Mike Matherly's bird identification game. He said a few statements to clue people into what the bird was, then played a short audio clip of each bird's song.

Nearly everyone shouted out "Mockingbird" as soon as Matherly played a few notes by a bird in San Diego County that sings loudly at night.

Matherly then talked about a bird in San Diego County whose call is often edited into Western movies. As soon as that clip was played, Ronnie Kleinhenn, the bookkeeper for SDAS, surprised herself when she gave the right answer: "Red-Tailed Hawk."

The evening then drew to a close as the Audubon Society finished celebrating its accomplishments, and the many volunteers that made it possible. For more information about volunteering and membership in the San Diego Audubon Society, go to [sandiegoaudubon.org](http://sandiegoaudubon.org).

—Contact Cynthia Robertson at [c1g2robertson@gmail.com](mailto:c1g2robertson@gmail.com). ■

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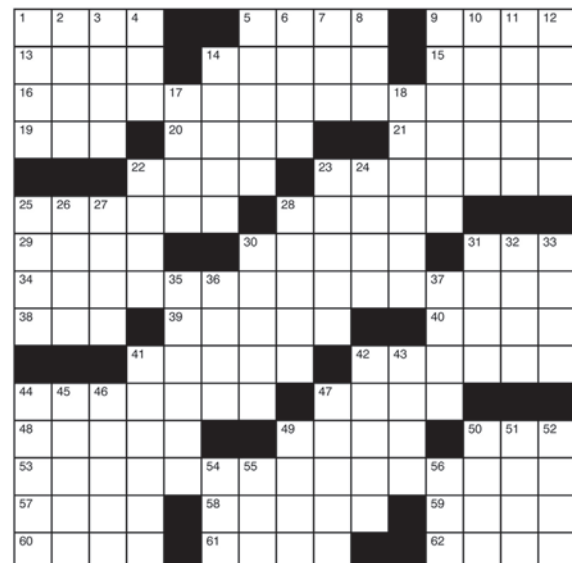


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# PUZZLES

ANSWERS ON  
PAGE 22

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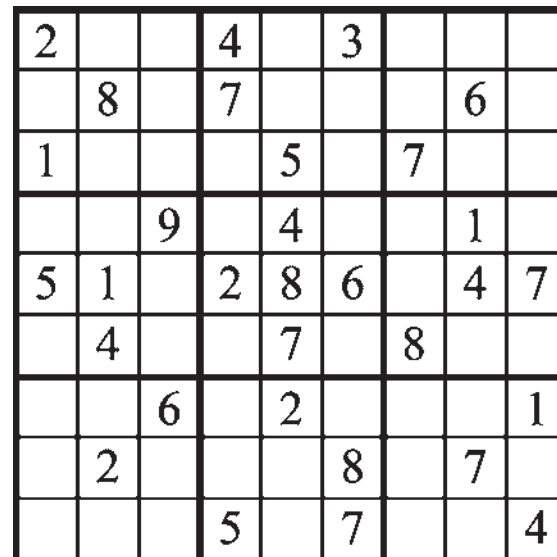
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- 9 Mother or son leader
- 13 Airline
- 14 Scrap
- 15 Perry's creator
- 16 Manager's philosophy
- 19 Turf
- 20 Picket
- 21 Racketman Rod
- 22 Reverse knit
- 23 Boring tools
- 25 Most recent
- 28 An Osmond
- 29 Pierre's friend
- 30 Leveret's coat
- 31 Half a drum?
- 34 "... humble, there's
- 38 Crooked letter
- 39 Delivered
- 40 ISU site
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- 42 Provides provender
- 44 Igneous rocks
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- 49 Algerian port

### DOWN

- 50 Sault \_\_\_ Marie
- 53 Circus billing
- 57 Leander's love
- 58 Kefauver, of note
- 59 Animal shelter
- 60 Seabirds
- 61 Trotsky or Uris
- 62 Portal
- 27 Tout's output
- 28 Blokes
- 30 Denim garments
- 31 Volume
- 32 Hebrew measure
- 33 McGee's closet, e.g.
- 35 Building stone
- 36 Tumbrel
- 37 Headwear
- 41 Shiploads
- 42 Elegance
- 43 Family member
- 44 Scrub in the tub
- 45 Son of Jacob
- 46 Opposite of stern
- 47 Clean feathers
- 49 Bismarck
- 50 Go away!
- 51 Oz canine
- 52 Pitcher
- 54 Lamprey
- 55 Enzyme suffix
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## SUDOKU

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process elimination to solve the puzzle.



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**Thank goodness for Goodman®.**► **Recycle**, from page 3

cartridges that would have ended up in the trash.

So Batchelor added a wholesale and retail sales side to EnviroGreen. Those sales now make up around 40 percent of her revenue stream. Her goal is to eventually reach 60 percent.

Dario Farisato, who works to refurbish used items at EnviroGreen, said his pay is only part of what makes his job worthwhile.

"Our mission is to make sure this stuff doesn't end up in a ditch off the side of a freeway, or in a dump somewhere," Farisato said. "That makes me feel good."

Farisato spends much of his time operating a machine that strips wire out of discarded cables. The machine is affectionately known as Bubbles the Stripper.

"They gave it that name to make fun of me, so they can say, 'Well, at least you get to spend all day with the stripper,'" Farisato said with a laugh.

Unlike many other e-waste handlers that have strict rules about which items they will collect, EnviroGreen will take anything as long as it is not considered hazardous, Batchelor said.

That policy has yielded some weird and interesting items, including an ancient Remington typewriter, a dialysis machine, an early Macintosh laptop, microscopes, centrifuges, and even a

cast-iron stove that "weighed a thousand pounds," Batchelor said.

All of the e-waste EnviroGreen collects is sold to companies that recycle in the U.S.

"None of it goes to third-world countries," Batchelor said.

Before getting into the recycling business, Batchelor had a career as an insurance agent that was cut short when she was convicted in 2009 of two counts of grand theft for stealing customers' insurance premiums. She entered a guilty plea and was sent to prison and ordered to pay more than \$24,000 in restitution to four victims.

After completing her sentence, Batchelor came out not knowing what to do next. She went through a program with Second Chance, a local nonprofit that provides workforce training for "difficult-to-serve" populations. The program gave her the confidence to put her mistakes behind her and move forward with her life, she said.

"You have to decide if it's going to define you. And that's not what defines me," Batchelor said.

For more information on EnviroGreen Recycling Services, visit their warehouse at 6344 Riverdale St., call 619-501-7885 or go to egers.org.

—Contact Jeremy Ogul at [jeremy@sdcmn.ocm](mailto:jeremy@sdcmn.ocm).■



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**Overscheduled? Holiday stress?**

With parties, shopping and more, the most wonderful time of the year can very quickly become the most stressful. Take some time for yourself — it's an essential element to keeping the "inner Grinch" away.

**Follow these easy steps:****Do you feel overwhelmed and tense?**

Much of our stress is carried in our muscles. Exercise is a healthy way to work out the frustration. Take a high intensity interval training class or a Pilates class that will challenge your mind and body.

**Do you worry about catching a cold or flu?**

Germs are ever present with holiday visiting and shopping in crowded malls. Lower your chances of getting sick with regular exercise. Findings show that exercise helps your immune system fight simple infections. Prevention is key.

**Do you get the holiday blues?**

Often the holiday season can be a difficult time tinged with sadness, self-evaluation and reflection. Exercising regularly is an excellent way to boost your mood and get in shape. Regular exercise helps your body release endorphins, which trigger a positive feeling and create an energizing outlook on life.

**Treat yourself ...** a massage is a perfect way to honor and center yourself during the holiday season.

Above all, remember that the holidays are for celebrating and spending quality time with friends and loved ones.

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**MOVE**





(l to r) The three sons of Jack and Carolyn Winer: Rocky, Michael and Gene (Courtesy Sue Hotz)

### Friends, from page 16

for a new branch library complex are being prepared. To move forward, we need the community's financial support and cornerstone donors. Join or renew your SCFOL membership; numbers count! I look forward to seeing you at the library and monthly used book sales.

New library hours: Monday,

Thursday, Friday: 9:30 a.m. - 6 p.m.; Tuesday, Wednesday: 11:30 a.m. - 8 p.m.; Saturday: 9:30 a.m. - 3 p.m. Dec. 24: 9:30 a.m. - 6 p.m.; CLOSED: Dec. 25 - Jan. 1. There will be a used book sale on Saturday, Jan. 3.

—Sue Hotz is a SCFOL board member in charge of publicity.■



## John Coleman to address Navajo Canyon Republican Women

Judy McCarty



NCRWF members are eager to start off the new year and are pleased to have John Coleman, meteorologist and co-founder of The Weather Channel, seen on Fox News and formerly on KUSI, as their featured speaker at their Jan. 13, 2015, meeting at The Brigantine Restaurant in La Mesa. Check-in time begins at 10:30 a.m. for the 11 a.m. meeting; lunch is served at noon with Mr. Coleman following at 12:30 p.m. Cost is \$20 and reservations are required. RSVP (with luncheon on the subject line) to NCRWF99@gmail.com or call Glenda at 619-284-9958.

Downtown Republican Women, our satellite club, will welcome our newly elected 6th District San Diego Councilmember Chris Cate and our longtime friend, 7th District Councilmember Scott Sherman to share their thoughts on the direction of the new City Council. The Jan. 15, 2015, meeting is at 5:50 p.m. at The Athens Market, located on the corner of First and F streets Downtown. Cost is \$15 for the amazing buffet

and no-host bar. Downtown Republican Women meet on the third Thursday of every other month in a relaxed, after-work setting, and all Republicans are welcome. RSVP to dmcrsd@gmail.com.

For more information, visit [navajocanyonrnf.org](http://navajocanyonrnf.org).

—Judy McCarty is the publicity chairman of the Navajo Canyon Republican Women Federated.■

### Kettles, from page 1

big crab pot on the docks where visiting seamen could make donations to support the poor. He placed such a pot at the foot of Market Street, and donations were such that he was able to provide Christmas dinner for over 1,000 of the needy in San Francisco.

From that simple beginning, the kettles have spread nationwide and worldwide. By 1901, the kettles in New York City provided enough money for a massive sit-down dinner in Madison Square Garden. Currently, about 4.5 million poor people receive Thanksgiving and Christmas dinners each year as a result of the kettle donations.

The bell ringers are a mixture of volunteers and persons who are out of work and destitute.

"For those out of work, it provides a minimum wage job, giving them the dignity of having a job," said Major Lee Lescano, a Del Cerro resident who heads the Sierra del Mar Division, which includes San Diego, Riverside, San Bernardino and Imperial counties. "Both volunteers and workers must be able to stand for the duration of their shifts. We also do a background check on them prior to putting them at the kettles."

As in the case of the protagonist in the 2013 movie, "Silver Bells," many volunteers are not enthusiastic when they start, but learn to love the job.

"I got roped into volunteering," said kettle volunteer Bill Todd

outside Kiel's Market on Jackson Drive. "My buddy was supposed to do it one day, but got sick so I filled in for him. After that first day, I just got hooked and have been doing it ever since."

With Bill, the donor doesn't hear the traditional ringing of the bells. He is the lead guitarist in the band, Holy Smoke. Instead of ringing a bell, he sings Christmas Carols with a definite Credence beat.

"Our fund raising goal this year is \$787,000," Major Lescano stated. "As of Dec. 11, we have raised about \$347,000 county-wide. We are running about 25 percent behind last year. The kettle income is key to helping the people we serve."

"Last year we served over 230,000 people," Suzi Woodruff Lacey, Salvation Army's director of communications added. "Besides the Thanksgiving and Christmas dinners, we provide presents to poor children, homeless shelters, Transitional Living Center for mothers with children, where the mothers receive training in job and parenting skills, and many other community services. We hope to increase that to 260,000 this year."

"There are seven Corps and Community Centers in San Diego," Lescano said. "Each one has their own group of kettles. The money donated stays in that Corps area, helping neighbors."

Nationwide, 83 percent of the donations go to serving those in need. This places the Salvation

Army near the top of charities in terms of allocating a large portion of its resources toward to the people it benefits.

Many unusual things have been found in the kettles over the years, ranging from valuable gold coins and jewelry, checks for five figures, and even a gold tooth.

Not unusual is the gratitude of those receiving the funds. Whether it is a warm, dry place to sleep, a shiny Christmas toy, a Christmas dinner, or the sense of someone caring after a one-on-one counseling session, the appreciation of the needy is a palpable thing.

So, when you hear the bell ringing and see the traditional red kettle, you can think back to that first lonely kettle and bell ringer, standing in the cold and fog in front of the Oakland Ferry Landing at the foot of Market Street in San Francisco, and marvel at how one innovative idea had a positive effect on the lives of so many people.

—Contact Ken Denbow at [kilo-deltadelta@hotmail.com](mailto:kilo-deltadelta@hotmail.com).■



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As the holiday season arrives, many of us look for ways to give to our community, as well as our loved ones. Toy drives, food drives and special events give myriad opportunities for San Diegans to contribute to those in need. We’ve assembled a list of these charitable events and ongoing drives in and around the Mission Times’ coverage areas. Help make everyone’s holidays happy with our gift-giving guide below!

GIFT AND TOY DRIVES

**“Giving Tree” at The Headquarters:** For the second year, the USO San Diego is joining with The Headquarters at Seaport District for a drive through Dec. 24. The effort launched in November with a lighting of the 25-foot “Giving Tree” in the retail center’s courtyard (789 W. Harbor Drive, Marina District).  
Donate: The USO is looking for gifts, toys for all ages, gift cards and monetary donations.  
Benefitting: Military families  
Visit: theheadquarters.com

**Toys for Tots Program:** The U.S. Marine Corps Reserve annual program collects toys and distributes them as Christmas Gifts. Drop-off locations are all over San Diego including their headquarters at the Marine Corps Reserve Center (9955 Pomerado Road, Miramar).  
Donate: New, unwrapped toys or make a monetary donation online  
Benefitting: children of low-income families in San Diego  
Visit: san-diego-ca.toysfortots.org

FOOD DRIVES

**Food For Live Grooves:** On Dec. 19, 20 and 21 from 5 – 9 p.m. each night The Hideout (3519 El Cajon Blvd., Normal Heights) will collect nonperishable food items. In exchange for donations, attendees will receive \$1 off drinks. Friday’s lineup includes Hip Hop Roots, Saturday will feature Erik Canzona and The Narrows, Gloomspan and Second Cousins and Sunday will be a literary event followed by karaoke.  
Donate: Nonperishable food items  
Benefitting: Mama’s Kitchen  
Visit: soundsinsandiego.com

**Feeding America San Diego Holiday Campaign:** The organization is asking for support during the holiday season noting that 1 in 6 people, including 1 in 4 children, struggle with hunger in San Diego County.  
Donate: One-time and monthly monetary gifts, volunteer at distribution centers, or organize a food drive  
Benefitting: Children, families and seniors facing hunger throughout the holidays  
Visit: feedingamericasd.org

**The Jacobs and Cushman San Diego Food Bank Holiday Food Drive:** Support for this drive comes in a number of ways and events.  
Donate: A \$10 pre-filled bag of food at San Diego Vons locations, monetary donations can be made online on behalf of a loved one or yourself, or you can host a virtual or actual food drive.  
Benefitting: Individuals and families in need  
Visit: sandiegofoodbank.org

**San Diego Holiday Half Marathon Food Drive:** The Joan Kroc Center/Salvation Army will be collecting donations during bib pick up for the half marathon on Sunday, Dec. 28.  
Donate: Nonperishable food items  
Benefitting: Local homeless shelters  
Visit: sandiegoholidayhalf.com/food-drive

See CALENDAR page 23 —————>



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**St. Dunstan’s Episcopal** 6556 Park Ridge Blvd, San Diego, CA 92120  
Sun: 8am, 10am; Wed: 10am, Thurs: 7am (619) 460-6442 Kevin Warner

**San Carlos United Methodist** 6554 Cowles Mountain Blvd, San Diego, CA 92119  
Sun: 8:15am, 10am (619) 464-4331 Martha T. Wingfield

**Community Church of San Diego** 7811 Mission Gorge Rd, San Diego, CA 9210  
Sun: 9:30am. 1st Sun is Communion at 9:30am (619) 583-8200 John C. Clements

**Mission Valley Christian Fellowship** 6536 Estrella Ave, San Diego, CA 92120  
Sun: 7:45am, 9:30am, 11:15am (619) 683-7729 Leo Giovinetti

**Tabernacle Church & Kingdom House of Prayer** 5310 Prosperity Ln, San Diego, CA 92115  
Sun: 6:30pm; Wed: 12pm worship at SDSU (619) 788-3934 Darren Hall

**Blessed Sacrament Church** 4540 El Cerrito Dr, San Diego, CA 92115  
Sun: 8am, 10am, 6pm; Sat: 5pm (619) 582-5722 Bruce Orsborn

**All Peoples Church** 4345 54th St, San Diego, CA 92115 Sun: 9am and 11am  
(619) 286-3251 Robert Herber

**Church of Jesus Christ of Latter Day Saints** 6767 51st Street, San Diego, CA 92120  
(619) 287-3970

**Wesley United Methodist** 5380 El Cajon Boulevard, San Diego, CA 92115  
Sun: Youth worship 11am; Sat: YAY at 7:30pm (619) 326-7202 Dr. Cuong Nguyen

**Mission Church of the Nazarene** 4750 Mission Gorge Pl, San Diego, CA 92120  
Sun: 9am and 10:30am (619) 287-3211 Dr. David Runion

**Salvation Army Kroc Center Church** 6611 University Ave, San Diego, CA 92115  
Sundays at 10:30am (619) 287-5762 Bryan Cook

**Prince of Peace Lutheran** 6801 Easton Court, San Diego, CA 92120  
Sundays at 9am (619) 583-1436 Paul L. Willweber

**Zion Avenue Baptist** 4880 Zion Ave, San Diego, CA 92120 (619) 582-2033

**St. Therese Catholic Church** 6016 Camino Rico, San Diego, CA 92120 Sun: 7am, 9am, 11am; Mon: 6:20am, 7:30am; Sat: 5pm (619) 286-4605 Fr. Michael M. Pham

**Masjid al-Rribat** 7173 Saranac St., San Diego (619) 589-6200 Imam Mohamed Gebaly

**Temple Emanu-El** 6299 Capri Dr., San Diego 92120 Fridays 6:00 p.m., Saturdays 10:30 a.m. (619) 286-2555 Rabbi Devorah Marcus

**Holy Spirit Anglican Church** 6116 Arosta St., San Diego 92115 Sunday, 9:30 a.m. (619) 324-9171 Father David Montzingo

**Palisades Presbyterian Church** 6301 Birchwood St., San Diego 92120 Sunday 9:30 a.m. (619) 582-0852 Rev. Dr. Steve Davis

**Ascension Lutheran Church** 5106 Zion Ave., San Diego 92120 Sundays 9:15 a.m. (619) 582-2636 Interim Pastor Karin Boyle

**Mission Trails Church-Allied Gardens** 6550 51st St., San Diego (Foster Elementary School) Sundays 11:00 a.m. Pastor Kyle Walters

**Mission Trails Church-San Carlos** 6460 Boulder Lake Ave., San Diego (Springall Academy) Sundays 9:00 a.m. Pastor Kyle Walters

**The Grove Church** 4562 Alvarado Cyn. Rd., San Diego 92120 Sundays 9:30 a.m. Pastor John Hoffman

**Tifereth Israel Synagogue** 6660 Cowles Mountain Blvd., San Diego 92119 (619) 697-1102 Rabbi Leonard Rosenthal

**Chabad of East County (Jewish)** 8691 La Mesa Blvd., La Mesa 91942 jewishec.com (619) 647-7042 Rabbi Rafi Andrusier

**Del Cerro Baptist Church** 5512 Pennsylvania Lane, La Mesa, 91942 Sunday Traditional Service 8:30 a.m. Contemporary Service 11:00 a.m.(619) 460-2210 Web Site www.dlcbc.org Pastor Dr. Mark S. Milwee

**Fletcher Hills Presbyterian Church** 455 Church Way, El Cajon 92020 8:30 a.m. 10:00 a.m. Rev. Dr. Kevin Womack

**SUDOKU & CROSSWORD PUZZLE ANSWERS FROM PAGE 19**

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*From Don & Melissa Teemsma*



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## Ideal Plumbing, Heating, Air & Electrical Receives the BBB Torch Award for Marketplace Ethics

We're proud to announce that on December 2nd, 2014 Ideal received the BBB Torch Award for Marketplace Ethics in the category of 25-99 employees. The BBB Torch Awards are the way San Diego celebrates ethical business practices in our marketplace. Businesses selected as Torch Award winners have demonstrated a strong commitment to integrity, customer service and community involvement. The Award further enforces that we are among the top ethical businesses in San Diego and possess a strong moral fiber.

"The Torch Awards have given us the opportunity to show the San Diego community our commitment to ethics and our customers," says Don Teemsma, President/CEO of Ideal. "We have made a conscious effort to conduct our business with integrity in the name of enhancing excellence in our marketplace. We are a business consumers can trust and the Torch Awards have given us the platform to share that."

Ideal specializes in residential and commercial plumbing, heating, air, electrical and remodel services. We believe in service excellence, demonstrated in high moral standards and business ethics since the company's inception. Ideal works closely with the community to make a positive social impact. Our company demonstrates the pay it forward spirit primarily through pro-bono work, community giving and school support across San Diego County. Don Teemsma, President/CEO of Ideal is an active member of *San Diego Rotary Club 33* and was recently honored as *Rotarian of the Quarter*. He also serves on the board for the *San Diego Fire Rescue Foundation* – an organization that provides San Diego's Fire-Rescue Department with the necessary tools, technology and equipment to best serve and protect their local community.

For the past 17 years, the San Diego Better Business Bureau has hosted the Torch Awards for Marketplace Ethics to promote not only the importance of ethical business practices, but the willingness and efforts of outstanding businesses to ensure that our marketplace remains fair and honorable. The Torch Awards is open to all businesses and organizations that service San Diego and/or Imperial County markets. Companies must be in good standing with the BBB; however BBB Accreditation is not a requirement for entry or consideration. Each year, one winner and up to two finalists in eight categories, varying by the size of the company and one non-profit category, are presented with their own torch award.

"The Torch Awards allow the BBB to honor businesses that epitomize ethics and integrity," said San Diego BBB President/CEO Sheryl Reichert. "These are the businesses that are doing the right thing for consumers in a time when so many others struggle to be accountable."

*From all of us at Ideal, we wish you a joyous Holiday Season and a very happy New Year!*

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