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Clothing giveaway guide



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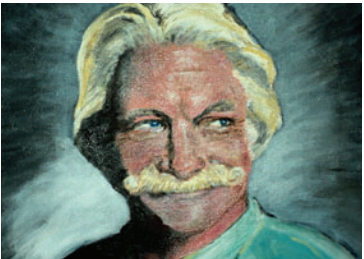
La Mesa Democrats



The annual La Mesa Foothills Democrats yard sale returns in early May. **Page 5**

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Living Green's Rainer Avenue location in Grantville (Photo by Hutton Marshall)

## Living Green is still in the race for pot permit

Doug Curlee  
Editor at Large

Living Green, the medical marijuana cooperative that's had a less-than-optimal year at the hands of the Superior Court system and the San Diego City Attorney's office, is still in the running for a conditional-use permit to sell

medicinal marijuana in Grantville. Their case for the CUP will be heard by the city's Development Services hearing officer on April 22, according to the Development Services website.

Living Green, which had been operating illegally at 4417 Rainier Ave., was ordered to cease all

See **PERMIT** page 19



The cell phone tower disguised as a pine tree towers over its surroundings in San Carlos. (Photo by Hutton Marshall)

## San Carlos residents fear cell phone tower 'tree'

Doug Curlee  
Editor at Large



A growing number of residents of the San Carlos area along Navajo Road think they're being bombarded by microwave cell phone frequencies, and they might be correct.

They've taken to begging the Navajo Community Planning Group for help, but there's not a lot the planners can do other than offer a sympathetic ear.

This all started when residents saw there was

a request for planning group approval for a renewal of a 10-year conditional-use permit for a fake pine tree cell phone tower on the 7800 block of Tommy Drive just a block from Cowles Mountain Boulevard.

As upset residents — many of them senior citizens — see it, they're in danger, not only from the fake tree, but from cell phone towers concealed in the rooftop structure of the East San Diego Masonic Lodge as well as a church steeple a block or so away.

Ruth Benjamin had complained at a meet-

See **TOWER** page 3

## Water shortage stirring fight in San Diego

Doug Curlee  
Editor at Large

Severe water restrictions due to the California drought will be in place from the state by June 1, but the battle has already begun to change provisions arising out of Gov. Jerry Brown's emergency proclamation.

The San Diego County Water Authority is challenging the direction apparently taken by the state Water Resources Control Board, saying the proposed regulations unfairly penalize our region.

"We strongly support additional conservation, and the governor's goals are laudable, but, they haven't yet translated into proposed regulations that are equitable, protect our economy, or advance sensible long-term water policies," said Water Authority Chairman Mark Weston.

The state's Water Resources Control Board Chairperson Felicia Marcus was not exactly sympathetic.

"These are very difficult times, and everyone, urban and rural, will have to make sacrifices as we go through them", Marcus says. "As we deal with an unprecedented drought, both urban and rural water users should anticipate we will continue to take unprecedented actions."

See **WATER** page 12

## Free concert series coming to Allied Gardens

Hutton Marshall  
Editor

Starting in June, a free summer concert series aimed at fostering neighborhood amity will kick off in Allied Gardens.

The series, known as "First Fridays," will take place on the first Friday of each month from June to September at the Allied Gardens Recreation Center. Allied Gardens/Grantville Community Council (AGGCC) President Anthony Wagner

said the series will fill the void of a long-needed community get-together.

"All too often our community stays in their own silo, so you have the retired folks that stay in their silo and the school age families that stay in their silo, and everybody else that stays in their own," Wagner said. "So this is a wonderful opportunity to bring everyone together so you can know who your neighbor is."

Many other neighbor-

See **CONCERT** page 4



The Mission Hills Concerts in the Park series, the inspiration for Allied Gardens' First Fridays, draws residents to a local park each summer. (Courtesy of the Mission Hills Town Council)



# A San Diego guide to recycling and repurposing old clothes

B.J. Coleman

Even in sunny San Diego, the turn of seasons exerts an undeniable pull. The cocooning and cozying that felt just right in winter breaks away as spring arrives, with the warm weather promising lighter, fresher, airier days ahead.

And whether you come from a family tradition of spring cleaning or you must reorganize your clothing storage to simplify daily routines, an excellent place to start preparing for springtime is by emptying the closets, shelves and drawers holding your wardrobe. Moreover, with Earth Day approaching, what better time to find new ways to recycle, repurpose and reuse your clothes?

I Love A Clean San Diego reports the dismaying fact that Americans throw out an average of 65 pounds of textiles a year. But there are better ways than trashing unwanted clothes and linens.

Clothes and shoes in good condition are accepted for donation by many area charitable organizations. In exchange, you can receive an income-tax deduction form stating the value of your donated goods.

The least fuss, least muss donation process is to give clothing to a group that will schedule a pickup at your home or other specified location. Vietnam



Buffalo Exchange in Hillcrest buys fashionable used clothing and sells it for cheap. (Courtesy of Buffalo Exchange)

Veterans of America, which is dedicated to providing services to all military veterans, will come get your clothes and haul them away for you with easy online scheduling ([pickupplease.org](http://pickupplease.org)). United Cerebral Palsy's UCP Thrift Stores will set up a pickup within a few days of being contacted ([www.ucpsdthrift.org](http://www.ucpsdthrift.org)), or you may drop items off at store locations in City Heights, Pacific Beach or Chula Vista. These organizations run thrift shops or align with other charitable thrifts, using the income from

item sales to fund their community service programs.

The Salvation Army will come get your unwanted clothing, too. You can schedule to have your donated goods picked up by calling 800-728-7825 or online at [satruck.org](http://satruck.org). The Salvation Army eases the donation process by providing a valuation guide for adding up the amount of tax deductions reasonable to claim for your donated goods. And not only do donations in the Salvation Army's various Family Store shops bring in money

through sales, the donated items also provide work skills training for those enrolled in the group's Adult Rehabilitation Centers (ARCs).

Blake Swarthout is resident manager at the ARC in Downtown San Diego, located at 13th Street and Broadway. He currently has 100 men in residence at the facility. These program enrollees are housed long term, for a minimum of six months but up to one year for rehabilitation from alcohol and drug abuse problems. Many have been unemployed for several

years and need job retraining. Their work therapy assignments are in the on-site warehouse, where donated clothing items are delivered. The ARC workers clean and inspect the garments, and then hang them on hangers. Swarthout considers his work in this program a ministry assignment of his own. His associate, Corps Ministry Assistant Taneya Garrett, points out as well that the Salvation Army keeps donations local.

"Everything goes back into the community," she said. "Whatever is donated in the community raises money that is used for services to people in that community."

Bins for clothing donation to charities are also scattered throughout San Diego County in various locations. Goodwill Industries requests "clean, gently used" clothing but will only pick up large donations of 50 or more bags. Items for donation may be dropped off at any Goodwill store.

Miramar-based Ripple Textile Recycling partners with community organizations to organize fundraising events that collect gently used clothing, shoes, accessories, belts, purses and other household textiles. Find a list of events and the organizations they support at [RippleTextileRecycling.org/fundraiser-events](http://RippleTextileRecycling.org/fundraiser-events).

If you have the time for treat-

See **RECYCLING** page 15 —————>



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► Tower, from page 1

ing a month prior, and was back at the latest meeting saying she's afraid of the signals, and worried that they're affecting her husband's brain.

Dan Fischer asked people to join in a nationwide effort to eliminate such towers on health grounds, and John Pilch says Crown Castle, the company that actually owns the fake tree, has been dishonest with the city in the past, and shouldn't be allowed to do it again.

Interestingly, the complaints about the fake tree were about evenly divided between worry about the signals swirling around the area and the appearance of the fake tree itself.

To be honest, the tree looks old, decrepit and badly in need of care and improvement, something Crown Castle consultant Mark Linman said is in the plan if the tree is allowed to remain in operation. Crown Castle actually owns the tree, but it's being operated on a lease by T-Mobile US, Inc.

While sympathetic to the health complaints, planning group chairman Matt Hall pointed out that the Navajo Community planners cannot and do not consider or get involved in the health aspects. The planning group deals almost exclusively in land use matters.

"We understand your concerns, but it's not within our power to do anything about the health concerns. We might be able to have some influence on the appearance of the tree and the ratty looking facilities around it, but that's



Residents worry that the cell phone tower tree could emit unhealthy frequencies in a populated residential neighborhood. (Photo by Hutton Marshall)

about all we can do for you."

After some considerable debate, the planning group voted 10-4 in favor of approving the application for a new conditional use permit, but attached several conditions the city may or may not accept.

They will ask that a new conditional use permit contain a maintenance program for the tree; that Crown Castle comes back to the planning group at

least once a year to report on progress and conditions, and that power outputs from the tree's cell-phone relays not exceed the signal strength now being transmitted.

The city may go along with the first two conditions, but the signal strength and power output conditions are believed to be governed by federal law.

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

## 27 Ways to Drive Up the Sales Price of Your Home

San Diego - Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life, and once you have made the decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here's a way to help you to be as prepared as possible.

To assist homesellers, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar." It tackles the important issues you need to know to make your home competitive in today's tough, aggressive marketplace.

Through these 27 tips you will discover how to protect and capitalize on your most important investment, reduce stress, be in control of your situation, and make the best profit possible.

In this report you'll discover how to avoid financial disappointment or worse, a financial disaster when selling your home. Using a common-sense approach, you will get straight facts about what can make or break the sale of your home.

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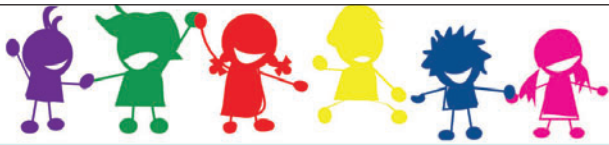
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Y3K performs at the Mission Hills Concert in the Park series. (Courtesy of Patty Ducey-Brooks)

### ► Concert, from page 1

hoods, such as North Park and University Heights, hold similar concert series each summer, usually organized by a local community organization. This series in particular will be modeled after the Mission Hills Concerts in the Park series, a staple in the Uptown neighborhood for more than 20 years.

"I think whenever your community can come together for a very positive event, it allows people to get to know each other," said Patty Ducey-Brooks, a long-time organizer of the Mission Hills event. "Even though you can be neighbors and live right across the street from each other, sometimes you don't get to appreciate each other until you're at an event like that."

The Allied Gardens series will launch June 5. Factoring in permitting, sound stage and other event amenities, Wagner estimates the four-concert series will necessitate approximately \$14,000 in funding. Ducey-Brooks, publisher of the Presidio Sentinel and a 33-year

resident of Mission Hills, said funding these grassroots events seldom comes easy.

"I remember the years we were barely able to get one or two concerts put on, but then the community would show up — as they always do — to really show their support and pay for several more concerts that summer," Ducey-Brooks said.

While the Allied Gardens series still seeks corporate sponsors in the community, Wagner thanked Councilmember Scott Sherman's office for pledging \$5,000 from his district office's budget to support the event. The Allied Gardens council recently submitted an application to formalize the funding.

"Scott Sherman has been instrumental to our success," Wagner said. "[Sherman] giving us our first \$5,000 really solidified us as an event that is really is going to happen and it encouraged other stakeholders to join in as well."

The musical lineup for the event hasn't been announced yet, but AGGCC Board Member Alex Zubek said they will likely

borrow heavily from the Mission Hills acts.

"They're proven, they're for all ages and they're really good," Zubek said.

Ducey-Brooks mentioned Y3K and the Ballard Mongers among her favorite recurring bands at the concerts.

"The Ballard Mongers — they do Celtic rock music and a lot of original material and they're so much fun," she said. "And they feel like this [Mission Hills] community is their community, even though they come from all over San Diego."

Wagner, whose organization began planning the event earlier this year with the local Kiwanis chapter, said that the community collaboration stirred by this event has already strengthened neighborhood ties.

"Many hands make light work," Wagner said. "It's been a wonderful opportunity for neighbors to come together not just in process, but to be part of something far greater than just ourselves."

—Contact Hutton Marshall at editor@sdcnn.com.■

## Navajo Canyon Republican Women to hear new financial planning rules and regulations

Judy  
McCarty



Allison Alley, a longtime financial planner, understands the economic landscape and the ramifications of the many new rules and regulations the Obama administration and Congress are looking to enact. She will explain the consequences of the proposed changes to retirement accounts and inheritance tax and how this will affect members' future financial plans.

In addition, Ruth Weiss of the Election Integrity Project will update us on current progress and plans. Many Navajo Canyon Republican Women, Federated (NCRWF) members are active in this effort to reduce fraud in the election process. Check-in time for the May 12 meeting at the La Mesa Brigantine Restaurant begins at 10:30 a.m. for the 11 a.m. meeting. A full-course lunch will be served at noon with the

speaker following at 12:30 p.m. Cost is \$20 and reservations are required. RSVP (with "luncheon RSVP" in the subject line) to NCRWF99@gmail.com or call Glenda at 619-284-9958.

June 9 is the date for our annual fundraiser fashion show at the Bali Hai. In addition to the great view and food, our members will model clothes from Chico's. There will be a no-host bar and lots of opportunity drawings. Cost is \$40. More info next month, but please mark your calendars for this happy event.

The Downtown Republican Club, sponsored by NCRWF, meets Thursday, May 21 at 6 p.m. at Athens Market on the corner of First Avenue and F

Street Downtown. The club meets the third Thursday of every other month in a relaxed after-work setting. Cost is \$15 for the amazing buffet and no-host bar. We are delighted that former KUSI meteorologist and co-founder of The Weather Channel, John Coleman, will talk to us on "Global Warming — Fact or Fiction?" This is a great chance to get into the discussion and ask questions on this very timely and hot topic.

For more information regarding NCRWF, please visit navajocanyonrwwf.org.

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





# Veteran peace activist and author to headline May meeting for local Dems

## 7th annual yard sale also on May calendar

Linda  
Armacost



The La Mesa Foothills Democratic Club (LMFDC), with members from San Carlos, Allied Gardens, Grantville, Del Cerro, College Area, La Mesa, Mt. Helix, Spring Valley, Santee and other East County areas will be holding a very memorable meeting on Wednesday night, May 6.

Our speaker will be Peggi Chute, author of "Soul of a Nation: A Historical Novel About Selma." She published the book in time for the 50th anniversary of the Voting Rights Act, and attended the recent Commemoration of the Pettus Bridge crossing in Selma. Chute will have copies of the book available for autograph and sale.

Chute is a lifelong activist for peace and social justice. After the Columbine, Colorado mass shootings, Chute created the Teaching Peace Project for the Council of Churches and Synagogues in Stamford, Connecticut. She served as its director and taught the program in three school districts. She served on Mayor Dannel M. Malloy's Council on Youth (he's now governor of Connecticut) and also ran a workshop at the first United Nations NGO conference at the U.N. in New York.

Chute now lives in Lake San Marcos and has been a San Diego County resident for four years. She's a proud UCLA graduate in Film Studies and was a film editor in Hollywood for a number of years. She's also lived in the Monterey Peninsula area where she taught music and worked for Planned Parenthood as an outreach educator. Don't miss her presentation and buy a book to take home.

Several days prior to our May 6 meeting, LMFDC will hold its now famous and very popular yard sale. On Saturday, May 2, from 8 a.m. - 1 p.m., scores of



LMFDC will hold its popular yard sale May 2 from 8 a.m. - 1 p.m. at 5009 Randlett Drive in La Mesa. (Courtesy of LMFDC)

bargain hunters will descend on 5009 Randlett Drive in La Mesa. Our sale is known for its quality and quantity of unique items as our members have saved special merchandise just for this sale! If you have goods that you would like to donate to our sale, please contact Mary Jane Tanquary at 619-818-5883. Goods must be in clean, usable condition and easily transportable. Help contribute to our popular sale as either a buyer or contributor. Please don't bring donated goods the day of the sale.

Our April meeting was a very educational affair, with Port Commissioner Rafael Castellanos teaching us all we needed to know about the Unified Port District and its great responsibility in maintaining our tidelands, waterfront and airport. The port's many environmental programs and initiatives were a particular point of emphasis. Castellanos also announced his entry into the 2016 San Diego City Attorney's race. We wish him well.

While the Port District has already set in motion its Climate Action Plan (CAP) to reduce waste and greenhouse gases, Nicole Capretz walked us through the

many reasons the cities of San Diego County need to adopt and implement their own versions of similar programs.

As author of the city of San Diego's CAP under Mayor Todd Gloria, Capretz and her Climate Action Campaign are a major force in getting San Diego to adopt and implement an aggressive greenhouse gas reduction plan of its own. We are at a tipping point in San Diego County, and efforts like Capretz's and others must pave the way for livable communities for all residents for generations to come.

La Mesa Foothills Democratic Club meets on the first Wednesday of every month at the La Mesa Community Center, 4975 Memorial Drive, at University Avenue in La Mesa. We have social hour beginning at 6:30 p.m. with business and speakers to follow at 7 p.m. Refreshments are served as provided by our members and all guests are welcomed. Please find us at [www.lamesafoothillsdemocraticclub.com](http://www.lamesafoothillsdemocraticclub.com) and like us on Facebook.

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

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## EDITORIAL

## Bed bugs: Both sides have responsibilities

Alan  
Pentico



The Internet is rife with horror stories about tenants successfully suing property owners over bed bugs. Blogs, news articles and columns gleefully recount court cases in which “bad” landlords have been smacked with huge fines for “allowing” bed bugs on the property. In fact, a casual review might suggest that it is always the responsibility of the landlord to deal with — read: pay for — infestations.

But that is not the case, and both landlords and tenants should educate themselves on the matter to avoid costly legal battles.

The most important thing for tenants to know that if they inadvertently cause a bed bug infestation, they can be responsible for extermination costs. And that happens with alarming frequency.

Almost as common as the “bad landlord” stories on the Internet are cautionary tales about tenants finding seemingly great furniture deals in online classifieds, like Craigslist, or at garage sales, only to find them crawling with bed bugs. Worse, many tenants might not think twice about picking up that couch they find left at the curb — but that is even more risky.

How common are bed bugs? In a 2013 survey, the National Pest Management Association and University of Kentucky found that 99.6 percent of U.S. based

professional pest management companies had encountered a bed bug infestation in the past year, slightly higher than the 99 percent that reported the same in 2011.

So, it behooves both landlords and tenants to be proactive when it comes to bed bugs.

**Landlords:** Avoid costly exterminations — and lawsuits — by regularly inspecting your property for bed bugs and other vermin. The best defense against legal claims is to prevent them from happening in the first place. Many landlords do inspections between tenancies to certify that rental units are indeed bed bug free prior to re-renting. Also, if a tenant does report an infestation, take care of it promptly.

**Tenants:** Don’t buy used furniture! Don’t pick up “free” furniture off the street! If you bring bed bugs onto the property, you can be liable for the cost of cleaning them up. If you do end up with bed bugs, you have a duty to cooperate with the extermination process. That often means allowing multiple visits by an exterminator.

And make no mistake: Dealing with bed bugs is costly and difficult. In fact that same 2013 survey found that bed bugs continue to be the most difficult pest to treat, according to 76 percent of survey respondents, more so than cockroaches, ants and termites.

—Alan Pentico is Executive Director of the San Diego County Apartment Association. ■

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## EDITORIAL

## Californians need ‘death with dignity’ law

Judy Waterman

I am writing in strong support of the “End of Life Option Act” (SB-128). This legislation would allow a mentally competent, terminally ill person in the final stages of their disease to request medication from a physician to bring about a peaceful death. The availability of this option can also provide peace of mind to those who are dying and for their families.

Aid in dying is a very important issue to me and I’d like to tell you why. At the end of my mother’s life, she was in excruciating pain from cancer. Her life had become unbearable. One night, alone, she went to her garage and took her life with a gun. A very violent act, that is hard to erase from my mind. She would not have had to do it if the “end of life option” had been in place in California.

SB 128 is modeled after Oregon’s 1997 “Death with Dignity Act.” The extensive — and important — safeguards in SB-128 will ensure that the choice made by a terminally ill person to access aid in dying is informed, deliberate and voluntary.

Oregon’s experience demonstrates that this law, with safeguards to protect against any abuse, can improve end-of-life pain management and health care for all terminally ill people whether choosing to access aid in dying or not.

We should always provide quality end-of-life care for people who are suffering from an incurable and irreversible terminal illness. Yet if a person has only months, weeks or even days to live, when there is nothing else that medicine can treat and it becomes impossible to provide relief from pain, we should allow that person the option to end their pain and suffering by shortening their dying process.

I urge you to support this important bill. For more information, contact [compassionandchoices.org](http://compassionandchoices.org).

—Judy Waterman is a local retired freelance artist and photographer who is now dedicating her time to the passage of California’s SB-128, the End-of-Life Option Act. She can be reached at [jwkeywest@gmail.com](mailto:jwkeywest@gmail.com). ■

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Therapeutic Recreation Services leads trips filled with outdoor activities in the San Diego region. (Courtesy of the city of San Diego)

## Therapeutic Recreation Services breathes fresh air into city's disabled services

Cynthia Robertson

A little R&R does the body and soul good, everyone knows. Playing a game of ball, doing crafts or just hanging out with friends takes the mind off burdens and relaxes the muscles.

But for people with special needs, limited options can make enjoying leisure time with others a challenge. In San Diego, that's where Therapeutic Recreation Services (TRS) steps in. A program of the city's Park and Recreation Services, TRS offers all kinds of opportunities for disabled persons to form friendships with others while improving their quality of life through recreation.

"We serve people of all populations with different disabilities, such as cognitive, behavioral, physical, developmental, mental health, people in recovery, seniors programs and any other disability," said Jonathan Richards, supervising recreation specialist. "This improves their physical, mental, social, emotional, behavioral health while participating with their peers."

Richards oversees many of the programs at TRS such as "Leisure Seekers," "Transitional Youth," "Adaptive Sports" and the "Beach Wheelchair Program." These programs provide recreation for children and adults with disabilities. Through these programs, certified therapeutic recreation specialists work with disabled children and adults on social and recreational skill development, leisure education, appropriate behavior and recreation participation in inclusive environments.

Many times, TRS offers the only window on the outside world for its participants. This isolation stems from several factors.

One reason is the community's lack of compliance with the federal Americans with Disabilities Act (ADA) access guidelines. TRS provides a safe and accessible experience for all people to participate.

Another reason is affordabil-

ity. Many people with disabilities have higher medical costs, which can typically lead to a lower socioeconomic status. TRS is able to keep costs low to participate in the programs, often by receiving discounted access to events and activities.

Transportation is typically another difficulty for disabled people. Factors such as cost, accessibility and ability to travel alone make opportunities for recreation and socialization infrequent. In some of the TRS programs, transportation assistance is offered.

More than 50,000 people take part in the recreational opportunities within the Disabled Services Section each year. The target demographic is incredibly broad: children and adults, ages 3 and up, with any type of disability.

"TRS is a unique-to-San

dances. Richards said their recent Halloween dance had more than 400 people in attendance.

Jennifer Gary has seen her son Caulden flourish in the company of others at the Kick Back Club, the dances and the summer camps.

"I was incredibly impressed by how safe I felt dropping him off the first time; I felt he was being well watched," said Gary, adding that she appreciated the diversity of the kids participating in the activities.

"Caulden loves it," she said.

A major funding agency for TRS is Disabled Services Advisory Council, Inc. (DSAC), a nonprofit run by the city of San Diego. DSAC serves as a liaison between the Park and Recreation Department and the community at large. It also administers contract programs for persons with disabilities and provides public relations and financial support to the Disabled Services Section.

"Through DSAC we are able to receive donations, apply for grants and generate revenue from special events or fundraisers. We rely heavily on the general public and foundations to assist with the funding of our programs. Also, since we are a program of the [city of San Diego], our salaries and facilities are paid by the City," Richards said.

One of the biggest challenges for TRS is funding to keep the programs at a low cost for the participants. Without philanthropic assistance, costs for TRS programs could increase. TRS also offers scholarships for to help those with less means to participate in the programs.

"We pride ourselves on quality programming that is low in cost for the participants. Some programs are free," Richards said.

TRS can always use volunteers. People of all ages, 13 and up, can volunteer, with camps being the most popular programs for volunteer opportunities. However, all of the programs benefit from volunteers. Call 619-525-8247 to inquire about opportunities.

—Contact Cynthia Robertson at c1g2robertson@gmail.com.■



A TRS outing in the San Diego Bay (Courtesy of the city of San Diego)

Diego organization," Richards said. "Most other organization's missions are to serve a specific disability; whereas, TRS is the only organization that serves all people with any kind of disability."

The programs are designed for each disability in mind. Some programs are designed for a specific disability group or age range.

"Some of the favorite activities through TRS are our camps, dances and outings," Richards said.

For 2015, some planned programs include bowling leagues, softball leagues, a Disneyland trip, a whale watching boat trip, recreational meetings of all kinds, hand cycling and holiday

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## Allied Gardens/Grantville Community Council update

Jenner Smith

I'm pleased to announce that a few great new things are happening in our community this spring. We have organized a new outdoor concert series and are excited about a potential farmers market coming to the area.

The Allied Gardens/Grantville Community Council, along with help from the Kiwanis Club of Grantville/Allied Gardens, has been working to organize a summer concert series at the Allied Gardens Recreation Center, and we want everyone to mark their calendars for "First Fridays." Our goal is to bring together neighbors and friends of all ages to celebrate summer in our community while supporting local music talent. We are planning a series of four concerts on the following "First Fridays": June 5, July 3, Aug. 7 and Sept. 4 (the first Friday of each month) from 6 p.m. and 8 p.m. at the Allied Gardens Recreation Center.

Across the street, the Kiwanis Club of Grantville/Allied Gardens is also working on setting up a farmers market in the parking lot of the Allied Gardens Shopping Center, near the vacant Albertsons space. They have not set a firm date yet, however hope to announce

it in the next few weeks. This will not affect the shopping center's owner from continuing to pursue a new tenant to take over the Albertsons space. As Councilmember Scott Sherman's office confirmed at the most recent "State of the Neighborhood" event, the center is still looking to lease the former Albertsons space to another local grocer.

Thanks to robust community support and donations, the new clock is up and running at the corner of Waring Road and Zion Avenue. We owe a big "thank you" to Kiwanis for spearheading this effort. In addition, we want to say a special "thank you" to Paving Stone of San Diego, who donated their services for the installation of the bricks and RCP Block and Brick, who donated the bricks themselves.

Once again, I'm proud to see so many members of our community come together to enhance its character. I encourage everyone in the community to join us for the First Fridays concert series this summer, and to continue to attend the quarterly Allied Gardens/Grantville Community Council town hall meetings. The next one is Tuesday, May 26 at 7 p.m. at Ascension Lutheran Church, 5106 Zion Ave.

—Jenner Smith is a member of the Allied Gardens/Grantville Community Council.■

## San Carlos Recreation Center news

John Pilch

There's a lot going on at your local Rec Center in San Carlos.

The Summer Basketball Program for Boys and Girls, ages 8 to 14, runs from July to September 2015. Registration for this league begins in mid-May through the end of May or until full, with the draft for teams to be held in early June. The cost to register and other details are still "in the works," so watch for more information in our news update in the next Mission Times Courier.

The Volleyball Program for Boys and Girls, ages 8-16, is still accepting registrations. Cost for this program is \$60. More information is available at SDRRecConnect.com. Divisions are 8-10 years, 10-12 years, 12-14 years and 14-16 years. Proof of age (birth certificate), Player

Verification Form and a photo is required for each player at registration.

Other programs and classes include: Ceramics and Art Enrichment (drawing and painting) with more info at ArtSmarts.net; Gymnastics and Tumbling, Ballet and Intro to Dance with info at sandiego.gov/Park-And-Recreation/Index.shtml. There's also a program titled America's Youth Outreach Karate Program, promoting self-defense only that meets every Thursday, beginning at 5 p.m. More info can be found at ayop.org/contents/en-us/d1html.

One final report deals with the Lake Murray Community Park, especially the area near the new playground area. By the time you read this article, the new shade structure on the south side of the playground will hopefully be completed. It's being erected over an existing Americans with Disabilities Act-compliant picnic table. We're hoping to get

at least one more table in place under the new structure sometime soon. The orange fencing will remain around the pavers in the sidewalk on the west side of the playground, while a solution to the damage to the concrete is being explored. In the interim, replacement pavers have been ordered for those that were broken and will be grouted in place, once the sidewalks repairs are completed. We apologize for the inconvenience, but the fencing must remain in place for public safety reasons.

We hope you enjoy visiting the San Carlos Park and Recreation Center and the other parks in our community and take advantage of the available programs. If you have questions or need more information, please contact the Rec Center at 527-3443. Kristy and her staff will be happy to assist.

—John Pilch is the chairperson of the San Carlos / La Mesa Recreation Council.■

## Keeping the Chargers in San Diego and protecting taxpayers

Scott Sherman



Last week, I released my vision and menu of financing options for a new Chargers stadium at the current Qualcomm site.

The plan was submitted to the Citizens Stadium Advisory Group (CSAG) for their review and recommendation.

Recently, CSAG recommended the current Mission Valley site as the best location for a new Chargers stadium. As the representative of that area, I felt it was my responsibility to lay out a list of options and recommendations for their consideration.

For the past two months, I have held a series of town halls to hear the feedback and concerns from District 7 residents. I used much of what I learned from those town halls to form this plan.

I heard overwhelmingly that residents want to keep the

Chargers in San Diego. However, many in the community still have a bad taste in their mouth from bad deals made in the past like the infamous ticket guarantee.

This is why, as a part of my plan, no money from the general fund should be used for the construction of the stadium, and any deal must be approved by taxpayers through a public vote.

Residents also made very clear that infrastructure and traffic improvements must be considered. As a part of my plan, I included recommendations for traffic mitigation measures such as stop light optimization, more access roads as well as increased public transportation.

My plan also pushes for the revitalization of the San Diego River, creating a destination filled with walking and bike paths along a restored riverfront much like the Riverwalk in San Antonio, Texas.

In an area that is in much need of park space, the plan

includes the dedication of at least a 20-acre park as a part of the revitalization of the 166-acre Qualcomm site.

This is by no means a final plan. I am still very interested in hearing your feedback and ideas. This vision and menu of financing options is meant to add to the discussion and possibly help CSAG with the important decision that they will be making soon.

I also want to hear from you. I receive my best ideas for government reforms and programs from the people I represent. What ideas do you have to improve our great city? Please send me your ideas to ScottSherman@SanDiego.Gov or call 619-236-6677.

—Councilmember Scott Sherman represents the neighborhoods of Allied Gardens, Grantville, San Carlos, Del Cerro and Mission Trails on the San Diego City Council. Contact him at scottsherman@sandiego.gov or 619-236-6677.■

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## May activity at Mission Trails Regional Park

Audrey F. Baker



As you traverse the trail, you'll likely glimpse one of our resident favorites, the ground-probing California Towhee. From brush-enriched stony areas and canyons, to open chaparral and oak tree enclaves, this long-lived (up to 12 years) active forager is an iconic member of sage and chaparral communities.

The California Towhee's tempered brown color is enhanced by a rusty throat and undertail coverts that make for quick identification. Behavior confirms your identification. This "dancing denizen" of the chaparral floor performs a two-step hop, back and forward, simultaneously using both feet to stir the underbrush in search of seeds, fruits, invertebrates and insects. While raking debris, its long tail serves as a balance rod.

Chink-ink! A towhee's territory is aggressively defended, even to the point of persistently poking at one's own reflection in car mirrors and chrome finishes.

Along with coast live oak, arroyo willow and ornamental shrubs, choice nesting sites include poison oak. Those "berries of white" we fear as a "poisonous sight" are copiously eaten with abandon.

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!

**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, 1 Father Junipero Serra Trail, San Carlos. The walk beginning from the Kumeyaay Lake Campground Entry Station, 2 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



A California Towhee atop Spiny Redberry (Photo by Wendy Esterly)

of the month, and take in historic Old Mission Dam.

**Wildlife Tracking** reveals the secret lives of animals, bringing 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, May 2 in front of the Visitor Center, 1 Father Junipero Serra Trail, San Carlos, for a two-hour tracking adventure.

**Discovery Table:** Animal Skulls is an opportunity to improve your naturalist skills with a close-up look at animal skulls. You'll examine features that give clues to animal behavior and learn fun facts about MTRP's lions, coyotes, bobcats and other critters. See you inside the Visitor Center Saturday, May 9 from 10 a.m.-1 p.m.

**Bird Kumeyaay Lake** with MTRP Birders Jeanne Raimond and Millie Basden for lakefront avian adventure. The area is active with newly fledged birds and the nesting activities of May's late-arriving migratory species. Join us at 8 a.m. on Saturday, May 16 at the Kumeyaay Campground Day Use Parking Lot, Mission Trails Regional Park, 2 Father Junipero Serra Trail, Santee for a two-hour exploration. Binoculars and bird book recommended.

**Star Party Luminaries** shine with Saturn rising in the southeast, as Mars and Jupiter set in the west. MTRP Resident Star Gazer George Varga will focus on the Whirlpool (M51), Sunflower (M36), Black-Eye (M64) and Sombrero galaxies and more! Rain cancels. We gather between 7:30 - 10 p.m. Saturday, May 16 at the far end of the Kumeyaay Campground Day Use Parking

Lot, Mission Trails Regional Park, 2 Father Junipero Serra Trail, Santee.

**La Mesa Walk and Talk** offers a stroll along Lake Murray's scenic shores accompanied by your MTRP Trail Guide and engaging nature subjects. Under today's topic, "Our Nesting Ospreys," we'll delve into the lifestyle of the lake's resident hawks and their head and feet-first fishing style. 9 - 10:30 a.m., Tuesday, May 19. Meet at the boat docks, Lake Murray, 5540 Kiowa Drive, La Mesa.

**Family Discovery Walk** connects your little ones to nature through discovering outdoor wonders as a family experience. This interactive outing focuses on childhood enrichment and fun! We meet inside the Visitor Center. Join us on Sunday, May 24, 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 inside the Visitor Center on Saturday, May 30 from 1 - 2:30 p.m.

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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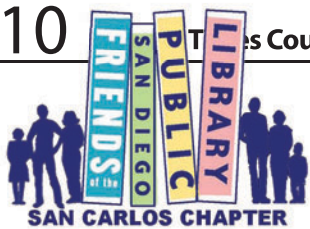
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## San Carlos Friends of the Library update

Sue Hotz



**ADA renovations not quite complete:** The San Carlos Branch Library reopened on April 3. We thank the Benjamin and College/Rolando Branches for taking on the extra workload during our closure. While construction continues, the west entrance remains inaccessible; restrooms are not available — but port-a-potties are available for staff and patrons; the temporary handicapped parking and only entrance is located in the parking lot's northeast back corner. For those who can, please park in the lower lot; do not travel through the fenced off areas. The main southeast entrance and after-hours book drop are not open. The only Community Room entrance is located through the children's area of the library. Just keep thinking how nice it will be when completed. There will be no May book sale.

**Comics and Ron McFee:**



Free Comic Book Day takes place May 2 at the San Carlos Branch Library. (Courtesy of Sue Hotz)



National Free Comic Book Day is May 2, and Ron McFee, our used book sale co-manager, is assisting IDW Publishing in distributing 3,000 free comic books to San Diego Branch Libraries. Each participating library will give away about 100 free comics, on a first-come basis. Comics, a literary form read worldwide, were introduced in America in 1842, and reached their Golden Age with the publication of the first

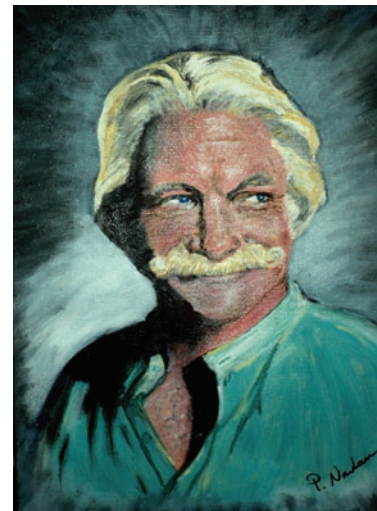
comic books in 1934 and the 1938 introduction of Superman. As a kid, Ron became hooked on comic books. He loved the picture and story combination found in comic books and credits his immersion into the stories of superheroes to his early advanced reading level and ultimate career choices. At the age of 12, Ron was brought to the then fledgling Comic-Con by a Lemon Grove comic store owner. In 1992, Ron joined the Comic-

Con Committee and helped in the development of the now famous sell-out Comic-Con International held every July at the San Diego Convention Center. This year, chosen from over 350 CCI Committee Members, Ron will represent comics' fan base as one of five judges who will choose the Will Eisner Awards finalists. The award winners, in 29 categories of these "Oscars of the Comics world," are announced during Comic-Con. We congratulate Ron, who began his SCFOL volunteering days in 2010. His organizational skills and knowledge of books are invaluable to us.

**Adult Programs:** Art by Pam Nolan and Teresa Rutledge adorns the Winer Family Community Room and Art Gallery through April 30. Their artist reception is April 18 from noon – 2 p.m.

**May 5 – June 4,** Maria Louisa Dominguez, Hazel Ross, Loretta Decrynski, Barbara Stewart and Sam Lee will supply the art that will be matched with beautiful floral arrangements created by the San Carlos Garden Club for their May 22 and 23, "A Show in Living Color."

**April 24 at 2 p.m.,** Raymond Wong, author of "I'm Not Chinese, the Journey from Resentment to Reverence," discusses how, after



"Joe Cecala" (Painting by Pam Nolan)

visiting China, he evolved from running from his Chinese heritage to embracing it.

**May 8 at 2 p.m.,** the Alzheimer's Association presents, "Healthy Habits for a Healthier You: Maximizing Your Brain Health."

Mario's "Self Defense" classes are **May 5 and June 18** at 10:30 a.m. Librarian's Book Club is reading "Wives of Los Alamos," by TaraShea Nesbit for May 14 at 12:30 p.m.

**Youth Programs:** Essay Contest: Congratulations to all our local winners. Good luck to Dailard's fourth grader Nicolette Hay, and PHHS's 10th grader Lina Zavala, who will represent us in the citywide contest. Winners will be announced on April 30, at 6:30 p.m. at the Balboa Park Club award ceremony. One \$500 prize will be awarded in memory of our own Jack and Carolyn Winer for the best overall essay. STEAM2 on April 22 discusses "Farm Science," and "The Science of Fairy Tales" on May 12 and 26 at 3 p.m. We also offer four story-times, and daily homework help at the library.

Stay updated on the latest library happenings at [sancarlos-friendsofthelibrary.org](http://sancarlos-friendsofthelibrary.org).

—Sue Hotz is a board member and the publicity chair for the San Carlos Friends of the Library. ■

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20th Annual Spring Fling for Women

Ladies! The “Spring Fling” is turning 20, and you’re invited to the party — a high-octane program filled with fun, food, fellowship, music and inspiration — May 9, at First United Methodist Church of San Diego in Mission Valley.

Pat Brown, San Diego’s favorite weathercaster, gets it started at 11 a.m. in the sanctuary for the best darn door prize drawing in town!

Vocalist Marla Reid lets out all the stops with a power-packed performance of Gospel music. Internationally known inspirational speaker Jane Rubietta has you laughing (and crying!) with her timely tips on how to “Worry Less and Live More!”

Then, don’t worry — be happy! A luscious luncheon buffet awaits you in Linder Hall. Tickets are \$25, online at fumcsd.org/springfling. First Church is located at west of Texas Street in Mission Valley.

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619-594-1797 | Aztecvolleyballcamps.com

Parents! Need a vacation from your kids? San Diego State Volleyball is offering summer camps this July and August for grades K-12.

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Please check out our website to learn more about camp options this summer!



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# Del Cerro Action Council news

Jay  
Wilson



**C**ircle Thursday, April 23, on your calendar and plan to attend the next meeting of the Del Cerro Action Council: Councilmember Scott Sherman will be our guest speaker. We have some major concerns facing our city: water conservation, Grantville redevelopment, a new stadium, the fiscal year 2016 budget and street repairs to name a few. Councilmember Sherman will provide an update on the city, and will answer city-related questions from those attending.

On April 9, I spoke with a representative from the firm pursuing development of the property south of the Chevron station. The developer is planning to have a community meeting in May to outline its plan, which currently includes the construction of up to 28 single-family homes with a right in/right out just south of the Chevron station on College Avenue.

As a member of the Navajo Community Planners, I attended the April 8 meeting at the Tifereth Israel Synagogue in San Carlos. Adam McElroy, our Police Community Relations Officer, introduced Lt. Mike Swanson. Mike is new to the Easter Division and is responsible for the Navajo Community for the San Diego Police Department.



You will meet Lt. Swanson at the DCAC meeting on April 23.

Officer McElroy announced that the 47 members of RSVP (Retired Senior Volunteer Patrol) working out of Eastern Division volunteered 21,322 hours in the past year. They will be honored at Eastern Division on Thursday, April 23. Officer McElroy asked if any community members would be able to contribute door prizes for this event. RSVP members do an outstanding job of helping keep our community safe. You may reach Officer McElroy at Easter Division by email at AMcelroy@pd.sandiego.gov or by phone at 858-495-7971. Fortunately for Del Cerro, we have had no major crimes in the past month.

Seth Litchney, the city's senior planner for the Navajo Community, announced that

city staff is working on the final version of the Environmental Impact Report for the Grantville Master Plan Update with the goal of having it approved by the San Diego City Council by the end of June. The city has also applied to SANDAG for a planning grant to solve the flooding problem in Grantville caused by the Alvarado Storm (Creek) Drain Channel.

Liz Saidkhanian and Ryley Webb, council representatives for Councilmember Scott Sherman, mentioned that water restrictions may be forthcoming. Liz also mentioned that the property manager for Allied Gardens has assured her that there are several food market-type stores in the running to replace Albertsons. It will take eight or nine months to complete

any new business, as there is considerable renovation needed in what is now vacant space in the shopping center. Liz also stated that Albertsons is not cooperating in that they will not let anyone in to walk through the empty space until their lease expires at the end of April. Ryley mentioned the installation of the second phase of shade structures at the Lake Murray Community Park Playground. It was funded by Councilmember Sherman. If you have a city-related problem or concern, please contact Ryley Webb at RWebb@sandiego.gov for San Carlos, or Liz Saidkhanian at ESaidkhanian@sandiego.gov for Grantville, Allied Gardens or Del Cerro.

If you are starting to plan a stay-vacation, don't forget the Kumeyaay Lake Campground at Mission Trails Regional Park. There are 46 rustic campsites and each will accommodate up to six campers for just \$20 per night. The campground is open for overnight camping on Friday and Saturday nights. Camp on the second weekend of the month and you can take advantage of a free Star Party on Friday night and a free 90-minute guided nature walk at 8:30 on Saturday morning.

Check our website [delcerroactioncouncil.org](http://delcerroactioncouncil.org) for updates on community matters. We look forward to seeing you at the DCAC meeting on April 23 at Temple Emanu-El. Meeting is at 7 p.m.

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

## ► Water, from page 1

The process of converting Brown's proclamation into workable regulations to achieve a mandatory 25 percent cut in water usage is going on as you read this, and will be voted on in Sacramento in early May.

Chief among the policies Weston and the local water authority question are the fact that the proposed regulations make no provision to recognize the considerable investment — over \$2 billion — that the Authority spent building the Carlsbad desalination project that will come online later this year, or the hundreds of millions of dollars spent to build the Olivenhain dam and raise the San Vicente dam face to more than double the capacity of that reservoir.

There is also concern that the proposed rules will treat San Diego County's \$2 billion agricultural industry the same as the soon-to-be restricted lawn and garden watering that homeowners will have to live with. San Diego's Water Authority wants the agriculture industry exempted from the 25 percent mandatory cutbacks, just as is the agriculture in California's Central Valley.

The Water Authority is far from the only entity objecting to what they see coming. Many farmers in the Sacramento-San Joaquin Delta are livid about the possibility they will have to give up rights to water they've been using freely for 150 years. Some are saying they will simply refuse to obey any such regulations, and dare the state to come after them.

Board Chairperson Marcus says long-standing water rights all over California, called senior rights, may have to be re-examined and possibly done away with. Last year, approximately 400,000 acres of agricultural were left fallow, or unplanted, due to somewhat lesser restrictions imposed at that time. This time could be worse.

This whole process is on a very tight time schedule. By the time you finish reading this story, the period for public input into the proposed rules will have already expired. The board will meet in Sacramento for a public hearing and adoption of the rules no later than May 6, with rules to take effect June 1.

It would be naïve to think politics are not involved here. We have heard little from the environmental community about all this so far, but that won't last. There will be a lot of comment from both the liberal coastal regions of the state, and the conservative inland and mountain regions. There will be the usual north versus south arguments, and the usual people versus fish arguments. There will likely be lawsuits from all corners, depending on what happens where.

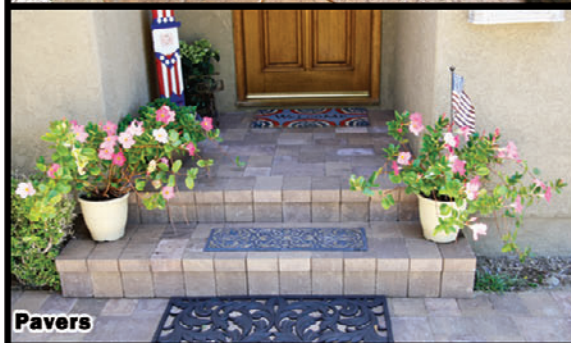
Through all of that, the thing to keep in mind is that the Water Resources Control Board members will end up doing what Jerry Brown wants them to do.

There are five members on that board, and they were all appointed to office by Jerry Brown.

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



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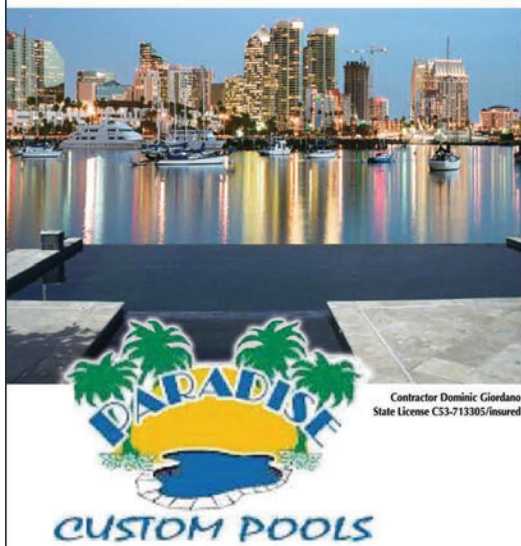


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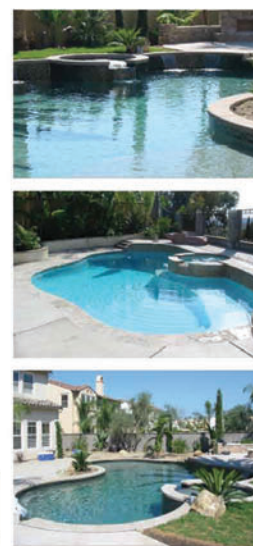


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## Summer Camps!

### Liberty Station to host summer camp open house

Liberty Station, the Naval Training Center-turned-cultural hub, will host a free open house April 18 to showcase "Camps at NTC: Where KIDS Get Creative."

From 10 a.m. – 2 p.m., families can explore summer camps targeted toward children ages 4 – 17, with programs featuring music, dance, theater, creative writing, and arts and crafts. Overseen by the nonprofit NTC Foundation, the camps are supported by 10 local cultural organizations, including the San Diego Ballet and the Theatre Arts School of San Diego. During the open house, the organizations will display information about their summer camp offerings.

The programs will run throughout the summer, with schedules and pricing depending on the individual camp selected. The open house will take place at the Dick Laub NTC Command Center, 2640 Historic Decatur Road, 92106. For more information, visit [ntclibertystation.com](http://ntclibertystation.com).

### Weight-loss camp offers summer scholarship

A new scholarship will offer San Diego youth an opportunity to have their health and wellness summer camp experience funded through a social media-based photo contest.

The contest, run by Wellspring Camps, invites children to create an Instagram post using the #MyWellSummer hashtag showing



"what healthy living looks like to them." The local winner, one of five nationwide, will receive a full scholarship for a four-week program at the Wellspring La Jolla location.

To enter, visit [wellspringcamps.com/scholarship](http://wellspringcamps.com/scholarship), fill out the form online, follow @wellspringcamps on Instagram, then post a photo using the aforementioned hashtag. Examples of posts could be a photo of a favorite fitness activity, healthy meal or inspirational quote, but creativity is paramount. Wellspring requests no photos of yourself or others.

The contest will remain open until April 18, when 50 semifinalists will be selected. These semifinalists will then be asked to write a short 100- to 300-word essay, which judges will use to determine the five winners nationwide.

### Zoo Camp returns

Beginning in late June, the San Diego Zoo will once again host its summer and art camps for children entering grades K – 12. The daily, six-hour camp will offer one- or two-week long stints for children to learn and explore alongside the diverse array of animals housed in San Diego's world-famous zoo.

In addition to up-close animal encounters, kids will be able to learn about wildlife conservation efforts in a unique atmosphere. Grades K – 7 have specialized curriculum catering to each year, while grades 8 – 12 attend the Epic Teen Adventures camp.

For more information or to register, visit [zoo.sandiegozoo.org/content/summer-camp](http://zoo.sandiegozoo.org/content/summer-camp) or call 619-718-3000 for reservations. ■

Includes a SDSU Baden Volleyball and LUNCH!

Mornings will be skill development while the afternoon's will consist of competitive play.

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Construction continues at Horton Plaza Park. (Photo by Delle Willett)

## Planning San Diego

Delle Willett

At the end of the 1800s the city of San Diego was not like any other major U.S. city. Enormous in acreage, the streets were still unpaved. With miles of ocean-front, there were no beaches south of Point Loma.

Introduction of the railway gave San Diego a tremendous boom and bust, but the city's population grew less than 1 percent in the decade following the bust. By 1907 the population was less than the 40,000 it had been in 1886, and although San Diego was connected to Los Angeles by train and to San Francisco by ferry, it was still difficult to reach and didn't have much to offer.

Nevertheless, San Diego's climate and scenery made it stand out above all other communities.

Tasked to turn San Diego into a nationally competitive city on both an economic and cultural level, the City of San Diego established the Civic Improvement Committee (CIC), created under the auspices of the City's Chamber of Commerce and Art Association. In 1907, the committee hired landscape architect and urban planner John Nolen of Harvard, Massachusetts, to complete a comprehensive plan for the city's development. They called him back again in 1924 to update his initial plan.

Nolen was one of several men in the U.S. who sought to mitigate the effects of the rapid urbanization that was creating numerous ills of city life. He pioneered for clean air, the needs of children, and access to beautiful things for all.

He also advocated for cities to grow and expand, always with guidelines and goals in mind, developing in synchronization with its population growth instead of before its time, or, even worse, after the chance for planning had passed.

Nolen completed and published "San Diego: A Comprehensive Plan for its Improvement" in early 1908. Though the plan was never fully utilized, it had a significant effect on the development of San

Diego's future planning policies.

His extensive plan addressed the unique possibilities that existed for development and the mistakes that had already occurred; it outlined the major issues that demanded attention; and discussed the practical and financial nature of implementing his recommendations.

Nolen warned that if planning San Diego's growth were to be done haphazardly, it would lose many of the advantages that

a space for official and leisurely gatherings.

Nolen recommended construction of a Great Bay Front that would fulfill both the commercial and leisure needs of the city. The development of a multiuse waterfront, he explained, would give residents an aesthetically pleasing open space.

This waterfront would feature an 11-mile drive next to the bay, running from the southern boundary of the city, past Downtown



The Embarcadero's Visionary Plan incorporates John Nolen's ideas Florent on Fifth Avenue and G Street. (Photo by Delle Willett)

nature had gifted it. He admonished the city for having a plan that was "not thoughtful. But on the contrary, ignorant and wasteful."

He criticized the destruction of San Diego's unique, natural topography, the leveling of hills and mesas. The massive grading that had destroyed its picturesque canyons and valleys in an attempt to create straight streets.

He believed that addressing these main points would rectify past mistakes and allow San Diego to meet its full potential.

Nolen's first recommendation focused on the need for a separate public plaza and civic space — a grand European-style plaza surrounded by civic buildings between Date and Cedar streets, with a wide boulevard that would have connected Balboa Park to the Civic Center and the bay.

He went into extensive detail on how and where the plaza should be erected and argued that a noteworthy plaza was essential for both aesthetic reasons and as

and the County Administration building, past a suggested airport and on to the Naval bases in Point Loma.

He also proposed the historic restoration of Old Town, dredging the bay, the use of reservoirs for recreation, and the preservation of beaches.

Nolen believed that public and municipal spaces had to be set aside while the land was still undeveloped; that if his plans for the public plaza, civic center and bay front were implemented, then population and traffic would surely increase.

He reiterated his belief that cities should not be built according to preordained guidelines but designed after the consideration of the city's particular physical circumstances and social needs.

In his chapter on street planning he said a city's health, just like a body's health, is dependent on good circulation.

His plan included five street

See **PLANNING** page 18 —>



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► Recycling, from page 2

ing special garments with special handling, specific donation sites exist. Got an unneeded formal dress? You can make a young lady's formal-dress occasion easier by donating a prom dress or wedding dress to local charities. Get linked up with this program at [www.donation-town.org](http://www.donation-town.org).

Career suits? Dress For Success ([www.dressforsuccess.org](http://www.dressforsuccess.org)) targets clothing and career development assistance to disadvantaged women. The San Diego affiliate is located at 112 Broadway, Suite 200, in Downtown San Diego. Reach them by phone at 619-533-6014.

Nike will take donated athletic footwear. The Fashion Valley store, at 7007 Friars Road, Suite 770, will accept sports shoes of any brand in any condition, except for those containing metal or cleats or those that are wet. Through Nike's Reuse-A-Shoe program, old sneakers go into a grinder, with the resulting shredded material used to create new sports surfaces, such as basketball courts, tracks and soccer fields. To date, 28 million pairs of shoes have gone into the shredder, producing surfaces covering 632 million square feet, almost enough to turn all of Manhattan into a sporting field.

If, however, your budget for replacement clothing is lean, another clothes recycling option is resale. Items can be resold or traded through resale or consignment shops. (Comparable websites for clothing swaps are available as well.) Some local resale stores specialize in keeping current or classic items in stock to draw shoppers looking for high fashion at low prices. In and along the Mission Valley corridor, Dress To Impress (4242 Camino del Rio North #9) and North Park's Frock You (4121 Park Blvd.) will take specialty and high-fashion items off your hands and put something back into your pocketbook.

Wear It Again Sam was a legendary vintage and costume clothing shop in Hillcrest until closing up its storefront doors. The business now operates online ([wearitagainsamvintage.com](http://wearitagainsamvintage.com)). The enterprise still deals in clothes from the late 1800s through the 1950s, purchasing, selling and staging trunk shows.

Buffalo Exchange offers a wide choice of currently fashionable clothes for resale or trade. With stores in Hillcrest and Pacific Beach, the convenience is enticing to take your discards and get something that is fresh and new for you. Buyers and store attendants described the kinds of clothes the stores are interested in purchasing. They are selecting seasonally, while also featuring a sampling of best-of-all seasons clothing. You can sell Buffalo Exchange your ugly Christmas sweater or your overused

Halloween costume. Either store will take vintage or one-of-a-kind pieces for resale. Straight leg denim is on the stores' usual purchase list. Right now, the stores are in need of spring and summer clothing in light colors and light fabrics, and especially seeking men's clothing. Footwear in demand includes sandals and open booties.

Additionally, Buffalo Exchange has two offers highlighting the enterprise's environmental efforts in conjunction with Earth Day. From now through April 22, any donated fur items can go into the "Coats For Cubs" program, which provides the unwanted garments as bedding for orphaned baby wildlife. And on April 18, the stores will feature an Earth Day Sale, with selected items going for \$1 apiece.

A house-party clothing swap among friends is another budget-friendly possibility for restocking your cleaned-out closet -- and fun too. A do-it-yourself website (such as [www.ehow.com](http://www.ehow.com)) can help get you started with ideas for planning and hosting this kind of party.

As for those pieces you have doubts about? Very worn but clean clothing may be of use to shelters for homeless persons and abuse victims. Check at local churches with homeless outreach programs, which might accept your well-loved favorites for reuse.

The H&M store at Fashion Valley, 7007 Friars Road, Suite 701, offers a recycling program that will take a bag of old clothes and household textiles in any condition, and in exchange provide a voucher that can be used on a purchase at an H&M store (maximum of two vouchers per day).

Very damaged fabric items can still be reused in creative ways. Know any quilters? Even small, torn pieces of sturdy clothing can be re-sewn into such quilted goods as potholders, coasters and purses. Feeling ambitious enough to learn a new craft? Look for patterns and suggestions for quilting your own leftover fabric swatches into something new and useful at [craftsy.com](http://craftsy.com).

You don't have to let usable old clothing go to waste. Give it a new use or give it away -- don't throw it away.

— B.J. Coleman is a freelance writer. You can reach her at [barshajo@aim.com](mailto:barshajo@aim.com). ■

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## THEATER



(l to r) Amy Kim Waschke, Jon Norman Schneider, and Tanya Thai McBride in The Goodman Theatre production of "The White Snake" (Photo by Liz Lauren)

# A fairytale at Old Globe

Charlene  
**Baldrige**



To showcase Mary Zimmerman's "The White Snake," playing through April 26 on the Donald and Darlene Shiley Stage at the Old Globe, designer Daniel Ostling created three walls and a raked floor.

Apparently, Zimmerman (who directs her own work) did the rest, imagining elements to support the fable, which originated in the East and took up residence and enchanted enhancement in ancient China.

Zimmerman's lovely adaptation/production of "The White Snake" received its world premiere at the Oregon Shakespeare Festival in Ashland (Feb. 18 – July 8, 2012) and has since traveled to major regional theaters including Chicago's Goodman, Princeton's McCarter, and the Berkeley Rep.

Acknowledging there are many versions of the tale, "The White Snake" is a transformation story. White Snake (Amy Kim Waschke) grows weary of thousands of years in the mountains. Fascinated with human kind, she slithers down the mountain in company of a feisty companion, Green Snake (Tanya Thai McBride, who creates an endearing character, part of which is her edgy voice).

Having transformed themselves into human form, the two pose as mistress and servant, with Green Snake taking on the more daring and confrontational tasks. Along the way to civilization, they encounter Xu Xian (Jon Norman Schneider) who ferries them across the lake and loans White Snake his umbrella, a transaction during which their age-old, foreordained attraction manifests itself.

Though Xu Xian is a lowly chemist's assistant, White Snake weds him and — again through magic — provides enough funds for a home and their own pharmacy, which is a raging success due to White Snake's healing abilities. The evil abbot of the local Buddhist temple, Fa Hai



Tanya Thai McBride in the McCarter Theatre's production of "The White Snake." (Photo by T. Charles Erickson)

## "The White Snake"

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(Matt DeCaro), knows of White Snake's true identity and sets out to ruin her marriage, success and happiness. She must go on a perilous journey to find the one remedy that will cure Xu Xian. As with all fables, there are many messages to the beholder; among them, we love the one we love, sometimes at our own peril; but in the grand scheme of things, love triumphs.

In the unfolding, Zimmerman employs music, dance and pageantry, all supplied by her dazzling and sincere company, two of whom are veterans of the Ashland and subsequent productions, and the artistry of Ostling and the original design team comprising costume designer Mara Blumenfeld, lighting designer T. J. Gerkens, sound designer and

composer Andre Pluess, and projection designer Shawn Sagedy. Many of the effects are as magical as the tale.

Initially, I found myself impatient with what seemed like overuse of parasols and puppets (snakes can do only so much); however, the story eventually overcame its means of telling, and the visual and aural, sans parasols and snakes, began to enthrall. The pageantry, which employs battle, lanterns and movement, is thrilling.

Played live and scored for flute, strings, cello and percussion, Pluess's score could overwhelm the singers' diction; however, they are subtly miked so most all the text is understood.

Ablly done and beautifully integrated, the movement is a mix of ancient forms, most recognizably Noh and tai chi. Zimmerman's text, based on numerous sources that came down through written and oral traditions, strives for poetry throughout; however, the final 10 minutes — a simple statement about love and loss delivered by the company — makes up for whatever impatience might have been engendered prior to this truly poetic moment.

—Charlene Baldrige has been writing about the arts since 1979. You can follow her blog at [charlenebaldrige.com](http://charlenebaldrige.com) or reach her at [charb81@gmail.com](mailto:charb81@gmail.com). ■

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# nutrition matters



Healthy baked chicken parmesan served with marinara and tomatoes atop zucchini noodles. (Photo by Katy Kaufman)

## For healthier weekday meals, prep in advance

Katy Kaufman

Food prep is a great way to make some healthy lifestyle changes. Preparing meals and snacks ahead of time on the weekend allows you have fast, nutrient-dense options during the week. Here are some healthy foods that I like to prepare ahead of time so that I can add them wraps, sandwiches or salads:

- Brown rice
- Lentils
- Sliced vegetables and fruit
- Grilled Chicken
- Hardboiled eggs
- Baked sweet potatoes
- Granola bars
- Almonds — ¼ cup portions into bags
- Salads with vegetables in Tupperware

Another option is to create an entire meal ahead of time that can be refrigerated or frozen until you are ready to serve.

Chicken Parmesan is one of my favorite Italian dishes, but it can be complicated to make

during the week. I frequently prepare this meal ahead of time, freeze in small baking dish and reheat when I'm ready to eat. It tastes just as good!

**Healthy Baked Chicken Parmesan**  
Adapted from Skinnytaste  
Serves 6

### Ingredients:

- 6 boneless, skinless, thin-sliced chicken breasts
- ½ cup whole-wheat breadcrumbs
- 1 teaspoon sea salt
- 4 tablespoons grated Parmesan cheese
- 2 cups marinara sauce (+ 1 cup for serving)
- 2 teaspoons Italian seasoning
- 2 tablespoons olive oil
- 2/3 cup part-skim mozzarella cheese
- Cooking spray

Preheat the oven to 450 degrees. Season the chicken breasts with salt.

Spray a baking sheet with cooking spray. In a bowl, mix together the Italian seasoning, breadcrumbs, and Parmesan cheese. Brush the olive oil over

the chicken breasts and lightly toss the chicken into the bread crumbs.

Bake the chicken for 20 minutes and then flip and cook for an additional seven minutes until fully cooked.

Spoon one to two tablespoons of marinara sauce on top of the chicken and sprinkle with mozzarella cheese. Bake for an additional 5 minutes.

The chicken can be served on its own or on top of whole wheat spaghetti with fresh tomatoes and extra marinara sauce. To add even more nutrients to your meal, you can use a spiralizer to make your own zucchini noodles or long strands of other vegetables.

—Katy Kaufman is a candidate for a master's degree in nutritional sciences at San Diego State University. She also works as a diet technician at Sharp Memorial Hospital in Kearny Mesa and teaches nutrition education courses at the Catholic Charities Diocese of San Diego. Visit her website at [katykaufman.weebly.com](http://katykaufman.weebly.com).

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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 Giovineti

**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

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

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The Serra Museum stands alone high above the future Presidio Park in this 1929 photograph. (Courtesy San Diego History Museum)

## ► Planning, from page 14

types that responded to different functions. He solved the problem of gridiron plans by proposing a curvilinear street pattern where residents would be able to embrace the topography, not just tolerate it.

He designed specific treescapes for residential and business streets, boulevards and thoroughfares.

The type of tree and its placement, he suggested, would aid in deciphering the use of the street and ultimately improve traffic flow.

Nolen called for palm trees, explaining that the plantings aim to dress up the street and relieve its barrenness yet avoid shading the houses.

He recommended that planners recall the city's history and utilize the Spanish language in street names and residential developments.

He was particularly concerned about improving the health of the city's inhabitants. He implored the CIC to address the lack of small open spaces that might be used for recreation and recommended a system of parks dedicated to the preservation of natural features. By nature a play city, San Diego should have its own playgrounds, he believed.

Nolen also addressed the problem of rectilinear subdivision planning which resulted in awkward intersections, steep roads and oddly shaped blocks.

Although he was not directly responsible for designing Mission Hills, it is an excellent example of a community that followed his recommendations: a variety of street types, curvilinear streets that respond to the contours of the canyons and cliffs, heavily landscaped parkways, a community name and street names that reflect the history of the land and its location, the use of uniformly placed Queen Palm trees, slow growth and quality control.

While many of his ideas and recommendations were not implemented, we can thank Nolen for the development of Morley Field, Shelter and Harbor islands, the County Administration building, Harbor Drive, Lindberg Field and the landscape plan for Presidio Park. His dream of a connection from Balboa Park to the bay is nearly fulfilled with Park Boulevard, extending from the Park to Petco Park.

Although not like some of the world's iconic plazas Nolen envisioned for San Diego, his

recommendation is close to being realized with the renovation and expansion of Horton Plaza Park on the south side of Broadway between Third and Fourth avenues. The new plan includes revival of the existing 20,000-square-foot historic park as well as the creation of a new, approximately 1-acre public plaza created by the removal of the former Robinsons-May building. Combined, the new Horton Plaza Park will cover 1.3 acres.

We can also thank Nolen for the historic restoration of Old Town, dredging the bay, the use of reservoirs for recreation, and the preservation of our beaches.

Nolen's suggestion that San Diego have a Great Bay Front is coming alive with the North Embarcadero Visionary Plan, the recent opening of Phase One and the Waterfront Park at the County Administration building.

San Diego is still working on Nolen's recommendation that we have many small public parks and spaces: Currently in Downtown people are enjoying the Park at the Park, Children's Park, Ruocco Park, Tweet Street Linear Park, Embarcadero Marina Park, and the Waterfront Park with its unique and hugely popular playground.

Nolen's legacy has lived on through the San Diego Planning Department and CCDC as well

as individual landscape architects who include: Vicki Estrada (Estrada Land Planning); Marty Poirier and Andrew Spurlock (Spurlock Poirier); Mike Singleton (KTU+A); Glen Schmidt (Schmidt Design Group); Mark Johnson (Civitas); Harriet Wimmer and Joseph Yamada (Wimmer Yamada); and George Hargreaves (Hargreaves Associates).

As stated on the city's website, planning in San Diego has a long and proud history, dating back to John Nolen's path-breaking plans for the city in 1908 and the Balboa Park Exposition in 1915.

San Diego has become a leader among cities for its visionary approach to planning. The innovative strategies it has created have received local, state, and national awards, and made San Diego a model for other cities to follow.

—Delle Willett is a PR consultant and a freelance journalist. She does pro bono work for organizations that empower women and work to end world hunger. Reach her at [dellewillett@gmail.com](mailto:dellewillett@gmail.com).■

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A second medical marijuana company, SDUG, Inc., seeks to open a dispensary at 4427 Rainer Ave., next door to the Living Green location. (Photo by Hutton Marshall)

► **Permit**, from page 1

operations and vacate that site last month by Superior Court Judge John Meyer. It was also assessed thousands of dollars in fines and costs after running up expenses to the city by apparent judge-shopping as it tried to avoid such penalties.

It will be a public hearing, held in the City Council chambers Downtown at 8:30 a.m. If the hearing officer denies Living Green's petition, Living Green can appeal to the city's Planning Commission.

In a somewhat unusual step, the Navajo Community Planning Group will send at least one representative, likely Chairman Matt Hall, to the hearing to testify if needed and allowed by the hearing officer. In December, the planning group voted unanimously to deny Living Green's request for approval of its application to operate in Grantville. At its April meeting, Hall said someone needs to be there to explain why the planning group said "no" to Living Green.

Planning group approval is advisory only in San Diego, but the

Planning Commission and City Council set up planning groups for a reason.

There is also another horse in the race for one of the four marijuana permits legally available in City Council District 7, and that would be Bay Area-based SDUG, Inc. That group is applying to open a dispensary at 4427 Rainer Ave., about 50 feet from the now-shuttered Living Green facility. That leaves the two competing cooperatives about 950 feet short of the mandatory separation of at least 1,000 feet.

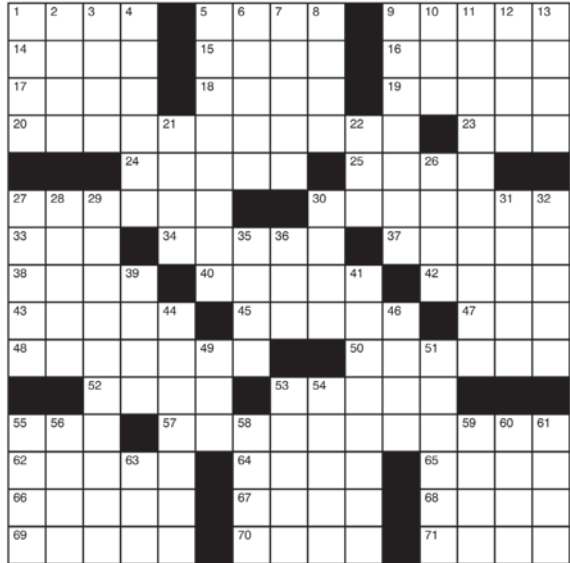
Where all this will go is anyone's guess right now. Living Green may actually have the advantage right now, since its application is the first one to come before the hearing officer. Whether its illegal operations history will affect its current status is up to the hearing officer, and to the Planning Commission if the hearing officer denies the application.

If you get the feeling from this story that no one wants to talk about any of this, you're right.

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

**PUZZLES** | ANSWERS ON PAGE 21

**CROSSWORD** From the Neck Up



CREATORS NEWS SERVICE

By Charles Preston

**ACROSS**

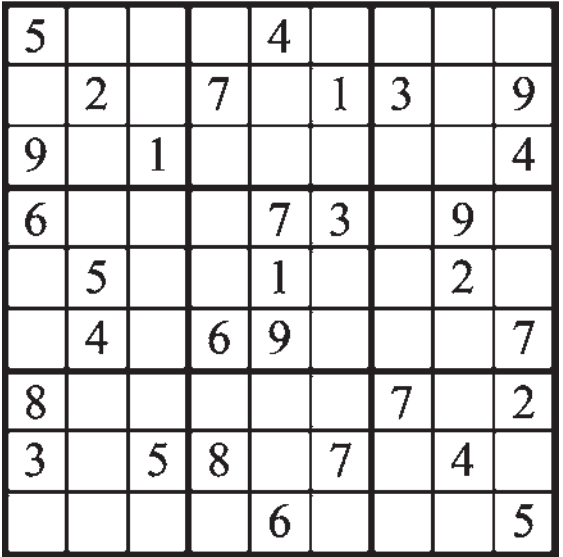
- 1 \_\_\_\_ River, NJ
- 5 *Memory* musical
- 9 Partner of Crofts
- 14 Purlieu
- 15 Hautboy
- 16 Admiral Byrd's fox terrier
- 17 Tragic king
- 18 Encore!
- 19 Butchery request
- 20 Alice Walker's Pulitzer novel, with *The*
- 23 Corporate VIP
- 24 *Down and Out in Beverly Hills* star
- 25 Chip in a chip
- 27 Darwin's ship
- 30 Fruit farm
- 33 Bruins great
- 34 Singers James and Jones
- 37 Downy duck
- 38 Sculls
- 40 Golf score
- 42 Pudding thickener
- 43 Fur piece
- 45 Nest
- 47 Ont.'s neighbor

**DOWN**

- 48 Facing
- 50 Skirmish
- 52 WWII gun
- 53 Malice
- 55 Prepare to fire
- 57 Herman Wouk's Pulitzer novel, with *The*
- 62 Kind of mill
- 64 Musical finale
- 65 Sloth's home
- 66 *Midnight Cowboy* role
- 67 He was: L.
- 68 Dodge City marshal
- 69 Jacob's son
- 70 Marginal mark
- 71 Means justifier
- 12 Solitary
- 13 Midding
- 21 Macbeth, e.g.
- 22 Malayan gibbon
- 26 Field's *All \_\_\_\_ and Heaven Too*
- 27 Encourage
- 28 Sappho's Muse
- 29 Sinclair Lewis's Pulitzer novel
- 30 Sonja Henie's birthplace
- 31 Buick model
- 32 He bee
- 35 Sailors
- 36 Gone by
- 39 Venetian strip
- 41 Repair report
- 44 \_\_\_\_ Set
- 46 Shearer's skirt
- 49 Kind of testing
- 51 Couch
- 53 Siesta sound
- 54 Bicycle part
- 55 Pearl Mosque site
- 56 Cleopatra's handmaiden
- 58 Like some tea
- 59 Kashan's country
- 60 Dweeb
- 61 Nopes' opposites
- 63 Wind dir.

**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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# Patrick Henry High School news

By PHHS Staff

## Academic World Quest Competition

Eight Patrick Henry students competed in the annual Academic World Quest Competition held in February. The event, sponsored by the San Diego World Affairs Council, was held at Liberty Station. Patrick Henry sent two teams of students to the competition and placed third and fourth. The event consisted of teams of four students each who answered 10 rounds of questions, each round included 10 questions focusing on an aspect of current world affairs. Ian Rodney and Wyatt Gregory were responsible for organizing the Henry students, conducting preliminary quizzes to “try out” for the teams. They also coordinated study sessions and drafted questions that could be used in the competi-



PHHS participants in the Finish Chelsea's Run 5K March 7 in Balboa Park (Courtesy PHHS Staff)

tion. We are especially proud of the collaborative nature of our teams, and the organizers commented on how much fun the Henry students were clearly having. The Henry teams also included students from multiple grade levels:

- Team 1:**  
**Alex Cagle (freshman)**  
**Wyatt Gregory (junior)**  
**Michael Running (senior)**  
**Joey Schindler (senior)**  
**Team 2:**  
**Kalos Chu (freshman)**  
**Katie O'Neill (senior)**  
**Ian Rodney (junior)**  
**Meriah Razak (junior)**

## 2014-2015 Navy JROTC Academic Bowl Level II results

Congratulations to PHHS JROTC Academic League Team, which has advanced to the final championship round of the 2014-15 Navy JROTC Academic Bowl in Washington, D.C. The Level II was very competitive and all of the teams proved their academic strength by advancing through it onto the finals. PHHS wishes the best of luck to team members: Wyatt Gregory ('16) Ian Rodney ('16), Kelly Lolly ('17), Julia Kawas ('17), Quinn Razak ('17) and Daniel Khuu ('18)

who all received an all-expenses paid trip to Washington, D.C., with their coach Tom Bricke, as they seek the top honors in the Navy JROTC Academic Championship and JROTC Joint Service Academic Bowl Championship. They will compete with the following schools who also earned entry into the championship:  
**Apache Junction High School (Apache Junction, Arizona)**  
**Calvert High School Prince (Frederick, Maryland)**  
**Central High School (Brooksville, Florida)**  
**Flour Bluff High School (Corpus Christi, Texas)**  
**Marine Academy of Science and**



Lauren Haneke-Hopps (left), the Patrick Henry Cluster student ambassador for the Finish Chelsea's Run 5K (Courtesy of PHHS Staff)

**Tech (Atlantic Highlands, New Jersey)**  
**Mayde Creek High School (Houston, Texas)**  
**Troy High School (Fullerton, California)**

## PHHS are Chelsea's Champions

PHHS had a strong show of support at the Finish Chelsea's Run 5K on March 7 in Balboa Park. This was the fifth anniversary of Chelsea King's disappearance and funds raised by this event support the Chelsea's Light Scholarship given in her memory. PHHS has had four seniors in the past four years win scholarships from the Chelsea's Light Foundation for amounts ranging from \$2,000 to \$10,000. PHHS is especially proud of Lauren Haneke-Hopps, our student ambassador for the last two years trying to get the Henry Cluster to come out and support the race. As the ambassador, she asked Mr. Brent King (Chelsea's dad) to address our students in the gym during their physical education classes last year to share his message and encourage others to help protect all children from predators.

## PHHS students represented at the district's Honor Choir

Ten of our fantastic PHHS choir students participated in an Honor Choir for high school students throughout the San Diego school districts and private schools. Students auditioned and were selected on the basis of their citizenship and vocal abilities. They represented PHHS exceptionally well and made us all proud! Please congratulate the following students on this accomplishment: Margaret

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2nd Annual

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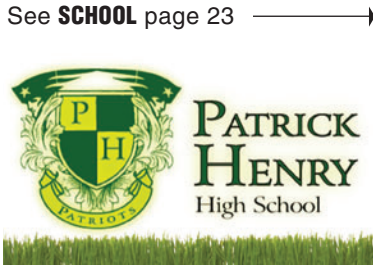
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# Mission Trails Regional Park Foundation update



Linda Klers

In my six years at with the Mission Trails Regional Park (MTRP) Foundation, I have had the good fortune of meeting a great number of outstanding people. There are always individuals who make a very positive impression on you; Linda was one of those individuals.

About five years ago, I met Linda Klers when she was chairing the Soroptimists International of San Diego's annual "Wine in the Wilderness" event. She was looking for a new venue, and fortunately her committee selected the MTRP Visitor Center. She chaired the "Wine in the Wilderness" event for several years and we became friends.

On April 7, I attended a celebration of life for Linda. Just after her 60th birthday, she lost a heroic battle with leukemia. The celebration of life included a great photo of Linda and a couple of friends standing on the Visitor Center Terrace overlooking Mission Gorge. She was involved in a great number of community service projects throughout San Diego. Linda is someone who really made a positive difference in the world.



The Matilija Poppy, also known as the "fried egg flower" (Photo by Jerry Tietje)

### Concerts

Four accomplished young harpists, representing the San Diego Harp Society, will perform in the Visitor Center theater on Sunday, April 19 at 3 p.m. On Sunday, May 3, Mary Holma, Betty Grant, and Fred Laskowski — all members of the Storytellers of San Diego — return to present stories featuring Animal Tales and Native American Folklore.

### Explore Mission Trails Day

Circle May 16 on your calendar to attend our annual Explore Mission Trails Day from 9 a.m. to 2 p.m. The theme is "Connecting with Nature." There will be

family fun activities at the Visitor Center and at the East Fortuna Staging Area.

This popular event features free, guided nature walks as well as talks and programs throughout the park. There will be live animals, interactive displays and special programs for children at both locations. The San Diego Natural History Museum and Scholastic Publishing's Ms. Frizzle and The Magic School Bus will present a special program for children in the amphitheater at the Visitor Center. There will be free pony rides (from 9 a.m. to 1 p.m.), a climbing wall, crafts for children, and many discovery stations at the East Fortuna Staging

Area. The San Diego Mountain Bike Association is returning with its demonstration bicycle skills park and will have bicycles for children to use.

The Kiwanis Clubs of Lake Murray and Santee will be selling food and refreshments at both the MTRP Visitor Center and East Fortuna Staging Area, respectively. Corporate sponsors to date include Republic Services, Inc., SDG&E, Superior Ready Mix, and an in-kind donation from San Diego Family Magazine. We also thank the city of San Diego for support through their Special Promotional Program Fund and the San Diego County for support through their Community Enhancement Fund.

Check our website at [mtrp.org](http://mtrp.org) for information about all the programs: Explore Mission Trails Day, discovery tables, free guided nature walks, star parties, and camping at the Kumeaya Lake Campground.

### AmazonSmile

Support the MTRP Foundation through AmazonSmile. Here is information from the [smile.amazon.com](http://smile.amazon.com) website. AmazonSmile is an automatic way for you to support the MTRP Foundation every time you shop at Amazon, at no cost to you or us. When you shop at [smile.amazon.com](http://smile.amazon.com), you'll find the same low prices, vast selection, and convenient shopping experience as at Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to the MTRP Foundation.

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Every day is an outstanding adventure at MTRP!

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

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

5	3	6	2	4	9	1	7	8
4	2	8	7	5	1	3	6	9
9	7	1	3	8	6	2	5	4
6	8	2	5	7	3	4	9	1
7	5	9	4	1	8	6	2	3
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8	6	4	9	3	5	7	1	2
3	1	5	8	2	7	9	4	6
2	9	7	1	6	4	8	3	5

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MUSIC NOTES

Jazz

**Fridays:** “Jazz at the Cosmo” at The Cosmopolitan Restaurant and Hotel. Free. 6:30 p.m. 2660 Calhoun St., Old Town. OldTownCosmopolitan.com.

**Charlie Arbelaez Trio at The Rook.** Free. 9 p.m. 7745 University Ave., La Mesa. TheRookBar.com.

**Saturdays:** Jazz with George and Alan at Bistro Sixty. Free. 6:30 – 9:30 p.m. 5987 El Cajon Blvd., College Area. BistroSixtySD.com.

**Douglas Kvandal with the LiveJazz! Quartet** at the Amigo Spot at Kings Inn. Free. 7 p.m. 1333 Hotel Circle South, Mission Valley. KingsInnSanDiego.com.

Pop

**Tuesdays:** Suzanne Shea and Bob Wade at Bistro Sixty. Free. 6:30 – 8:30 p.m. 5987 El Cajon Blvd., College Area. BistroSixtySD.com.

**Fridays:** Nathan Welden at Bistro Sixty. Free. 6:30 p.m. 5987 El Cajon Blvd., College Area. BistroSixtySD.com.

**April 25:** The Baja Bugs at Pal Joey’s. Free. 8 p.m. 5147 Waring Road, Allied Gardens. PalJoeysOnline.com.

Classical

**April 19:** Navy Band Southwest Woodwind Quintet at San Carlos United Methodist Church. Free will offering. 4 p.m. 6554 Cowles Mountain Blvd., San Carlos. SanCarlosUMC.org.

**April 19:** San Diego Harp Society at Mission Trails Regional Park Visitor Center Auditorium. Free. 3 – 4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

**May 14:** “Art of Music” series with Claire Chase at the San Diego Museum of Art. \$15+. 7 p.m. 1450 El Prado, Balboa Park. SDMArt.org.

Alternative/Rock

**April 18:** Outta Sync at Pal Joey’s. Free. 8 p.m. 5147 Waring Road, Allied Gardens. PalJoeysOnline.com.

**April 25 & 26:** Adams Avenue Unplugged featuring 170 performers including Anais Mitchell, Hot Buttered Rum, David J, Cody Lovaas and more. Free. Various locations and show times along Adams Avenue in Normal Heights. AdamsAvenueBusiness.com.

**April 23:** Teagan Taylor performing songs by Norah Jones at Vision Center for Spiritual Living. \$15. 7 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. FolkeyMonkey.com.

Other

**April 17:** Rock in the Park featuring Berkley Hart Selis Twang with Michael Tiernan at Reuben H. Fleet Science Center. \$24+. 7 p.m. 1875 El Prado, Balboa Park. RHFleet.org/events.

**May 4:** The Sherpas and Joe Rathburn at Vision Center for Spiritual Living. \$20. 7 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. FolkeyMonkey.com.

**May 16:** Honorable Menschen at America on Main Street. Free. 3:30 – 5:30 p.m. East Main Street and Rea Avenue, between Magnolia and Claydelle avenues, Downtown El Cajon. AmericaOnMainStreet.org.

—Compiled by Jen Van Tieghem. Bands, venues and music-lovers, please submit listings for this calendar by emailing Jen@sdenn.com.■

FEATURED EVENTS

Grand Leyenda tequila tasting

Tuesday, April 21

This special tasting event at KNB Wine Cellars (6380 Del Cerro Blvd.) will feature the products of Grand Leyenda, a distillery that crafts several varieties of organic tequila without the use of chemical or pesticides. There will also be a bottle signing by owner Jesus Santoyo. The tasting starts at 7 p.m. and is \$20. RSVP to 619-286-0321.

Art Alive

Friday, April 24 – Sunday, April 26

The San Diego Museum of Art (1450 El Prado, Balboa Park) will host its signature fundraiser, Art Alive, for the 34th time over the course of three days. The event features floral exhibits inspired by famous works of art in the museum’s Permanent Collection. The event will include various previews for members, lectures, trunk shows and more. Admission is free for members, \$20 for nonmembers, \$5 for children ages 7–17 and free for children ages 6 and under. Visit sdmart.org/art-alive-2015 for the full schedule and to purchase tickets.

22nd annual Spring Garden Festival

Saturday, April 25

This event highlights Cuyamaca College’s (900 Rancho San Diego Parkway, Rancho San Diego) ornamental horticulture program along with the Water Conservation Garden and Heritage of the Americas Museum, each located on the school’s campus. The festival will include activities, exhibitors, demonstrations and more related to sustainable gardening and landscaping. More than 50 vendors will showcase related wares and services. The event is free and will be held from 9 a.m.–3 p.m. Visit web2.cuyamaca.edu/springfest/2015 for more information.

Ballast Point Spirit and Beer Dinner

Thursday, April 30

KNB Wine Cellars (6380 Del Cerro Blvd.) will host San Diego’s own Ballast Point Brewing and Spirits for a special five-course dinner with spirit and beer pairings. The event begins at 6:30 p.m. and tickets are \$30. RSVP to 619-286-0321. Visit KNBWineCellars.com for more information.

2nd annual Butterfly Festival

Saturday, May 9

This festival will celebrate the re-opening of the Dorcas E. Utter Memorial Butterfly Pavilion at The Water Conservation Garden (12122 Cuyamaca College Drive West, Rancho San Diego). The family-friendly lineup of events includes tours of the pavilion, a “pollinator party” for kids, discussions by butterfly experts, booths, workshops, plant sales

and more. Admission for members of the garden is free, adult tickets are \$5, children ages 3–17 are \$1. Visit thegarden.org/butterfly for a full schedule of events and tickets.

RECURRING EVENTS

Mondays:

**Free Tax Prep by AARP:** 9:30 a.m.–4 p.m. through April 13. Call 619-241-2170 for more information. Allied Gardens/Benjamin Branch Library, 5188 Zion Ave., Allied Gardens.

**Rock Star Karaoke with Jae:** 9 p.m. Let your inner rock star shine. Pal Joey’s, 5147 Waring Road, Allied Gardens. Paljoeysonline.com.

Tuesdays:

**Feeling Fit Club:** 8:30–9:30 a.m., free class for seniors 60 years and up to improve balance, strength and flexibility. Tifereth Israel Synagogue, 6660 Cowles Mountain Blvd., San Carlos. Call 858-495-5500 ext. 3.

**Brilliant Babies Storytime:** Noon, recommended for pre-walkers. Allied Gardens/Benjamin Branch Library, 5188 Zion Ave., Allied Gardens.

**Chair Yoga:** 2:30–3:30 p.m., free class where yoga stretches are performed sitting on a chair. No mats needed. San Carlos Branch Library, 7265 Jackson Drive, San Carlos. Sancarlosfriendssofthelibrary.org.

Wednesdays:

**Feeling Fit Club:** 1–2 p.m., free class for seniors 60 years and up to improve balance, strength and flexibility. Wesley United Methodist Church, 5380 El Cajon Blvd., College Area. Call 858-495-5500 ext. 3.

**Guided Nature Walks:** 9:30–11 a.m., free nature walk with trail guide on one of three trails starting at the visitor center. Walks cancelled if raining. Mission Trails Regional Park, 1 Father Junipero Serra Trail, San Carlos. Mtrp.org.

**College Avenue Farmers Market:** 2–6 p.m., hosted by the College Avenue Baptist church, this market has certified locally grown produce and handmade arts and crafts. 62nd Street and El Cajon Boulevard, College area/Rolando. CABCO.org.

**Locals Night:** 3–8 p.m., residents of 92120, 92115, 92116,

92123 and 92108 are eligible for \$2 pours of the brewery’s “beer of the day.” Benchmark Brewing, 6190 Fairmount Ave. Suite G, Grantville. Benchmarkbrewing.com.

Thursdays:

**Game Night:** 6–9 p.m., bring your own or play what’s available while enjoying traditional and vegan donuts. Donut Panic, 6171 Mission Gorge Road #113, Grantville. Facebook.com/DonutpanicSD.

**Karaoke:** 9 p.m., hosted by Erica at your favorite neighborhood haunt. Pal Joey’s, 5147 Waring Road, Allied Gardens. Paljoeysonline.com.

Fridays:

**Curbside Bites:** 5–9 p.m., gathering of gourmet food trucks at Westfield mall, 1640 Camino Del Rio N., Mission Valley. Curbsidebites.com.

**Rock Out Karaoke:** 9:30 p.m. on the third Friday of the month, karaoke with a dynamic live band. JT’s Pub, 5821 Mission Gorge Road, Grantville. Rockoutkaraoke.com.

Saturdays:

**Used book sale:** 9:30 a.m.–3 p.m. on the first Saturday of the month. Wide selection of books and other items are available for all ages. San Carlos Branch Library, 7265 Jackson Drive, San Carlos. Sancarlosfriendssofthelibrary.org.

**Guided Nature Walks:** 9:30–11 a.m., free nature walk with trail guide on one of three trails starting at the visitor center. Walks cancelled if raining. Mission Trails Regional Park, 1 Father Junipero Serra Trail, San Carlos. Mtrp.org.

Sundays:

**Guided Nature Walks:** 9:30–11 a.m., free nature walk with trail guide on one of three trails starting at the visitor center. Walks cancelled if raining. Mission Trails Regional Park, 1 Father Junipero Serra Trail, San Carlos. Mtrp.org.

**Karaoke:** 9 p.m., karaoke to close out your weekend. Camel’s Breath Inn, 10330 Friars Road Suite 106, Grantville. Camelsbreathinnsd.com.

—Email calendar items to editor@sdenn.com.■



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The PHHS Girl's Lacrosse team recently won the 2015 Surf, Sun and Styx Tournament's Gold Division. (Courtesy of PHHS Staff)

► School, from page 20

Poltorak, Joanna Dean, Emily Arkin, Leianna Weaver, Kellen Gaughan, Allison Ogul, Nate Stolp, Jeremy Stolp, Ryan Simon and Emma Churchill.

**Congratulations to PHHS winter drum line**

If you have ever attended a PHHS football game, you were likely impressed by our drum line, who often showed off their talents during a portion of the game. On March 7, at Mission Hills High School in San Marcos, the winter drum line musicians placed first in their division. We are very proud of their accomplishments and would like to congratulate the following team members who did an outstanding job representing PHHS: Matt Leveque, Noelle Duong, Cormac Jenkins, Kaden Scroggins, Armando Cano, Stephen Barrack, Eden Lalouz, Spencer Kennedy, Matt Claussen, Lucas Harris, Matthew Voogd, Cassie Palm, Emily Gavin, Jacob Freeland, Riordan Turner, Sherry Tran, Kurt Wasson, Dakota Walker and Brittney Packer.

**Congratulations to PHHS Girl's Lacrosse Team**

Patrick Henry Varsity Lacrosse started the new season with a giant victory at the 2015 Surf, Sun and Styx Tournament's Gold division at Westview High School on March 14. They went undefeated and won four straight games to earn the first place trophy! We are proud of our Lady Patriots!

**Carson Scholarship winner at PHHS**

PHHS is proud to have Lauren Haneke-Hopps named as a Carson Scholarship recipient. The Carson Scholars Fund awards \$1,000 college scholarships to students in grades four through 11 who excel academically and are dedicated to serving their communities. Scholarship winners receive the honor of being named "Carson Scholars" and are

awarded an Olympic-sized medal and a trophy for their school to celebrate their accomplishments.

Carson Scholars must have a minimum GPA of 3.75 and display humanitarian qualities through community service. Scholarships are awarded solely on the basis of academic achievement and humanitarian qualities, without regard to financial need, ethnicity, creed or religion. Lauren is very active in supporting others as demonstrated by her commitment as the ambassador for the Chelsea's Run. She also was a featured speaker at Green Elementary prior to their annual track meet. Lauren loves to work with others and is on the PHHS high school tennis team.

**Triple E nominations**

We are now accepting nominations for the Triple E Award! Teacher, parents and community members can nominate students who have exhibited Excellence, Ethics and Enterprise (Triple E) in volunteering and serving our community. Any eligible Patrick Henry student may be nominated for this volunteer and community service honor. Please see the nomination form for eligibility requirements. Nominees will also be required to complete a 500-word (double spaced) essay describing their volunteering and community contributions.

The application is on the Henry webpage as well as in the Patrick Henry main office. Completed essay and applications are due to the PH main office by May 8. Applications must be submitted (two nominations and student essay) as a packet together at the same time.

Students receiving this award will be acknowledged in a ceremony to take place at the end of May. ■



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## Water Conservation Tips for Your Home

As you know, water shortages are a serious problem in California. The recent drought has caused concern all over the state, and locally here in San Diego. To add to that, in the City of San Diego water and sewer rates are on the rise. If you haven't had your plumbing inspected in a while, or if you suspect you have a slow leak in or around your home, now is the time to address your home's water usage.

"We can't make it rain, but we can be much better prepared for the terrible consequences that California's drought now threatens, including dramatically less water for our farms and communities and increased fires in both urban and rural areas," said Governor Brown. "I've declared this emergency and I'm calling all Californians to conserve water in every way possible."



Call Ideal today to check  
for plumbing leaks or water  
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## Check for Leaks in Your Home

Most often we see leaks coming from running toilets, drips at outdoor house bibs, and leaky shower and sink faucets. Below are a few steps you can take to check for water leaks at your home.

### 1. Check Your Meter:

Most water meters have a leak indicator built-in to the dial. Look for a triangle that moves when you turn on a faucet. For leak detection, turn off all water-using appliances and fixtures inside and outside your home. If the triangle is moving, you may have a leak. If you know there is a leak in your home, but are unable to locate the leak(s), you may need to hire a professional to perform leak detection.


### 2. Dye-Test Your Toilet:

1. Carefully remove the tank lid and lay it flat to prevent it from falling and breaking.
2. Drop several drops of food coloring (or our dye of choice: *Bluing*) into the tank. Do not flush.
3. Wait 15 minutes.
4. Check the bowl for colored water. If the water bowl has color, there is a leak. Sometimes replacing the toilet's flapper valve will do the trick and help prevent further leaks and water waste.

## Tips to Efficiently Use Water in Your Home

Using high efficient plumbing fixtures and systems in your home can ensure you use water economically. Some examples are:

- Installing low-flow showerheads and faucet aerators. Newer showerhead designs still give you a nice flow for an enjoyable shower.
- Installing or replacing a water-saving pressure reducing valve. Plumbing code states that homes with 80 PSI (pounds per sq. inch) or above shall have a pressure regulator present. This is key in saving water because if water pressure is too high in your home, the pressure will overcome the low-flow fixtures, and you won't save water.
- Add a Metlund® D'MAND® SYSTEM to your home. This water pump system quickly (usually within 30 seconds) brings hot water to the fixture by pulling water from the hot water tank and returning ambient house temperature water back to the hot water tank or tankless water heater. The D'MAND® SYSTEM is usually installed under the sink farthest from the water heater. Avoid waiting for hot water from the tap, and start saving money today!




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