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Multi-family development near public transit centers like the one in Grantville is central to SANDAG's new plan. (Photo by Jeremy Ogul)

Dave Fidlin

After 2.5 years of hashing through the finer points, leaders of a San Diego area inter-governmental planning agency are taking the wraps off a plan

that addresses long-range transportation and development issues across the county.

The San Diego Association of Governments, or SANDAG, on April 24 released for public consumption a 172-page draft document, "San Diego Forward:

The Regional Plan," that includes a vision for greater uses of various forms of public transportation.

SANDAG's lengthy plan addresses projected population and density growth across

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The dam at Lake Hodges, which is well under its water storage capacity. (Photo by Flickr user modofodo via Creative Commons license)

Water Watch

Water supply in San Diego better than others, but deeper cuts will be tough

Doug Curlee

Editor at Large



When historic cuts in water delivery to California's local water agencies kick in on June 1, San Diego may be better able to weather those cutbacks than most places in the state, but the

impact will still be felt here.

The San Diego County Water Authority says we have actually done a better job than most places in cutting back on water usage and pushing conservation measures. In fact, we may have done too good a job at that.

The San Diego region is still looking at a state mandate to cut water use by 25 percent, based on

our usage in 2014.

"After two decades of county-wide water conservation efforts and water-use reductions, it will be very difficult to meet those goals" said Water Authority board chairman Mark Weston.

The cuts will vary from local agency to local agency. The city

See **WATER** page 3

Neighbors turn war stories into book

Ken Denbow

A dog brought San Carlos neighbors Lee "Stump" Kelley and Larry Lindsey together, and started a deep friendship which would result in Larry writing and publishing the book, "Stump! The Naked Warrior."

Lindsey was walking his dog while Kelley was sitting in his front yard.



Lee "Stump" Kelley (Courtesy Larry Lindsey)

"Is that a Corgi?" Kelley called out.

"Sure is," Lindsey responded, leaving the sidewalk and walking over to where Lee was sitting.

Despite a 20-year age difference, they developed a friendship that would last 10 years until Kelley's death in 2013. The men met every day to chat, discovering how similar their lives had been, and Monday night became a standing dinner date for the two, joined by Lindsey's wife, Sue.

Both men were Navy veterans, Lee from World War II, and Lindsey from the Vietnam era. Both served in special parts of the service — Kelley as a frogman, a forerunner of today's Navy SEALs, while Lindsey was a "river rat" in Vietnam, patrolling the rivers to disrupt Viet Cong supply routes. Both served on the same ship, the USS Hampshire County — Kelley in World War II and Lindsey on the Mekong river in Vietnam.

Kelley was born in Elyria, Ohio. His parents were vaudeville performers who had an act too corny

See **NEIGHBORS** page 21

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Unimproved parkland may stymie medical marijuana applicants in Grantville. (Courtesy city of San Diego)

Medical marijuana merchants face new obstacle in Grantville

Doug Curlee
Editor at Large



Living Green, the medical marijuana cooperative that has been in a legal tangle with the city over its former unpermitted operation on Rainier Street in Grantville, suffered another blow to its chances for a legal permit when a city hearing officer denied the cooperative's application at an April 22 hearing. Hearing Officer Ken Teasley accepted the city staff recommen-

dation to deny a conditional use permit to Living Green. During the public comment portion of the hearing, opponents had mentioned several instances of Living Green's previous unpermitted operations at the proposed site on Rainier Street and said Living Green should not be given another chance. Teasley, though, paid little attention to those comments, relying instead on a fact that could not only sink Living Green's chances there, but torpedo the hopes of two other Grantville area applicants. It seems that not only the 4417 Rainier address, but a competing applicant next door at 4427 Rainer, and a third applicant on Glacier Street also fall afoul of the city ordinance that requires medical marijuana consumer cooperatives to be located at least 1,000 feet away from city parks. City staff say all three applicants are less than 1,000 feet from dedicated parkland, the undeveloped Mission Valley Riparian space along the San Diego River. The area, basically

See **GRANTVILLE** page 7 —————>



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► **Water**, from page 1

of San Diego will be expected to cut by 16 percent. Sweetwater in the South Bay will need only a 12 percent reduction, while Rancho Santa Fe will have to figure out how to cut 36 percent.

If the local agencies do not make the required cuts, they will be fined up to \$10,000 per day they are in violation.

The draconian rules may seem like overkill to Californians who grew up expecting water to always be there in abundance, but state Water Resources Control Board Chair Felicia Marcus makes clear how the board felt about it when it passed the mandatory regulations.

"This is the best we can do in the short run. The whole point of this is dealing with an unprecedented emergency."

So what does our future look like?

We have the space to store water

We've mentioned here before that San Diego has plenty of room to store water, if we can get the water to store. The recently expanded San Vicente Reservoir, along with the reservoirs at Lake Hodges, Sweetwater, Olivenhain and others in the region guarantee us storage capacity if we can get the water.

But can we get the water?

Yes, but not as much as we'd like. The Metropolitan Water District of Southern California, which sells us roughly half of

our water from the north and the Colorado River, will cut our 2014 allotment by 15 percent. That is mostly offset by two factors. First, the Water Authority is still benefitting from its independent agreement with the Imperial Irrigation District, bringing river water west from the Imperial Valley. Second, the largest desalination plant in the Western Hemisphere will kick in roughly 50 million gallons of water a day when it comes online in Carlsbad this fall.

50
millions in gallons of water a day the largest desalination plant in the Western Hemisphere will store this fall

Will our water bills go up?

Almost certainly. Part of the downside to all this is that as people start to conserve even more, they'll be using less water. That means local water districts won't be selling as much of it, and in order to stay in business, it's pretty much automatic that the local districts' rates will have to be raised enough to at least

cover the costs of operation.

By the time you finish reading this, the Water Authority will have passed a bundle of recommendations to help accomplish what still needs to be done locally.

Will things ever go back to how they were?

Not likely. What we're going to see from here into the foreseeable future is the new normal. What we will likely see are renewed pushes to rebuild the entire water collection and delivery system throughout the state. It's been neglected and taken for granted since it opened in 1954, and there is much to be done. At least two new dams are slated to be built up north of us, and there are competing plans to move more northern California water southward through, or under, the Sacramento-San Joaquin Delta.

Right now the Water Resources Control Board says the mandatory water cuts will be in effect until February 2016 and that a judgment will be made then whether to continue them or cut back on them.

The major factor in that decision will not be made in the state capitol. It will be made in the valleys among the high Sierra, where they check the winter snowpack every spring.

The odds are that brown lawns, dry hillsides and higher water bills are with us for a while — quite a while.

—Write to Doug Curlee at Doug@sdenn.com.■

How to Sell Your San Diego Home Without an Agent

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

Like other "For Sale by Owners", you'll be subjected to a hundred sales pitches from agents who will tell you how great they are and how you can't possibly sell your home by yourself. After all, without the proper information, selling a home isn't easy. Perhaps you've had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their homes themselves. But don't give up until you've read a new report entitled "Sell Your Own Home" which has been prepared especially for homesellers like you. You'll find that selling your home by yourself is entirely possible once you understand the process.

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Summer concert series booked at Allied Gardens Community Park



The band Y3K will perform at the first AG First Fridays community concert. (Courtesy Y3K)

Anthony
Wagner



Grab your lawn chairs and picnic blankets and get ready to meet your neighbors while rocking out to some sublime music. AG First Fridays, the free community concert series, is just around the corner.

Mark your calendar for the following dates: June 5, July 3, Aug. 7 and Sept. 4. All concerts will be held from 6 to 8 p.m. in Allied Gardens Community Park (5155 Greenbrier Ave.).

AG First Fridays is the result of

a collaboration between the Allied Gardens – Grantville Community Council, our local Kiwanis Club and the publishers of the Mission Times Courier. Our mission is to provide our neighbors and friends of all ages a venue where we can congregate, enjoy local musical talent and celebrate the summer as valued members of our community. Our goal is to make this a neighborhood tradition.

Since permitting restrictions will prevent us from having any food or drink for sale, we will encourage families to bring picnics and get to know their neighbors.

Our first band on June 5 is none

other than Y3K, San Diego's premiere cover band that performs familiar and fun live dance hits from the '80s, '90s and today — not just the classic oldies. Y3K is the band for events where all ages will be present.

With three lead vocalists, four-part harmony, male and female vocalists, keyboards, guitar, bass and percussion, Y3K has the tools and talent to accurately cover hits from any decade, so everyone joins in the fun.

The members of Y3K thoroughly enjoy entertaining, a refreshing quality that is contagious to audiences. The most frequent comment they get is,

"You are all so much fun!"

The total budget for this summer's four concerts is approximately \$16,000. We are very fortunate to have the support of San Diego City Councilmember Scott Sherman, who got us started with a \$5,000 grant from his District 7 office budget. We are also thrilled to announce that the Teemsma family — owners of Ideal Plumbing, Heating, Air & Electrical — have made a generous donation to become the title sponsor for this series. Additional heavy lifting sponsors include Kaiser Permanente, Allied Gardens Shopping Center, Windmill Farms, Superior Ready Mix, Mission Trails Church and A-1 Self Storage. Please support our fine sponsors!

If you would like to sponsor this community event, please call me at the number listed at the end of this article. All sponsorships are 501(c)(3) tax-deductible contributions.

For updates and more information on the concert series, find AG First Fridays on Facebook and visit AlliedGardens.org.

On Tuesday, May 26 at 7 p.m., the Allied Gardens – Grantville Community Council will hold another Community Town Hall Forum at Ascension Church on Zion. Brian Elliott, campaign organizer with the Climate Action Campaign, will be our keynote speaker.

The goal at Climate Action Campaign is to engage and educate the public on the city of San Diego's draft Climate Action Plan (CAP). The CAP is a legally

enforceable document which sets out goals for the following: energy and water efficient buildings; clean and renewable energy; biking, walking and transit; zero waste; and climate resiliency. Our presentation will provide an overview of the CAP's goals and action steps, highlighting an important part of the plan called Community Choice Energy, a mechanism the city is exploring to reach its renewable energy goals.

Brian is an environmental advocate dedicated to making San Diego the greenest city in America. After spending seven cold winters in Washington, D.C., and Philadelphia, Brian returned to the West Coast in 2014. He dived headfirst into San Diego politics and work as the environmental organizer.

Brian attended the University of Portland and earned a bachelor's degree in biology with minors in chemistry and political science. He also has a master's degree in environmental studies from the University of Pennsylvania. During every spare moment he can find, Brian joins his wife Sheila to run trails throughout San Diego County.

—I'm Anthony Wagner, president of the Allied Gardens-Grantville Community Council. We represent the community interests of Allied Gardens and Grantville. Check out our new website at AlliedGardens.org. Feel free to call me at 619-253-4989 or write me a note at AnthonyJohnWagner@gmail.com or tweet @AnthonyWagnerSD. ■

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Late spring brings floral beauty to the park

Audrey F. Baker



One of the great pleasures of exploring Mission Trails in late spring is discovering the wildflowers that populate its landscapes. The variety of size, color and design is indicative of nature's endless artistry.

Tidy tips, for example, have been described as sun bursts edged in white light. At the center, disc flowers represent the sun, while surrounding ray flowers portray streaming sunlight that neatly fades to white. Our grasslands and other flatlands areas host these delicately fragrant botanical gems.

For minimalists, Conchalagua is a delight. From an ultra-white throat, its five petals switch to brilliant pink, creating a small but dramatically impressive flower. Look for these in open sage and chaparral areas.

Common to the grasslands and throughout sage areas is blue-eyed grass. Showing the vivid blue color characteristic of the iris family, it also features an intensely hued taxi-yellow center, and, as its name suggests, bears grass-like leaves. Spanish settlers of early California used its roots to brew a tea intended to combat fever. It was popularly believed an individual could be sustained for days without other sustenance. Today, we celebrate it for its unique eye-catching



(above) Conchalagua flowers; (below) blue-eyed grass (Photos by Nancy Varga)

beauty, charm and classic form.

More floral delights await you on your next trip to Mission Trails!

Our MTRP Trail Guide walks are an opportunity to learn more about natural Southern California, with its unique landscapes, habitats, local history, plant life 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 at 1 Father Junipero Serra Trail in San Carlos. From 8:30 to 10 a.m. on the second and fourth



Saturday of each month, visitors can take in views of the historic Old Mission Dam on a walk beginning from the Kumeyaay Lake Campground Entry Station at 2 Father Junipero Serra Trail,

at the San Carlos-Santee border. This gives a different perspective of the park and its diverse habitats.

Wildlife Tracking reveals the secret lives of animals and brings insight into their survival techniques and habits. Tracking Team members assist in identifying and interpreting tracks, scat and habitats. Join us at 8:30 a.m. on Saturday, June 6 in front of the Visitor Center, 1 Father Junipero Serra Trail, San Carlos, for a two-hour tracking adventure.

Discovery Table: MTRP Rocks introduces you to common rocks found in the park and explains why, from pebble to boulder, "geology rocks!" Step up to our hands-on, Trail Guide-hosted science table in the Visitor Center lobby on Saturday, June 13 from 10 a.m. to 1 p.m. to gain insights into the amazing geological world around you.

La Mesa Walk and Talk is a fun and informative stroll with your MTRP Trail Guide amid Lake Murray's thriving environments. This month we'll chat up the topic "health benefits of walking with a group" and take inspiration from the lake's scenic charms. We meet at the Lake Murray boat docks (5540 Kiowa Drive, La Mesa) on Tuesday, June 16 from 9 to 10:30 a.m.

Bird the Loop with MTRP Birders Jeanne Raimond and Millie Basden for avian adventure along MTRP's multi-habitat loop trail seeking typical species that make MTRP their home. We recommend binoculars and

a bird book. See you at 8 a.m. on Saturday, June 20 for a two-hour exploration. Meet in front of the Visitor Center, Mission Trails Regional Park, 1 Father Junipero Serra Trail, San Carlos.

Star Party Sites captivate. With the moon waxing in western skies, MTRP Resident Star Gazer George Varga tells us Saturn is well placed for viewing. Among other telescopic targets will be the Double Star Alcor/Mizar in Ursa Major and globular clusters including Hercules (M13). Rain cancels. Scheduled from 7:30 to 10 p.m. on Saturday, June 20, we meet at the far end of the Kumeyaay Campground Day Use Parking Lot, Mission Trails Regional Park, 2 Father Junipero Serra Trail, Santee.

Birding Basics, the 90-minute class conducted by Mission Trails Bird Guide Winona Sollock, teaches five simple techniques to identify birds "at a glance!" You'll also pick up tips on bird field guide use. (Bringing one is optional.) Class meets on Saturday, June 27 from 1 to 2:30 p.m. inside the Visitor Center.

Come on out and enjoy the park!

Visit www.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.

—Audrey F. Baker is a Trail Guide at Mission Trails Regional Park. ■

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GUEST EDITORIAL

Mental Health Awareness Month: How you can help a friend or loved one

Dr. Michael J. Bailey

Everyone knows that if you have a sore throat or aching back, you can go to the doctor to find out what's wrong and seek treatment with the hope of a quick recovery. When someone is suffering from a mental health issue, however, it's not always clear when and where to seek help.

One in five American adults — approximately 43.7 million people — experience a mental illness in a given year. Mental health conditions are often linked to higher risk of suicide, which is a serious problem in our community. The suicide rate in San Diego County increased over the past five years from 12 per 100,000 to 14 per 100,000, which is significantly higher than the national rate of 12.3 per 100,000.

While stress, anxiety, depression and other mental health disorders are widespread and very real, research shows that only about one in three people with a diagnosed disorder is likely to pursue treatment. Often it takes the gentle nudge of a friend or loved one to help these individuals get the help they need to start on the path to recovery.

Many people with mental health concerns might not realize the severity of their condition and continue living with their symptoms because they don't perceive it as a problem that needs to be addressed. Others might recognize that they need help, but may not know how to seek a solution or be afraid of negative perceptions.

Misconceptions and stigma

commonly surround mental health issues, which is why it's critical that families and friends encourage their loved ones to get professional support when it's needed. Treatments for mental illnesses are highly effective, and the earlier patients receive them, the faster they can begin recovering and return to living healthy, self-directed lives.

Millions of people in the U.S. have family or friends who suffer from mental illnesses that often go undiagnosed. Here are some signs that may indicate someone needs help:

- Unusual or irregular behavior. It is important to trust your instincts if you notice behavior that scares you, like a sudden or particularly aggressive temper or behavior that seems out of the ordinary for that person.

- Problems thinking or focusing. For instance, if a person becomes especially forgetful or appears disoriented or restless.

- Hallucinations. Is the person showing a pattern of hearing or seeing things that others do not?

- Overly intense feelings. This could be anxiety about a seemingly mundane activity, like leaving the house, or emotional expressions — laughing, crying — that appear excessive or misplaced.

- Difficulty interacting with others. Is there a sudden appearance or pattern of problems getting along with others at work/school or among family members and friends?

- A traumatic experience. If a person recently experienced a death, accident or other

major life-altering occurrence, it can have a serious impact on their mental health.

If someone in your life may need help addressing a mental health issue, you may want to speak with them about it. Here are some tips to help start that conversation:

- Show that you are concerned in a way that is not confrontational or judgmental. Let the person know that you care about them, and you're concerned about recent changes in behavior that you've noticed.

- Keep questions simple. Ask how the person is doing, when they began experiencing these feelings, how you can help provide support, and if the person has thought about seeking help.

- Offer reassurance and hope. Let the person know that they are not alone, and that you are there to support them in seeking treatment to help them feel better.

- Avoid phrases that could sound dismissive or accusatory. Although you may not understand what the person is feeling, it is important to only express your support.

Remember that mental health issues impact people regardless of age, gender, ethnicity or socioeconomic level. The good news is that resources are available to help address the problem and make a successful recovery.

People in San Diego County can call the 24-hour/seven-days-a-week Access and Crisis Line at 888-724-7240 to get free, confidential support and referrals for themselves or someone they're concerned about. Clinicians are available in 150 languages to assist with

a variety of needs, including suicide prevention, crisis intervention, community resources, mental health referrals and alcohol and drug support services. In addition, users can access the same help through the Access and Crisis live chat function that allows people to communicate in real time with a mental health professional. Live chat is available Monday-Friday, 4 p.m.-10 p.m. at optumhealthsandiego.com.

A free Youth Mental Health First Aid Session will be conducted in Spanish on May 28 from 8:30 a.m. – 5 p.m. in Kearny Mesa. The eight-hour course is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers and other caring citizens how to help an adolescent (age 12-18) who is in crisis, experiencing a mental health challenge or struggling with addiction.

The following day, May 29, a free Mental Health First Aid for Military & Veterans will be held from 8:30 a.m. – 5 p.m. at the Veterans Affairs Mission Valley Clinic. This eight-hour course is designed to focus on the unique experiences and needs of military members, veterans, their family members and those who work with them. The U.S. Department of Veterans Affairs reports that approximately 22 veterans die by suicide every day. To sign up for one of the free training sessions, visit optumhealthsandiego.com.

—Michael J. Bailey is medical director of Optum San Diego, the county Health & Human Services Agency's behavioral health provider. ■

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OPINIONS/LETTERS: Mission Times Courier encourages letters to the editor and guest editorials. Please email submissions to jeremy@sdcnn.com and include your phone number and address for verification. We reserve the right to edit letters for brevity and accuracy. Letters and guest editorials do not necessarily reflect the views of the publisher or staff.

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► Grantville, from page 2

inaccessible right now, may eventually become part of a San Diego River park project. That would preclude any sort of commercial development of the area itself. It's less clear why the law says it disqualifies marijuana dispensaries, but that is how city staff have interpreted it.

Moffitt Timlake owns the building at 4427 Rainier St. He and his group are more or less at the start of the approval process for a medical marijuana consumer cooperative permit, and he worries that he'll be shut out before he has a chance to make his case.

"I sure don't see why being 980 feet away from a park space you can't even get to should affect our application," Timlake said. "The way the city is doing this, first come first served, may see all the District 7 spots taken before we even get to a hearing."

That does not appear likely to happen. A number of people involved on both sides of the medical marijuana efforts think the city has no intention of allowing 36 medical marijuana dispensaries in the city. The law says 36 is the maximum allowable — four in each of the nine council districts — but nowhere does it say that 36 must be approved.

Where all this stands right now is simple and clear-cut. Living Green has only one chance left: appeal to the Planning Commission and persuade it to override the hearing officer's denial and grant the conditional use permit. If it cannot make that case, it would appear the only recourse Living Green might have is through the courts. Unlike other appeals to the Planning Commission, a denial there in this case cannot be appealed to the City Council. The Planning Commission decision is absolutely final.

Timlake's application is just now at the stage where the city is evaluating an environmental determination under CEQA, which means he still has a long way to go.

"We just hope the commission will listen to people," Timlake said. "We think our business is compatible with the area, and our building is much better than Living Green's was for all aspects, including parking and security."

Timlake may have a case there, but by the time he finally gets to the Planning Commission, it may be too late. The Planning Commission may have already validated the 1,000-foot separation requirement.

He may be 20 feet too close, and he can't move his building.

—Write to Doug Curlee at doug@sdenn.com■

Rec Council to consider opening up fields at Gage Elementary

John Pilch

The major action item on the May 20 San Carlos/Lake Murray Recreation Council meeting is the proposed Joint-Use Agreement to install artificial turf on the field at Gage Elementary School on Boulder Lake Avenue in San Carlos.

This is a joint effort between the San Diego Unified School District and the city's Park and Recreation Department that will allow the public to use the fields after school and on the weekends. We are interested in hearing from residents and potential field users. Currently, no lights will be installed and the fields will close at dusk.

The meeting starts at 6:30 p.m. at the Rec Center, 6445 Lake Badin Ave., in the larger of the two meeting rooms. Please plan to attend to place your ideas and thoughts on the record for consideration by the Park and Recreation board at their June 2015 meeting. Due to the expected attendance, speaker slips will be required, with comments limited to two minutes per speaker. The Rec Council will then vote on a recommendation to be sent to the Park and Recreation board for their consideration.

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. Registration for this league opens May 16 and runs until full or until the end of May. The draft for basketball teams will 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. Flyers will be available soon at the Rec Center.

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. Find information on these programs 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 at 5 p.m. More info can be found at ayop.org/contents/en-us/d1html.

One final item deals with the Lake Murray Community Park, especially the area near the playground. A new shade structure on

the south side of the playground has been installed over an existing ADA-compliant picnic table. We're pleased to report that another double ADA-compliant picnic table has been ordered and hopefully delivered by mid-June to join with the existing table under the shade structure. The orange fencing around the pavers in the sidewalk on the west side of the playground has been removed and the replacement pavers have been installed. We're still working on a permanent solution to the sidewalk issues. We hope you enjoy the playground, which is almost three years old and still looking great. The equipment gets a lot of use, which is terrific. That's the reason it was installed — for the community and our neighbors.

That's it. 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 619-527-3443. Kristy and her staff will be happy to assist.

—John Pilch is the chair of the San Carlos/Lake Murray Recreation Council.■

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PHHS Staff

PHHS gym gets an AED

The Eric Paredes Save A Life Foundation recently granted an automated external defibrillator (AED) to Patrick Henry High School. It will be placed in the PHHS gymnasium.

Eric was a healthy Steele Canyon High School sophomore athlete who died unexpectedly from sudden cardiac arrest in 2009. His parents, Hector and Rhina Paredes, established EP Save A Life Foundation to honor him through their commitment to prevent this tragedy from happening to other families. The EP Save A Life Foundation is committed to preventing sudden cardiac arrest in young people through awareness, education and action. Saving lives is paramount to our mission and prevention is our goal.

Eric's foundation provides free screenings to teens to help identify cardiac anomalies that may lead to sudden cardiac arrest, with the ultimate goal of standardizing cardiac screenings among our youth. The foundation also equips schools with readily accessible AEDs and provides CPR/AED training for students and staff.

Upcoming free screening dates are: June 14 at Rancho Bernardo High School, Sept. 27 at Hoover High School and Nov. 8 at Francis Parker School. ■

PHHS athlete sets new track record

Tristan Zawadzki is literally jumping his way to the top. In a dual meet against Point Loma High School, Tristan shattered the previous record of 15 feet, set by Sean Rapp in 1987. Tristan improved the school record to 15 feet 7 inches, which is the leading mark in San Diego and among the top seven in the state. Go Tristan! ■

PATRICK HENRY High School

Soccer team excelled, led in player selection for winter teams

Kudos to our winter teams who participated in CIF playoffs for soccer, water polo, basketball and wrestling.

Each season, the coaches in each league vote to select top players to join the league's First and Second teams. Three soccer players — Emmanuel Huff, Payton Hatch, and Connor Keller — made the All-Eastern First Team, and two soccer players — Sayers Labor and Juan Mayo — made the All-Eastern Second Team. PHHS's defense was highly represented on the all-league team, with Emmanuel playing keeper while Payton and Connor played defense.

The PHHS soccer team led the league with fewest goals allowed this year (four). In fact, the only goals that were given up in league games this year were to the eventual league champion. That means they gave up zero goals to all the other teams combined. PHHS lost in PKs (penalty kicks at the end of a game to break a tie score) to the league's eventual CIF champion school, Oceanside.

PHHS is also proud of Grant Chandler, who made First Team for wrestling; Courtney Branch who made First Team for girls' basketball; and Nicole Easley who made Second Team for girls' soccer. ■

Rear Adm. Bruce Gillingham visits PHHS

Rear Adm. Bruce L. Gillingham visited Patrick Henry High School and spoke to over 100 NJROTC students about his Navy career as an orthopedic surgeon and becoming a rear admiral for the U.S. Navy. Gillingham is a native of San Diego and holds a bachelor's degree in cultural anthropology (with high honors) from UC San Diego and a doctor of medicine degree from the Uniformed Services University of the Health Sciences.

He currently serves as the commander of Navy Medicine West. In this capacity, he directs Navy Medicine's health care system in the Western Pacific, providing medical care to more than 675,000 beneficiaries. Gillingham's personal awards include the Legion of Merit (five awards); Meritorious Service Medal; Navy and Marine Corps Commendation Medal (two awards); Navy and Marine Corps Achievement Medal; Iraq Campaign Medal with the Eagle Globe and Anchor device with bronze star; and the Fleet Marine Force ribbon.

Adm. Gillingham is related to Principal Gillingham through marriage (her brother-in-law) and agreed to come share his wisdom and expertise with the cadets and leadership team at Henry. During his presentation, he included general comments and advice about the importance of persevering, keeping an open mind, teamwork, post-high school options, and working with an appreciative lens.

A cadet in the audience wrote:



PHHS Principal Listy Gillingham and brother-in-law Rear Admiral Bruce Gillingham (Courtesy PHHS staff)

"Thanks so much for coming to our school and speaking to us. It was a particularly beneficial talk to the cadets in our program as it got them thinking about their futures and some interesting options available to them in the Navy. The words of wisdom passed down to us by you will

hopefully remain in our hearts and minds forever as it was tremendously valuable. Thank you for personally answering my questions, and for further encouraging me to pursue a career in Navy Medicine. I hope to one day become a physician in one of your great facilities." ■

Varsity softball team was on fire this year

The PHHS softball team took first place in the gold division at the annual Cougar Classic in March. The team went 6-1, beating some really tough teams, including Cathedral and Eastlake, the team that beat PHHS twice last year to eliminate them from CIF. The only team that beat PHHS was Rancho Buena Vista, who went undefeated and were the platinum champions.

It's a great start for the girls.

Expectations are high this year. There are five players on the team who have committed to Division I colleges, including sophomore pitcher Madison James, who has committed verbally to Ohio State, and sophomore catcher Cristina Caccamise, who has committed verbally to Louisiana State University. The Lady Pats went into the season ranked No. 5 in the county by U-T San Diego. Fun facts at this time include:

- Current team record: 16-4
- Won the Falcon Fiesta tournament
- U-T San Diego and CIF now ranks them first in their division
- Max Preps has them ranked first in San Diego, 12th in California and 24th in the U.S.
- Cal-Hi Sports has them ranked seventh in California ■



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Patrick Henry Winterguard (Courtesy PHHS Staff)

Winterguard wins silver at regional

The arts are alive at Patrick Henry High School in a display not well known to most, unless you happen to come across the Winterguard team tossing colorful, 6-foot flags, white wooden rifles or shiny metal sabers in rhythm to music. Winter guard is called "The Sport of the Arts" as it combines physical skill with artistic pageantry. It is an indoor color guard activity for the winter months and is performed in a gymnasium. Teams are judged on talent, precision, creativity, skill with equipment and dance moves. Students get physical training, while perfecting their skills. They also are part of a team where all are committed and focused on a positive common goal; to perfect and perform their show to the best of their ability.

The PHHS Winterguard team consist of 21 dedicated students who have practiced hundreds of hours preparing for this season's show, titled "My Work is Done." Their hard work paid off as they were awarded a silver medal at the Winter Guard Association of Southern California Championships held

in Huntington Beach on April 25. They also won three first place trophies and a second place trophy during seasonal competitions that began February.

"We are thrilled to be awarded a silver medal and three first place trophies for our school," said Haley VanBaale, one of this year's co-captains. "Our love of the drill and choreography in this show are evident when we perform and the judges must see that."

Winterguard is part of the instrumental music program at Patrick Henry, led by director Matthew Kalal and coaches David Milow and Austin Katona. This year's co-captains are Haley VanBaale, Lehy Pich, and Katherine Gi. Team members are Allison Ogul, Amanda Byra, Ary Hernandez, Arryanne Do, Isabella Webb, Bree Cota, Brianna Pinto, Britt Butterbaugh, Claire Christy, Dawn Busbin, Helyana Do, Jacky Hulley, James Montee, Jennifer Voogd, Kellie Inlay, Marie Barthel, Oliver Booriakin and Samantha Gipson.

Congratulations to this year's Winterguard team for representing Patrick Henry so well.■

PHHS Bel Canto Singers sweep awards at Disneyland festival

Congratulations to PHHS Bel Canto Singers, who won first place both within their choir level and first place overall at this year's choir festival. Every spring since 1982, Festivals of Music sponsors Music in the Parks, bringing together the nation's top judges to the finest performing facilities to provide an inspiring end-of-the-year experience for high school choirs. Each group performs for a panel of three master teachers. During their performance, the judges record a running commentary and write comments, which are given to every group to use later as a classroom tool toward improving their future performances. At the end of the competition, the students spend the day at Disneyland and meet up to hear the results based on all of the schools who competed that day. There were five high schools represented on April 24, and PHHS students did an amazing job. All three choirs competed and each group brought back either a first or second place trophy. The Bel Canto Singers received a superior rating, which earned them two first place trophies. Congratulations and kudos to Kristin Love, our choir teacher, for her hard work in preparing our students for this event.■

Model United Nations news



On April 25 and 26, five Patrick Henry students, representing the Republic of Chad, participated in the 11th annual Triton Model United Nations (MUN) Spring Conference at UC San Diego. This is an annual conference sponsored by MUN members at UCSD. Schools from as far away as Texas send delegations to this conference, so we were pleased that we did so well. Delegates in committee sessions were treated to speakers throughout the week-

end who are both professors at the university and experts in the areas of debate and world affairs they discussed.

Sophomore Attie Davis served as a delegate in the Security Council focusing on resolutions regarding the ISIS Crisis. Senior Jack Kurz worked with the First Committee on Disarmament and International Security. Senior Orion Brody was in Second Committee on Economics and Finance and was awarded the committee's Distinguished Delegate Award. Senior Katie O'Neill was in the Fourth Committee, called Special Political and Decolonization, and was awarded the Outstanding Delegate Award. Senior Natalie Gates was involved in heated debate as she role-played Ray S. Cline, Head of the CIA's Directorate of Intelligence, in the Cuban Missile Crisis Committee. Natalie was awarded the highest honor of Best Delegate for her portrayal.■



(l to r) Dawn Marino, counselor Nancy Regas, essay contest winner Andria Montgomery and Principal Listy Gillingham (Courtesy PHHS Staff)

PHHS student wins essay contest prize

Andria Montgomery won the third annual A Bridge for Kids Essay Contest and the \$2,000 first prize. Andria's essay bested over 250 entries from students at 20 high schools throughout San Diego County

and was judged the winner by a panel of 10 local judges. In this year's event, the top three essays were separated by a mere two points making it the closest finish in the short history of the contest.■

Giant rummage sale May 16

Books, tools, homemade crafts, jams, jellies, sauces, records, music equipment, dishes, holiday items, art supplies and more will be for sale at the annual rummage sale, which begins at 7:30 a.m. on the Patrick Henry High School campus. All funds raised will support educational programs and activities at the school.■

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► SANDAG, from page 1

the county, including along the Interstate 8 corridor. Sustainability is also incorporated into the plan, with a variety of environmentally friendly practices that call for a reduction in greenhouse gas.

As a next step in the process of minting the plan, SANDAG officials will hold a series of public workshops in communities across the county, including several in the city of San Diego. Two formal public hearings will be held in June — an overture SANDAG officials say will assist in making possible refinements to the plan.

Taken as a whole, SANDAG’s plan that extends through 2050 calls for building a regional transportation network, an ambitious endeavor that carries an estimated \$200 billion price tag over the course of the project. The network calls for building out existing mass-transit infrastructure, including train and trolley lines, bike and pedestrian paths and bus services.

Councilmember Todd Gloria, who represents most of the neighborhoods in San Diego’s Uptown area, also represents the city on the SANDAG board. Gloria is among a handful of governmental officials across the county who had a role in shaping the plan in its draft form.

Gloria described San Diego Forward as a “critical document” that will assist in planning for the region’s future. Components of the plan, he said, are designed to address the influx of residents entering the Uptown, Mission Valley and Downtown neighborhoods.

“The most exciting element of the draft regional plan may be its inclusion of four streetcars that would operate in several neighborhoods,” Gloria said. “The Uptown streetcar is currently in the 2035 phase and includes routing through Hillcrest and Balboa Park with a downtown San Diego loop.”

As with any long-range plan, a number of assumptions are incorporated into the document. As a guiding force, SANDAG officials anticipate an additional 1 million people calling San Diego County home by 2050.

With that swell in population growth comes an anticipated increase of 489,000 jobs and 330,000 more housing units within the timeframe.

Demographically, the median age within the San Diego region is expected to climb upward within the next 35 years. Projections suggest nearly 20 percent of the population will be at least 65 years old.

Diversity also is expected to rise by 2050, with nearly half of San Diego County being composed of persons of Hispanic, Asian and other ethnic backgrounds.

Geographically, SANDAG is earmarking 55 percent of the region for open space, parks, habitat and farmland — a figure that takes into account higher density from today’s levels in the remaining 45 percent of the area.

When tossed together in a mixing bowl, SANDAG officials

say the San Diego Forward document addresses all of the assumptions.

Jack Dale, who chairs the SANDAG board, said input from local agencies and a wide array of community members were taken into account as the tentative document was being assembled.

“The resulting plan encourages the development of vibrant, healthy communities that are connected by a range of transportation choices, including public transit, walking and biking facilities and roads,” Dale, a Santee councilmember, said in a statement.

While SANDAG is at the helm of the long-range planning, Gloria said public input is an equally important part of the process.

“I urge San Diegans to look at the plan and weigh in so that it reflects how we want our neighborhoods to feel, where we can grow and how we can get from place to place,” Gloria said.

Once the public input portion of planning is completed early this summer, SANDAG officials will compile residents’ comments and make further refinements to the plan as needed.

—Contact Dave Fidlin at dave.fidlin@thinkpost.net.■

FYI

The SANDAG board of directors has scheduled workshops at venues across San Diego County. Information on the 35-year plan will be presented, and public input will be taken. The workshops will be held on the following dates and times:

- Wednesday, May 20, 6 to 8:30 p.m., at Oceanside City Hall, Community Rooms, 300 N. Coast Highway
- Thursday, May 21, 6 to 8:30 p.m., at Casa Familiar Civic Center, 212 W. Park Ave., San Ysidro
- Wednesday, May 27, 6 to 8:30 p.m., at Jacobs Center Community Room, 404 Euclid Ave., San Diego
- Thursday, May 28, 6 to 8:30 p.m., at Westfield University Town Center, Forum Hall Community Room, 4545 La Jolla Village Drive, Suite E-25

WHAT'S MORE

SANDAG’s draft plan can be viewed online at sdforward.com; comments can be made directly on the website.

Comments to the plan also can be made by email at sdforward@sandag.org; by phone at 619-699-1934; or by mail at SANDAG, Attn: Regional Plan, 401 B St., Suite 800, San Diego, CA 92101.

Two formal public hearings on the draft plan will be held in June with dates, times and venues announced later.



Thank you for your interest in the Mission Times Courier!
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Ideal Heating & Plumbing



Rare Bird Consignment House



San Carlos Auto

Every year, we ask our loyal readers to nominate their favorite restaurants, entertainment venues, stylists, designers and other businesses and professionals for our Best of Mission Times Courier special section. Once again, we received hundreds of nominations from Navajo area residents eager to share their thoughts on the most deserving candidates. We tallied the votes, compiled a directory and sent out the awards — many of which you'll see proudly displayed on the wall of the winning businesses.

Some of these businesses have been serving local residents and out-of-town shoppers and visitors for decades or more. Others have only just begun to make an impact on the community but have obviously caught the attention of local consumers by doing things right.

We encourage readers to hang on to the following Best of Mission Times Courier throughout the year as a handy guide for the next time you're looking for an optometrist, a dry cleaner, a doctor, an Italian dinner, a jazz bar or just a coffee with friends.

And if, by chance, you disagree with any of the winners, we encourage you to keep your eyes peeled for next year's ballots, which will be published in early 2016. After all, the competition is part of the fun.

Congratulations to all winners!

—SDCNN Staff

THE WINNERS

● Gold ● Silver

Food & Restaurants

AMERICAN CUISINE

● The Trails Neighborhood Eatery

7389 Jackson Drive,
San Diego, CA 92119
(619) 667-2233
www.thetrailseatery.com

● San Diego Brewing Company

10450 Friars Road,
San Diego, CA 92120
(619) 284-2739
www.sandiegobrewing.com

BAKERY

● D.Z. Akin's

6930 Alvarado Road,
San Diego, CA 92120
(619) 265-0218
www.dzakinsdeli.com

● Nothing Bundt Cakes 5624

Mission Center Road,
San Diego, CA 92108
(619) 294-2253
www.nothingbundtcakes.com/bakery/ca/mission-valley-san-diego

Nothing Bundt Cakes Mission Valley

5624 Mission Center Road
San Diego, CA 92108
619-294-2253
nothingbundtcakes.com

Thank you to everyone who voted Nothing Bundt Cakes Mission Valley as the Silver Winner for Best Bakery!

Nothing Bundt Cakes reintroduces an old family favorite; the Bundt cake — with a light, moist taste and fresh, clean look appealing to all.

Each 8- and 10-inch bundt cake features custom

decorations that are smart, contemporary and fun to enhance any occasion. We offer a wide range of flavors and sizes, from bundtinis — single servings — to larger Bundts that serve up to 18 people and tiered cakes, which serve up to 26 people.

Each bakery has the warmth and nostalgia of its home-kitchen roots, but also takes a modern approach for the world today. So whether you're enjoying a bundt cake or a bundtini one thing is certain — perfection is all we offer.

We look forward to our continued relationship for years to come and hope to see you soon!

BARBEQUE

● Phil's BBQ

3750 Sports Arena Blvd.,
San Diego, CA 92110
(619) 226-6333
www.philsbbq.net

● West Coast Barbeque and Brew

6126 Lake Murray Blvd.,
La Mesa, CA 91942
(619) 462-3660
www.westcoastbbqandbrew.com

BEER

● San Diego Brewing Company

10450 Friars Road,
San Diego, CA 92120
(619) 284-2739
www.sandiegobrewing.com

● Oggi's Pizza & Brewing Company

2245 Fenton Parkway #101,
San Diego, CA 92108
(619) 640-1072
www.oggis-hub.com

Oggi's Sports Brewhouse Pizza

2245 Fenton Pkwy, Suite 101
San Diego, CA 92108

619-640-1072 | oggis.com

Mission Valley Oggi's Restaurant and Brewhouse has been located on Fenton Parkway since February of 2001 and was one of the original on-site breweries in the area. We have won numerous awards for our handcrafted beers, most notably two gold medals at the World Beer Cup in 2008 and 2010. In both cases, Oggi's was in competition with over 650 breweries represented by 40-50 countries worldwide.

In addition, we have an extensive menu ranging from salads, wraps, pasta, pizza, flatbreads, fish and chips, burgers, sandwiches, chicken specials, and a lighter side menu. We also have a full bar, patio seating and are pet-friendly.

Please visit us and take advantage of our happy hour drink and food specials or simply call and we will deliver our entire menu to your home of office. You can also order online.

BILLIARDS

● The Library

7459 Mission Gorge Road,
San Diego CA 92120
(619) 583-5839

● On Cue Billiards

8308 Parkway Drive,
La Mesa, CA 91942
(619) 463-8759

BREAKFAST

● The Trails Neighborhood Eatery

7389 Jackson Drive,
San Diego, CA 92119
(619) 667-2233
www.thetrailseatery.com

● Coco's

3444 College Ave.,
San Diego, CA 92115

(619) 287-9010

www.cocosbakery.com

BRUNCH

● The Trails Neighborhood Eatery

7389 Jackson Drive,
San Diego, CA 92119
(619) 667-2233

www.thetrailseatery.com

● Troy's Greek Restaurant

10450 Friars Road,
San Diego, CA 92120
(619) 281-7741

www.troysgreekrestaurant.com

BURGER

● In-N-Out Burger

2005 Camino Del Este, San
Diego, CA 92108
(800) 786-1000

www.in-n-out.com

● Longhorn Bar and Grill

6519 Mission Gorge Road,
San Diego, CA 92120
(619) 283-0831

www.thelonghorns.com

BURRITO

● Los Primos Mexican Food

6162 Mission Gorge Road,
San Diego, CA 92120
(619) 497-0700

www.losprimosmexicanfood.com

● Roberto's Taco Shop

6030 Mission Gorge Road,
San Diego, CA 92120
(619) 283-5369

www.robertostacoshop.com

Primos Mexican Food

7343 Jackson Dr.
San Diego, CA 92119
619-698-8226
primosmex.com

In August of 1999, Primos Mexican Food & Cantina opened its first restaurant in sunny San

Diego. Primos has since expanded to 21 locations throughout Southern California and has evolved into a fast casual restaurant chain that specializes in serving fresh, authentic, Mexican favorites.

We proudly serve only the highest quality products, from our freshly cooked flour tortillas, to our 100 percent all-natural Angus steak, to our handpicked avocados.

Primos Mexican Food & Cantina also offers a wide array of healthier options like freshly prepared salads, grilled bowls and vegetarian options to fit all lifestyles.

We also offer many catering options from catering "on the go!" platters to full service and taquero catering.

High quality fresh food and world-class customer service all wrapped up into a clean and inviting environment is our commitment, because serving quality to our customers is our number one priority at Primos Mexican Food & Cantina!

BUSINESS LUNCH

● Troy's Greek Restaurant

10450 Friars Road, San
Diego, CA 92120
(619) 281-7741

www.troysgreekrestaurant.com

● Luna Grill

2245 Fenton Parkway #105,
San Diego, CA 92108
(619) 516-5862

www.lunagrill.com

CASINO

● Sycuan Casino

5485 Casino Way, El Cajon,
CA 92019
(619) 445-6002

● Viejas Casino

5000 Willows Road, Alpine,
CA 91901
(800) 847-6537

See WINNERS page 12 →

THANK YOU for voting **FBS** Fjellstedt, Barrett & Short

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Winners, from page 11

CASINO BUFFET

- **Sycuan Casino**
5485 Casino Way, El Cajon, CA 92019
(619) 445-6002
- **Viejas Casino**
5000 Willows Road, Alpine, CA 91901
(800) 847-6537

CASUAL DINING

- **The Trails Neighborhood Eatery**
7389 Jackson Drive, San Diego, CA 92119
(619) 667-2233
www.thetrailseatery.com
- **True Food Kitchen**
7007 Friars Rd #394, San Diego, CA 92108
(619) 810-2929
www.truefoodkitchen.com

CHINESE CUISINE

- **La China Restaurant**
2852 Fletcher Parkway, El Cajon, CA 92020
(619) 465-8525
www.lachinaelcajon.com
- **Szechuan Mandarin Restaurant**
5855 Mission Gorge Road, San Diego, CA 92120
(619) 280-4600
www.szeman-sd.com

COCKTAIL

- **K'n'B Wine Cellars**
6380 Del Cerro Blvd., San Diego, CA 92120
(619) 286-0321
www.knbwinecellars.com
- **Snake Oil Cocktail Company**
1245 7th Ave., San Diego, CA 92101
(858) 754-9173
www.snakeoilcocktail.com

COFFEE SHOP

- **Starbucks**
4262 Camino Del Rio N, San Diego, CA 92108
(619) 516-3409
www.starbucks.com
- **Coco's**
3444 College Ave., San Diego, CA 92115
(619) 287-9010
www.cocosbakery.com

COMFORT FOOD

- **Marie Callender's**
6950 Alvarado Road, San Diego, CA 92120
(619) 465-1910
www.mariecallenders.com
- **Wolf's Head Pub & Eatery**
5981 Fairmount Ave., San Diego, CA 92120
(619) 218-3535
www.wolfsheadpub.com

Wolf's Head Pub
5981 Fairmount Ave.
San Diego, CA 92120
619-218-3535 |
wolfsheadpub.com

Home of the half-pound meat loaf Panini!

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We have 11 beers on tap, including Mike Hess, Groundswell and other local favorites.

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- **Windmill Farms**
6386 Del Cerro Blvd., San Diego, CA 92120
(619) 287-1400
www.organicfood-sandiego.com
- **Cheers Deli & Liquor**
6983 Navajo Road, San Diego, CA 92119
(619) 463-9991
www.goldencheers.com

Windmill Farms
6386 Del Cerro Blvd.
San Diego, CA 92120
619-287-1400
windmillfarms.net

Our Windmill Farms community market offers you the most delicious, quality groceries and organic food of the highest quality found in San Diego.

Whether you refer to us as a grocery market, fresh foods market, or organic market, we beat out the competition! A deli with sandwiches, a natural foods market with supplements and so much more! If you're the type who doesn't just want a few natural organic food choices, we are just what you're looking for!

With a meat market, organic produce, natural supplements and more, we understand a farm market should cater to the lifestyle in all ways. Looking for something a little easier? Try our "dinner a go-go" — fresh, hot meals prepared daily in our store! Save time and money with this quick and healthy option to feed you and your loved ones.

DESSERT

- **Foster's Freeze**
5129 Waring Road, San Diego, CA 92120
(619) 583-4684
www.fostersfreeze.com
- **Heavenly Desserts**
3001 University Ave., San Diego, CA 92104
(619) 793-4758
www.heavensentdesserts.com

DINNER

- **Vine Cottage**
6062 Lake Murray Blvd #101A, La Mesa, CA 91942
(619) 462-1425
www.thevinecottage.com
- **Hooters of San Diego**
1400 Camino De La Reina, San Diego, CA 92108
(619) 299-4668
www.westcoasthooters.com

DONUT SHOP

- **Mary Donuts**
9031 Mission Gorge Road,

Santee, CA 92071
(619) 448-4800

● **Heavenly Donuts**
5132 Waring Road, San Diego, CA 92120
(619) 286-1997

FAMILY RESTAURANT

- **Brothers Family Restaurant**
5150 Waring Road, San Diego, CA 92120
(619) 287-0880
www.brothersalliedgardens.com
- **The Trails Neighborhood Eatery**
7389 Jackson Drive, San Diego, CA 92119
(619) 667-2233
www.thetrailseatery.com

FARMERS MARKET

- **Windmill Farms**
6386 Del Cerro Blvd., San Diego, CA 92120
(619) 287-1400
www.organicfood-sandiego.com
- **Little Italy Farmers Market**

FAST FOOD

- **Tender Greens**
110 W Broadway, San Diego, CA 92101
(619) 795-2353
www.tendergreens.com
- **In-N-Out Burger**
2005 Camino Del Este, San Diego, CA 92108
(800) 786-1000
www.in-n-out.com

FINE DINING

- **Brigantine Seafood Restaurant**
9350 Fuerte Drive, La Mesa, CA 91941
(619) 465-1935
www.brigantine.com
- **Joe's Crab Shack**
7610 Hazard Center Drive, San Diego, CA 92108
(619) 574-8617
www.joescrabshack.com

FRENCH CUISINE

- **Hexagon**
495 Laurel St., San Diego, CA 92101
(619) 236-0467
www.hexagonrestaurant.com
- **Mimi's Cafe**
5180 Mission Center Road, San Diego, CA 92108
(619) 491-0284
www.mimiscafe.com

GREEK CUISINE

- **Troy's Greek Restaurant**
10450 Friars Road, San Diego, CA 92120
(619) 281-7741
www.troysgreekrestaurant.com
- **Luna Grill**
2245 Fenton Parkway #105, San Diego, CA 92108
(619) 516-5862
www.lunagrill.com

HAPPY HOUR

- **Oggi's Pizza & Brewing Company**
2245 Fenton Parkway #101, San Diego, CA 92108
(619) 640-1072
www.oggis-hub.com

See **WINNERS** page 13 —————>

Winners, from page 12

● **K'nB Wine Cellars**
6380 Del Cerro Blvd.,
San Diego, CA 92120
(619) 286-0321
www.knbwinecellars.com

HEALTH FOOD STORE

● **Windmill Farms**
6386 Del Cerro Blvd.,
San Diego, CA 92120
(619) 287-1400
www.organicfood-sandiego.com

● **Sprouts Farmers Market**

HOT WINGS

● **San Diego Brewing Company**
10450 Friars Road,
San Diego, CA 92120
(619) 284-2739
www.sandiegobrewing.com

● **Oggi's Pizza & Brewing Company**
2245 Fenton Parkway #101,
San Diego, CA 92108
(619) 640-1072
www.oggis-hub.com

INDIAN CUISINE

● **Indian Grill**
2367 San Diego Ave.,
San Diego, CA 92110
(619) 294-5770 www.indian-grilloldtown.com

● **Ali Baba Family Restaurant**
421 E Main St., El Cajon, CA
92020 (619) 442-3622 www.alibaba421el.com

IRISH PUB

● **McCarter's Bar & Grill**
8622 Lake Murray Blvd.,
San Diego, CA 92119
(619) 337-3807
www.mccartersbarandgrill.com

● **Tilted Kilt Pub & Eatery**
1640 Camino Del Rio N,
San Diego, CA 92108
(619) 299-5458
www.tiltedkilt.com

ITALIAN CUISINE

● **Antica Trattoria**
5654 Lake Murray Blvd.,
La Mesa, CA 91942
(619) 463-9919
www.anticatrattoria.com

● **Nicolosi's Italian Restaurant**
7005 Navajo Road,
San Diego, CA 92119
(619) 461-5757
www.nicolosis.com

JAPANESE CUISINE

● **Ahi Sushi & Grill**
2872 Fletcher Parkway,
El Cajon, CA 92020
(619) 337-1388
www.iloveahi.com

● **Benihana Restaurant**
477 Camino Del Rio S,
San Diego, CA 92108
(619) 298-4666
www.benihana.com

JAZZ BAR

● **Humphreys Live Backstage**
2241 Shelter Island Drive,
San Diego, CA 92106
(619) 224-3577
www.humphreysbackstage-live.com

● **Croce's Park West**
2760 5th Ave., San Diego, CA
92103 (619) 233-4355 www.crocesparkwest.com

LATE NIGHT DINING

● **Tajima Hillcrest**
3739 6th Ave., San Diego,
CA 92103
(619) 269-5050
www.tajimasandiego.com

● **Longhorn Bar & Grill**
6519 Mission Gorge Road,
San Diego, CA 92120
(619) 283-0831
www.thelonghornsd.com

Longhorn Bar and Grill
6519 Mission Gorge Road
San Diego, CA
619-283-0831 | thelong-hornsd.com

The Longhorn Bar and Grill would like to thank all of our patrons new and old for supporting us as we move forward with our new menu and local beer selection.

We are a Grantville original for great burgers, local craft beer and locally-sourced ingredients.

Bring a friend or grab the family and make it a night at the Longhorn, we've got a little something for everyone with a vintage SD feel that you are sure to love and resonate with!

We invite everyone to come and celebrate our four-year anniversary on Saturday, June 6, from noon until close. We will be offering food and drink specials all day!

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● **Pal Joey's**
5147 Waring Road, San
Diego, CA 92120

(619) 582-6699
www.paljoeysonline.com

● **Humphreys Concerts by the Bay**
2241 Shelter Island Drive,
San Diego, CA 92106
(619) 224-3577
www.humphreysbackstage-live.com

LUNCH

● **The Trails Neighborhood Eatery** "7389 Jackson Drive,
San Diego, CA 92119" (619) 667-2233 www.thetrail-seatery.com

● **Oggi's Pizza & Brewing Company**
2245 Fenton Parkway #101,
San Diego, CA 92108
(619) 640-1072
www.oggis-hub.com

MARGARITA

● **Tio Leo's Mexican Restaurant**
5302 Napa St., San Diego,
CA 92110
(619) 542-1462
www.mexicanrestaurant-sandiego.com

● **Outback Steakhouse**
1640 Camino Del Rio N, Ste
125 San Diego, CA 92108
(619) 294-8998
www.outback.com

MARTINI

● **Wangs**
3029 University Ave.,
San Diego, CA 92104
(619) 291-7500
www.wangsnorthpark.com

● **Snake Oil Cocktail Company**
1245 7th Ave., San Diego,
CA 92101
(858) 754-9173
www.snakeoilcocktail.com

MEXICAN CUISINE

● **Tio Leo's Mexican Restaurant**
5302 Napa St., San Diego,
CA 92110
(619) 542-1462
www.mexicanrestaurant-sandiego.com

MICROBREWERY

● **Oggi's Pizza & Brewing Company**
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San Diego, CA 92108

See WINNERS page 14 —————>

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Workshops ~ Teacher Trainings

LONGHORN
BAR & GRILL EST. 1968



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FOOD AND DRINK SPECIALS ALL DAY!

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thelonghornsd.com**



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www.iloveahi.com



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Winners, from page 13

(619) 640-1072
www.oggis-hub.com

● **San Diego Brewing Company**
10450 Friars Road, San Diego, CA 92120
(619) 284-2739
www.sandiegobrewing.com

NEW RESTAURANT

● **Wolf's Head Pub & Eatery**
5981 Fairmount Ave., San Diego, CA 92120
(619) 218-3535
www.wolfshheadpub.com

● **Aj's Fish Merchant**
7407 Jackson Drive, San Diego, CA 92119
(619) 462-3474

NIGHT CLUB

● **Pal Joey's**
5147 Waring Road, San Diego, CA 92120
(619) 582-6699
www.paljoeysonline.com

● **The Casbah**
2501 Kettner Blvd., San Diego, CA 92101
(619) 232-4355
www.casbahmusic.com

OUTDOOR DINING

● **Vine Cottage**
6062 Lake Murray Blvd. #101A, La Mesa, CA 91942
(619) 462-1425
www.thevinecottage.com

● **Nicolosi's Italian Restaurant**
7005 Navajo Road,

San Diego, CA 92119
(619) 461-5757
www.nicolosis.com

PET FRIENDLY DINING

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1202 Camino Del Rio N, San Diego, CA 92108
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www.lazydogrestaurants.com

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3089 Clairemont Drive, San Diego, CA 92117
(619) 275-6453
www.mountainmikes.com

ROMANTIC DINING

● **Bertrand at Mr.A's**
2550 5th Ave #406, San Diego, CA 92103
(619) 239-1377
www.bertrandatmisteras.com

● **Edgewater Grill**
861 W Harbor Drive, San Diego, CA 92101
(619) 232-7581
www.edgewatergrill.com

ROOF TOP LOUNGE

● **Sky Lounge**
660 K St., San Diego, CA 92101
(619) 696-0234

● **Bertrand at Mr.A's**
2550 5th Ave #406, San Diego, CA 92103
(619) 239-1377
www.bertrandatmisteras.com

SALAD

● **Souplantation**
6171 Mission Gorge Road, San Diego, CA 92120
(619) 280-7087
www.souplantation.com

● **Sammy's Woodfired Pizza**
1620 Camino De La Reina, San Diego, CA 92108
(619) 298-8222
www.sammyspizza.com

SANDWICH

● **Which Wich**
7610 Hazard Center Dr Suite 501, San Diego, CA 92108
(619) 686-9424
www.whichwich.com

● **Jersey Mike's Subs**
8590 Rio San Diego Drive, San Diego, CA 92108
(619) 291-1122
www.jerseymikes.com

Jersey Mike's
6545 Mission Gorge Road
San Diego, CA 92120
619-563-7827

Jersey Mike's is a proud member of the Allied Gardens/

Del Cerro Community.

To date we have raised in excess of \$20,000 in support of local school, bands, sports teams/leagues and libraries.

Thank you Allied Gardens and Del Cerro for supporting us and voting for Jersey Mike's Subs.

SD COUNTY WINERY

● **San Pasqual Winery**
8140 Center St., La Mesa, CA 91942
(619) 469-9463
www.sanpasqualwinery.com

● **Vespers Vineyards**
298 Enterprise St., Escondido, CA 92029
(760) 749-1300
www.vespervineyards.com

SEAFOOD

● **AJ's Fish Merchant**
7407 Jackson Drive, San Diego, CA 92119
(619) 462-3474

● **Joe's Crab Shack**
7610 Hazard Center Drive, San Diego, CA 92108
(619) 574-8617
www.joescrabshack.com

AJ's Fish Merchant
7407 Jackson Dr.
San Diego, CA 92120
619-462-3474
AJsFishMerchant.com

A family-run, fresh seafood restaurant in San Diego — and successor to the original Fish Merchant Restaurant, which operated nearby for over 30 years — AJ's will celebrate its

first anniversary May 23.

San Carlos local Chef Stephen Bennett and his family serve up classic Merchant dishes such as clam chowder, shrimp cocktail, fish 'n' chips, along with his new classics like shrimp 'n' grits, fresh seafood sandwiches, salads and plates. AJ's also proudly serves local San Diego craft beer, wine and Boylan sodas.

AJ's has early-bird discounts and daily specials. And don't forget about a slice of Daniela's famous key lime pie!

AJ's Fish Merchant restaurant is located at the base of Cowles Mountain, between Keil's and CVS, in the San Carlos neighborhood of San Diego, California. Reservations may be made by giving us a call. Visit us online for more information.

SPORTS BAR

● **Oggi's Pizza & Brewing Company**
2245 Fenton Parkway #101, San Diego, CA 92108
(619) 640-1072
www.oggis-hub.com

● **San Diego Brewing Company**
10450 Friars Road, San Diego, CA 92120
(619) 284-2739
www.sandiegobrewing.com

STEAKHOUSE

● **Black Angus Steakhouse**
10370 Friars Road, San Diego, CA 92120

See **WINNERS** page 15 —————>



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► **Winners**, from page 14

(619) 563-5862
www.blackangus.com
● **Outback Steakhouse**
1640 Camino Del Rio N, Ste
125 San Diego, CA 92108
(619) 294-8998
www.outback.com

SUSHI

● **Ahi Sushi Bar & Grill**
2872 Fletcher Parkway, El
Cajon, CA 92020
(619) 337-1388
www.iloveahi.com
● **Banbu Sushi Bar & Grill**
8555 Fletcher Parkway Ste
106, La Mesa, CA 91942
(619) 589-0071
www.banbusushibarandgrill.com

Ahi Sushi
Fletcher Hills Town Centre
2872 Fletcher Parkway
El Cajon, CA 92020
619-337-1388

Ahi Sushi & Grill is a casual dining sushi restaurant that offers fresh sushi and signature rolls. We pride ourselves on our freshly crafted dishes and our welcoming ambiance. We have four convenient locations throughout San Diego to deliver you great tasting sushi and Japanese food. You can find us in San Marcos, University City, El Cajon and Alpine.

We welcome you to step in and enjoy our inviting environment. Each of our locations features large televisions for your comfort and entertainment.

Begin your Ahi experience with one of our delectable starters such as our garlic edamame and enhance your Ahi experience with a refreshing drink. We offer a variety of domestic and imported beers as well as house cocktails, sake and wine. Join us for happy hour for discounted drink prices. Continue to enjoy your Ahi experience with our various sushi and Japanese food. One bite of the fresh taste of Ahi, and you'll be wanting more. Don't forget to end your Ahi experience with one of our savory desserts such as Mochi Ice Cream.

THAI CUISINE

● **Ra-ka-de-ka**
10450 Friars Road,
San Diego, CA 92120
(619) 521-4810
www.rakadeka.com
● **Taste of Thai**
527 University Ave.,
San Diego, CA 92103
(619) 291-7525
www.sdtasteofthai.com

VEGETARIAN VEGAN

● **Sipz**
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San Diego, CA 92104
(619) 795-2889
www.sipz.com
● **Loving Hut**
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San Diego, CA 92104
(619) 683-9490
www.lovinghut.us

WINE BAR

● **K'nB Wine Cellars**
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San Diego, CA 92120
(619) 286-0321
www.knbwinecellars.com
● **Splash Wine Lounge & Bistro**
3043 University Ave.,
San Diego, CA 92104
(619) 296-0714
www.asplashofwine.com

Business and Retail

ACCOUNTANT

● **Todd Tyler, C.P.A.**
5151 Shoreham Pl # 170,
San Diego, CA 92122
(858) 587-0222
www.tax-finance.com
● **Bit Co**
8085 La Mesa Blvd # 100, La
Mesa, CA 91942
(619) 667-4590

ACUPUNCTURE

● **Mancini Acupuncture**
3547 Camino Del Rio S, San
Diego, CA 92108
(619) 287-4005
www.manciniacupuncture.com
● **Circle of Living Wellness Center**
4638 Park Blvd., San Diego,
CA 92116

(619) 220-0878
www.circleofliving.com

ANTIQUES

● **Lemon Grove Antique Mall**
7919 Broadway, Lemon
Grove, CA 91945
(619) 461-1361
www.lemongrovecare.com

ART GALLERY

● **University Art**
● **Timken Museum**
1500 El Prado, San Diego,
CA 92101
(619) 239-5548
www.timkenmuseum.org

ATTORNEY

● **Stephen White Law Offices**
101 W Broadway, San Diego
CA 92101
(619) 702-3753
● **Mulvaney, Barry, Beatty,
Linn & Mayers, L.L.P.**
401 W A St., San Diego, CA
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(619) 238-1010
www.mulvaneybarry.com

AUTO DEALER

● **Toyota San Diego**
5910 Mission Gorge Road,

San Diego, CA 92120
(619) 399-3910
www.toyotasandiego.com
● **Mossy Ford**
4570 Mission Bay Drive,
San Diego, CA 92109
(858) 273-7500
www.mossyford.com

TOYOTA San Diego
5910 Mission Gorge Road
San Diego, CA 92120
619-399-3910 | toyotasandiego.com

If you're looking for a really big deal on a Toyota this May, you don't have to wait for Memorial Day weekend! San Diego's Toyota destination, Toyota San Diego, has them all month long!

During the "Toyota Time" sales event, Toyota San Diego is making a record run! We're out to break our May sales record, which means we'll do whatever it takes to sell 500 vehicles in 31 days!

That means you win with incredible record run deals on your favorite new Toyota vehicles. Our friendly and knowledgeable staff will get you into the Toyota you want at a price you'll love.

You'll win because we refuse to lose a deal during the Record Run Challenge!

Visit Toyota San Diego, where

we're really big and very friendly! Right off of the 8 freeway on beautiful Mission Gorge Road. We're proud to serve everyone because we're in the heart of San Diego.

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● **San Carlos Auto Service**
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San Diego, CA 92119
(619) 464-1234
www.sancarlosautoservice.co
● **Honest 1 Auto Care**
7375 Jackson Drive,
San Diego CA 92119
(619) 464-1644

San Carlos Auto Service
8865 Lake Murray Blvd.
San Diego, CA 92119
619-464-1234
sancarlosautoservice.com

We have been in business since 1994 and we strive to provide our clients the best quality service possible to gain full satisfaction. They've shown their appreciation by coming back to us repeatedly. We want to be the San Carlos maintenance and repair facility for all your automotive needs.

For most people, auto maintenance and repair is not fun or

See **WINNERS** page 16 —————>

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Winners, from page 15

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San Diego, CA 92123
(858) 279-9152

Barber Wayne's Barber Shop

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Lakeside, CA 92040
(619) 443-8932

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Mesa, CA 91942

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San Diego, CA 92104

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www.northparkbikes.com

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www.maxwellshouseofbooks.com

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La Mesa, CA 91942

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www.handfulofwildflowers.com

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www.isisboutiques.com

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www.bodybeautiful.com

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La Mesa, CA 91942

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www.soapyjoescarwash.com/
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bodybeautiful.com

Body Beautiful Car Wash has washed over 11 million cars in San Diego since 1979. We have four locations in San Diego County: Downtown, Mission Valley, El Cajon and Poway. All four locations provide full service car wash, full service detailing, hand washes, express detailing services and have a c-store. We offer Mobil unleaded gas and diesel at our Downtown and Mission Valley locations at very competitive prices.

If your car needs a little extra TLC, our detail department will give you and your car the personal touch, with our while-you-wait express services for cars that need a little extra

See WINNERS page 17

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► **Winners**, from page 16

attention, all the way up to our full serve detailing services for cars that have some oxidation on its finish, or might need extra interior cleaning on the inside. For more information, visit us online and be sure to take advantage of the discount coupons there.

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● **Bretow Chiropractic**
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San Diego, CA 9211
(619) 276-7575
www.bretowchiropractic.com

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● **San Diego State University**
5500 Campanile Drive, San
Diego, CA 92182 (619)
594-5200
www.sdsu.edu

● **University of San Diego**
5998 Alcala Park, San Diego,
CA 92110 (619) 260-4600
www.sandiego.edu

CONSIGNMENT RESALE

● **Rare Bird Consignment House**
1918 Fort Stockton Drive,
San Diego, CA 92103
(619) 450-6500
www.rarebirdconsignment.com

● **Goodwill Industries of San Diego County**
3663 Rosecrans St.,
San Diego, CA 92110
(619) 225-5600
www.sdgoodwill.org

Rare Bird Consignment House
1918 Fort Stockton Drive
San Diego, CA 92103
619-450-6500 | rarebirdcon-
signment.com

The Rare Bird Consignment House opened in 2011 and specializes in unique home décor and furnishings. With over 10 years of experience in furniture, retail and interior design, we understand the importance of going green and recycling materials in order to sell eco-friendly products that range from \$2-\$12,000.

Our furnishings are found from international vendors, estate sales, and sometimes are unwanted pieces from manufacturers and antique stores. We are able to find hidden gems and beauty within all of our products. Prices are at a low and affordable cost. We like to keep our inventory moving fast, so that we may find new and creative pieces.

We are open Tuesday to Saturday from 10 a.m. – 5 p.m. Feel free to give us a call to make your very own personal appointment. Please stop by — we cannot wait to help you make your home extraordinary just as you are.

COSMETIC SURGEON

● **John Hilinski, M.D.**
3720 4th Ave., San Diego,
CA 92103

(619) 296-3223
www.drhilinski.com

● **Barry Handler**
6699 Alvarado Road #2305,
San Diego, CA 92120
(619) 583-4222
www.barryhandlermd.com

CREDIT UNION

● **San Diego County Credit Union**
2245 Fenton Parkway #107,
San Diego, CA 92108
(877) 732-2848
www.sdccu.com

● **California Coast Credit Union**
4470 Park Blvd.,
San Diego, CA 92111
(877) 495-1600
www.calcoastcu.org

DAY SPA

● **Pizazz Beauty Salon**
7676 Jackson Dr # 5,
San Diego, CA 92119
(619) 582-2275

● **Revive Salon & Spa**
1425 Frazee Road,
San Diego, CA 92108
(619) 293-7233
www.revivesalonandspa.com

DENTIST

● **Thomas Brassington, D.D.S**
8442 La Mesa Blvd., La
Mesa, CA 91942
(619) 464-3636
www.drbrassingtondds.com

● **Ronald Lessem, D.D.S**
7557 El Cajon Blvd., La
Mesa, CA 91942
(619) 255-7480
www.drlessem.com

Dr. Ronald S. Lessem, DDS
7557 El Cajon Blvd.
Le Mesa, CA 91942
619-225-7480
drlessem.com

Dr. Lessem, a dentist and implant specialist, has been in practice for over 30 years, and is constantly adapting to the newest technology and procedures to ensure his patients get the best care they can.

He is a part of several prestigious dental organizations and a credentialed Fellow in the International Congress of Oral Implantologists and the California Implant Institute. Dr. Lessem's goal is to achieve the highest quality treatment, care and comfort to all his clients.

In his office, all dental procedures are performed by Dr. Lessem himself and these include gentle care sedation dentistry, dental exams, cleaning and bleaching, full mouth rehabilitation and of course implants and

His business takes pride in the comfortable, friendly office environment, lined with a beachy surf-themed décor to match its San Diego location.

If you are having a dental emergency, you can get scheduled very quickly, as the team understands the importance of pain relief for its patients. Don't hesitate to call and don't forget second opinion appointments are free!

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CA 92120
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www.kaiserpermanente.org

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(619) 464-1607

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San Diego, CA 92115
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● **Heritage Cleaners**
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La Mesa, CA 91942
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See **WINNERS** page 18 —————>

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Winners, from page 17

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● **Pottery Barn**
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www.potterybarn.com

GYM/HEALTH CLUB

● **Allied Gardens Recreation Center**
5155 Greenbrier Ave., San Diego, CA 92120
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● **Chuze Fitness**
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(619) 297-7000
www.chuzefitness.com

HAIR SALON

● **Pizazz Salon & Spa**
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(619) 582-2275

● **Beautik Salon**
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Pizazz Salon and Spa
7676 Jackson Drive, # 5
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619-582-2275
pizazzsalonandspa.com

Once again Pizazz Salon has been named the Best Salon and Spa by the readers of The Mission Times Courier for the third year in a row.

This year we were excited to add Best Massage to the list of honors. We appreciate your vote of confidence and are humbled to receive the ongoing recognition for the amazing talent and experience for each of our salon technicians.

A part of San Carlos/Del Cerro since 2003, the staff at Pizazz Salon genuinely cares about our clients and the neighborhoods we serve. Through our support each year of local charitable events — such our annual Thanksgiving food drive with top real estate agents Lindy and Kassy Kaiser, Kids News Day and various other charities — Pizazz Salon strives to make a difference for our surrounding communities. Thank you once again for this recognition and we look forward to serving you for years to come.

HOSPITAL

● **Sharp Memorial Hospital**
7901 Frost St., San Diego, CA 92123
(858) 939-3400

www.sharp.com

● **Kaiser Permanente**
4647 Zion Ave., San Diego, CA 92120
(619) 528-5288
www.kaiserpermanente.org

HOTEL

● **Marriott Mission Valley**
8757 Rio San Diego Drive, San Diego, CA 92108
(619) 692-3800
www.marriott.com

● **Rancho Valencia Hotel**
5921 Valencia Cir, Rancho Santa Fe, CA 92067
(858) 756-1123
www.ranchovalencia.com

INSURANCE BROKER

● **5th Avenue Insurance Services**
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www.5thaveins.com

● **AAA**
2440 Hotel Circle N, San Diego, CA 92108
(619) 233-1000
www.calif.aaa.com

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● **Pierre's Jewelers**
5500 Grossmont Center Drive, La Mesa, CA 91942
(619) 463-4072
www.pierresjewelers.com

● **Carl's Jewelers**
8736 Lake Murray Blvd. #110, San Diego, CA 92119
(619) 461-7046
www.carlsjewelers.com

MESSAGE

● **Pizazz Salon & Spa**
7676 Jackson Drive #5, San Diego, CA 92119
(619) 582-2275

● **Massage Envy**
7610 Hazard Center Drive, San Diego, CA 92108
(619) 325-0333
www.massageenvy.com

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www.walmart.com

● **Tillys**
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(619) 294-3160
www.tillys.com

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● **Reuben H. Fleet Science Center**
1875 El Prado, San Diego, CA 92101
(619) 238-1233
www.rhfleet.org

● **San Diego Museum of Man**
1350 El Prado, San Diego, CA 92101
(619) 239-2001
www.museumofman.org

The Reuben H. Fleet Science Center
1875 El Prado
San Diego, CA 92101
619-238-1233 | rhfleet.org.

The Reuben H. Fleet Science Center, located in Balboa Park, features more than 100 interactive science exhibits in eight galleries, as well as major traveling exhibitions. Visit us and you can create colored shadows, touch a tornado, examine the vibration of guitar strings and get your hands on a variety of intriguing scientific phenomena. Current exhibits include CIRCUS: Science Under the Big Top and our live science show called, Don't Try This at Home.

The Fleet is also home to the world's first IMAX Dome Theater, presenting the biggest films on the planet. Its unique configuration wraps the audience in images and provides the illusion of being suspended in space. We are currently showing three Giant Screen films, "Journey to Space," "Humpback Whales," and "Journey to the South Pacific."

Rates and ticket information available on the website.

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● **Snake Oil Cocktail Company**
1245 7th Ave., San Diego, CA 92101
(858) 754-9173
www.snakeoilcocktail.com

● **Suzie's Gourmet Gifts**
1466 Pioneer Way #9, El Cajon, CA 92020
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www.suziesgourmetgifts.com

See **WINNERS** page 19 —————>

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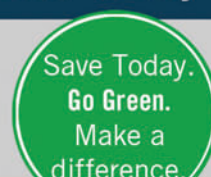


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► **Winners**, from page 18

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See **WINNERS** page 20 →

SUDOKU & CROSSWORD PUZZLE ANSWERS FROM PAGE 25

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

NIGH		PIED	SLAP
EROS	SOLTI	TUBA	
ROOT	TRIOS	AGES	
IND	GREEN	BERETS	
	STOA	VERSE	
	DERBY	WINNER	
VENUE	ACID	BAD	
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Winners, from page 19

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Hapa Yoga is conveniently located and there is plenty of parking in the back of the building. Amenities include a locker room with showers, a retail lounge and a child care center. Hapa Yoga is proud to be a veteran-owned small business and supports charities such as Yoga for Hope, Wounded Warrior Project, and local schools and charities.

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Author Larry Allen Lindsey and his dog (Courtesy Lindsey)

► Neighbors, from page 1

to be successful but good enough to keep them employed. They were not ideal parents. From childhood, Kelley was short, standing 5 feet 5 inches when fully grown (hence the nickname, “Stump”). To make up for his lack of size, he played games, particularly ice hockey, with a ferocious competitiveness that would be his trademark throughout life. He was a fierce competitor on his school swim team.

In 1942, after the Japanese attack on Pearl Harbor, Stump decided to become a United States Marine. On the way to enlist, he changed his choice of service because of a “sweet-talking” Navy recruiter. In boot camp, he was selected to begin training for the Underwater Demolition Team (UDT), popularly known as the frogmen. Both sides in World War II knew the Allies would have to storm the beaches of Europe and the Pacific Islands. This led to the development of landing craft by the Allies and the development of obstacles to these craft approaching the beaches on the part of the Axis.

The UDT were trained to clear these obstacles prior to landings. Scuba gear had not yet been developed, so the underwater work was done with primitive breathing support equipment. A typical mission would drop the frogmen off after dark near the beach. They would swim ashore, attach explosives to the underwater obstacles through repeated dives, survey the water depth, and then be recovered by the vessel that dropped them. In some cases, however, the frogmen were there to greet the assault forces as they came ashore.

Kelley was 17 at the time of his enlistment. Like many of his compatriots, after seeing action throughout the Pacific theater, he was not old enough at the end of the war to legally order a beer or to vote for the president who sent him into harm’s way.

“I think 17-year-olds were more mature in those days,” Lindsey said. “Maybe as the result of growing up in the Depression.”

After the war, Kelley used the GI Bill to attend Akron University in Ohio, majoring in business. He subsequently worked for General Dynamics for the remainder of his career.

Kelley was married, and divorced, three times. He had a son and a daughter but was estranged from them for much of his life.

“Stump!”
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Lindsey graduated from Princeton with a degree in Psychology. He taught high school history for 11 months and then enlisted in the Navy. He served for 22 years, retiring at the rank of lieutenant commander, serving on ships as small as a World War II Landing Ship (LST) and as large as the aircraft carrier USS America.

Lindsey’s first published writing effort was a book of poems taken from bathroom walls.

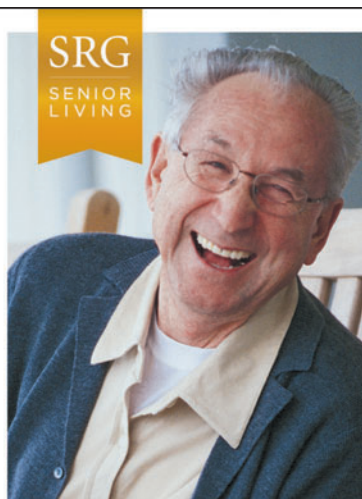
“It was pretty bawdy,” he admitted. “Didn’t sell too well.”

The idea for his current book came partly from research he had done on his father’s and his father-in-law’s heroic roles in World War II and partially from Kelley’s stories. The idea was to build a single book around the three lives.

Koehler Books, the publisher of “Stump!,” recommended that he pull Kelley’s story out as a separate book. Lindsey followed the advice and the book was published in April. It has been favorably reviewed, but has not been on the market long enough to become a bestseller. The book is a work of fiction, but is based on history and the personal recollections of Kelley.

Kelley’s last battle was against pancreatic cancer. He went very quickly. Lindsey cared for him for the last two months, with the aid of hospice and Lee’s two estranged children. The three divided the day into eight-hour shifts and shared the care of a man they all had learned to love. “Stump” died as he lived — with courage. He was buried with full military honors at Fort Rosecrans National Cemetery, overlooking the beaches where he trained as a frogman more than 70 years ago.

—Ken Denbow is a freelance writer. You can reach him at kilodeltadelta@hotmail.com.■



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Benjamin branch library to celebrate 50 years in Allied Gardens

K. Moscar

Having lived in the neighborhood since 1956, I have seen a lot of changes. One of the best changes was when the library opened. The groundbreaking ceremony was held in March 1964, and the doors opened for service in March 1965.

The Friends of the Library for the Allied Gardens/Benjamin library branch are hosting a big birthday bash to celebrate. The event will be held at the library (5188 Zion Ave.) from 10 a.m. to 2 p.m. on June 6.

If you're coming from Kaiser Hospital (Mission Gorge Road and Zion Avenue), take Zion up the hill. The library is on the left side of the road, just past Ascension Lutheran Church, in the block before you reach Waring Road. If you're coming up Waring Road from Interstate 8, turn left onto Zion, just past the shopping center. The library will be to your right.

Please come join in the festivities and help us celebrate this wonderful occasion. The festivities include games, munchies, readings for the younger ones, information about Mr. Edwin Arthur Benjamin, how our library "came to be" and much more.



An image from the early days of the Allied Gardens library (Courtesy Benjamin Friends of the Library)

Neighborhood trivia

Ascension Lutheran Church started out in the Sparklett's building on Mission Gorge Road with folding chairs for seating that had to be set up and put away at each service. Then it moved to a temporary location on Zion Avenue before moving to its present location.

Did you know we had a little waterfall in the neighborhood? In the late 1950s and early 1960s, most of the neighborhood junior high students (I think they call it middle school now) had to ride these stinky, smelly Willingham buses all the way across town to Montgomery Junior High School in Linda Vista.

At the corner of Twain Avenue and Mission Gorge Road, we had

three service stations (you know, the kind where the attendant, or owner would pump your gas, check your oil, wash your windshield...) and no car dealers.

I miss Rory's very much. They had the best burgers ever.

We even had a Boll Weevil for a few years — a great place to go shoot pool.

Before most of this, I remember when Interstate 8 was a "highway" through the valley, which was filled with stables, corn fields and dairies; you sometimes had to take a deep breath to get through part of it.

What is now San Diego Mission Road used to be the end of Friars Road.

Summer book sale

You can always get some fabu-

lous deals at our book sales. The next one will be held at the Allied Gardens/Benjamin branch's community room from 10 a.m. to 1 p.m. on July 25.

Special Presentations for Adults:

"The Water Conservation Garden." Tuesday, May 19 at 2 p.m. We have had a long, dry winter. Local expert Pam Meisner, aka Ms. Smarty Plants, will give a free presentation on how to make your garden lush, charming and drought tolerant.

"Introduction to Genealogy Workshop." Tuesday, June 9 at 1 p.m. Learn how to research your family tree. This two-hour workshop will give you the tools you need to discover your family history.

"Natural Solutions to Stress Reduction." Thursday, June 11 at 2 p.m. The Foundation for Wellness Professionals will present this free workshop.

Ongoing programs for adults:

Zumba: Wednesdays at 4:30 p.m.

Hatha Yoga: Wednesdays at 6:30 p.m.

Fitness Fun for Older Adults: Fridays at 11:15 a.m.

Healthy Back Yoga: first and third Saturdays at 1 p.m.

Book Club: second Tuesdays at 1 p.m.

Mystery Class: Thursdays at 1 p.m.

"Read to the Rhythm" summer reading programs

for children

Tuesday, June 16: "Raise a Ruckus" with Hullabaloo. Children can't help but get up and dance to this delightful acoustic music that entertains kids and families.

Tuesday, June 23: "Giggle, Giggle, Quack and Hand Rhymes" with Literature Comes to Life. You'll be dressed up as cows, pigs, ducks and more in this lively, audience participation program.

Tuesday, June 30: "Little Red Riding Hood" with Little Catbird. Enjoy this mix of storytelling, music and puppets.

Ongoing children's programs:

Brilliant Babies Storytime (recommended for ages 0-18 months): Tuesdays at noon (except June 2 and 9)

Toddler/Preschool Storytime (ages 2-5 years): Thursdays at 10:30 a.m. (except May 21, 28, June 4 and 11)

Kids' Yoga (ages 2-8 years): Thursdays at 3:30 p.m. (except June 11)

Kids' Yoga (ages 2-8), Mondays at 10:30 a.m. (beginning June 15)

Join us

The Benjamin Friends of the Library meet the fourth Wednesday of every month at 1 p.m. Join us to support the library; memberships start at \$5 or \$10, and new members are always welcome.

—K. Moscar is a volunteer with the Benjamin Friends of the Library.■

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Farmers market coming to Allied Gardens shopping center

Doug Curlee
Editor at Large



The Kiwanis Club of Grantville-Allied Gardens is bringing a once-a-week farmers market to the shopping center where Albertsons closed Allied Gardens' only grocery store for lack of business.

Kiwanis, along with the owners of the shopping center, have arranged for the operator of the well-known Ocean Beach Farmers Market to set up business in the shopping center parking lot every Friday from 4 to 8 p.m., beginning May 15.

Oceans Beach market manager David Klamman may set up as many as 40 stands and booths in the parking lot in front of the former Albertsons space, with primary emphasis on fresh fruits and vegetables as well as arts and crafts and some of the booths you normally see at street fairs and carnivals everywhere.

Center operations manager Linda Lasher says it's a good



(ThinkStock)

interim solution.

"We think it's a great idea, because it should serve to remind people that there is still a reason to come to the center, at least once a week," Lasher said. "We're waiving any fees we might have charged others for the use of the property."

All the needed permits have been helped through the process by Councilmember Scott Sherman's office and Joe Huston and Jay Wilson of Kiwanis, along with what Huston refers to as "the usual suspects" that get involved in such projects for Kiwanis.

Kiwanis will take a minimal

share of the proceeds for the club's several other ongoing community projects, and Kiwanis will be named the official sponsor of the market.

As this unfolds, Lasher says there are still active talks going on with several possible replacements for Albertsons, but nothing solid has materialized yet.

"Nothing we can really talk publicly about right now," Lasher said. "We're still working hard on it, and we have hopes there'll be something soon we can talk about."

—Write to Doug Curlee at doug@sdenn.com.■

Del Cerro Action Council news

Jay Wilson



A DCAC welcome to Einstein Bagels! Several years ago we ran a survey about what residents would like to see in the way of new stores and services in Del Cerro, and an Einstein Bagels shop was the No. 1 request.

Our quarterly meeting was held on April 23. The following is a capsule of what transpired at the meeting:

Police Community Relations Officer Adam McElroy provided information regarding some crime incidents. The biggest problem remains unlocked doors and windows and valuables left in plain sight in a car. McElroy made a similar report at the San Carlos Area Council meeting on May 6. He read a list of items stolen from automobiles in and around Cowles Mountain: laptop, wallet, purse, cell phones — all valuable items and all left in plain sight. Local residents can reach out to Officer McElroy by email at amcelroy@pd.sandiego.gov or via his office phone, 858-495-7971.

Our guest speaker, Councilmember Scott Sherman, began his remarks by confirming that things are truly getting better.

"I ran because I wanted to bring my business experience to city hall," Sherman said. "I was just appointed chair of the Audit Committee. We are evaluating various departments and applying the 'zero-based budgeting' concept. As an example, we noted that the printing department was budgeted for \$350,000 to print forms. In an audit, it was determined that in the previous year they only used \$4,900.

When asked why they budgeted \$350,000, they said it was because that's what had been allocated for 20 years. Nobody had ever gone back and determined what was actually needed. We also looked at the graffiti removal programs. A number of departments had their own programs. We now have a single number the public may call to report graffiti and then internally it is routed to the proper department."

Across the district, Sherman mentioned the need for a skate park in Linda Vista. He met with city staff and learned that there was infrastructure money available through a state grant associated with affordable housing. Fortunately, the Linda Vista Recreation Center is surrounded by affordable housing, and the director of the state grant funds determined that there was nothing in grant guidelines that prohibited using the funds for a skate park. The city applied for the entire grant, assuming that they might receive as much as \$1,000,000. Since nobody else in California applied, the city received the full \$3,000,000, and then a bonus of \$1,500,000. The result is that Linda Vista is receiving a large skate park and another skate park will be built in District 9.

There was considerable discussion about the ongoing concerns at Adobe Falls. The councilmember commented that he and city staff have scheduled a meeting with staff from San Diego State University to discuss the concerns and resolutions.

When asked about the Chargers, Sherman said: "I believe there is a 70 percent chance that the Chargers will remain in San Diego."

If you need to contact the

councilmember regarding a city-related issue, please contact Liz Saidkhanian, our council representative. She can be reached by calling the District 7 office at 619-236-6677. Her email address is esaidkhanian@sandiego.gov.

Following Sherman's presentation, Dion Akers introduced himself as the Assistant Director, Alumni & University Relations for SDSU. He is one of the SDSU staff that will be meeting with Sherman. He said there is an increased effort at SDSU to warn students about assembling at Adobe Falls. Dion was asked if there have been any arrests of students at Adobe Falls. In response, Mike Peterson, the Police Community Resource Officer for SDSU, said: "An officer has to observe a violation in order to issue a citation." If you need to contact Officer Peterson regarding SDSU, his phone number is 619-594-1447.

A decision by the developer for the proposed housing development along College Avenue and below the Chevron station has not been made. The developer may request a special DCAC meeting the end of May.

It has been a pleasure serving as the chair of DCAC for the past several years. Because of a variety of commitments, I determined it was time to step down as chair. Mark Rawlins is returning as chair, Anita Colmie remains as vice chair, Michael McSweeney remains as treasurer and I will serve as secretary. The DCAC is in good hands with Mark at the helm.

The DCAC website is at delcerroactioncouncil.org.

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

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BUSINESS SPOTLIGHT

Dan Paterson
 5587 Red River Dr.,
 San Diego, CA 92120
 619-481-9978

Dan Paterson is humbled and appreciative for working in the community of Allied Gardens and around where he was born & raised. He is always furthering his education in Home Improvement areas while working steadfastly. He can do it all from carpentry, plumbing issues and electrical repairs. He has installed doors, windows, cabinets, decking, flooring, fencing and much more. No job is too small for The Jack of All Trades. He is not a licensed contractor yet has the training while being a union worker. Thanks again San Diego for the vote of the gold.



Explore Mission Trails at special May 16 celebration

Jay Wilson



On Saturday, May 16, acres of fun await everyone attending the annual Explore Mission Trails Day. This year's theme is "Connecting with Nature." The event offers great family-oriented activities, primarily at the Mission Trails Visitor Center and the East Fortuna Staging Area from 9 a.m. to 2 p.m. Whether you want to meet a raptor at the Visitor Center or climb a rock wall at the East Fortuna Staging Area, the park has over 100 volunteers and all the staff ready to welcome you and help you explore all that is Mission Trails.

Fun-filled activities include discovery stations, a children's bicycle skills course, mini-guided nature walks, children's pony rides (pony ride line closes at 1 p.m.) and more at the East Fortuna area. At the Visitor Center, 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 10 a.m. and 11:30 a.m. There will also be crafts, face painting, guided nature walks and other activities. Raptors of San Diego County will be on display from noon to 2 p.m. A free shuttle service will transport you from the Visitor Center to the East Fortuna Staging Area and back.

Explore Mission Trails Day is an opportunity to experience the fascinating treasures that make up the park, including hiking, mountain biking, camping, rock climbing, guided nature walks, concerts, art exhibits and Old Mission Dam. Coming this summer are new classes for children: art classes presented by Art Smarts and "Trails and Tails," a fun-filled series of educational classes with Cindy Christ.

We want to also thank our Explore Mission Trails Day sponsors: Republic Services, Inc.; SDG&E; Superior Ready Mix; Olive Garden Restaurants; and in-kind sponsors San Diego Family Magazine, O'Hungry's Restaurant and San Diego Community News Network. Support also comes from the city of San Diego, which supports Explore Mission Trails Day through their Special Promotional Program Fund and the San Diego County Community Enhancement Fund.

On Sunday, May 17, Mary Lu Brandwein returns and will be joined by Yuki Easter to present a concert featuring shakuhachi flutes and the koto, a traditional Japanese string instrument. Mary Lu and Yuki have performed together as Wind and Rain Ensemble for more than 10 years. Kumiko Esparza, a



Lara Webster from Sky Hunters holds a barn owl, a local raptor. (Courtesy MTRP Foundation)

student of Yuki Easter, will also play the koto. She is a member of the Southern Koto Ensemble from Murrieta.

The next concert will be Saturday, May 30, featuring the Quartet Nouveau, a string quartet. On June 7, Caprice Strings and Francesca Savage return, and on June 14, the Native American Flute Circle will hold their annual concert in the amphitheater. The MTRP

Blake's third solo show at the Mission Trails Regional Park Visitor Center Art Gallery.

The next art exhibition, "Wild Graces," features Jodie Hulden, a San Diego artist whose photography focuses on the natural landscape, and Robert Treat, a California painter and photographer whose work is exhibited and collected nationally. The public is cordially invited to a reception in honor of the artists on Sunday, May 31 from 1 to 4 p.m.

Linda Hawley's "Children's Nature Adventures!" class for children ages 4 and up will meet from 9:30 to 11:30 a.m. on Wednesday, May 26. The theme this time is "Darting Dragonflies & Fluttering Butterflies," and the cost is \$10 per child. Parents and siblings ages 3 and under are free.

Shop through Amazon's AmazonSmile program and Amazon will donate 0.5 percent of the purchase price to the MTRP Foundation at no cost to you or the MTRP Foundation. Go to smile.amazon.com,

select Mission Trails Regional Park Foundation, and every eligible purchase you make at smile.amazon.com will result in a donation to the MTRP Foundation. You may use your existing Amazon account to participate in the AmazonSmile program. All your settings will remain the same.

For more information about any of the programs and special events at Mission Trails, visit our website at mtrp.org.

—Jay Wilson is Executive Director of the Mission Trails Regional Park Foundation.■

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Explore Mission Trails Day

Saturday, May 16
9 a.m. to 2 p.m.

Activities and events at Visitor Center and East Fortuna Staging Area. Visit MTRP.org for maps and more information.

Foundation continues to sponsor free concerts on designated Saturdays and Sundays at 3 p.m.

The current art exhibition, "The Art of Bird Photography," sponsored by the MTRP Foundation, features award-winning nature photographer Blake Shaw. This exhibit is on display in the Visitor Center Art Gallery through May 22. Blake's bird and nature photography regularly hangs on the walls at the San Diego Natural History Museum in Balboa Park. He is one of 14 photographers chosen for the museum's 2015 Birds of the World exhibition. This is

Kids Fishing Derby at Lake Murray
Saturday, May 30

The Lake Murray Kiwanis Club hosts the annual Kiwanis Kids Fishing Derby for children ages 5 to 15 at Lake Murray (5540 Kiowa Drive) from 7:30 to 11 a.m. The first 100 children to register can participate for free; all others will be asked to pay \$2.50. All registered children will be eligible for drawings. Register in advance by calling 619-212-9132, or register on site beginning at 7 a.m. Children are encouraged to bring their own fishing pole and tackle.

Navajo area business networking group meeting
Wednesday, June 17

Though the Navajo area neighborhoods don't have their own chamber of commerce, they do have enough in common to merit their own networking group. A small group of local business people have joined together to start a grassroots group called e-GADS (which serves as an acronym for Grantville, Allied Gardens, Del Cerro and San Carlos). The group's first meeting will be Sunday, June 17 at 7 a.m. at Troy's Greek Restaurant, 10450 Friars Road. Anyone is welcome to join. Call Lisa Hamel at 619-961-1957 to RSVP.

Rummage sale to support homeless services
Saturday, June 20

St. Andrew's Lutheran Church, at 8350 Lake Murray

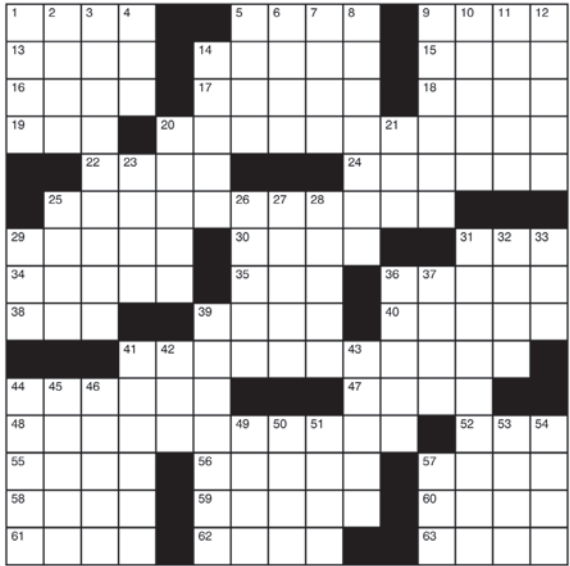
Blvd., hosts an annual rummage sale to support the Third Avenue Charitable Organization (TACO), a nonprofit organization that serves homeless individuals in San Diego. In addition to providing 500 free and nutritious meals each week, TACO also organizes free medical, pharmacy, dental, acupuncture, legal and social work services through local teaching institutions, such as the UC San Diego School of Medicine. These free clinics see 375 clients per week. Volunteers from some 30 local organizations, including St. Andrew's Lutheran Church, give their time to staff these free. The rummage sale will be open from 7 a.m. to 1 p.m. and will accept cash payments only. For more information, visit tacosd.org.

San Diego Choraleers concert
Saturday, June 20

The San Diego Choraleers, a mixed chorus of older citizens, will present their spring concert featuring music from The Beatles and excerpts from the musical "Grease." The nonprofit singing group has been around since 1967. Sponsored by the San Diego Community College District's Continuing Education program, the Choraleers are currently under the direction of S. Esther Segal. The concert will begin at 2 p.m. at Lewis Middle School, 5170 Greenbrier Ave. Tickets can be purchased at the door or in advance by calling Joan Mabrey at 619-501-7298.

PUZZLES ANSWERS ON PAGE 19

CROSSWORD From the Neck Up

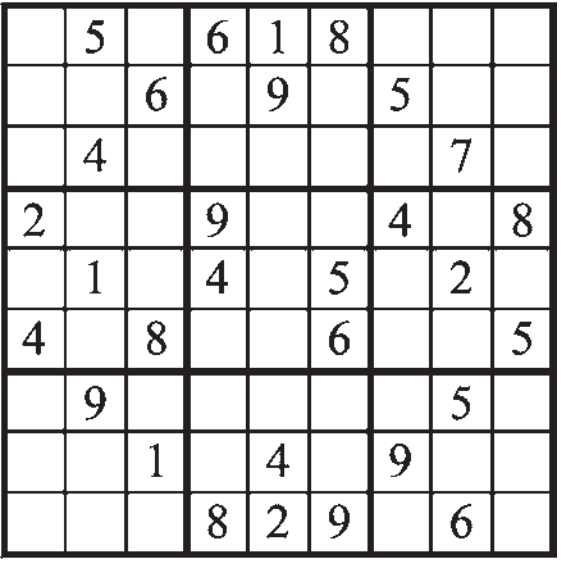


CREATORS NEWS SERVICE By Charles Preston

- ACROSS**
- 1 Almost
 - 5 Multicolored
 - 9 Blow for a boulder
 - 13 Desire, personified
 - 14 Long-time Windy City conductor
 - 15 War trumpet of Rome
 - 16 Licorice or ginger
 - 17 Troikas
 - 18 Middle and Stone
 - 19 Unaffiliated voter: abbr.
 - 20 US Army group
 - 22 Promenade for Plato
 - 24 Reluctant
 - 25 Lil E. Tee, in 1992
 - 29 Scene of the crime
 - 30 Part of RNA
 - 31 Kind of vibes?
 - 34 Photographer Adams
 - 35 Mahler's ____ *Lied von der Erde*
 - 36 Apollo attendant
 - 38 Soap ingredient
 - 39 Productive pit
 - 40 Trademarks
 - 41 Demolition device
 - 44 Having more volcanic fallout
 - 47 Toward the Levant
 - 48 Hat favored by Sherlock Holmes
 - 52 Erhard's ism
 - 55 Cob or drake
 - 56 Tale of Troy
 - 57 Cut and run
 - 58 Gossip tidbit
 - 59 Kin of shucks
 - 60 Holm oak
 - 61 Whole note
 - 62 Cousin of uh-huh
 - 63 Urbane fellow
 - 14 Pound prospect
 - 20 Lonesome George
 - 21 Original deb?
 - 23 Adjust, with up
 - 25 Contravene
 - 26 Dry riverbeds
 - 27 ____ stand it!
 - 28 Japanese-American
 - 29 Prince, of the comic
 - 31 Trifle
 - 32 Spin like ____
 - 33 After uno
 - 36 Falstaff composer
 - 37 Legendary avian creatures
 - 39 You can sip it dry
 - 41 Ancient galley
 - 42 ____ Cayes, Haiti
 - 43 Who ____ it?
 - 44 Open up, in a way
 - 45 Cold-war assn.
 - 46 Trojan charmer
 - 49 Micro-brewery prod ucts
 - 50 Money, in Mantua
 - 51 Allie's TV friend
 - 53 In view
 - 54 Subject
 - 57 Cookie filler
- DOWN**
- 1 Founder of the Oratory
 - 2 Multi-vitamin ingredient
 - 3 Logic
 - 4 Initials of '48
 - 5 Ruminant
 - 6 Colleague of Jimmy and Bjorn
 - 7 Town on the Thames
 - 8 Breakup
 - 9 Wide-eyed one
 - 10 Automatic pistol
 - 11 Launder money, maybe
 - 12 Like a leisure suit

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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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.

May 23: The Baja Bugs at Pal Joey's. Free. 9 p.m. 5147 Waring Road, Allied Gardens. PalJoeyOnline.com.

Classical

May 16: The Pacificaires and Cedar Center Chorus of San Diego Community College at College Avenue Baptist Church. Free. 2 p.m. 4747 College Ave., College Area. Facebook.com/Pacificaires.

May 16: Youth Chamber Music Concert at The Scripps Research Institute. \$55. 7:30 p.m. 10550 North Torrey Pines Road, La Jolla. MainlyMozart.org/Youth-Orchestra.

May 17: Mary Lu Brandwein playing shakuhachi flutes at Mission Trails Regional Park Visitor Center Auditorium. Free. 3 – 4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

June 7 & June 9: Tifereth Israel Community Orchestra performing "Two Towering Masterpieces" at Tifereth Israel Synagogue. \$20. Sunday at 3 p.m., Tuesday at 7:30 p.m. 6660 Cowles Mountain Blvd., San Carlos. TiferethIsrael.com/TICO.

Alternative/Rock

May 16: North Park Festival of Arts featuring The Midnight Pine, Barbarian, Mr. Tube and the Flying Objects and more. Free. 11 a.m. – 6 p.m. NorthParkFestivalOfArts.com.

May 23: Silvermine at Navajo Live Bar. Free. 9 p.m. 8515 Navajo Road, San Carlos. NavajoLive.com.

June 5: Harley and The Pirates at Pal Joey's. Free. 9 p.m. 5147 Waring Road, Allied Gardens. PalJoeyOnline.com.

Other

May 22: Rock in the Park featuring Steve Poltz with Michael Tiernan at Reuben H. Fleet Science Center. \$24+. 7 p.m. 1875 El Prado, Balboa Park. RHFleet.org/events.

June 5: Allied Gardens First Friday featuring Y3K at Allied Gardens Recreation Center. Free. 6 – 8 p.m. 5155 Greenbrier Ave., Allied Gardens. Facebook.com/AGFirstFridays.

June 13: The Farmers at Navajo Live Bar. Free. 9 p.m. 8515 Navajo Road, San Carlos. NavajoLive.com.

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

Navy leader in energy, environmental issues at Democratic Club meeting

Linda
Armacost



La Mesa Foothills Democratic Club will have the honor of hosting one of the experts in green energy issues when the executive director of the Center for Sustainable Energy, retired Navy Rear Adm. Leendert "Len" Hering, speaks at the June 6 meeting.

The club — which claims members from San Carlos, Del Cerro, Allied Gardens, Grantville, the College Area, Mt. Helix, Spring Valley, Santee as well as La Mesa — meets the first Wednesday of each month at the La Mesa Community Center at 4975 Memorial Drive, off University Avenue. Social hour begins at 6:30 p.m. with the presentation to follow.

In our ongoing series exploring the effects of global climate change and greenhouse gases causing massive and catastrophic effects to our weather and environment, Hering should be a whole new source of great information for us.

Hering is a prominent military and civilian sustainability leader with a broad background in energy and environmental issues. His passion in sustainability is educating people on the dangers the future holds if we don't take responsible actions to secure the nation's energy independence and to preserve water, air quality and other resources.

A native of Portsmouth, Virginia, Hering retired from the Navy in 2009 after more than 32 years of service. He was noted as one of the Navy's top experts in base operations and facility support with an emphasis on sustainability and the environment.

While in the Navy, Hering's efforts included everything from renewable energy to responsible water use and conservation. He built a team recognized throughout the Department of Defense as the best in environmental protection and sustainable innovation. Within three years, the team reduced energy consumption by nearly 42 percent, diverted 75 percent of Navy waste from landfills and reduced water consumption by more than 1 billion gallons, saving tens of millions of taxpayer dollars. Hering instigated wind, thermal, photovoltaic and conversion technology at all levels in Navy facilities. President George W. Bush awarded Hering a 2005 Presidential Award for Leadership in Federal Energy Management in recognition of his leadership efforts reducing oil spills and for recycling.

In 2009, Hering joined the University of San Diego as vice president for business services and administration. In that role,



Len Hering will be the featured guest at the next Democratic Club meeting. (Courtesy Hering)

he initiated numerous sustainable measures on the campus. During the two years he served, the university installed the largest solar system of any private campus in the country, instituted the most comprehensive water abatement project in the school's history and reformed numerous business practices to help control costs. His efforts resulted in saving more than 3 million gallons of water per year and more than \$1 million in electrical costs.

Hering retired from the Navy in 2009 after more than 32 years of service. He was noted as one of the Navy's top experts in base operations and facility support with an emphasis on sustainability and the environment.

Hering's endeavors include founding what is now the largest sustainability business partnership in San Diego County, the San Diego Regional Sustainability Partnership, a consortium of business, government, academic and community organizations promoting practices that support a sustainable future for the region. He now heads the Center for Sustainable Energy in Kearny Mesa.

A nonprofit social enterprise, the center has facilitated 44,000 energy projects for consumers, businesses and governments. Through their market outreach and technical and policy expertise, over 130,000 people have been directly served by Center for Sustainable Energy programs. The organization's areas of expertise include clean transportation,

distributed generation, building performance, energy efficiency, energy storage and renewable energy. Together, they are the catalysts for sustainable energy market development and transformation. If you are thinking of putting solar panels on your roof, attend a free Center for Sustainable Energy workshop to learn all the "dos and don'ts." They'll even give you lunch!

On Saturday, May 30, the La Mesa Foothills Democratic Club will once again be a participant in the annual La Mesa Flag Day Parade, a walk through the heart of La Mesa escorting many of our local and civic leaders. As usual, President Obama (a cardboard cutout, at least) will be leading our contingent in a special convertible accompanied by our very professional "secret service" detail. Don't miss this fun event; visit our website for time and meeting specifics.

And a quick heads-up to mark your calendar for our return to Mission Trails Regional Park. Our July 1 meeting will be

our Annual Independence Day Celebration on the patio of the beautiful Visitor and Interpretive Center. We'll again be providing dinner, some very special speakers, a silent auction and beer and wine tasting on the patio. And we'll feature our now-famous pie baking contest. It's an event that our members turned out in large numbers for last year, and this year will be even better. More details to follow, but note that the evening of July 1 will be a special evening for our entire Democratic community.

View our new and improved website at lamesafoothillsdemocraticclub.com and like us on Facebook.

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

San Carlos Area Council monitors new neighborhood developments

John F. Pilch

The next meeting of the San Carlos Area Council (SCAC) is scheduled for Wednesday, July 1 at 6 p.m. in the community room of the San Carlos Branch Library (7265 Jackson Drive). We are working to schedule Mayor Kevin Faulconer as our guest speaker. Updates on that topic will be sent to the SCAC email list when we have more information. (See the end of this article for details on how to sign up for email updates.) As usual, the event will be open to the public and there is no charge to attend.

At the May 6 meeting, the SCAC held its annual election of directors and officers. John Pilch is the incoming president, Mark Schulze is the new vice president and April Boling remains treasurer. New directors include Maxine Farber, Patricia Mooney and Mark Schulze. Re-elected directors are Rita Hartman, Dan Northcutt, John Pilch and Mickey Zeichick.

We look forward to instituting some changes this year, including a resumption of collecting dues, re-instituting the SCAC newsletter and becoming more actively involved in community events and activities. A letter and return envelope are being mailed to all members on the most recent list, with a request for \$7 per household and \$15 for a business. We'd like prior members to return and are soliciting new members in this article. The funds will be used to make donations to the library (where we meet), Mission Trails Regional Park (on whose Citizens Advisory Committee we have a vote), the San Diego River Coalition (where we have a voting membership) and other deserving entities. We'll also work to develop a website and enhance the bi-monthly meeting experience. We're also interested in hearing from residents about ideas to enhance our community. Someone recently suggested that we attempt to have a food truck gathering in San Carlos; we'll look into that. Please send your thoughts and suggestions to jfpilch@hotmail.com to be considered by our board.

Also at the May 6 meeting, the directors heard a report on the proposed joint-use artificial turf field at Gage Elementary School and voted to recommend approval by the Navajo Community Planners. This is a joint effort between San Diego Unified School District and the city's Park and Recreation Department. Another public community meeting is scheduled for Wednesday, May 20, at the San Carlos/Lake Murray Recreation Council meeting at 6:30 p.m. at the San Carlos Recreation Center, 6445 Lake Badin Ave. Your input is being sought. Currently, it's been agreed to not have lights at the site and have it kept open after school hours until dark for community use. A walking track around the perimeter of the turf field is also proposed. Weekend use will be for the community,



Aerial renderings show the recently-sold school site in San Carlos, which may eventually be redeveloped into single-family homes. (Courtesy Colliers International / San Diego Unified School District)

just as fields at Pershing Middle School are currently used. We have a shortage of playing fields and park area in San Carlos and the Navajo Area, and this playing field will be a big help to spread out the use of fields.

SCAC directors also heard presentations about a proposed charter school — in the building that once housed Blockbuster Video at 8776 Lake Murray Blvd. — and a proposed residen-

tial development of single-family homes at the former Cleveland Elementary School site once the lease for Magnolia Science Academy expires in June 2016. Updates will be provided to the SCAC email list when they are received. Sign up info is at the end of this article.

The sewer replacement project on Jackson Drive, from Lake Shore Drive to Lake Murray Boulevard, is in the preliminary

stage, with work to begin in July. The entire roadway will be re-paved at the end of the project in September, according to Ryley Webb of Councilmember Scott Sherman's office. Ryley is moving to a new position as the Audit Committee consultant for Sherman; Cassie Weinlein will replace him as our community representative from the City Council District 7 office. We thank Ryley for all the help and info he has provided as the representative to San Carlos.

The Navajo Community Planners now meets on the second Wednesday of the month at 6:30 p.m. at Tifereth Israel Synagogue on Tommy Drive and Cowles Mountain Boulevard. Please note the new date and time of their meetings. They and we would appreciate having more residents attend the meetings, to provide input on land-use issues in the four Navajo Area communities (Allied Gardens, Del Cerro, Grantville and San Carlos) that are heard by the board. For more information about the planning group and to sign up for email notifications, visit navajoplanners.org.

A "Celebrate the Gate" ceremony is planned for Friday, May 15 at the end of Cowles Mountain Boulevard to celebrate the fence that has been installed across the roadway to prevent trash dumping and other illicit activities from continuing at the terminus of the roadway. The public is invited to watch Councilmember Sherman cut the ribbon to commemorate the installation.

We are pleased to report that the crops being grown in the San Carlos

Community Garden are flourishing, as seen at the Anniversary Garden Party in late April. If you're interested in raising your own fruits and vegetables in this garden, please visit sancarloscommunitygarden.com for details. The community garden is located at the corner of Lake Adlon Drive and Boulder Lake Avenue, adjacent to Springall Academy (6440 Boulder Lake Dr.) They're always looking for help with the garden on Saturday mornings, so stop by to look it over and lend a hand if you wish. The San Carlos Community Garden has come a long way in three years and the volunteers are to be congratulated for their efforts.

For information about speakers, meeting reminders, agendas and other local news, please send an email message to jfpilch@hotmail.com and request that your name be added to the SCAC Interested Party email list. Rest assured that your privacy will be respected and neither your name nor your email address will be shared with anyone. Messages are sent "BCC" to prevent you from being spammed.

Finally, if you have an issue you wish us to consider or just have a question about the community, please contact me at 619-462-1408 or by email at jfpilch@hotmail.com.

—John F. Pilch is president of the San Carlos Area Council. If you have an issue you would like the council to consider, or if you just have questions about the community, contact him by phone at 619-462-1408 or by email at jfpilch@hotmail.com.■

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News and announcements from the San Carlos Friends of the Library

Sue Hotz



Renovation update

It isn't quite soup yet! While the San Carlos Branch is open once again, an unexpected gas line found by workers created delays for the ADA (Americans with Disabilities Act) renovation project. Now our fingers and toes are crossed for an end-of-May completion date. Hopefully, you will find the upgrades, including new restrooms and a 24-hour book drop, worth the wait and inconvenience. We thank you for your continued patience.

The front step banisters have now been replaced at the south/east main entrance, which is again open for your use in addition to the north/east temporary ramp entrance. At this time, we hope to have our next used book

sale on June 6 — our website will keep you updated.

Unfortunately, due to the ongoing construction, the San Carlos Garden Club has canceled "A Show in Living Color," which had been scheduled for May 22-23.

OASIS and author/speaker programs are back and previously canceled ones are being rescheduled for later in the year.

Congratulations to Green Elementary School's fourth grader Logan McKerring, a student in Mrs. Louise Volpe's class. Logan was named one of four fourth-grade grand prize winners in this year's city-wide, 18th annual "Writing for Literacy" library essay contest, started by our own Jack Winer. Logan wrote in his essay that "The Book Thief" was the book he would save if all others were to be destroyed. Logan's prizes included a monetary award and a laptop computer



(l) San Carlos library volunteer Orlie Baird; (r) a work of art on display at the library (Photos courtesy San Carlos Friends of the Library)

donated by Computers 2 San Diego Kids. We are all so proud of you, Logan!

In memoriam: With sadness and fond memories we announce the March 26 passing of Orlie Baird, a volunteer extraordinaire and past member of the San Carlos Friends of the Library board. Born in Minnesota on Aug. 16, 1924, Orlie served with distinction for 34 years in the U.S. Navy, enlisting in March 1943 and receiving his commission in 1949. He earned bachelor's degrees in physics and international affairs as well as a Master of Business

Administration degree. After retiring from a second career with Logicon, Orlie volunteered with the Volunteer Income Tax Assistance program, the San Carlos Friends of the Library and his church. We will miss his gentle voice and endearing smile, and send our condolences to his wife, Gay, the rest of his family and his many friends.

The SCFOL & Library Volunteer Appreciation Pizza Party will be held May 20 from 6 to 7:30 p.m. If you have been an active SCFOL or San Carlos Branch Library volunteer this



past year, you are invited to join us for fun, pizza and awards in the Winer Family Community Room & Art Gallery. Together, you donated 8,799 volunteer hours in 2014. A special recognition in memory of Orlie Baird is also planned.

Adult programs

On June 11 at 12:30 p.m., the Librarian's Book Club is reading "Wives of Los Alamos" by Tara Shea Nesbit.

Self-defense classes with Mario are scheduled for May 21 and June 18 at 10:30 a.m.

Art

In the San Carlos Branch's Winer Community Room and Art Gallery, from May 5 through June 4, the art of Maria Louisa Dominguez, Hazel Ross, Loretta Deczynski, Barbara Stewart and Sam Lee will be on display. Their reception is May 23 from noon to 2 p.m.

Starting June 9, paintings by students from Barbara Peterson's Adult Art Class will be on display.

OASIS programs

On May 29 at 1 p.m., Dr. Dave Roberts presents, "Balboa Park: Gem of San Diego."

On June 19 at 1 p.m., Mark Carlson tells the story of the "Statue of Liberty—the Light by the Golden Door."

Youth programs

Learn about "The Science of Fairy Tales" with the STEAM2 Academy on May 26 at 3 p.m.

Sign up online for the Summer Reading Program (SRP) to win prizes. This year's theme, "Read to the Rhythm," runs from June 15 to Aug. 15. Special events are scheduled for every Wednesday at 2 p.m. The first one on June 17 features high energy music, "Twinkle Time." Details can be found at www.sancarlosfriendsofthelibrary.org.

Miscellaneous notes

Please note that on Memorial Day, May 25, all libraries are closed.

SCFOL sponsors all of the listed programs, and our income will be down this year due to the cancellation of our used book sales during the renovation project. Now is a good time to join SCFOL or donate via the website or pick up an envelope at the library.

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

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Fashion show set for June 9 at Bali Hai

Judy
McCarty



The Navajo Canyon Republican Women Federated have announced "Prism of Possibilities" as the theme of this year's luncheon and fashion show fundraiser, which will be held from 11 a.m. to 1:30 p.m. on Tuesday, June 9 at the Bali Hai Outdoor Pavilion (2250 Shelter Island Drive).

A lunch buffet will be served, along with a no-host bar. Fashions will be presented by Chicos of Horton Plaza and modeled by our own members. Once again, the club's popular opportunity drawings and door prizes will be part of the excitement. Many themed baskets with a minimum basket value of \$50 will be available through opportunity drawings. Funds from this event will cover the cost of NCRWF activities, and a portion will also be put towards the purchase of an Action TrackChair for the Wounded Warrior

Project. Action TrackChairs cost \$17,000 each, and the club has nearly reached its goal.

Tickets for the event are \$40 each, or a table of 10 can be reserved for \$400. Please RSVP to ncrwf99@gmail.com with "Fashion Show" in the subject line, or call 619-284-9958. Mail checks payable to NCRWF to 10362 Orozco Road, San Diego, CA 92124. The fashion show is always a highlight of our year and we hope you'll join us.

June 7 is NCRWF's day at the Del Mar Fair where we'll be registering voters. Please stop by for a visit if you're at the fair that day!

Learn more about us on our website at navajocanyonrnf.org, or visit sdcwf.org to read about the San Diego County Republican Women Federated speakers and activities.

Here's what's coming up at the County Republican Federated meetings: Following radio personality Mark Larson in May, the well-known commentator and author Star Parker will speak at the county group's meeting on Monday, June 8 at The Bahia Resort Hotel. Parker will be discussing her current book, "Blind Conceit." September's speaker at the county meeting is "Taxifornia" author James Lacy. For information or to RSVP, send an email to jackieyoung@san.rr.com or call 619-548-3000.

—Judy McCarty is Publicity Chairman for Navajo Canyon Republican Women Federated.■

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Pure Power Pilates Fitness

Joann is an amazing woman. She has been training at Pure Power PILATES and Fitness since September of last year. Joann consistently attends personal training sessions twice a week.

She was first introduced to us by her friend. Joann suffers from Spondylolisthesis, a condition of the spine where one or more of the vertebra slips forward compared to the next vertebra. This can lead to a deformity of the causing lots of back pain.

Joann speaks of her condition just weeks of starting her Pilates Training with us, "I have had back problems most of my life due to an injury when I was a teenager. But now that I am almost 80 years old, it has gotten worse. I have tried everything my doctor recommended plus things he did not mention, such as acupuncture, chiropractic, and healing prayer. All these things helped a little, but I still had pain. Then recently a friend recommended I try Pure Power PILATES, and it is starting to make a real difference! After my morning PILATES session, I am usually pain free for the rest of the day. I do not know how much improvement I will make over time, but I certainly plan to continue my PILATES sessions with a goal of eventually being pain free."

Now 5 months later, Joann shares her good news with us, "I saw my chiropractor for the first time in over two months because I wanted her to evaluate the current status of my back. And she was astounded and delighted to find that it is definitely better, and my pelvis is now sitting almost completely level! She said to keep up the Pilates because it is helping so much."

We have customized Joann's training to strengthen her gluteus and core muscles, while also focusing on her pelvic and shoulder stability. She is a very strong, active, and determined lady. Joann's positive attitude is essential to her progress of reaching her goals.

If you also suffer from chronic pain, PILATES may be the answer for you!

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nutrition matters

Throw veggies and pizza on the grill this summer

Katy Kaufman

With summer on the horizon, I am starting to gather together my favorite recipes to grill on the barbecue. One of the simplest ways to use the barbecue is to grill vegetable kabobs with garlic and olive oil. Some of my favorite vegetables to grill:

- Sliced zucchini • Corn
- Mushrooms
- Red and orange bell peppers
- Cherry tomatoes
- Eggplant

This month's featured recipe is a barbecued chicken pizza that is grilled on the barbecue and features spinach and chopped green and red onions. Cooking on the barbecue gives the pizza a delicious, smoky flavor.

This recipe also incorporates pre-made whole-wheat pizza dough that I bought from Trader Joe's — find it in the refrigerated section. For only \$1.19, it makes this recipe budget friendly and very simple to make. Of course you can always make homemade whole-wheat pizza dough, which would work just as well.

I would suggest prepping all of your ingredients beforehand and having them close by so that you can easily top the pizza directly on the grill.



Pizza's versatility makes it a great option. (Photo by Katy Kaufman)

Whole-Wheat Chicken Pizza on the Barbecue

Serves 3

- 1 bag whole-wheat pizza dough
- 5 boneless, skinless chicken tenders, grilled and cut into strips
- 3 tablespoons olive oil
- ½ cup BBQ sauce
- 2 cups spinach
- 1 cup mozzarella cheese
- 1/3 cup chopped green onions
- 1/3 cup sliced red onion
- ¼ cup cilantro

Start by cooking your chicken tenders on the grill until fully cooked (to an internal temperature of 165 degrees). Cut chicken tenders into strips and set aside. Keep grill hot at roughly 550 degrees.

Roll out the dough onto a floured surface into a rectangular shape. Brush one side of the dough with the olive oil until thoroughly covered.

Place the oiled surface of the dough face down on the grill. Cook for two to three minutes until grill marks appear. Use tongs and a metal spatula to quickly flip the dough.

Once you flip the dough, immediately apply a thin layer of barbecue sauce and sprinkle the green onions, red onions, spinach and chicken onto the pizza. Finish by sprinkling a thin layer of cheese on top. Close the grill and allow to cook for four to six minutes until cheese is melted.

Once cheese is melted and the crust appears golden brown, remove the pizza and allow to cool for five minutes. Top with cilantro and serve.

—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.

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 Thank you for your interest in the Mission Times Courier.





Camel's Breath Inn keeps it simple with a juicy top sirloin. (Photo by Frank Sabatini Jr.)

Steaks for cheap

Frank Sabatini Jr.
Restaurant Review



In an age when everyone is eating healthier, exercising more and drinking responsibly, or at least attempting to do those things, there's a funky old joint in Grantville that defies the wellness movement. It's a place where nobody judges your capacity to wash down a top sirloin steak with a few fireball cocktails and a cigarette.

Enter the Camel's Breath Inn, an oasis-themed watering hole set within a generic shopping plaza fronted by the considerably more expensive, yet equally outdated Black Angus Steakhouse.

Camel's Breath Inn
10330 Friars Road, Suite 106
(Grantville)
619-281-1722

Prices: Appetizers, salads and burgers: \$2.50 to \$8.50; steaks: \$9.99 to \$12.99; weekend breakfasts: \$6.95 to \$12.99

zippy bloody mary mix in preparation for weekend breakfasts (9 a.m. - 1 p.m.), when a plate of steak, eggs and potatoes sells for as little as \$9.99.

To call it brunch inside this workingman's haunt with an odd cult following would be pretentious. Or to order a cocktail that

even verges on frou-frou would be futile because the bar isn't equipped with a blender. Conversely, you can expect a little mojo in your bloody mary, which is garnished with olives, pickles and green beans.

Just past the sizable smoking patio, which is occupied mostly by mature regulars during the day and slightly younger peeps at night, are two interior bars separated by a small kitchen run by Laura Lazano. She's worked the grill

and stovetop for 17 years after previously cooking for a sorority house at San Diego State University.

Despite her no-frills, inexpensive menu, she beer batters the onions rings to order, makes from scratch the Velveeta-Parmesan queso that comes with house-made chicken fingers and hand forms the burgers before slapping them onto the grill.

I've eaten here a few times,

visiting originally for the steak breakfast. The chop of choice is usually grocery store-quality top sirloin, which I found juicy, flavorful and slightly chewy.

But if Lazano finds deals on rib eye, New York strip or other cuts, she grabs them. Last weekend, a porterhouse for \$12.99 was available, which she described as "the size of my face." Whatever steaks are in the offing, they come with two eggs and crispy, cubed potatoes, not to mention a side of classic rock streaming from the jukebox.

Other breakfast choices include chorizo and eggs, veggie omelets and corned beef hash straight from a can and crisped nicely on the grill — a shameful dish I confess to liking. There's also a specials board at the bar, which can include anything Lazano chooses to pull out of her sleeve that day: ham steaks, chili, spaghetti, fish and chips, etc.

From the regular menu, the beer-battered onion rings are the bomb. Greasy for sure, but the batter is at the same time so light and delicate, it practically floats through your mouth. There's an art to making these, and Lazano has it nailed.

A pair of ground beef tacos I ordered recently for lunch featured semi-crispy corn tortillas stuffed with shredded lettuce, tomatoes and cheese. The meat was crumbly and tender, but under-seasoned until I kicked it up with fresh salsa served alongside.

Burgers and sandwiches come in a few varieties, starting with sliders on Hawaiian buns called "hump burgers." There are also half-pound beef burgers and third-pound turkey burgers in addition to Cajun chicken sandwiches. Beyond that, the pickings filter down to Caesar and taco salads, potato skins, chicken fingers and fries.

Whether you duck in for the food or to wet your whistle or to take in the live DJs on weekend nights, the Camel's Breath presides as a quirky, unpretentious establishment that has withstood the test of time. It's not for everyone, but it's worth a peek.

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



(above) Ground beef tacos; (below) corned beef hash
(Photos by Frank Sabatini Jr.)

At more than 30 years old, the Camel bows to the days when bars served only domestic beers and common rack drinks, and when ground beef tacos actually existed outside of Taco Bell. All of those are still the norm here, although just recently Ballast Point's Sculpin IPA nudged its way onto the tap list.

"It's selling well," says long-time waitress-bartender Joelle, who makes gallon batches of



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