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CONTACT US

Editorial / Letters
(619) 961-1969
jeff@sdcnn.com

Advertising
(619) 961-1957
lisahamel@sdcnn.com

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Full-service fitness

New Grantville-based company provides more than weights and workouts



One Fit & Company founders Florian Carr (left) and Brandon Carey; (background) One Fit & Company athlete Katie Corio does a chin-up. (Photos by Darrell Alonzi; Graphic by Todd Kammer)

Lucia Viti

One Fit & Company is a unique, one-stop, fitness shop that offers everyday folk a link into a lifestyle of health and wellness. The Grantville-based operation held its grand opening on Jan. 9 — just in time for those with fitness-themed New Year's resolutions.

Owned and operated by Brandon Carey, Florian Carr and Darrell Alonzi — business aficionados, fitness enthusiasts and “gym-rat friends” — the spacious Mission Gorge facility is not just a fitness company. The all-inclusive

blueprint offers personal training, competitive coaching, nutritional counseling, meal plans, a variety of natural, raw, organic vitamins and supplements and quality fitness apparel.

“One Fit & Company isn't a gym,” said Carey, One Fit & Company's CEO and co-founder. “We're a lifestyle brand that can transform the lives of everyday people. We're more than what we offer in personal training, nutritional counseling, supplementation and apparel. We empower, facilitate and cultivate positive change with expertise, technology, and quality supplemental products.”

Tapping into uncharted territory, the trio designed the comprehensive model as an alternative to the norm within the realm of fitness, nutrition and supplementation. Fitness and nutritional services, meal plans and supplements are purchased online — a la carte, bundled to taste or as comprehensive monthly packages. Everything is home delivered, although meals can be picked up at the warehouse. Personal training and competitive coaching sessions are outsourced through a network of private gyms and state-of-the-art

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Waiting for the governor on flood control

Entire region asking permission to clean channels and creeks

Doug Curlee
Editor at Large

The first round of what may be many rounds of El Niño-created storms this winter did exactly what we knew it would; cause massive flooding in all the areas where heavy rains always cause flooding.

The Alvarado Creek running through Grantville had a lot of cleanout done previously by the city of San Diego and the Metropolitan Transit System, but a lot wasn't nearly enough.

Once again, businesses along Mission Gorge Road and Mission Gorge Place were inundated with water and mud, almost as though nothing had been done.

Property owner Dan Smith helped his tenants clean out the area and is more than a little frustrated.

“It happened so fast, and there was so much water, that none of the cleanup really does this area any good. The real problem is

See **FLOOD** page 18

Allied Gardens Farmers Market struggles, pushes on

Low sales, split with Kiwanis challenge market managers

Jeff Clemetson
Editor

Diminished daylight hours, inclement weather and a split with the Grantville-Allied Gardens Kiwanis Club has put the Allied Gardens Farmers Market in jeopardy of shuttering its booths. Despite the troubles, market managers and vendors say they are going to try and persevere.

Last month, citing issues with the direction the market was going, the Kiwanis voted to discontinue its support of the Friday markets. The club was instrumental in starting the market in



Vendors returned to the Allied Gardens Farmers Market on Jan. 8 despite recent sluggish sales. (Photo by Jeff Clemetson)

the shopping center parking lot at 5185 Waring Road, where it has been held since it began in April of last year.

“As a club, we decided to focus on other upcoming projects,” Kiwanis president Alex Zubak said. The Kiwanis only agreed to finan-

cially support the market through the end of October, he said.

So what is the future of the Allied Gardens Farmers Market?

See **MARKET** page 5

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Local inventor saves the rain

Cheap, easy device works where barrels can't

Doug Curlee
Editor at Large

Sheldon Levinson had a little argument with his homeowners association. He wanted to cut an opening in his rain gutter to trap rainwater, but the association wouldn't let him do that. It wasn't a big argument, and no hard feelings, but it triggered a plan in the mind of a man whose garage workshop is sort of a haven for ideas. Levinson has created a cheap, easy way for people to trap rainwater and save it for a dry day. "If you look at my device, it's really simple. It's made to shove into the end of your roof rain gutter and stay there as long as there's water flowing to it. The top end is a bag filled with micro sponges, which swell with water and lock the device in place. That forces the water into the plastic tube in the middle. The end of the tube is threaded, so you can attach your garden hose to the lower end, and the weight of the water pressurizes

the hose so that the water will flow through and out the end." It's a simple explanation, but it's a simple little device — no moving parts; no problems taking it out when the rains stop and saving it to be reinserted once the rains start again. Levinson pitched the folks at San Carlos Hardware to let him sell the device there, and they agreed. It appears that was a good idea for everyone involved, because the hardware store folks say a lot of people have bought it. That's at least partly because of the price of \$12.98, plus tax. That's by far the cheapest device we found in surveys of several stores and websites, where rainwater recovery devices can, and do, range from \$15 to \$5,000, depending on how deeply you want to get into water recovery. People are into water recovery and conservation more and more these days. Fernando Salazar at Lowe's in Santee said he noticed the swing toward conservation developing even before El Niño became a threat. "A lot of people took the message of the drought to heart when we first started talking about it. We saw then that folks wanted to do their part. They were a little more nervous once the El Niño actually started, so that



(top) Sheldon Levinson stands near a display selling his rain capture device at San Carlos Hardware. (bottom) The device before and after contact with water. Water expands the microsponges to seal it inside a rain gutter. (Photos by Jeff Clemetson)

helped sales of a lot of items for conserving." Reema Makani-Boccia from the Water Conservation Garden at Cuyamaca College said more and more people come there these days, asking what they can do about saving rain water and how

they can do it. "People are finally getting it," she said. "We are coming to understand that water is a finite resource. We can run out of it at some point if we're not careful. Saving it wherever and whenever possible is the way it pretty much has to be from now on." Some people have gone into it in a big way, getting barrels that will hold as many as a thousand gallons of water. Most probably don't know that the city of San Diego has a rebate program for serious savers. If you buy barrels, you can actually get rebates of a dollar per gallon, up to a 400-gallon ceiling. There is information on the city's website under the Stormwater section. It's a complicated procedure, with before and after photos needed, but it's \$400 back in your pocket. But back to Sheldon Levinson. You can find his device at San Carlos Hardware, either in the San Carlos store or their Jamul store. You can also get it on Amazon, but it costs \$19.95 there. At \$12.98, what do you have to lose? By the way, Sheldon's device got him back in good with his HOA. In fact, the HOA is recommending their other owners get the device and use it. It also enables him to tell his genially skeptical wife, "I told you so."

—Doug Curlee is Editor-At-Large. Write to him at doug@sdenn.com.

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NEWS BRIEFS

Renovation of main patient tower recently completed at Sharp Grossmont Hospital

Patients are now being treated in state-of-the-art, upgraded rooms on all five floors of the East Tower of Sharp Grossmont Hospital in La Mesa, the Grossmont Healthcare District (GHD) reported in a Dec. 23 press release.

Over the past three years, taxpayer-funded renovation has been underway on floors two through five of the seven-story East Tower building, originally constructed in 1974. The East Tower work was part of the hospital's Facilities Master Site Plan. Renovation cost of \$41 million was financed through Proposition G, a bond measure sponsored by GHD and approved by East County voters in June 2006.

Each renovated floor of the East Tower has 37 patient beds for a total of 148 beds. Among the improvements: patient-bed utility headwalls were replaced with advanced units; new ADA and bariatric accessible rooms were retrofitted; and, nurses are now using newly configured central work stations with upgraded lighting and finishes. Mechanical, electrical and plumbing systems also were modernized with new lighting throughout the floors. Five existing elevators were upgraded with mechanical and cosmetic improvements. Private restrooms also were upgraded. The project included a seismic



An upgraded lobby in the renovated East Tower of Sharp Grossmont Hospital (Courtesy of Grossmont Healthcare District)

retrofit of the East Tower, which will bring it into compliance with current California Building Code earthquake standards.

Taxpayer-funded construction is continuing at the publicly-owned, 540-bed hospital, which opened in 1955. Prop. G also is currently funding construction of a 71,000-square-foot Heart and Vascular (H&V) Center and 18,000-square-foot Central Energy Plant (CEP). The bond-financed construction began in 2007, and is scheduled to continue over the next several years.

The \$60 million three-story H&V Center will eventually expand the hospital's surgery capabilities with four new car-

diac catheterization labs and four multipurpose procedural rooms that can support a wide range of specialties, including general surgery, minimally invasive surgery and image-guided surgery, as well as endovascular interventional procedures. In addition to the building, the current construction phase includes a new loading dock and materials receiving department on the lowest level, a new pharmacy and laboratory on the middle floor and shell space on the top floor for the new surgical floor build-out. Completion of the building is scheduled for

See BRIEFS page 21 —————>

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How Owners Lose
Thousands When
Selling Their Homes

San Diego – A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of this matter is that fully three quarters of homesellers don't get what they want for their homes and become disillusioned and worse financially disadvantaged when they put their homes on the market.

As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get your Home Sold Fast and For Top Dollar". To order your FREE copy of this report, call toll-free 1-800-270-1494 and enter 1000. You can call anytime, 24 hours a day, 7 days a week.

Get your free special report Now to find out how you can get the most money for your home.

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Allied Gardens history, brick by brick by brick

Jeff Clemetson
Editor

Two years ago, the Grantville-Allied Gardens Kiwanis Club began a project to replace the old clock at the corner of Waring Road and Zion Avenue with a new clock surrounded by commemorative bricks. Now roughly halfway through completion, what was originally a plan to fix a local eyesore while raising some money for charitable causes has become something more.

"It's a whole history center up there," said Kathy Wiskur, vice president of the Grantville-Allied Gardens Kiwanis Club.

The bricks and the messages on them tell a story about the lives of local families, organizations and businesses.

Mike and Suzie Farmer bought a brick to commemorate their first kiss. Local baseball celebrities the Harang family have multiple bricks giving tribute to the game they love and organizations like Little League. Local centurion Thomas Kelly has a brick to commemorate his 100 years, his 60 years as a local resident and the memory of his wife Angela. There are also memorials to family pets, businesses that have come and gone and the good deeds of local charities and churches.

Wiskur is especially fond of one section of bricks called the

"PHHS Alumni Angels," which lists the names of Patrick Henry High School alumni students who have passed away. "At first it was just classmates from my time at Patrick Henry," said Wiskur. "But after that, all the other classes sent lists of others that passed on."

There are a lot of bricks memorializing loved ones who are deceased. One such brick was purchased by a man paying tribute to a soldier who died in combat in Vietnam. "It was someone he knew growing up and he wanted to honor him," Wiskur said.

Although the bricks are meant as a forum for businesses, organizations and individuals to express themselves, there are some limits.

"As long as [the message] is not nasty or offensive, you can put anything on the brick," said Wiskur.

Only one submission has been denied — a person who wanted to place a brick from "the Weed family" that had a marijuana leaf on it. "He got a duplicate for himself, but we did not put that one in."

So far, there have been 500 bricks sold and added to the space around the new clock. That space can hold up to 750 bricks and when that area is full there are two other smaller areas that will house commemorative bricks.

The clock and brick project is



(clockwise from top) a section of bricks for Patrick Henry alumni who have passed away; a brick commemorating a first kiss; a brick dedicated to a fallen soldier (Photos by Jeff Clemetson)

now the most lucrative fundraiser for the Kiwanis since the group ended its annual Christmas Tree lot sale. "This has taken its spot. This is how we make the money to fund our community projects," said Wiskur.

The money raised from the brick project goes to fund Kiwanis community service projects, mostly for children, including scholarships for San Diego State

University and Patrick Henry students; the Kaiser Treasure Chest program that provides toys to kids in the hospital; and ongoing programs like Circle K for SDSU students and K Kids for younger students interested in community service.

Although it has proven to be a fundraising boon for the Kiwanis, getting the clock and brick project off the ground was a bit of a

risk for the club, Wiskur said. To get things going, Kiwanis paid for the new atomic clock upfront with club funds. Kiwanis had to sell at least 150 bricks to recoup the money, so the club went to work to get the word out and sell as many bricks as possible.

"We went door to door in the heat of the summer delivering flyers and order forms," said Wiskur. "I'm never doing that again."

The effort paid off and the initial installation of bricks topped 330 contributions from families, businesses, schools, churches and organizations.

Cost of the bricks vary depending on size. A 4-by-8-inch brick with up to three lines, 21 characters per line costs \$100. An 8-by-8-inch brick with up to six lines, 21 characters per line costs \$150. To add a stock symbol or logo to a brick is \$10. A duplicate brick with felt backing to display at your home or business costs \$25 for the 4-by-8 and \$50 for the 8-by-8.

There is also an additional feature that is free of charge. Wiskur said there is a plan to document the bricks online by having purchasers submit the stories behind the bricks and the people, organizations or businesses in them. Locals can also share and comment on those stories on the Kiwanis brick Facebook group page, on.fb.me/1PIb5s.

To place an order for a brick online, visit bit.ly/22Jq2aY.

—Write to Jeff Clemetson at jeff@sdccn.com. ■

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Medical Minute

Choosing a Doctor during Open Enrollment

If you are tired of having to wait a long to see your doctor, consider the Alvarado Physicians Medical Group during your open enrollment period. The Alvarado Physicians Medical Group often has next-day appointments available for the group's primary care doctors and specialists. New patients are currently being accepted.

In addition to primary care doctors, the group has specialists in surgical weight loss, general surgery (breast cancer, colorectal disease, hernia, biliary, and soft tissue disorders), neurology, pulmonology (lung) and sleep medicine.

The Alvarado Physicians Medical Group accepts most government and private insurance plans. To read more about the physicians, visit AlvaradoMedicalGroup.com or for an appointment, call (619) 286-8803.

The medical group is centrally located off the I-8 on Alvarado Road with plenty of free parking and easy access.



Peters invited to White House to discuss gun measures

Andy Cohen

On Dec. 2, 2015, terrorists opened fire at a holiday party at the San Bernardino Regional Center, killing 14 people and wounding 21 others. That same day, several other people were killed in gun attacks in Houston and Savannah, Ga. A week prior, a gunman killed three people, including a police officer, in an attack at a Planned Parenthood clinic in Colorado Springs where the gunman held several people hostage during a six-hour standoff. On Dec. 3, U.S. Rep. Scott Peters took to the floor of Congress.

"Thoughts and prayers are not enough. Moments of silence are not enough," Peters said in his floor speech. "Maybe, Mr. Speaker, instead of a moment of silence the American people can get a moment of action; a moment of action that might keep their community from being next. Expressions of sympathies and condolences are nice, but ultimately are empty."

A week later, Peters again took to the floor, and over the course of four days read the names of the victims of mass shootings across the country since the Sandy Hook Elementary massacre in Newtown, Conn., that took the lives of 20 elementary school children and six adults. Talk is cheap, and Congress should act, he said.

"I wanted to remind people that we need to take action on this," Peters said in an interview with San Diego Community Newspaper Network. "The President did everything he could to enforce existing laws, but it's still going to leave a hole that Congress has to address."

On Tuesday, Jan. 5, President Obama introduced a series of executive actions that will expand background checks, close loopholes in the law that would now require sellers who conduct their business on the Internet and at gun shows to be licensed, and therefore require them to conduct background checks prior to selling a firearm, and to provide additional personnel to the FBI to be able to more quickly process those background checks. Obama's actions will also provide additional funding for mental health care.

Last week, Obama extended an invitation to 15 members of Congress, including Peters, to meet at the White House along with Attorney General Loretta Lynch to preview the executive actions. "We don't want to give the impression that we've solved the problem," Peters said, indicating that additional action by members of Congress is still necessary.

"How do we keep this going? How can we improve the laws?"

In a preemptive criticism, House Speaker Paul Ryan released a statement excoriating Obama's actions. "This is a dangerous level of executive overreach, and the country will not stand for it," Ryan said. "The president is at minimum subverting the legislative branch, and potentially overturning its will."

"It takes a lot of onions to criticize the president for strengthening existing laws," Peters said in response. Congressional Republicans have insisted that enforcement of the laws already on the books is all that's needed, and that no other actions should be taken to curb gun violence.

"Enforcement of existing laws is exactly what President Obama is trying to do. Ninety percent of Americans think expanding background checks is a reasonable thing to do," Peters said.

Opponents of Obama's measures have decried them as "illegal and unconstitutional." Republican presidential candidate Marco Rubio claimed: "The president has waged war on the Constitution."

Asked if he believed Obama's executive actions were within the purview of his authority, Peters, a lawyer himself, insisted they were. Attorney General Lynch was directly involved, he said, and the actions were issued to give direction to prosecutors in order to help them more effectively follow the law. "Nothing about this should be controversial," Peters said.

On the mental-health provisions, Peters noted that his Republican colleagues have insisted that mental illness is the leading cause of gun violence, and he challenged them to put their money where their mouths are and fully back the initiative to de-stigmatize mental illness and bolster efforts to provide treatment. "Are Republicans willing to back up their notion that this is all about mental health? That gun violence is not separate from mental health?"

"This remains very important to people," Peters said, acknowledging that it's highly unlikely that any gun safety measures will be taken up by this Congress.

—Andy Cohen is a local freelance writer. Reach him at ac76@sbcbglobal.net.



Local residents Diem Do and David Klamman own and operate Community Crops, which manages the Allied Gardens Farmers Market. (Photo by Jeff Clemetson)

► Market, from page 1

"We plan on continuing it but it depends on the negotiations with the [shopping center's] owner about the deposit," said Diem Do, who along with her husband David Klamman, operate Community Crops, which manages the farmers market. "We have polled all the vendors, and most of them are going to stick with us through the winter."

At the Jan. 8 market, the first in several weeks because of bad weather and the New Year's Day holiday, some vendors and shoppers returned.

Sven Merton of Honeymoon Homestead, a vendor that specializes in fresh breads, said the Allied Gardens Friday markets started off great but then extremely hot weather in September and October made it difficult for vendors because people were more inclined to shop where there was air conditioning. And now that it's winter, he expects it will continue to be slow. Still, he said he enjoys vending at the Allied Gardens market and plans on continuing coming.

"It will pick up in the spring, or soon, hopefully," Merton said.

Do and Klamman have been managing farmers markets for over 20 years. Besides the Allied Garden market, the couple manage the Tuesday night market in Chula Vista, the Wednesday night market in Ocean Beach and the Sunday market in Downtown San Diego's Gaslamp Quarter, according to the San Diego Farm Bureau website.

Do said the split with Kiwanis is "creating a bit of a strain" on the farmers market. As sponsors, Kiwanis put up the initial deposit for the use of the parking lot. Once the deposit is returned, Community Crops will need to come up with that money to keep going.

Raising the deposit money may be difficult because attendance at the market has dropped. "Winter is tough on farmers markets because people don't want to go out in the cold," Do said. "And this [Kiwanis] situation is adding to that as well."

The "situation" with the Kiwanis began in November with some online comments made on Nextdoor and Facebook as to why the market seemed to be floundering. Kiwanis vice president Kathy Wiskur announced the club's split with Community Crops and people chimed in with their thoughts on why the market wasn't garnering the community support they think it should have. Among the complaints people listed was that the time change made it too dark to shop; there wasn't enough marketing and promotion; the market managers weren't responsive enough; prices were too high; and there were not enough produce vendors. The biggest complaint, however, was that the market was held on Fridays.

"I personally loved the idea of having a farmers market just up the street but had lots of trouble trying to make it on a Friday evening after work," Andrea VM of Allied Gardens wrote on a Nextdoor

thread discussing the market. "Seemed there were weekend activities and events going on, kids wanting to make it to the movies or over [to] a friend's house, etc. and stopping at the market was tough."

Do said the day of the market was chosen by the Kiwanis because "they envisioned it as a family-friendly event to kick off the weekend."

"We could change the day, but it's particularly difficult to get vendors for the weekend due to the already high numbers of weekend markets in existence that they're already committed to," she said.

Finding and maintaining vendors for the market was a challenge from almost the beginning, according to Do.

"We started the market with about 20 farms represented, which is a high number for a market that size. They comprised the majority of the vendors. Unfortunately, sales began to significantly decline a month into the market, and we do not force vendors to stay when they aren't even making enough to cover the gas to come down."

"The hindrance to getting more vendors is that they aren't selling enough to justify the cost and time to come to the market. Particularly for farmers, once they pick produce they need to sell it within a day or two to maximize the freshness of the crop."

On the Nextdoor thread, Benetta Buell-Wilson from Del Cerro wrote that vendors sometimes don't sell enough to pay for the cost of the booth. "Perhaps there can be a date where the booths are discounted (half, maybe?) to encourage vendors to come," she suggested.

To get a booth at the Allied Gardens Farmers Market, farmers pay 7 percent of gross sales, which averaged \$2.80 at the Dec. 18 market, Do said. Non-certified vendors selling prepared or packaged food pay 10 percent of gross sales, which averaged \$20 on Dec. 18. And crafters pay a flat fee of \$20 unless they make more than \$200 on gross sales, but that has yet to happen at the Allied Gardens market. "Our fees are low for a farmers market and as you might imagine, we're not making a lot from this," Do said. "Considering the permit fees, insurance and staff, we're barely breaking even."

Despite the market's shaky situation, Do still sees some positives moving forward. The farmers market has a new website that a neighbor donated time to create; and new hours — 3 to 7 p.m. — make it easier for people to drop by and do shopping after work or on the way home from picking up the kids from school, she said.

Do added that a farmers market can flourish in Allied Gardens, but there is a "need for community support" to make that happen.

For more information and updates on the Allied Gardens Farmers Market, visit alliedgardensfarmersmarket.com.

—Write to Jeff Clemetson at jeff@sdenn.com.

'Tooth Wisdom'



with Dr. Bradley Ross

Dentistry 9-1-1: What to Do in the Event of a Dental Emergency

February is National Children's Dental Health month. For active kids and adults alike, now is a good time to be prepared in the event of a dental emergency. Accidents can happen involving your teeth, and knowing what to do when one occurs can mean the difference between saving or losing a tooth.

Many common causes of dental accidents can be easily avoided:

- Biting into foods like hard candy, popcorn kernels, or ice, often contribute to chipped or fractured teeth.
- If you or your children participate in sports, wearing a protective mouth guard can reduce chances of injury to your teeth and mouth.
- Never use your teeth as tools. Always use scissors or pliers for opening packages, etc.

First Aid Tips for Common Dental Emergencies:

- **Bitten Tongue, or Lip**
Clean the area with a warm cloth. Rinse your mouth with warm water. Press clean gauze on the injury to control bleeding. A cold compress can also help alleviate swelling. If bleeding persists, contact your dentist or go to an emergency room.

- **Knocked Out Permanent Tooth**
Gently rinse the tooth in water while holding it by the crown (not the roots). If possible, place the tooth back in the socket or in a glass of milk and immediately contact your dentist. It is important to keep the tooth moist and not let it dry out.

- **Loose or Dislodged Crown**
Try placing the crown back on the tooth, if possible. If not, put the crown in a clean container. Call your dentist right away.

- **Toothaches**
Rinse your mouth with warm water. Use dental floss to remove any food trapped between teeth. If your mouth is swollen, apply a cold compress to your face or cheek. See your dentist, as untreated toothaches can lead to serious infections. Accidents involving your mouth and teeth may cause less obvious injuries such as fractures or cracked teeth that you may not immediately notice. Be sure to follow up with your dentist.

Have a safe and very happy New Year!

Bradley A. Ross, DDS is the owner of **Mission Trails Dentistry**, located at 6902 Navajo Road at Jackson Drive. Dr. Ross welcomes questions from readers at dentistrysandiego@gmail.com 619-582-9700



GUEST EDITORIAL

Become a board member of the Allied Gardens/Grantville Community Council

Shain Haug

For many years, the Allied Gardens/Grantville Community Council has been the best means to obtain information from our government officials and to communicate our concerns to the Planning Commission and the City Council. In addition to this essential service, the Council organizes or supports events such as the Holiday Festival for the local grade schools and junior high school; the holiday decorations at the corner of Zion and Waring and on the flyover bridge; the First Friday Summer Concert series; and more.

Unfortunately, this good work is being hampered because the governing board of the Council is dwindling. Stalwarts who have done so much and so ably over the years are leaving in favor of new members, but several of those new members left the Council when they moved from the area. Our ability to continue these community activities is much diminished.

The future of the Council and its good works depends on renewed participation, particularly by those many residents of Allied Gardens and Grantville who grew up here and have returned to their home neighborhood to raise their families.

The Allied Gardens/Grantville Community Council next meets in public session on Tuesday, Jan. 26 at 7 p.m. at the Ascension Lutheran Church, Zion Avenue and 50th Street. Please join us and consider becoming a part of the governing board of this important institution.

For more information about the Allied Gardens/Grantville Community Council, visit allied-gardens.org.

—Shain Haug is a member of the Allied Gardens/Grantville Community Council. ■

GUEST EDITORIAL

Renters insurance: worth every penny?

Alan Pentico



Would you be able to replace all your belongings if they were destroyed in an accident? Could you afford to stay in a hotel room for a week or two while you looked for a new place to live after a fire? If a judge found you responsible for an injury that happened in your home, would you be able to pay the victim's medical bills?

If you're a renter and you answer to any of those questions is "no," you need renters insurance.

Some landlords require tenants to show proof of renters insurance; others make it optional. Either way, we always encourage renters to obtain their own insurance. The landlord's insurance covers only the property and liability of the landlord, not of the tenants.

Many renters have not fully considered what's at stake. Let's take a look at recent news coverage in San Diego.

On Oct. 6, a cigarette ember ignited some rags in a car in Normal Heights, feeding flames that scorched a nearby apartment. On Oct. 13, a faulty air conditioning unit caught fire in the window of a La Mesa home. On Oct. 19, food left unattended on a hot stove started a fire in a Point Loma house.

In each of these cases, the damage to a renter's clothing, furniture, electronics and other property would likely be covered by insurance, if you had it.

Fire is not the only threat covered by renters insurance. Water damage that results from something sudden, such as a pipe bursting in the wall, would also be covered. And insurance doesn't just cover the cost of replacing damaged property; it can also cover the cost of finding alternative housing (like a hotel room) while your unit is repaired.

Even if you take every precaution to prevent accidents in your own unit, you can't control what your neighbors in a multi-unit building do. A neighbor's negligence could start a fire or flood that spreads to your own home. That was the case on Oct. 21, for example, when a fire in a National City garage spread through a two-story building, displacing approximately 20 people.

Renters also need to consider their liability for injuries that happen in their home. For example, if a guest trips over an object in your living room and breaks his wrist, you could be held liable for any losses he incurs as a result of the injury. If you have pets, you could be liable for bites or other injuries they cause to guests or neighbors.

Whether you live in a single-family home, a backyard studio, a condo or an apartment, renters insurance is valuable. It can also be surprisingly affordable. Many renters can get an adequate policy for \$15 to \$30 per month, and further discounts may be available for bundling your renters insurance with car insurance. If you don't yet have renters insurance, take five minutes to get a quote and find out more today.

—Alan Pentico is the executive director of the San Diego County Apartment Association. ■

Mission Times COURIER
Poll of the Month

Last Month's Question:

How did you do with your 2015 new year resolutions?

- 75% It didn't go as planned
- 25% Never make them
- 0% Still going strong

This Month's Question:

Do you support the President's executive action on guns?

- ☐ Yes, should have happened sooner
- ☐ No, don't touch the 2nd Amendment
- ☐ The President should work with Congress on gun control

To cast your vote, visit missiontimescourier.com.

Mission Times COURIER

123 Camino de la Reina, Suite 202 East
San Diego, CA 92108
(619) 519-7775
MissionTimesCourier.com
Twitter: @MssnTmesCourier

EDITOR

Jeff Clemetson
(619) 961-1969
Jeff@sdccnn.com

EDITOR AT LARGE

Doug Curlee
(619) 961-1963
doug@sdccnn.com

CONTRIBUTING EDITORS

Morgan M. Hurley, x110
Ken Williams x102

WEB & SOCIAL MEDIA

Jen Van Tieghem, x118
jen@sdccnn.com

COPY EDITOR

Dustin Lothspeich

CONTRIBUTORS

Linda Armacost
Audry F. Baker
Jeff Benesch
Terri Clark
Andy Cohen
Elizabeth Gillingham
Shain Haug
Sue Hotz
Dianne Jacob
Gary Jones
Judy McCarty
Alan Pentico
John F. Pilch
Sari Reis
Frank Sabatini Jr.
Scott Sherman
Lucia Viti
Jay Wilson

SALES & MARKETING

DIRECTOR
Mike Rosensteel
(619) 961-1958
mike@sdccnn.com

ADVERTISING

CONSULTANTS
Lisa Hamel
(619) 961-1957
lisahamel@sdccnn.com

Andrew Bagley, x106
True Flores,
(619) 454-0115
Sloan Gomez, x104

CREATIVE DIRECTOR

Todd Kammer
(619) 961-1965
graphics2@sdccnn.com

PRODUCTION ARTISTS

Vincent Meehan, x111
Suzanne Dzialo, x111

ACCOUNTING

Priscilla Umel-Martinez
(619) 961-1962
accounting@sdccnn.com

WEB DESIGNER

Kim Espinoza
kim@kespinoza.com

PUBLISHER

David Mannis
(619) 961-1951
david@sdccnn.com

PUBLISHER EMERITUS

Jim Madaffer



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LETTERS

New playground for Rancho Mission Park needs input

At the January meeting of the Allied Gardens Recreation Council (AGRC), Amy Hoffman with KTU&A, the city's consultant for developing the design the new playground at Rancho Mission Park, gave a presentation on two concepts for the playground. You can view the two concepts on the Navajo Community Planners (NCPI) website at navajoplanners.org.

City staff and the consultant are interested in our feedback so they can return to the March 1 meeting of the AGRC with a final proposal to be voted on by the council. Following the presentation, and working with city staff and Hoffman, we have an updated survey for the playground on the NCPI website.

If you have children and/or use the park, please take the time to complete the short survey so the final design represents what the people who use the park and the playground really want. Please complete the survey by Feb. 28. Your survey counts.

—Jay Wilson, Del Cerro

A letter from George Washington

Your article entitled "Dispensaries in Limbo" [Volume 21, Issue 12 or bit.ly/1OhDxZd] regarding "medical marijuana" has me bothered as an owner of 40 acres of hemp plants. The opposition of numerous persons of growing a plant which Mr. Jefferson has described as "adding a useful plant (hemp) to our culture" has many uses including fiber, paper, medicine and recreational uses. Many of the authors of our recently adopted Constitution smoked its bud, called "marijuana" by the Spanish who smoked it for pleasure. As did many of our delegates while creating the Constitution in Philadelphia.

I recently met a seer who had done some predictions on laws relating to drugs. He had read a professor's paper entitled "A History of the Criminalization of Cannabis" which described lies by a bureaucrat with a title of 'Narcotics Commissioner' about this useful plant, claiming it was "smoked by Hispanics, Filipinos, Negroes and entertainers (such as Billie Holiday); was the most violence-causing in the history of mankind; and when white women smoke it, they want to have sexual relations with Negroes." All nonsense. House Ways and Means passed the Marijuana Bill over the opposition of the American Medical Association, forbidding a useful medicine without a huge tax. This is the plant that my Virginia colony required all farmers to grow in the early 1700s!

If Congress, during my tenure in office as president, sends me such a bill, I will veto it, announcing, "Make use of the hemp plant, grow it everywhere!" Such a stupid law should not be passed!

—George Washington, Constitutional Convention

[Editor's note: Actual author: Robert W. Holdenvenzon, retired history professor, Cuyamaca College 1978-1998; Grossmont College 1961-1978]

—Robert Holdenvenzon, San Diego

US dietary guide ignores meat studies

The "Dietary Guidelines for Americans" released [Jan. 6] by U.S. Departments of Agriculture and Health and Human Services mark the ninth time in a row that the meat industry has successfully suppressed scientific findings recommending reduced meat consumption. The reduction was recommended by the government-appointed Dietary Guidelines Advisory Committee in a 571-page report based on review of thousands of studies. Reduced meat consumption was first recommended in 1977 by the U.S. Senate Select Committee on Nutrition and Human Needs in "Dietary Goals for the United States", a precursor to the Dietary Guidelines. The meat industry forced the Committee to destroy all copies of the report and to remove the offending recommendation from a new edition. That wanton government sell-out to the meat industry has replayed itself with every new edition of the Dietary Guidelines since then. "Dietary Guidelines for Americans" shape school lunches and other government food support programs and underlie public health campaigns to lower rates of obesity, diabetes, heart disease, and cancer. Fortunately, American consumers are not easily duped. Sales of plant-based meats, cheeses, milks, and ice creams have skyrocketed, and every grocery store provides seemingly countless choices of fruits and vegetables.

—Mark Smith, San Diego ■

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Wrapping up 2015 Congressional Watch

Andy Cohen



On Dec. 18, Congress passed the \$1.1 trillion Consolidated Appropriations Act of 2016, otherwise known as the omnibus spending bill that will fund and keep the U.S. government open and running until September 2016.

This was the first major legislation passed under new Speaker Paul Ryan (R-WI), and it passed, surprisingly, without much drama.

Perhaps Ryan was given the benefit of the doubt by his more intransigent Republican colleagues, who in essence forced the retirement of former Speaker John Boehner.

The bill did not contain any of the provisions members of the House Freedom Caucus — the hard right wing faction of the Republican membership who oppose nearly everything that even smacks of compromise with Democrats or President Obama — coveted, such as the repeal of “Obamacare,” or the defunding of Planned Parenthood. Nonetheless, it passed the House of Representatives by a vote of 316 – 113.

The spending bill extends some tax breaks for middle and low-income families, renewable energy development and for some businesses. It also boosts funds for the Pentagon (military) and for Pell Grants — much needed aid to college students.

The most controversial part — which almost, but not quite, derailed the bipartisan agreement — was the ending of a decades-long ban on the export of U.S.-produced oil, a boon to domestic oil companies. But that was a compromise worth making for Democrats, who vehemently opposed the too-numerous-to-mention “poison pill” riders originally placed in the bill by Republicans.

The most important thing the spending bill does, however, is nearly guarantee that the gov-

ernment will not be shut down over foolish partisan squabbles during most of the 2016 election cycle — such as the aforementioned Planned Parenthood or decreasing taxes on the wealthy — at least until next September when the general presidential election will be in full throttle. That’s a good thing.

Locally, it means that our military installations — which fuel much of the local San Diego economy — will be fully funded. And of our local Congressional delegation, only **Duncan Hunter (R-50)** voted against the bill, effectively voting in favor of shutting down the federal government, just like during fall 2013.

Overall, it also means that the two sides can actually work together when it matters most ... at least for now, or until the honeymoon is over for Paul Ryan.

In other news ...

Scott Peters (D-52) took to the floor of Congress to admonish Congressional leadership for not allowing a bipartisan bill with 185 co-sponsors — that would expand background checks on gun purchases to include gun shows and private sales — from coming to the floor to a vote. Over the course of four days, Peters took to the floor to read the names of the victims of gun violence that he and many other co-sponsors of this bill argue might still be alive had Congress acted on some simple reforms.

“Thoughts and prayers are not enough,” Peters said from the floor of the House of Representatives. “Moments of silence are not enough. Maybe, Mr. Speaker, instead of a moment of silence the American people could get a moment of action. A moment of action that might keep their community from being next.”

In a story published by the San Diego Union Tribune, none of Peters’ opponents support the gun bills that have been introduced in Congress.

“Each of these names has something in common: They were defenseless in the minutes between the start of the shooting and when police were able to arrive,” said John Horst, a

Republican candidate hoping to unseat Peters in 2016.

Horst told the Union Tribune that he would introduce a national open carry law that would allow every person legally entitled to own a gun to carry their firearms openly in a holster in all public areas.

Peters and his colleagues should be commended for their efforts to bring attention to this and other bills designed to make it more difficult for people who shouldn’t have guns to legally purchase them.

On Dec. 21, Peters awarded a La Jolla resident who served as an infantryman in World War II a medal for his combat service in the European theater.

“It was my honor to give Donald Breitenberg this long overdue recognition for his brave service,” Peters said. “Getting our San Diego World War II veterans the recognition they have earned is the very least we can do to honor our greatest generation and the sacrifices they made for our nation.”

Juan Vargas (D-51) joined a group of Congressmembers who penned a letter to the House Appropriations Committee imploring them to increase funding for refugee assistance and resettlement programs in the 2016 budget.

“Over 75 percent of those seeking refuge in the U.S. are women and children who are desperately trying to escape the danger that has removed them from their homes and continuously threatens their lives,”

Vargas said in a press release. “Our screening process is rigorous and thorough; increasing funding would aid any areas where additional support is required. Providing the additional funds needed to support several refugee-related accounts would reflect our country’s moral leadership and counter ISIS’s barbaric acts.”

You might recall that in November, Scott Peters and 46 other Democrats joined with Congressional Republicans in opposition of allowing any Syrian or Iraqi refugees fleeing ISIS atrocities into the United States.

Darrell Issa (R-49) was announced as one of several international government representatives or policy makers who will be speaking at the 2016 Consumer Electronics Show, also known as CES, in Las Vegas in January. CES is one of the largest shows of its type in the world. A member of the House Judiciary Committee, Issa serves on the Subcommittee on Courts, Intellectual Property, and the Internet, which has jurisdiction over patent and trademark law, information technology, and the Internet.

Issa made his fortune as CEO of Directed Electronics, the car alarm company that featured his voice on its Viper and Python car alarms, along with other electronics company investments, and has spearheaded efforts in Congress on patent reform.

—Andy Cohen is a local freelance writer. Reach him at ac76@sbcglobal.net.■



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"Taxifornia" author Jim Lacy (Courtesy of Landslide Communications)

James Lacy to address economic problems at February meeting

Judy
McCarty



Navajo Canyon Republican Women will resume their regular meeting schedule Tuesday, Feb. 9, as Jim Lacy, author of "Taxifornia," will discuss the major economic challenges facing California that threaten to turn

the state into one big version of bankrupt Detroit.

Charging higher and higher taxes to attempt to cover higher and higher spending is not working anywhere. Lacy's insightful remarks will be the fuel to ignite NCRWF members' passion in this election year. Once again, our luncheon meeting will take place at the Brigantine Restaurant in La Mesa. Check-in time for the

11 a.m. meeting will begin at 10:30. Cost is \$20. The luncheon is served at noon, followed by the speaker. Due to space limitations, reservations are required. To join us, RSVP to Marjie at NCRWF99@gmail.com or call her at 619-990-2791.

NCRWF had an incredibly fulfilling year in 2015, with so many new members joining us that we are now the largest club in San Diego County. We like to think it's because we are friendly, active and get things done. Our activities are fun but also purposeful, such as getting together to decorate hundreds of Valentine's Day and Veteran's Day cards for our wounded military.

For the sixth time in a row, the club has received the highly coveted Diamond Award in recognition of our accomplishments in 2014-15. We are proud of our two membership awards and especially of our first place awards in both community volunteer hours and political hours, with our members individually contributing more than 10,000 hours to each. The total number of hours devoted to the community by our members countywide is more than 147,000! We believe in doing our part in caring for America and Americans. Our membership drive for the new year is just beginning; we'd love to have you join us! (Cost is \$30.)

For more information on all our activities, visit us at navajocanyonrwf.org and also check us out on Facebook.

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

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City Attorney and D7 debates to highlight Democrats meeting

Linda Armacost and
Jeff Benesch

Coming off a sensational clash at our January meeting between progressive champions Senator Marty Block and Speaker Toni Atkins, each running for the 39th state Senate seat, the La Mesa Foothills Democratic Club will be back at it Feb. 3 with another outstanding set of debates and endorsement votes. Featured will be three of the four Democratic candidates for San Diego City Attorney: Rafael Castellanos, Gil Cabrera and Mara Elliott (Bryan Pease entered the race on Jan. 11, after the debate was scheduled). All are lawyers with extensive and diverse backgrounds in public service.

Attendees will be equally pleased by an exchange between two enthusiastic Navy veterans running for the city's District 7 seat, Jose Caballero and Justin DeCesare. Both debates will be followed by club endorsement votes. Candidates to get 60 percent support get the LMFDC endorsement. We'll also be voting on an endorsement for the Citizens' Plan for San Diego as presented in January by local attorney Cory Briggs.

The La Mesa Foothills Democratic Club, representing hundreds of like-minded progressives in San Carlos, Del Cerro, Allied Gardens, College Area, Mt. Helix, La Mesa, Santee, and other East County communities, meets the first Wednesday of each month at the La Mesa Community Center, 4975 Memorial Drive.

Our agenda will begin with a social at 6:30 p.m. with snack and beverages, followed by the formal meeting starting at 7 p.m. The City Attorney Debate will kick-off shortly thereafter, with the District 7 forum following at 8 p.m.

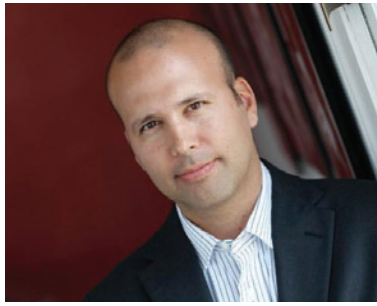
Both debates will feature a series of questions on issues that concern city and county residents. You can depend on questions touching on the Briggs/Frye measure; stadium/convention center funding; infrastructure and traffic concerns; the Chargers; growth and development; environmental issues; climate action plans; SANDAG planning; medical marijuana; and other topics that concern our membership.

The candidates in brief:

Rafael Castellanos received his college degree from Arizona State University and a law degree from the University of Chicago Law School.

He is a member of the Board of Commissioners of the Unified Port of San Diego and chairs the port's Environmental Advisory Committee. Castellanos has served on the Board of MANA de San Diego, the San Diego La Raza Lawyers Association and Teach for America - San Diego. He has worked with the San Diego Foundation to address climate change preparation and has worked at the port to address the issue of chronic homelessness on the waterfront.

During his career, Gil Cabrera



Gil Cabrera



Rafael Castellanos



Mara Elliott



Justin DeCesare



Jose Caballero

has represented a broad spectrum of clients - from large companies to small local businesses - as litigation counsel and outside general counsel. In 2007, he started the Cabrera Firm - where he provides legal advice to small and growing companies. For seven years, Cabrera served as an appointed Judge Pro Tem of the Superior Court, hearing hundreds of small claims and traffic court trials.

Since 1999, Cabrera has been involved with the Make-A-Wish Foundation San Diego and became chairman of the board in 2002. In 2003 he was appointed to the charity's national board of directors.

In 2005, Cabrera was appointed by Mayor Kevin Faulconer and City Council to the San Diego Ethics Commission - which monitors and enforces the city's campaign finance and ethics laws. Between 2007 and 2009, he served as the Ethics Commission's chairman and oversaw a complete overhaul of the city's Lobbying Ordinance, which created greater transparency of lob-

bying activities in San Diego.

In February 2014, Cabrera was appointed to the San Diego Convention Center Corporation's Board of Directors by interim mayor Todd Gloria and the City Council. He presently serves as Chair of the Board's Budget Committee overseeing the convention center's \$33 million budget.

As Chief Deputy City Attorney, Mara Elliott leads the city's legal team responsible for reforming city contracting practices, strengthening city audits and enforcing environmental protection laws. Elliott advises the city's influential and independent Audit Committee and the City Council's Committee on the Environment.

Previously, she served as general counsel to community college and K-12 school districts as well as counsel to the County of San Diego and the San Diego Metropolitan Transit Development Board. Elliott serves on the League of California Cities' Public Records Act Committee and was an editor of the California Municipal Law Handbook.

Elliott also chairs a committee of the San Diego Lawyers Club working to advance the status of women in the law. She is a leader on her sons' local School Site Council; serves as trustee of the San Diego County Law Library; and was recently honored as Advocate of the Year for her work for the National Multiple Sclerosis Society.

Elliott graduated from UC Santa Barbara and University of the Pacific, McGeorge School of Law.

Jose Caballero was accepted into the prestigious Naval Nuclear Power School where he became a nuclear engineer for the United States Navy. He served the Navy for six years. Four of those years were spent here in San Diego when he was a reactor operator for the USS Ronald Reagan. He did four deployments supporting operations Enduring Freedom and Iraqi Freedom.

Caballero has a degree in political science from San Diego State University. He has been a mentor for underprivileged youth and has organized multiple cleanups across the city.

Justin DeCesare is a real estate broker; president of the Tierrasanta Community Council; father of two; and an eight-year veteran of the United States Navy. He believes that a strong middle class builds a strong regional economy.

He is proud of his experiences in the Navy and would like to continue that service in the community as the San Diego City Council representative for District 7.

The La Mesa Foothills Democratic Club March meeting will continue its series of candidate forums and endorsements and will give everyone a chance to weigh in on the presidential race. Please visit our website at lamesafoothillsdemocraticclub.com and like us on Facebook.

—Linda Armacost is president and Jeff Benesch is vice president of programs of the La Mesa Foothills Democratic Club. ■



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**PATRICK
HENRY**
High School

Patrick Henry High School News

Elizabeth Gillingham

PHHS Students of the Month for Nov. and Dec.

Congratulations to Nicolas Martin and Lexi Gyga who were selected as the Kiwanis and PHHS Students of the Month for November and December. Martin was selected in November and was recommended by staff member Jim Achenbach, who had this to say:

"Nick has been an active member of Circle of Friends for well over two years. This year he has stepped up and become one of our Co-Presidents. Nick is one of the kindest and most thoughtful young men I've ever met. Nick comes across as quiet and reserved, but he has insight and a kind heart, and this leads him to seek out the people who need him most to render a kind word, some assistance or some encouragement. He is the person who, after fulfilling his commitment, stays around to make sure there isn't anything else that needs to be done — whether that's cleaning up and taking the trash out



Students of the month Nicolas Martin (top) and Lexi Gyga (Courtesy of PHHS)

to a dumpster after a dance or simply taking the time to stop and chat with a student with

special needs on the way back to class; Nick takes the time to do more. Nick is not only able to work with challenging situations, he embraces each challenge. He is patient, thoughtful, and determined. His calm demeanor helps the members keep things under control, but his athletic skill and energy motivates people in such a positive way — it is really something more akin to an art form that is hard to explain. And all this from a young man who could probably just get by on his killer smile alone!"

Lexi Gyga was nominated from several different staff members for December, making our selection very easy. Candace Hamilton wrote:

"Lexi is one of my Link Leaders during Advisory and she has been a tremendous help. She is a leader, without a doubt! Her ability to bring reluctant students into the fold to participate is gentle and encouraging; she asks good questions; and she is polite and respectful to all of those around her."

Her English teacher Florise Seip stated:

"I wholeheartedly recommend Alexis Gyga to be recognized as Student of the Month. Lexi is an intelligent, personable, kind, highly motivated, confident, persistent individual, and poised beyond her years. Academically, she is always well-prepared for class and offers insightful questions and answers during the lessons. She has been on the Honor Roll every semester since her freshman year. In addition to Lexi's

superior academic accomplishments in challenging classes, she also shines as an athlete, having participated in basketball, field hockey, and softball since her freshman year. Her perseverance and determination are especially evident considering the fact that during her sophomore year, after recovering from two knee surgeries, she was able to come back and compete at 100 percent capacity in field hockey. She was ultimately recognized for her athleticism and leadership skills by winning the Patriot Award in basketball and softball. Besides Lexi's academic and athletic achievements, she also finds time to be actively involved in Peer Mediation, Link Crew, Yearbook, and Circle of Friends, which has ignited her passion to work with people in the fields of occupational therapy or child psychology. Her patience, kindness, and extraordinary capacity for empathy render her well-suited for these careers. Lastly, Lexi was crowned Homecoming Queen at the beginning of her senior year. It is a distinct honor which she proudly, but humbly acknowledges. Lexi's drive, persistence, and tenacity, in addition to her dedication to her family, friends, academic pursuits, athletics, and life-long goals, signal a tremendous sense of honor, integrity, and responsibility. These outstanding qualities and inspiring accomplishments make Alexis Gyga a perfect choice for being recognized as December's Student of the Month."

Calling all freshmen baseball players

After you have tried out for the Henry Junior Varsity Team, there are plans for tryouts for a Freshmen Club Baseball Team. Any player that is successful for a position on the JV Team will no longer be eligible for this club team and all players must try out for the JV team first. As with other club teams, this team is not sanctioned by SDUSD or Patrick Henry, but is currently being organized to allow freshmen ballplayers a chance to play with classmates against other schools in a spring league. More information to follow at a later date regarding club tryouts. To get on the Club Team's email list for informational updates, email PHPatriotsBaseballClub@yahoo.com.■



See PHHS page 13 —————→



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The Patrick Henry Girls JV Soccer Team; (back row, l to r) Allie Arend, Edie Mueller, Danae Cave, Gwen Crow, Ariana Cibrian, Katelyn Hasbrooke and Assistant Coach Rob; (front row, l to r) Emily Brower, Holly Walsingham, Brittyn Menzer, Alexis Snodgrass, Alyssa Koza, Stephanie Smith, Emma Maxwell, Caroline Grisafi (Courtesy of PHHS)

► PHHS, from page 12

PHHS Varsity and JV soccer teams win big over break

The Henry women's varsity soccer team brought home the first championship cup of the year.

Henry varsity soccer squad and head coach Jason Aldous were quite busy over the holiday break. They played five games in three days in the 21st Southern California High School Classic Tournament presented by Nike.

On day one, Henry dominated in their first game against Valley Center with a 3-0 win. Fatigue got the best of the Henry girls in the second game of the day and although they were tied 1-1 at half time, they finished the game with a loss of 1-2 against El Camino.

The girls came out strong on day two and defeated Mission Vista 2-0 in the quarterfinal. After a short break, the Henry girls found themselves in the semi-final against Oceanside whom they had suffered a 2-0 loss to the week before.

The Henry girls came out strong and surprised Oceanside with a lead of 1-0 at half. Oceanside tied the game up midway through the second half but the Henry girls surprised them again with a second goal for a 2-1

score with eight minutes left in the game. Oceanside was determined, however, and managed to pull out a last-minute goal before game time ended with a tied game at 2-2. After a 10-minute overtime and still a tied score of 2-2 the game went into penalty kicks. The Henry girls prevailed and won the hard fought game.

The excitement was palpable! Could this team possibly bring back the first women's soccer trophy to Henry with a win in the final on the following day? The Henry girls answered that question with a resounding "yes" as they defeated a frustrated Bonita Vista team 2-0. What an amazing three days for this tenacious and talented group of young women.

The Henry squad was missing a number of valuable team members due to injuries and conflicting club soccer events but they came together and fought through the fatigue to win for each other and their temporarily missing teammates to bring the Championship Trophy home to their school with pride. It looks like quite a promising season for the Patrick Henry Varsity Women's Soccer Team. Go Patriots!

Also during the winter break, the PHHS women's JV soccer team won two tournaments they participated in, starting their season off with a huge bang!

First, they won the Inaugural 2015 San Diego Holiday Jubilee

hosted by University City High School. They beat Valhalla High on Dec. 15 by a score of 1-0. Allie Arend scored the winning goal.

On Dec. 17 they beat University City High 2-0. The goals were scored by Caroline Grisafi and Alyssa Koza. They lost 0-1 to West Hills HS on Dec. 18, but made the finals and played West Hills again on Dec. 19. The game was tied at 1-1 at the end of regulation. Arend scored the goal. After double overtime the game was still tied and went to penalty kicks. Arend, Edie Mueller, and Emma Maxwell scored and Goalie Katelyn Hasbrooke defended to give PHHS the win 4-3.

On Dec. 28 and 29, the JV girls played in the SoCal Classic in Oceanside. On Dec. 28, they beat Mount Carmel High 3-1. Maxwell scored twice and Arend scored once. Next they played El Camino High and won 2-1 on goals by Maxwell and Koza, both assisted by Arend. On Dec. 29, the girls tied Oceanside High 1-1 with a goal by Koza to advance to the finals. The girls played Mt. Carmel High in the final game and won 3-0 with goals by Arend on a penalty kick, Koza, assisted by Arend, and Arend, with an assist by Carolyn Grisafi.

—Elizabeth Gillingham is the principal of Patrick Henry High School. ■



Patrick Henry students (l to r) Kayla Hunch, Bianca DeMello, Hannah Ratvitch, Tyra Roberts and Davanea Jenkins bring cheer to children from Southeast San Diego. (Courtesy of PHHS)

Hope at Henry

Terri Clark

When you witness high school students spending a Saturday morning serving others — others they do not know, and will probably never know — it gives you hope. Hope with a capital H.

On Saturday morning, Dec. 12, Patrick Henry High School students joined the Lake Murray Kiwanis Club to give Christmas spirit and bring holiday cheer to children from two Southeast San Diego elementary schools. Our band played Christmas music; Associated Students Body students served pancakes; cheerleaders painted faces, caroled and entertained; and students who had no club affiliation but simply wanted to give back, showed up to help. They spent four hours creating a joyful Christmas experience

for every elementary student who walked through Henry's doors.

When you get to be the adult witnessing this experience, watching it all unfold, it brings alive in you a renewed sense of hope — hope for our students, hope for others, and certainly hope for the next generation.

Thank you to Lake Murray Kiwanis for continuing to be that beacon that points others in the direction of service, sacrifice and generosity. Patrick Henry students are looking to you for that light that shines hope into the lives of others. Thank you for giving them the sense of "otherness" when many out there are quick to say this generation simply does not have it. I have ultimate hope they do.

—Terri Clark is a physical education teacher at Patrick Henry High School. ■

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Dianne's Corner

News and notes from County Supervisor Dianne Jacob

Dianne Jacob



Check out our libraries: A new county library is rising in the middle of Alpine and it's going to be a gem.

The 12,700-square-foot building on Alpine Boulevard is due to open this spring. It will be the first public building in San Diego County designed to be fully energy self-sustaining. Rooftop solar will be a key feature.

Planning has also started for new libraries in Lakeside and Casa de Oro. Stay tuned for details. Since I joined the Board of Supervisors in 1993, the county has opened a dozen new libraries in East County.

Backcountry boost: Julian residents and visitors now have around-the-clock access to paramedic engine service, thanks to a recent agreement among the county, Cal Fire and Julian fire officials.

The town is one of eight communities to get new paramedic engines since 2014, joining Jacumba, Descanso, Otay, Jamul,

Lake Morena, Pine Valley and the Intermountain area north-east of Ramona.

Since 2003, the county has invested more than \$350 million on fire protection and other public safety improvements in our unincorporated areas. We've made a lot of progress – and we keep building on it!

Senior scams: I will lead a special community forum on Feb. 11 for seniors and caregivers on how to avoid being scammed. The free event will include fraud watchdogs, scam victims and take-home copies of the county's "Don't Get Hooked" booklet.

The event will run 9 a.m. to 11 a.m. at College Avenue Baptist Church, 4747 College Ave., San Diego. Breakfast is included. To attend, call 844-899-1597. Registration may close by Feb. 1.

For more District 2 news, go to diannejacob.com or follow me on Facebook and Twitter. If I can assist with a county issue, please call my office at 619-531-5522 or email dianne.jacob@sdcounty.ca.gov.

—Dianne Jacob is County Supervisor for District 2. Write to her at Dianne.jacob@sdcounty.ca.gov. ■



News from the San Carlos Friends of the Library

Sue Hotz



Happy New Year

Everyone at the San Carlos Branch Library would like to wish for you a healthy, happy, and productive new year.

Jan. 9 marked the 42nd Anniversary of the San Carlos Branch Library, so please help us celebrate this milestone by joining us in the many activities during 2016 that have been chosen to exercise both your mind and body.

New branch manager

We start 2016 with the best present ever — David Ege joined us as our new branch manager on Jan. 4. Ege comes to us with over three years experience as the branch manager at the Serra Mesa-Kearny Mesa Branch Library and an additional three years at the Carmel Valley Branch Library where he wore two hats; one as Youth Services Librarian, and the other as acting Branch Manager.

In 1997, Ege and his wife Eileen, a science teacher at Kearny High, relocated to San Diego from Long Beach where they met in elementary school. As the saying goes, "The rest was history." Their two sons attend Pershing Middle School. The entire family is into all sports, but ice hockey is the surprising favorite of this Southern California family. They all own the required ice hockey gear and can be found skating at Kroc Center Ice. Crusaders soccer also occupies their leisure time.

Fun fact about Ege: Like book sale manager Ron McFee, he digs pop culture; he worked at a comic book store in the 1990s; and he loves Comic-Con. Ege is excited with his new assignment and looks forward to working with youth services librarian Erin Moore to increase the library's connection with our local schools and add even more youth programs. Join us in welcoming Ege to our branch and San Carlos family.

Extended library hours

The San Diego City Council and Mayor Faulconer stuffed our Christmas stocking with another surprise — an increase in the San Diego Public Library's hours of operation, including an extension of Saturday hours. All branches are now open 9:30 a.m. to 6 p.m. on Saturdays. Our website lists the new hours of operation at the San Diego Central Library and all San Diego branch libraries.

Adult programs

We have added new activities for the young at heart. On Thursdays Jan. 21 and Feb. 18 at 11 a.m., our Tai Chi instructor Sifu Mario Mayorga will be offering a new,



David Ege is the new branch manager of the San Carlos Library. (Courtesy of Friends of the San Carlos Library)

non-impact stretching exercise class in Qi Gong.

Friday, Jan. 29 at 1 p.m., Deputy District Attorney Paul Greenwood will give an illustrated presentation with tips on how to protect yourself against "Fraud, Scams, and Identity Theft." Refreshments will be served. Sign up at the library or call 619-527-3430.

On Saturday, Jan. 30 at 11 a.m., speech and language pathologist Ryan Landuign is discussing "A Parent's Guide to Speech and Language Development" in children from birth to 4 years. She will cover language milestones and when speech therapy might be indicated.

On Wednesday, Feb. 10 from noon to 1:30 p.m., Patricia Burns will discuss her experiences and suggestions about living with a chronic illness during her "But Your Don't Look Sick..." talk.

On Feb. 19 from 1 to 3 p.m., OASIS presents "Healthy Habits for Adults: Eat Your Fruits & Vegetables."

Registration is free for all of these programs.

Art exhibits

Thank you SewMates for showing your beautiful quilts during December and January. In February, third generation native and Del Cerro resident Tina Fries-Miller shares her "milestones in life" paintings in the Winer Family Community Room & Art Gallery. Meet her at the Artist Reception on Saturday, Feb. 20 from noon to 2 p.m.

Books

On Thursdays from 10 to 11 a.m., the library offers a free walk-in service where library personnel are available to teach you how to download the library's eBook collection onto your new eReader. The San Diego Public Library has a new electronic catalog which allows users to browse the city's collection of titles by award-winners, best-sellers and staff picks. Through the San Diego Public Library and SCFOL websites, you can connect to Bibliocommons, where you can contribute reviews, share your reading lists with friends and family, check out eBooks and eAudiobooks, add tags, and save your searches. Check it out at bit.ly/1TA6Feu

The Librarian's Book Club is reading, "They Poured Fire on Us

from the Sky," by Benson Deng for its Thursday, Feb. 11 meeting from 12:30 to 2 p.m. New members are always welcome. Books are available at our branch.

Author Margaret Dilloway will be discussing her new book, "Sisters of Heart and Snow," on Friday, Jan. 22 at 2 p.m.

Youth activities

The next special event for ages 4-9 is on Wednesday, Jan. 20, from 2-3 p.m., when The StoryBox Theatre presents "Kamishibai Folktales." This is a traditional Japanese storytelling show presented by Walter Ritter of Write Out Loud. Afterwards, the kids will be making masks inspired by naughty ogres.

Schools are closed on Friday, Feb. 12 and children ages 5-10, from 11:30 a.m. to 1 p.m. can kick off the celebration of Chinese New Year by welcoming in the Year of the Monkey with the presentation of "A Dragon's Tale," by the San Diego Chinese Historical Museum. Afterwards, they will join in making paper lanterns, painting, Chinese calligraphy, and much more.

For grades K-3 on the second and fourth Wednesdays from 2 to 3 p.m., STEAM2 makes science fun. Storytime and Crafts entertains them on the first and third Wednesdays of the month. Ages 3-8 get moving on Tuesdays at 4 p.m. with Kid's Yoga and Stories and they can create masterpieces at 4 p.m. on Thursdays with Ms. Megan during Process Art. Preschool Storytime and Crafts is on Fridays at 10 a.m. Luke continues giving chess lessons for those under 18 on the second and fourth Tuesdays of the month from 5 to 7 p.m.

Book sale

The SCFOL members-only Pre-Book Sale is Friday, Feb. 5 from 2 to 4 p.m., and our monthly Used Book Sale is Saturday, Feb. 6 from 9:30 a.m. to 3 p.m.

Keep informed about the library at sancarlosfriendsofthelibrary.org. All libraries are closed on Monday, Jan. 18 and Feb. 15.

—Sue Hotz is board member and publicity chair for the San Carlos Friends of the Library. Write to her at publicity@sancarlosfriendsofthelibrary.org. ■

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Just like old times

Frank Sabatini Jr.



In the late 1980s, with my friends Jim and Kelly, we held regular “JFK lunches” at what was known back then as The Hungry Hunter. Working less than a mile away at the San Diego Tribune in Mission Valley, we coined the midday outings on the first letters of our names after becoming instant fans of the salads made tableside, the bacon-loaded potato skins, and various sandwiches that I’d skip over in lieu of a charbroiled burger.

As young newsroom staffers on beginner’s pay, and when much of San Diego was gastronomically lifeless, we had found a fancy, doable alternative to the paper’s cafeteria food and the limited eateries at the nearby Fashion Valley mall.

Not until recently have I been back to discover the restaurant came under different ownership several years ago, and was renamed Hunter Steakhouse. And though the frilly country-kitsch interior design has been replaced with a more streamlined look, I was delighted to find that a lot hadn’t changed.

The layout remains the same; there are two ground-level dining areas, a lodge-like third dining room upstairs, and a subterranean bar lounge.

Entrees still include a partial loaf of dark bread served with honey butter, plus a salad constructed tableside by your server from a Lazy Susan filled with veggies, beans and seeds. Potato skins still appear on the appetizer menu. And if you make it to dessert, choices such as turtle cake and New York cheesecake remain in the offering, allowing you to visually choose from a display tray. Now who does that anymore?

Hunter Steakhouse isn’t as quirky and iconic as its Hotel Circle predecessor, Albie’s Beef Inn, which recently closed after a 53-year run. But if you’re in the area craving prime rib, pork chops, lamb or baby back ribs, it’s the next best thing.

Returning for dinner instead of lunch, and with a companion who wasn’t part of my original squad, we began with crab-stuffed mushrooms as well as hot and

spicy shrimp. The latter was probably added to the menu in the last few years for keeping seasoned diners awake while Aunt Mildred revels in the plain ole shrimp cocktail. I suspect the chipotle mac n’cheese and seared ahi with wasabi cream sauce are newcomers as well.

The mushrooms were your everyday button caps filled with crab that was overly camouflaged in breading. We didn’t mind, although I could have withstood with a thinner mantle of jack cheese on top of them.

The plump shrimp, however, Our salads followed. I opted for a kitchen-made Caesar while my companion became dazzled by the tableside production, if only for the novelty of picking and choosing his fixings from the wheel of options. His dressing of choice was chunky blue cheese, the kind you rarely find anymore at other restaurants — thick and not cut excessively by milk or mayo.

The main event ushered in a three-quarter pound slab of prime rib for him, and a 1-plus pound serving of Alaskan crab legs for me. I was in heaven; him not so much.

Ordered medium-rare, the beef wasn’t as butter-knife tender as expected. But the flavor was on point, especially when dipping pieces of the meat into the semi-salty jus or the sinus-blasting creamed horseradish sauce. On the side, the au gratin potatoes he chose were good and goopy; contributing to a rich meal that he claimed took the bagginess out of his shirt in the end.

My crab legs were perfectly steamed, and served with their shells conveniently split lengthwise, hence preventing the carnage I cause when they’re not. Aramekin of drawn butter was presented on a little pedestal with a tea candle underneath to keep it warm.

As for the loaded baked potato and sautéed veggies sitting alongside (mostly zucchini), I poked into them a couple of times unfazed, as I never pay attention to whatever else is on my plate when big, sweet crab legs are involved. These were as marvelous as any you’d find in a highfalutin seafood restaurant, and at \$28 for a pound and a quarter, they’re slightly cheaper.

Hunter Steakhouse is like a



(clockwise from top) Prime rib with au gratin potatoes and veggies; Alaskan crab legs; salad wheel; an appetizer of spicy shrimp (Photos by Frank Sabatini Jr.)



Hunter Steakhouse

2445 Hotel Circle Place (Mission Valley)

619-291-8074

Dinner prices: appetizers, \$7 to \$13;

entrees, \$17 to \$30

(includes soup or salad, vegetables and choice of potato)

solid friend who you can go years without seeing, and then pick up right where you left off as though you never lost contact. It will be

especially familiar and reassuring the next time around, when I reconnect to the place at lunchtime for those skins and a burger.

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

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Take in the fullness of life at Mission Trails Regional Park

Audrey F. Baker
Trail Guide

In speaking of birds, Sir David Attenborough, who has been described as “the face and voice of natural history documentaries,” once asked, “What wild creature is more assessable to our eyes and ears ... ?” To that I add, “and soul.” While we humans communicate principally in words, our winged brethren’s song equally speaks to us with meaningful expression. Their music is a source of inspiration and the path to a full experience in nature.

Fellow Trail Guide and birder Wendy Esterly recently captured an exuberant White-Crowned Sparrow in full song. He sang with abandon in the fresh, post-rain air as flecks of sunshine sparkled about the bountiful foliage of his lemonade berry perch.

Clocking up to 300 miles a night, Alaskan-born White-Crowned Sparrows migrate 2,600 miles to winter in San Diego’s chaparral communities.

We invite you to share the nature experience. Take a moment to connect with its voice. Reflect on beauteous scenes. Glimpse the essence of life that not only brings positive psychological effects, expelling anxiety, but also brings a sense of physical connection to the world around us.

A bird’s song is a vivid reminder of the joy and appreciation that stems from time spent in nature.



A White-Crowned Sparrow at Mission Trails Regional Park (Photo by Wendy Esterly)

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

Morning walks are offered every Saturday, Sunday and Wednesday, from 9:30 a.m. to 11 a.m. You’ll start from the park’s Visitor and Interpretive Center, 1 Father Junipero Serra Trail, San Carlos. The walk beginning from the Kumeyaay Lake Campground

Entry Station, 2 Father Junipero Serra Trail, at the San Carlos-Santee border, gives a different perspective of the park and its diverse habitats. These walks are offered from 8:30 a.m. to 10 a.m. on the second and fourth Saturdays of the month, and take in historic Old Mission Dam. We meet by the flagpoles.

Wildlife Tracking explores the world of tracks, scat, bedlays and other critter evidence that indicate the presence of secretive animals inhabiting the park. It’s “dirt-time” fun, so wear long pants for close-up observation. Join us at 8:30 a.m., Saturday, Feb. 6 in front of the Visitor Center for a two-hour tracking adventure.

Star Party Marvels invites you to explore February skies with MTRP’s resident stargazer, George Varga. He’ll scope in the Orion Nebula; Little Bee Hive in Canis Major; Open Clusters M36, 37 and 38 in Auriga; and more! We observe from 5:30-8:30 p.m. on Saturday, Feb. 6. (Rain/cloud cover cancels.) Meet us at the far end of the Kumeyaay Campground Day Use Parking Lot.

Discovery Table: Critter Camouflage examines the forms of camouflage animals use to survive in nature. MTRP Trail Guides will familiarize you with local “Masters of Disguise” that populate the park and help you improve your powers of observation. See you Saturday, Feb. 13 between 10 a.m.-1 p.m. inside the Visitor Center.

La Mesa Walk ‘n’ Talk features an engaging lakeshore stroll and brief nature talk. This month, your MTRP Trail Guide gives insights into Lake Murray’s geologic history and landscapes. Join us on Tuesday, Feb. 16, 9-10:30 a.m. Enter the park from Murray Park Drive at Belle Glade Avenue, La Mesa.

Bird Oak Grove Loop with MTRP birders Jeanne Raimond and Millie Basden and enjoy the double-benefit of winter birding (the opportunity to observe migratory species along with local resident birds). Binoculars and

bird book recommended. See you on Saturday, Feb. 20, 8-10 a.m. in front of the Visitor Center.

Birding Basics enhances your nature experience by identifying birds “at a glance!” MTRP’s Bird Guide Winona Sollock explains five simple techniques and offers tips on bird field guide use. (Bringing one is optional.) We meet on Saturday, Feb. 27 from 1-2:30 p.m. in Classroom A inside the Visitor Center.

Family Discovery Walk is our essential family fun on the trail outing. Your little ones will learn fundamental nature concepts that enrich their outdoor experience. Our winter program focuses on how rain awakens plants from the dormant stage and brings early flowerings. Meet inside the Visitor Center on Sunday, Feb. 28; 3-4:30 p.m.

Meanwhile, come on out and enjoy the park! Visit 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. Write to her at aud1baker@gmail.com.

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Mission Trails Regional Park Foundation



Mountain biking in Mission Trails

Explore Mission Trails Regional Park (MTRP) on your mountain bike. The first Saturday of each month (weather permitting), join Ranger Araceli Dominguez and Maggie Holloway, the MTRP Foundation's Administrative Assistant and member of the San Diego Mountain Bike Association (SDMBA), for a two-hour guided nature ride. These guided nature rides are geared for families and individuals who are new to mountain biking. Each month, in addition to learning about the flora and fauna of the area, you will be given instructions on how to safely ride a mountain bike and increase your skill level with each nature ride.

The next ride will be held on Saturday, Feb. 6, from 9 to 11 a.m. at the newest portion of MTRP, West Sycamore. Meet at the very east end of Stonebridge Parkway in Scripps Ranch. If you arrive a little early, members of the SDMBA will be on hand to assist in fine-tuning your mountain bike. In addition to your mountain bike, bring a helmet and water and wear appropriate clothing. For more information about this program, go to bit.ly/1SIr42H.

More opportunities at West Sycamore

On the first Sunday of each month, get some exercise and help improve the park at the same time by lending a hand as a member of the West Sycamore Volunteer Crew. Meet Ranger Andrew Miller at the very east end of Stonebridge Parkway at 8 a.m. The next Volunteer Crew will be on Sunday, Feb. 7. Please bring work gloves and wear long pants and sturdy closed-toe shoes. A hat, sunglasses, and sunscreen are also recommended on sunny days. Water, Gatorade and snacks are provided. For more information, contact Ranger Miller at amiller@mtrp.org.

Continue to explore West Sycamore on the third Sunday of each month with Ranger Miller at 8 a.m. for a 90-minute guided nature walk on some of the trails



Mountain bikers enjoy a ride at Mission Trails Regional Park. (Courtesy of mtrp.org)

waiting to be discovered at West Sycamore. Meet Ranger Miller at the east end of Stonebridge Parkway in Scripps Ranch. It is recommended you wear comfortable hiking shoes and that you bring water and a hat.

5-Peak Challenge is a real hit

The 5-Peak Challenge is closing in on 1,000 hikers. It was proposed by Ranger Levi Dean in an effort to direct hikers to trails other than Cowles Mountain. Just about everyone completing the challenge indicates that they had already hiked in the park and have now discovered new hiking opportunities. Do it in a day, a month, or more.

Music and art continues at the MTRP Visitor Center in 2016

The next concert will be held on Jan. 24 featuring The Rounders, a fine country western band. Then on Feb. 6, violinist Paivikki Nykter will perform along with accomplished cellist Cecilia Kim. A complete list of the concerts scheduled to date for 2016 is available on our home page under "More News." All concerts begin at 3 p.m. in the Visitor Center Theater.

"Vision" is the current art exhibition on display in the Visitor Center through Jan. 29. The exhibition includes paintings and photographs presented by seven award-winning artists. It will be followed by a solo exhibition by photographic artist Myron Sveum from Jan. 30 through Feb. 26.

Children's programs

Our education program for children 4 and up resumes on Jan. 23 with Cindy Christ and her classes entitled "Tales and Trails." On Jan. 23, it will be "Eight Legs are Great!" Meet in the Visitor Center in the morning from 9:30 to 11:30. Christ has stated, "We will explore the famous arachnid family, match the arachnid to the type of web it weaves, and hike a trail in search of some weavers. Back in the classroom, the children will craft their own web." The class on Feb. 23 will be "Creep, Crawl and Flutterby." Each class is \$10 per child. Accompanying adults are free. BetteAnn Pierce resumes her Art Smarts art classes for children 7 and up and adults on Saturday, Jan. 23 from 1 to 4 p.m. Each three-hour class is \$25 per student and includes all art supplies. Check our webpage, mtrp.org, for more information and registration forms.

Take a hike! You may see the Great Egret that was photographed by David Cooksy, a volunteer trail guide and nature photographer at MTRP. There is always an adventure waiting for you at Mission Trails.

—Jay Wilson is executive director of the Mission trails Regional Park Foundation. Write to him at jwilson@mtrp.org.■

Get yourself prepared for the next round of El Niño storms



Recently, the San Diego region was pummeled with heavy rains, hail, and flash floods in the first round of El Niño storms. Weather experts in the region are predicting future storms that could lead to even more severe weather.

Before the recent storm, the city declared a state of emergency and worked diligently to clear clogged storm drains and storm channels. Though some homes and property in the district were damaged, things could have been a lot worse.

To further help, our office teamed with District 7 business Superior Ready Mix, and the Urban Corps to fill 60 tons of sand into over 5,000 sandbags to distribute to residents at Qualcomm Stadium.

In addition, I wanted to make sure that you had the important information you need to help protect your home and property for the next storm.

Before it rains

Report blocked storm drains by calling 619-235-1000 or submit an online form at sandiego.gov/

el-nino.

Sign up for Alert San Diego at readysandiego.org/alertsandiego to receive notifications for all telephones

Visit your local fire station for free sandbags. The limit is 10 bags per person. Sand is not provided.

When rains arrive

Report flooding to the city's emergency dispatch center at 619-527-7500

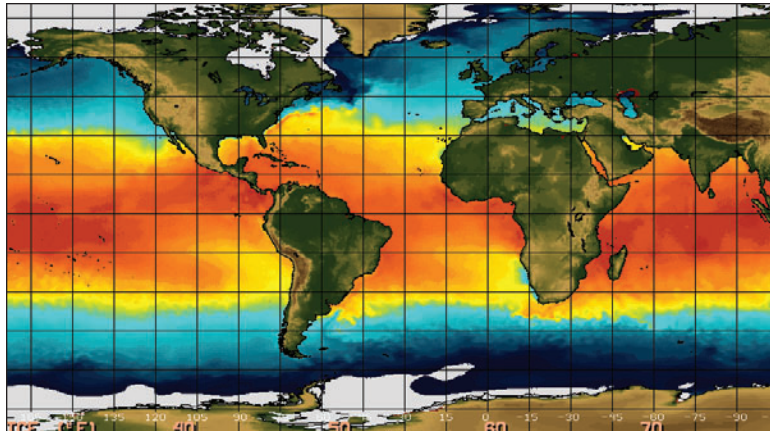
Leave early if your property is in a flood zone.

Report downed electrical lines or gas emergencies to SDG&E at 619-527-7500

As always, if residents see an issue in the community, please contact my office at 619-236-6677 or email at scottsherman@sansiego.sov. We will look into it right away.

For more information regarding storm preparation, please visit sandiego.gov/el-nino.

—Scott Sherman is the elected San Diego City Councilmember for District 7, which includes the neighborhoods of San Carlos, Allied Gardens, Del Cerro and Grantville. Contact him at 619-236-6677 or scottsherman@sandiego.gov.■



Need "Home Safety Tips" For Seniors?

Darren Williams, PT., Cert. M.D.T., A.T.P.
Physical Therapist "In-Home" Specialist
Brit-in-Home/ Trails Physical Therapy
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Get your copy of a unique and easy to read guide entitled "Home Safety Tips" completely free from me to you! According to the CDC, more than one third of adults 65 and older fall each year in the United States and 20%-30% of them suffer injuries that decrease mobility, decrease independence and increase their chance of life threatening complications. I have written this important guide to help provide peace of mind and safety strategies for those concerned about safety within the home, whether for themselves or elderly family and friends. My guide includes advice on safe access, potential hazards to avoid, easy home modifications, simple changes to routines and gentle activities to perform that can be implemented straight away to reduce the risk of falling and remain safe at home. There are limited copies of my free "Tips" guide available, so please contact me on the phone number below as soon as possible. I will personally send it out to you the next business day. The "Home Safety Tips" guide can help you or your loved ones by increasing confidence with mobility and independence and hopefully allow you to live at home longer.

"Darren has been providing In-Home/ Mobile Physical Therapy and increasing home safety for seniors in San Diego since 2004."

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St. Andrew's Lutheran 8350 Lake Murray Blvd, La Mesa, CA 91941 Sun: 8am, 9:30am, 11am; Sat: 5pm (619) 464-4211 Andy Taylor

St. Dunstan's Episcopal 6556 Park Ridge Blvd, San Diego, CA 92120 Sun: 8am, 10am; Wed: 10am, Thurs: 7am (619) 460-6442 Father Robert Eaton

San Carlos United Methodist 6554 Cowles Mountain Blvd, San Diego, CA 92119 Sun: 8:30am, 10am (619) 464-4331 Martha T. Wingfield

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Mission Trails Church 4880 Zion Ave., San Diego 92120 9:00 am and 10:30 am Pastor Kyle Walters

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

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

Chabad of East County (Jewish) jewishsec.com (619) 647-7042 Rabbi Rafi Andrusier

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

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

Young Israel of San Diego 7289 Navajo Road, San Diego, CA 92119 619-589-1447 Rabbi Chaim Hollander

Lake Murray Community Church 5777 Lake Murray Blvd., La Mesa, CA 91941 9:00 a.m. 10:50 a.m. Pastor Nathan Hogan

► Flood, from page 1

under the bridge over the creek at the Mission Gorge Road off-ramp from the [Interstate] 8.”

We’ve been talking a lot about Alvarado Creek in the past months, but it’s far from the only problem that needs to be attacked, and quickly.

Every mayor in San Diego county is worried about the possibility — perhaps inevitability — of massive flooding if the El Niño experts say is coming actually arrives.

There are creeks and channels all over the county, many of them in San Diego, that will flood when the rains come, and all of them did so.

From the Tijuana River Valley to the Orange County line, there are creeks and channels that will flood with even normal rains. Now that El Niño is hitting, those channels are simply overwhelmed, bringing property damage and injury, and possibly death, to people caught in the path of the waters.

The county’s mayors, along with Supervisors’ chairman Bill Horn, sent a letter to the governor, asking for a complete suspension of all state environmental laws governing what can be done to clean out clogged and blocked channels before the floodwaters hit.

They are not likely to get all of what they want, and they are not likely to get that help quickly.

Kelly Huston of the Governor’s Office of Emergency Services said, “Any such requests are usually handled after the fact of flooding and damages, not before or during. There’s a chance that emergency waivers could be granted for some things, but that won’t happen fast.”

Dave Gibson, head of the San Diego Regional Water Quality Control Board, said an emergency declaration from the governor is seldom a blanket order, like the mayors want.

“It’s not like the order will simply waive all the environmental laws. Each individual case will probably be considered, and decisions made depending on what the needs of the individual agency are. It’ll be left up to the agencies to ask for what they need, and we’ll see what happens. What the emergency proclamation will do is drastically speed up the process of getting applications processed by us and the other state agencies involved in the process.” Gibson said.

“What now can take months might be accomplished in weeks, or even days, if it’s a true emergency. Bodies like the Coastal Commission, for example, will be able to move quickly to okay permits to do work quickly. We’re ready to move as soon as the order is issued.”

Governor Brown is the only person who could order state laws suspended. Gibson said he suspects such a proclamation is right now sitting on the governor’s desk, with blanks to be filled in as needed. He thinks there’s also an executive order waiving legal responsibility on the part of local agencies.

Such a proclamation from the governor would accomplish quite a bit, but it would not affect the federal agencies concerned with the environment. To suspend the federal laws, Governor Brown would have to get help, likely from the White House. That may be difficult, but it could happen.

What that federal declaration would do is open up the possibil-



Dan Smith (right) oversees cleanup of his property following recent flooding. (Photo by Doug Curlee)

ity of cleaning out much of the blockage in San Diego’s two biggest flood control channels — the San Diego River and the Tijuana River Valley. That would come under the jurisdiction of the U.S. Army Corps of Engineers, which says it’s ready to help, having seen what has happened in the past in Mission Valley and Tijuana Valley and other stretches of the river.

So, who needs help?

La Mesa public works director Greg Humora says La Mesa itself doesn’t have a major flood threat from its part of Alvarado Creek, but that other agencies in the area do.

“Actually, CalTrans has probably the biggest problem in our area, because of the water that drains off the freeways through our area. Other area agencies have their problems, too, but La Mesa is in pretty good shape”, Humora says.

Some Alvarado Creek supporters might take issue with that, but Humora is standing fast on his appraisal.

San Diego State University and the Metropolitan Transit System own part of the Alvarado Creek problem, too.

SDSU doesn’t plan any immediate remediation work right now. MTS actually did hire the Urban Corps to clean out about 900 feet of the creek in the Mission Gorge-Mission Gorge Place area of Grantville, but absent an emergency declaration, all the Corps could do was what could be accomplished with hand tools.

It looks a lot better than it did a month ago, but it doesn’t work a lot better. It needs more work with some heavy equipment.

Gibson’s belief is that it’ll take some severe storms and flood threat to cause the governor to issue that emergency proclamation.

If the weather forecasters are correct about even more El Niño storms, we might see that proclamation soon.

We don’t have it yet, though. We might get it if there are some more rains like we just, had, but it’s not guaranteed. What is guaranteed is that more rains will flood Mission Valley and the Tijuana River bed, just as they always do. We’ve seen it too many times.

—Doug Curlee is Editor-At-Large. Write to him at doug@sdcnm.com.■

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Paint the exterior wood trim; Examine your caulking compound; Check the balcony and deck slopes; Make sure water flows away from the walls and into the drainage system...

This all sound advice during normal home maintenance, but let's look closer as we are in the middle of El Niño. Please view our article at missiontimescourier.com/expert-advice.



Jeff Mudd

Monte Vista Village
Tracy Walter

22 Years in the Senior Living Industry

What does buying a car and choosing a senior community have in common? More than you think. #1 Get past the obvious. The senior community design is as important as the resident mix and assisted living is not always appropriate for those who need memory support. Above all else, do not succumb to high pressure sales tactics you encounter when buying a car. For more on what to look for please view our article at missiontimescourier.com/expert-advice.



Tracy Walter

For more info: missiontimescourier.com/expert-advice

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CROSSWORD From the Neck Up

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56	57	58				59	60					61
62	63			64				65				
66				67				68				
69				70				71				

CREATORS NEWS SERVICE By Charles Preston

- ACROSS**

1 Seaweed substance
5 Landon, et al.
9 Cause horror
14 Michael's Disclosure costar
15 Potential measure
16 Cite
17 Wings
18 Operatic prince
19 Marry
20 Gleason role in *The Hustler*
23 Fog
24 Poitier role
25 Choose
28 "Lost Ark" seeker
33 -fi
36 Banking convenience: abbr.
37 Clarence's accuser
38 Leather-producing plant
41 Convinced
43 Heated offense?
44 Swiss river
45 Age units: abbr.
46 Sweet woman of song
51 Rams' home: abbr.
52 Powerful D.C. lobby
53 Berlin composition
- DOWN**

1 First man
2 Very cold
3 Name in freezers
4 Wagner opera
5 Budget competitor
6 Golden Arches, e.g.
7 Driftwood, e.g.
8 Push to the limits
9 Greenish blue
10 Usual fourth-down play
11 Calamine lotion target
12 Bar member: abbr.
13 *To Kill a Mockingbird* author
21 Dusk, to Browning
22 Monk's title
26 Diminish, with out
- 56 A Room of One's Own** author
62 Match site
64 Probability
65 Blackthorn
66 Kind of dressing
67 Food fish
68 Greek letters
69 Legends
70 Draft classification
71 Collectors' goals
- 27 Former Russian** rulers: var.
29 Org. founded in '18
30 Par or van add-on
31 Clayton or Sterling
32 Singer Yoko
33 Mate deer
34 Insertion mark
35 Not quite bankrupt
39 Postal-creed word
40 Part of the UK
41 Struggle
42 Pizarro's quest
44 Give up
47 Participate suffix
48 Song-like passage
49 Opposite of ENE
50 Rope loops
54 The Prince of Tides: star
55 Act self-satisfied
57 Move at a snail's pace
58 Stadium approvals
59 Inactive
60 On the briny
61 Admit, colloquially, with up
62 Pitcher's asset
63 Everything is Beautiful singer Stevens

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.

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

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Is your cat drinking enough water?

Sari Reis



Water makes up 80 percent of your cat's body and is the most important nutrient they need. Unfortunately, as descendants from desert-living felines who got most of their water from their kills, drinking water from a bowl doesn't come naturally for many of our domesticated cats.

Although some cats have adapted fairly easily, other cats may exist in a constant state of mild dehydration. This ongoing state can lead to serious repercussions including bladder stones, feline cystitis and other urinary tract infections. To prevent these potentially dangerous conditions, it is vital to ensure your kitty is consuming a sufficient amount of water to produce diluted urine.

One of the simplest ways to accomplish this is to switch your kitty from eating dry food to a quality canned food approved by the Association of American Feed Control Officials (AAFCO) that is substantially higher in moisture content.

As cats can be finicky eaters, this may take some time, patience and experimentation as you attempt to find a canned food your kitty will eat on a regular basis. You can initially try mixing the canned food in with the dry. If that fails and you have gone through a variety of foods, try adding water to his dry food. Human-grade tuna juice or unsalted chicken broth may also work when added to dry kibble. Patience and perseverance are important here.

Other methods for encouraging more water consumption include:

Make sure there is plenty of access to clean, fresh water at all times and in several locations.

Keep water bowls immaculately clean.

Move water dishes away from food bowls as many cats do not like their water close to their food.

Try adding ice cubes to their water.

Since cats have a highly



Some cats are downright finicky, including this one that prefers to drink water out of a glass. (Courtesy of Sari Reis)

developed sense of smell, they may prefer bottled, filtered or distilled water over tap water

If your kitty likes to drink water from the kitchen or bathroom faucet, your cat may prefer a drinking fountain to a bowl. If you decide to go this route, remember not all automatic drinking fountains are created equal. I suggest you go with a ceramic or stainless steel fountain. Avoid plastic as it cannot be properly cleaned and can harbor a host of bacteria. That being said, it is essential to clean your cat's water fountain regularly, at least once a week. Just refilling it when it gets low, will allow harmful bacteria to continue to grow.

These are just a few suggestions that may work. I have seen kitties drink only from a highball glass filled to the brim and set in a certain spot and some that will drink only from a running faucet. With the water shortage in California, this is not optimal. Do not permit your cat to drink from the toilet no matter how clean you keep it. Many cleaning agents could be toxic, and it is still loaded with bacteria and other potentially harmful organisms.

Trial and error may be the key here but ensuring your furry feline is drinking sufficient water will pay off dividends in his good health.

—Sari Reis is a Certified Humane Education Specialist and the owner of Mission Valley Pet Sitting Services. For more information, you can contact her at 760-644-0289 or missionvalleypetsitting.com.■

El Niño: beneficial or harmful for gardeners

Gary Jones

It seems all but certain that San Diego will have heavy El Niño rains this winter. Whether the extra precipitation is beneficial or harmful depends on actions you take in your garden, yard or outdoor space. Simple landscaping steps can be the difference between helpful rainfall and water damage.

Winter rains present a wonderful opportunity to establish new plantings, especially water-wise plants. These Mediterranean-climate plants are naturally suited to wet winters followed by a long, hot and dry period. If planted now, they'll establish strong root systems to sustain them from late spring through fall.

What you don't want to do is extensive planting on hillsides. Disturbing the soil with a major planting project will create conditions for serious erosion from heavy precipitation. Before El Niño hits, resist the temptation to remove plants, weeds or grasses. The roots that remain in the ground will hold the hill during heavy rains.

It's OK to plant a few trees or shrubs on a hillside. Just disturb the soil as little as possible around the planting area. Create a "well" with extra soil to hold water at the base of the plant. Check it periodically during the winter as it may wash away.

As you consider what to plant, keep in mind that a mixture of plants is the best choice for several reasons. Various types of root systems are better suited to hold hills and slopes. And a broad selection of plants will attract different types of beneficial insects and provide pollen and nectar for a number of birds, bees and butterflies.

If you have a newly-graded slope or one with little vegetation, consider planting it right away with several types of groundcovers from six-packs, grouped in drifts. Plants in packs have larger root systems and will establish much faster than plants from groundcover flats. You'll also want to overlay the entire hill or slope with jute netting to help hold the plants



A rain barrel can be disguised as a planter, too. (Courtesy of Armstrong Garden Centers)

and soil in place.

For slight slopes, a 2-inch layer of gravel, mulch or rock can slow down the movement of water, encouraging it to soak in rather than run off. Don't do this on steep slopes, though.

Scattering seeds of California wildflowers over open areas in yards and on slopes will help hold soil and will provide lots of spring and early summer color. Do this just before a rainstorm and gently rake the surface of the soil. California native plants are especially sought after by native bees and other pollinators.

In addition to planting the proper groundcover on slopes and hillsides, here is a summary of helpful tips to protect your property during El Niño storms:

Certain plants can help control or cause erosion – Plants that have fibrous roots, such as bearded irises, California wild lilac and manzanitas, are ideal to plant for erosion control. Use this season to sprinkle California wildflower seeds or rye grass over slopes and hillsides, as they'll quickly establish and can create root structures that aid in soil retention. Include a variety of plants, as their various root systems work together to prevent hills from erosion. However, top-heavy varieties, such as ice plants, can become water-logged and uproot on hillsides during heavy rains, causing more damage and runoff. Save those plants for flat areas.

New landscaping may need additional care during storms – Avoid replanting entire hillsides or slopes during the rainy season. If you must, hemp nets can help keep seeds and new grasses in place on hillsides during heavy rain. They will naturally decompose with time, leaving behind healthy, established vegetation. Newly created slopes have very unstable soil and will need to be covered with plastic from top to bottom to prevent rain from washing everything away.

Pay attention to your larger trees – Heavy rains and winds can cause dead branches to fall and possibly cause damage to your property. Make sure trees around your house and other structures are pruned prior to storms.

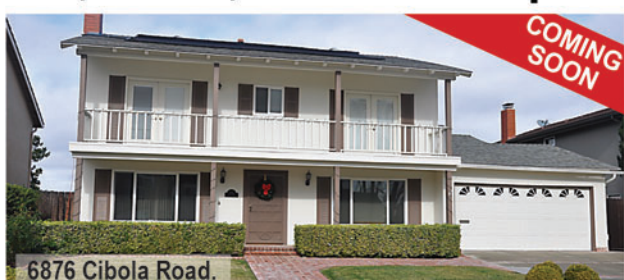
Rocks can help prevent runoff – Decorative stones or rocks can help hold soil in place on slight hillsides and slopes by stopping swiftly running pathways of rainwater. However, rocks are not safe for steep hillsides.

Have your rain barrels ready – With all the rain expected this year, make sure to capture it with rain barrels and utilize the water you collect.

—Gary Jones is Chief Horticulturist at Armstrong Garden Centers, which has locations on Friars Road and Morena Boulevard. Email your drought and gardening questions to growingdialogue@armstronggarden.com.■

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(back row, l to r) One Fit & Company president Florian Carr, CEO Brandon Carey and athlete Damon Kvitz; (front row, l to r) One Fit & Company athletes Andrew Hall, Ryan Cruz, Katie Corio, Ryan Kilborne, Jose Moreno and Alana Joy (Photo by Darrell Alonzi)

► Fitness, from page 1

studios affiliated with One Fit & Company. Sessions are scheduled based on a client's availability and location. Nutritional needs and goals are discussed with a nutritionist and clients are invited on-site to meet the chef.

"Our business model will impact the well-being of everyday people," added Alonzi, One Fit & Company's Creative Director. "I wholeheartedly believe that One Fit & Company will revolutionize the fitness industry. And while there are many pieces to the puzzle, we have the team, the knowledge and the dedication to make it work."

Everything is ordered online. Orders purchased within San Diego made prior to 6 p.m. are delivered on the same day. Orders received post-6 p.m. are delivered the following day. Clients are treated to freebies, samples, incentive awards and thank you notes. Carr, One Fit & Company's co-founder and residential supplement expert, noted the company's 2,000-plus product line inclusive of supplements, protein powders, vegan products and organic and raw vitamins. Carr chooses his products through research, testing and a sheer passion for only the "clean and the best."

"We offer high-quality products including organic and vegan supplementation," he said. "We're extremely picky about everything that lines our shelves. We don't work with any brands questioned by the FDA."

Carr, a former competitive marathon runner and body-builder stressed the importance of education in the prototype.

"Our population often ignores the importance of education," he said. "People assume that products work without identifying their personal needs. There is no easy way to a buffed body. There is no magic pill. That's why we're here."

The concept, born and bred out of frustration to change the fitness industry's current paradigm gears itself to everyone, regardless of age or fitness level. Professional, competitive and seasoned athletes, yogis, weekend warriors, the novice, teens, tweens and those under 12 are welcomed. Nothing is out of reach for establishing life-long guidelines of health and wellness. And gummy bears – yes, gummy bears – are offered to children in tow.



(above) Alana Joy models the company's athletic clothing line while lifting dumbbells; Jose Moreno does chin-ups. (Photos by Darrell Alonzi)

"We're not out to make a buck with little regard for quality, taste and most importantly, results," continued Carey. "One Fit & Company is a living breathing network of the best of the best. Customer care is our first priority."

The spacious urban warehouse includes leased offices (a medical weight-loss physician and licensed esthetician); a lounge facility, complete with a computer; Wi-Fi; a widescreen TV; and couches. Business meetings, nutritional counseling and personal training consultations are conducted in a comfortable, "no-pressure" setting. A projector and audio equipment is available for educational seminars and workshops, meetings, or a fun night of watching The Iron Generation. The San Diego Track Club and the San Diego Triathlon Club meet at the warehouse for coffee and camaraderie prior to workouts and competitions.

"We're your lifting power, your support group and your friend," continued Carr. "Our customers inspire everything we do. One Fit & Company has succeeded in creating a center that offers the information necessary to change your body without sacrificing price, time and most importantly,

one's health.

Carey, Carr and Alonzi credit their team of passionate all-stars for launching the grassroots company into stardom. "One Fit & Company would not exist without the passion of its team players," said Alonzi. "Our success is driven by our commitment to fitness."

"San Diego's the perfect environment to spawn a never-ending supply of health and fitness enthusiasts," concluded Carr. "It's also the perfect, synergistic home-base for One Fit & Company's team of all-stars, be it in the gym, the kitchen, or on the track. People come here for a purpose, and we are the reason they come. One Fit & Company is all about the success of the individual, a service we are more than happy to provide."

For more information on One Fit & Company, visit onefitandcompany.com; stop by their Grantville location at 4667 Mission Gorge Place; or call 619-988-0181.

—Contact Lucia Viti at lucia.viti@roadrunner.com. ■

► Briefs, from page 3

mid-2016 with completion of the surgical floor is scheduled for late 2018.

The \$47 million, two-story Central Energy Plant will help meet future energy capacity needs of the hospital with new emergency generators, boilers, chillers, cooling towers and auxiliary systems, along with a new cogeneration energy system funded by Sharp HealthCare. The cogeneration system includes a 52-ton, 4.4-megawatt combustion turbine generator manufactured by San Diego-based Solar Turbines. The CEP also will contain a new control room that will monitor heating and refrigeration equipment, medical air and vacuum pumps. The new CEP is expected to save millions of dollars in energy costs, plus reduce the hospital's emission of greenhouse gas pollutants by 90 percent, GHD officials said. The new CEP was constructed with 131 tons of reinforced steel bars surrounded by 4.23 million pounds of concrete with a 106-by-70-foot concrete foundation slab that is 4 feet thick. Completion of the CEP is scheduled for early 2016.

SANDAG seeks input on priorities for potential ballot measure

In preparation for a potential ballot measure to fund transportation projects and other important regional infrastructure, SANDAG is asking the public to share their priorities for the region's future.

SANDAG is currently considering a funding measure that could help pay for projects and programs laid out in the recently adopted Regional Plan — as well as other potential investments such as city projects, water quality improvements, and habitat conservation.

"Our message is simple: We want to hear from you," County Supervisor and SANDAG Board Chair Ron Roberts said in a press release. "What do you think needs to be done — in terms of transportation and other regional infrastructure — in order to keep our community moving forward?"

The SANDAG Board of Directors is considering placing a measure on the November 2016 ballot that would ask voters regionwide to raise the sales tax by up to a half

cent to fund a specific list of projects and programs. The board has not yet determined exactly what will be included on that list.

The current outreach effort will engage the community on that question — and there are three ways to participate:

•Telephone Town Halls: Everyone is invited to join any of four regional conference calls to learn more and weigh in with their priorities. At the time of the call, dial 877-229-8493 and enter access code 112664.

The telephone town hall with a focus on North County Inland and East County Tuesday, Jan. 26 from 6-7 p.m.

•Survey: The public is invited to take an online survey at priorities.sandag.org/survey to identify the types of projects and programs most important to them. Participants will choose from transit, highway, active transportation, water quality, city projects and habitat conservation categories, as well as share any other ideas they have for our region's future.

•Public Meetings: Everyone is invited to join upcoming public meetings to provide input in person.

The SANDAG Transportation Committee Meeting will be held Friday, Feb. 5 at 9 a.m.; the Board of Directors Meeting on Friday, Feb. 12 at 10 a.m.; the Board of Directors Retreat on Thursday, March 10 at 10 a.m.; and another Board of Directors Meeting on Friday, March 25 at 9 a.m.

All these meetings will take place in the SANDAG 7th floor Board Room at 401 B St., San Diego 92101 except the SANDAG Board Retreat, which will be held at Barona, 1932 Wildcat Canyon Road, Lakeside 92040.

In October — following three years of extensive public engagement — the SANDAG Board of Directors approved a \$204 billion long-range regional vision known as San Diego Forward: The Regional Plan. With a focus on creating additional transportation choices, the plan was crafted to support the economy and job creation; improve mobility; create healthy communities; and meet our environmental goals, including preserving half the region as open space and meeting our greenhouse gas reduction targets.

For more information, visit sandag.org/priorities. ■

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FEATURED EVENTS



Martin Luther King Jr. weekend events
Saturday, Jan. 16; Sunday, Jan. 17; and Monday, Jan. 18

JAN 16 There will be a free screening of the film “12 Years a Slave” on Jan. 16 in the Friendship Hall at United Church of Christ of La Mesa (5940 Kelton Ave.) from 1:30 – 4 p.m. Discussion of the film’s message will follow. For more information visit TableUCC.com or call 619-464-1519.

JAN 17 On Jan. 17 a free fellowship gathering with “small plate supper” will be held at the Christian Fellowship UCC (1601 Kelton Road, Emerald Hills) at 4 p.m. with entertainment by the Gospel Jazz Vespers at 5 p.m. For more information call 619-262-8095 or email info@ChristianFellowshipUCC.org.

JAN 17 Also on Jan. 17, floats, high school bands, drill teams and various organizations (colleges, fraternities, churches, youth groups) will all turn out for the 36th annual Dr. Martin Luther King Jr. parade. The parade is coordinated by the Zeta Sigma Lambda Chapter of Alpha Phi Alpha Fraternity Inc., the oldest African-American fraternity in America, founded in 1906 at Cornell University in Ithaca, New York. Dr. King was a member of Alpha Phi Alpha. The parade will be held from 2 – 5 p.m. along Harbor Drive near the Embarcadero. Visit bit.ly/1W4La7c for more information.

JAN 18 A breakfast on Jan. 18 with featured speaker Reverend Richard Lawrence, a Selma walk participant, will be held at 7 a.m. at Jacobs Center (404 Euclid Ave., Lincoln Park). There is a \$50 fee for this event. Visit JacobsCenter.org for more information.

JAN 18 The final event of the weekend on Jan. 18 will be the MLK Jr. Day of Interfaith Community Service from 9 a.m. – noon in Balboa Park. The opening interfaith ceremony will be at 9:15 a.m. at Marston House (3525 Seventh Ave.), followed by a cleanup and beautification of the Marston House grounds at 9:30 a.m. and musical entertainment and picnic lunch at 11:30 a.m. Visit CBISD.org/event/mlk for more information.



Blood donation opportunities
Wednesday, Jan. 20; Thursday, Jan. 21; Tuesday, Jan. 26; Thursday, Jan. 28; and Friday, Jan. 29

January is National Blood Donation Month and the American Red Cross is encouraging donors to donate blood to ensure they have a sufficient supply for the new year. There will be several donation opportunities throughout the county including the dates above at San Diego State University (5500 Campanile Drive, College Area). Each of those donation days will be open from 10 a.m. – 4 p.m. To make an appointment to donate blood, download the free Red Cross Blood Donor App from app stores, visit redcrossblood.org or call 800-733-2767.

JAN 21 **“Build Your Business, Leave Your Legacy” seminar**
Thursday, Jan. 21

This program will be held at Mission Valley Hera Hub (8885 Rio San Diego Drive, #237, Mission Valley) from 9 – 11 a.m. It is designed to help small business owners with decision-making that will prevent legal issues. Objectives include:

- Creating a positive outlook on a potential future sale or transfer of their business,
- Increased awareness of the impact of present-day decisions on their future options,
- Knowing the importance of discerning the value of your business.

There is no charge for this event and the curators are looking for feedback to make improvements for future meetings. Visit herahub.com/mission-valley for more information.

JAN 22 - JAN 24 **32nd annual San Diego State University Writer’s Conference**
Friday, Jan. 22 – Sunday, Jan. 24

This weekend-long conference will be held at the San Diego Marriott Mission Valley (8757 Rio San Diego Drive). Various events include:

- Breakout sessions on fiction, nonfiction, and more
- Consultation and advance reading appointments
- Networking lunch

FEB 6 **Patrick Henry cheer teams present cheer showcase**
Saturday, Feb. 6

Patrick Henry High School’s freshman, junior varsity and varsity cheer teams will host this cheer showcase from 9 a.m. – 1 p.m. at the school’s gymnasium (6702 Wandermere Drive, Allied Gardens). At least seven San Diego County schools will be participating including La Jolla, Serra, Valhalla and other high schools; some with two or three teams each. This is a non-competitive event, but awards will be given in categories such as: “Best Tumbling Sequence,” “Best Choreography” and “Best Jumps,” as well as individual awards. Patrick Henry’s teams will perform only as an exhibitor. General admission for the showcase is \$5 and children under 3 are free. For more information, contact cheer advisor Terri Clark at tclark1@sandi.net.■

- Mixers and receptions
- Conference choice awards

The conference will be from 12:30 – 9 p.m. on Friday – registration begins at noon with the first breakout session at 2 p.m.; 7:30 a.m. – 6 p.m. on Saturday; and 7:30 a.m. – noon on Sunday. Registration is \$499 through Jan. 19 and \$549 at the door (if space allows). Visit ces.sdsu.edu/writers for more information and registration.

JAN 23 **Sharp HospiceCare volunteer training sessions**
JAN 30 **Saturday, Jan. 23; Saturday, Jan. 30; and Sunday, Jan. 31**

Sharp HospiceCare is looking for caring, compassionate volunteers to provide caregiver relief and companionship for patients. These three volunteer sessions will be held at 8881 Fletcher Parkway, Suite 336 in La Mesa. Applicants must have reliable transportation and pass a security background check. For more info or to sign up, call 619-667-1900. Visit sharp.com/services/hospice to learn more about Sharp HospiceCare.

FEB 6 **Free blood pressure screenings**
FEB 16 **Friday, Feb. 5; Tuesday, Feb. 16; and Friday, Feb. 19**
FEB 19

No appointment necessary for these free screenings on Feb. 5 from 9:30 – 11 a.m. at the Sharp Grossmont Senior Resource Center (9000 Wakarusa St., La Mesa); Feb. 16 from 11:30 a.m. – 12:30 p.m. at College Avenue Senior Center (6299 Capri Drive, College Area); and on Feb. 19 from 9:30 – 11 a.m. at the La Mesa Adult Enrichment Center (8450 La Mesa Blvd.). Call 619-740-4214 for more information. Open to the public.

FEB 15 **Film Forum: ‘The 39 Steps’**
Monday, Feb. 15

Ralph De Laurio will be leading this new monthly program at College Avenue Center (6299 Capri Drive, Del Cerro). This session will be held from 1–3 p.m. beginning with a screening of Alfred Hitchcock’s thriller “The 39 Steps” starring Robert Donat and Madeline Carroll. The film will be followed by discussion. Future Film Forum dates include: March 14, April 11 and May 16. Visit Jfssd.org/cac for more information.



(Courtesy of PHHS)

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.

Jazz Happy Hour at the Handlery Hotel’s 950 Lounge. Free. 5:30 p.m. 950 Hotel Circle North, Mission Valley.

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.

Feb. 11: “All You Need is Love 2016” with multiple musicians performing love songs by The Beatles at Vision Center for Spiritual Living. \$20. 7 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. FolkeyMonkey.com.

CLASSICAL

Jan. 16 – 17: Beethoven’s “Emperor Concerto” at Copley Symphony Hall. \$20+. 8 p.m. on Saturday; 2 p.m. on Sunday. 750 B St., Downtown. Visit SanDiegoSymphony.org.

Jan. 20: La Jolla Music Society presents Itzhak Perlman (violin) and Emanuel Ax (pianist) featuring works by Mozart, Fauré and Richard Strauss at Copley Symphony Hall. \$30. 8 p.m. 750 B St., Downtown. Visit SanDiegoSymphony.org.

Jan. 29 & 31: Brahms and Beethoven’s “Pastorale” at Copley Symphony Hall. \$20+. 8 p.m. on Friday; 2 p.m. on Sunday. 750 B St., Downtown. Visit SanDiegoSymphony.org.

ALTERNATIVE/ROCK

Jan. 21: Nathan James at Tio Leo’s Lounge. Price TBD. 8 p.m. 5302 Napa St., Linda Vista. TioLeos.com.

Jan. 28: Michael McNevin performing Pink Floyd songs at Vision Center for Spiritual Living. \$15. 7 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. FolkeyMonkey.com.

Jan. 30: The Silent Comedy, Creature and the Woods and Robert Jon and the Wreck at Casbah. \$20. 9 p.m. 2501 Kettner Blvd., Little Italy/Middletown. CasbahMusic.com.

OTHER

Jan. 23: Farmers at Navajo Live Bar. Free. 8 p.m. 8515 Navajo Road, San Carlos. NavajoLive.com.

Jan. 28: Little Kings at Tio Leo’s Lounge. Price TBD. 8 p.m. 5302 Napa St., Linda Vista. TioLeos.com.

Jan. 31: Gaichikukai Shakuhachi Trio (Japanese bamboo flute) at Serra Mesa-Kearny Mesa Public Library. Free. 1:30 – 2:30 p.m. 9005 Aero Drive, Serra Mesa. Facebook.com/SerraMesaLibrary.

Feb. 10: “Oh, What Love” concert by The Watoto Children’s Choir at Church:SD. Free. 7 p.m. 4579 Mission Gorge Place, Mission Valley. Watoto.com.

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



News from the San Carlos Area Council

John F. Pilch

We apologize for the cancellation of our meeting on Jan. 6, but the seriously inclement weather left us little choice. Our preference was to not have folks travel in the heavy rains and be exposed to dangerous road conditions. The decision was made after receipt of many requests to cancel the meeting. We apologize for any inconvenience this may have caused.

Therefore, the next meeting of the San Carlos Area Council (SCAC) is scheduled for Wednesday, March 2 at 6 p.m. in the Winer Family Community Room at the San Carlos Branch Library, 7265 Jackson Drive. We spoke with our special guest speaker and the speaker agreed to address the SCAC on March 6. His identity will be revealed at the meeting, at the speaker's request. Hint: the speaker is quite familiar with one of the three jewels in San Carlos. Please plan to attend. We think you'll agree it will be educational and time well spent. We will also have reports from the SDPD and SD Fire-Rescue and representatives of elected officials.

We would have welcomed our new library manager, David Ege, who comes to us from the Serra Mesa branch, where he was the branch manager. If you visit the library, please take the time to welcome him to our neighborhood.

The Navajo Community Planners, Inc. (NCPI) Board met on Dec. 9 and unanimously (13-0) opposed the 70-foot telecom towers proposed by T-Mobile on the field area adjacent to the San Carlos Recreation Center. It now can move on to the Planning Commission for another presentation and vote. The proposed site may end up before the full City Council, if the applicant's proposal is again rejected by the Planning Commission.

The other telecom site on the

NCPI agenda was not heard at the request of the applicant, Verizon Wireless, due to some technical problems. Verizon proposes yet another "architectural element" on the roof of the Masonic Lodge building. This would be the fourth site on that property, which has turned into an antenna farm for the carriers.

More information and NCPI agendas are available on their website, navajoplanners.org. NCPI meets on the second Wednesday of the month at 6:30 p.m. at Tifereth Israel Synagogue on Tommy Drive and Cowles Mtn. Boulevard. Please note the new day and time of their meetings.

Currently, there is nothing new to report, as we continue to work with the District 7 office to determine what can be done to make the intersection of Navajo Road and Golfcrest safer for pedestrians. This follows a fatality in August, when a driver, who ran a red light and was under the influence of alcohol, struck and killed a female pedestrian, who was headed to the Cowles Mtn. trail. A traffic study is being conducted and more info will be reported, as it's made know to us. In the interim, please be extra careful in this area. We'll await the results of the traffic study before making any specific recommendations.

We pleased to report that the San Carlos Community Garden

continues to flourish, in spite of all the recent rain. If you're interested in raising your own plot of fruits and vegetables in this garden, please visit their website at sancarloscommunitygarden.com for details. The community garden is located at the corner of Lake Adlon and Boulder Lake Avenue, adjacent to Springall Academy, 6440 Boulder Lake Drive.

We have resumed the collection of dues, to become more actively involved in community events and activities. Dues are \$7 per household and \$15 for a business. We'd like prior members to return and are soliciting new members in this article. Please send your check to SCAC, P.O. Box 19246, San Diego, CA 92159-0246. Many thanks to those who have already sent in their checks.

We're interested in hearing from residents about ideas to enhance our community and ask that you send your thoughts and suggestions. For information about speakers, meeting reminders and agendas and other local news; or 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. Thank you.

—John F. Pilch is the president of the San Carlos Area Council. Write to him at jfpilch@hotmail.com. ■

News from the Del Cerro Action Council

Jay Wilson



Our quarterly meeting of the Del Cerro Action Council will be held on Thursday, Jan. 28 at 7 p.m. at Temple Emanu-El. Our guest speaker for the evening will be Dan McAllister, the County Treasurer-Tax Collector. In addition to providing an update on his department and services, Dan will field questions from the audience.

Recently, I have been asked about the status of the broken equipment on the playground at the Princess Del Cerro Park. At the Allied Gardens Recreation Council meeting, I asked city staff about the equipment. I was assured replacement equipment for the playground has been ordered and should be installed by the end of February. The park is heavily used and I know the new equipment will be well received.

You may remember that a couple of years ago the city literally scrapped the playground at the Rancho Mission Park on Margerum Avenue because of safety concerns. Fortunately, Councilmember Sherman secured funding for a new playground. If you have friends with children living near Rancho Mission Park, direct them to the NCPI website navajoplanners.org and urge them to take the survey on what

play equipment they would like installed. This information will be given to city staff and the consultant to help them in designing the new playground. The new design is scheduled to be presented at the Allied Gardens Recreation Council meeting on March 1 at 7 p.m. at the Allied Gardens Recreation Center.

We are still moving slowly forward on planting new vegetation in the Del Cerro Boulevard median in front of Hearst Elementary. The funds from SDG&E to be used for purchasing the plants and soil will be handled through the Grantville-Allied Gardens Kiwanis Club Foundation. David Livingston, our Del Cerro resident and landscape architect, is waiting for an approval of the plant pallet he submitted to the city several weeks ago.

It has been quite a while since we have done a survey about the concerns our Del Cerro residents have and what they would like to see come in to our community in relation to businesses on Del Cerro Boulevard between College Avenue and Madra Avenue. The biggest request, a couple of years ago, was a Starbucks or an Einstein Bagel store. We now have an Einstein Bagel. What else would you like to see become part of Del Cerro?

—Jay Wilson is secretary of the Del Cerro Action Council. Write to him at jjwilson@mtrp.org. ■

SUDOKU & CROSSWORD
PUZZLE ANSWERS
FROM PAGE 19

5	8	1	2	7	3	9	6	4
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MINNESOTA	FATS	
DAZE	SIR	OPT
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SCI	ATM	ANITA
TANNERY	WONOVER	
ARSON	AAR	YRS
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6 Tips to Prepare Your Home for El Niño

Last month we all received a reality check as the El Niño rains came pouring down around our communities. The roads were slick, areas flooded, and our world-class first-responders worked diligently to help those in need. While we experience respite from the rain, we suggest you review your home's plumbing and prepare your space for the next set of rainstorms. **Here are a few suggestions:**

1. Outdoor Area Drains:

Check and test outdoor drains for proper operation. Remember: even if your drains worked properly last season, you'll want to test them again this season. Additionally, trees desperate for a water source during the drought may have rooted in some of your drain pipes. Now with the increase of rain, the roots will continue to grow. If you've noticed slow drains in and around your home, call a plumber!

2. Sump Pumps for Dewatering Systems:

Sump pumps sit in the basement, inside a crawl space, or just inside. They pump out water that collects in a basin and send it to the outdoors, usually to the street gutter. A sump pump serves to keep your basement or crawl space dry. If you already have a sump pump in place, you'll want to call an expert to service it and make sure it's working properly before the rains come. If you had problems during the last set of storms, you may consider installing a sump pump at your property. Even with good drainage systems in place, with enough rain, groundwater can enter below-grade areas, like basements, garages and crawl spaces. Correctly installed dewatering systems can protect your structure from water damage.

3. Water Alarms:

Invest in a few water alarms so you will be notified in the event you experience a leak in your home and/or garage. Our technicians can help you strategically place the water alarms for maximum effectiveness.

4. Automatic Watering System:

Turn off or reset your automatic watering system until the rains subside. Better yet, save the rain water in barrels and use it to water the plants around your yard!

5. Rain Gutters:

To do their job, rain gutters need to be clear of leaves and debris. If water doesn't flow freely through the drain pipes, you could encounter some problems. Be sure your rain gutters are free from obstruction so they can properly route water runoff and drain away from your home.

We've barely scratched the surface on ways to prepare your home for the rainstorms that El Niño can bring. Our expert technicians at *Ideal Plumbing, Heating, Air & Electrical* are happy to help you get prepared.

Call *Ideal* to help prepare your home for the El Niño Storms!

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