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Grantville update

Grantville's easy access to public transportation makes it an ideal place to develop mixed-use, density projects.
(Photo by Jeff Clemetson, additional graphics by Todd Kammer)

Private investment remains on the horizon for redevelopment plan

Hutton Marshall

In June 2015, nearly one year ago, the City Council approved the Grantville Redevelopment Plan, a micro-community plan update aimed at attracting residential development and commercial investment to revitalize the central San Diego community.

The neighborhood's accessible location and close proximity to public transit have made it, in the eyes of many, an ideal candidate to perpetuate the goal

of many city leaders to increase urban density and market-rate housing while decreasing reliance on the automobile. This "City of Villages" strategy would be achieved by creating closed-system communities where residents can shop, work and unwind without driving elsewhere. If the city's plan for Grantville is realized, the neighborhood could see an increase of as many as 8,000 housing units, ideally with a proportional increase in commercial activity.

To incentivize developers to build housing and commercial space in the neighborhood, the city altered zoning areas to convert portions of Grantville previously reserved for industrial development for residential and commercial property. The city also performed a Master Environmental Impact Report (EIR) for the Grantville Redevelopment Area, which

See **GRANTVILLE** page 23

Flood control projects getting done in a flash

Improved permit approvals speeding up process

Doug Curlee

Editor at Large

When Governor Brown declined to waive environmental regulations so that critical flood problems like Alvarado Creek could be easily cleaned out, it looked as though we would be suffering through another very wet and very destructive El Niño winter.

Two factors have eased that concern somewhat. One is that El Niño has not, so far, been as bad or long-lasting as predicted. The operative phrase here is "so far," because the experts say El Niño is not over with yet.

The other, and perhaps more important factor, is that in the letter from state Office of Emergency Services director Mark Ghilarucci was the instruction to state agencies to drastically speed up the required permitting of cleanup projects. In other words,

See **FLOOD** page 19

Taste of Navajo funds lunch-area upgrade at Green Elementary

Jeff Clemetson

Editor

On April 15, area foodies will get a chance to sample the wares of local restaurants and craft breweries while supporting a local school at the annual Taste of Navajo event held at Mission Trails Regional Park Visitor Center.

The event is put on by the Green Elementary School Foundation, and this year the proceeds will raise money toward improving the school's lunch area.

"We would like to beautify it and make it much more kid-friendly than it is now," said Nikki Dodd, who is the chair of the lunch-area project. "Bring some more color to it, some plants, get

some kid artwork in here, make it more friendly. It doesn't look very friendly right now, but we work with what we have."

If past Taste of Navajo events are any indication to the success of this year's fundraiser, the Foundation will have around \$10,000 to work with this year, foundation president Erin Liddell said. The lunch-area project will cost around \$20,000 and when completed will include a new fence, new landscaping, a water bottle-filling station, new garbage cans that cut down on odor and brighter colors to replace the browns and grays currently painted in the area.

"When [the students] come

See **UPGRADE** page 23



Patrons enjoy a sampling of food from McGregor's Grill & Alehouse at the 2015 Taste of Navajo. (Courtesy of Green Elementary Foundation)

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(front row) Lisa Hamel, Maggie Pound, Jane Blount, Maria Carrillo, Ken Thayer; (back row) Norm Johnson, Dr. Cindi Britton, Michelle Martin, Marty White, Maggie Yorba, Jerry Minor, Rich Ficker, Jocelyn Neubauer, Connie McGaugherty, Alex Zubeck (Photo by María José Durán)

The value of networking

GADS business organization helps local companies create profitable relationships

María José Durán

Jane Blount introduced herself in the big meeting room of Brothers Diner in Allied Gardens and offered her fellow business owners discounted massage gift certificates. She sold five.

"Right now business is pretty good," she said. "In fact, since joining this group and networking with other individuals, I've increased my throughput."

GADS (Grantville, Allied Gardens, Del Cerro and San Carlos) business association was created to help business owners in those areas build a network of relationships with their peers that eventually can lead to increase their clientele.

On Friday Feb. 13, GADS held its monthly meeting at a local diner on Waring Road. The

Diego's District 7.

Hamel believes that the desire of information about the Grantville Focus Plan is attracting more people to the association.

"A lot of the people that are on the river, close to the river or in areas that are going to be changed to this new housing and retail land multi-use want to know on an ongoing basis what that means," Blount said. "We heard today of 4,000 new residents or places to live, that means new people coming into our community and purchasing products and services from them."

A rental property, a dentist office, a business supply store, a professional life coach and a business broker were some of the businesses represented in the February GADS meeting.

Pound takes pride that the local organization is inclusive. "There's not just one of any category, so today there's only one massage

membership fee is required of its members.

"That's what makes us different, we don't charge a fee. If you come, you have breakfast, you pay for your breakfast, that's it," Pound said.

To be an ambassador, a proprietor has to attend two meetings and indicate their interest to continue going to the monthly gatherings.

"(An ambassador) can be a spokesperson for the meeting too, and ideally go out and promote what we are trying to do," Hamel said.

The area covered by the GADS business association has many perks. There's Mission Trails Community Park, safe neighborhoods and good schools. It's close to downtown but lacks the issues of the central area. "We are one of the best kept secrets of areas within the city," Pound said.

However, that area doesn't have a commercial center, a pedestrian-friendly avenue or a big street mall where small businesses thrive together. Rather the contrary, local stores are scattered here and there. In that scenario, creating relationships between local proprietaries or attracting new clients can be a challenge.

"What they have in common is a desire to create relationships with other people that are in business," Pound said. "They understand the importance of relationships. That's how I built my business, through relationships."

Hamel said that the ultimate mission of GADS is to create a network of connections that helps lift the community. "Supporting each other... That's what it boils down to," Hamel said.

In Blount's opinion, "(GADS) is based on building relationships and get to know who the other business owners are in our community and genuinely channel people into their front door."

Anyone can attend one of the meetings and present themselves and their businesses.

Hamel and Pound complain that bringing more people to the business organization has been a hard task. "It's hard, truthfully, the passion that Maggie and I have, to have enough people that are as passionate as we are," Hamel said.

For more information, visit their Facebook page facebook.com/GADSB2B or give them a call at 619-961-1957.

—María José Durán is a freelance writer from San Diego. Reach her at emyein@hotmail.com. ■



GADS members discuss business opportunities at their Feb. 13 meeting. (Photo by María José Durán)

guest speaker, Liz Saidkhanian, director of outreach for District 7 councilmember Scott Sherman, explained the consequences of the long-awaited Grantville Focus Plan. This amendment document, approved in June 2015, is an effort to redevelop the area.

Lisa Hamel and Maggie Pound are the co-founders of GADS. These two women perceived the need of a business association in the area and joined efforts to develop one. In less than a year, they have connected more than 25 ambassadors and established a network of relationships among business owners throughout San

therapist but if another massage therapist wanted to join us, everybody understands, this is about relationships," Pound said.

Being a GADS ambassador has helped Blount with her massage therapy business. "The core of this group seems to be awareness of other business and how can we support each other and how we can grow organically," Blount said.

"What they have in common is a desire to create relationships with other people that are in business," Pound added.

One of the defining characteristics of GADS is that no

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iFLY ready for flight in Mission Valley

Joseph Ciolino

Grab your helmet and jumpsuit and prepare for body flight, without ever having to jump out of an airplane.

Indoor skydiving company iFLY San Diego held its grand opening in Mission Valley on March 4, and they did it with a bang. The Red Bull Air Force professional skydivers jumped out of a plane and landed in the parking lot in front of invited guests, and then made their way inside the wind tunnel for a performance.

The iFLY facility, located at 2385 Camino Del Rio North, is the third to open in Southern California. The other two are in Hollywood and Ontario, and more are planned.

People of all ages and flying experience can schedule indoor free-fall flights emulating the skydiving experience. So how does it work?

The multimillion-dollar facility with an unusual design features a large wind tunnel housed with fans that draw air through the flight chamber, which is then pushed back down through the return air towers on the sides. The air is then turned from the towers into the bottom of the tunnel and back up toward the flight chamber through an inlet contractor reducing the air

travel space by compressing and speeding up the air, allowing for a support of air-enabling flight, according to iFLY.com.

Fliers must fill out a waiver before they enter into a room where they are greeted by their flight instructors, who are seasoned skydivers and have had extensive training in the flight tunnel. They watch a five-minute video highlighting hand signals.

After that, fliers are fitted with a helmet and flight suit. Hand signals are reviewed, and fliers enter the outer rim of the tunnel and await their turn to fly.

Flights typically last about 60 seconds and are largely instructor-assisted, as it can be a bit difficult at first. Rookies typically start out on their "bellies" with their arms raised and elbows pointed out, while the instructor guides and ensures they maintain proper positioning. First-timers will experience wind speeds of 50 to 70 miles per hour, but this can be turned up for seasoned fliers.

Safety is king. First-time or less-experienced fliers are monitored very closely by instructors throughout the flight's duration.

"Our instructors are IBA [International Bodyflight Association] certified and they train in all matters of safety," said Krystal Castaneda, general manager of iFLY San Diego.



Holding the ribbon is Alan Metni, CEO of SkyVenture International, parent company of iFLY San Diego. (Photo by Jeff Clemetson)

"They make sure everyone is safe, that is the main thing. They are in there with you the entire time."

More experienced fliers can prove they don't need as much guidance from instructors, allowing them to be a little more hands-off.

Fliers can also track their progress and advance through a progression system the more they fly. Fliers can sign up on tunnelflight.com and advance through levels approved by their instructor, and gain access to various perks the higher they advance, such as less-guided flight.

"The more levels you gain and the more experience you gain, then the more people you can fly with and the more abilities you have," said Brooke Sylvia, iFLY San Diego shift supervisor.

Not only will fliers progress

and gain experience, they will be burning calories as well. Flying is physically active because of the need to actively hold body positioning against wind.

"I compare it to yoga," Sylvia said. "You're really engaging your body, holding still and strong and it's very similar."

Dynamic flying is one of the most popular activities for competitive indoor skydiving. Teams of two or four compete by going around in a set pattern for three laps and the team with the fastest time of the three laps combined wins the round, said Nick Flo, San Diego iFLY instructor.

"There is also a freestyle round where it's artistic, and four-way teams will fly a freestyle, artistic pattern where they will be judged by how it looks," Flo said.

The iFLY tunnel can also be

used as a resource for teaching children.

Castaneda said iFLY has a STEM education program bringing educators in to teach children about the science behind the laws of physics including wind speeds and drag.

Want to fly? There are only a few restrictions. You must be age 3 or older and weigh less than 250 pounds. People who have experienced recent shoulder dislocations or have history of back, neck and heart issues should probably check with their doctor before attempting to fly, according to iFLY.com. Two 60-second flights cost \$80, and visit iflyworld.com/san-diego for more information.

—Joseph Ciolino is an intern with SDCNN and a senior majoring in journalism at San Diego State University. ■



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(top) The iFLY building's unique shape helps circulate the air in the wind tube that pushes "skydivers" off the ground. (Photo by Jeff Clemetson); (right) SDCNN editor Jeff Clemetson tries indoor skydiving with instructor Nick Flo. (Courtesy of iFLY)

Flying away on a wing and a prayer

Jeff Clemetson
Editor

When I was 9 years old, my favorite TV show was "The Greatest American Hero." The premise of the show went something like this: Aliens give a high school teacher a powerful suit that turns him into a superhero. But he loses the instruction manual on how to use it and so all his powers are performed with less than perfect finesse — especially the flying, which resulted in comical crashes and wobbly takeoffs.

That's a lot like how I felt in the iFLY San Diego indoor skydiving center in Mission Valley — like I lacked the knowledge of how to use my flying suit. It's not that the pre-flight class with instructor Nick Flo was inadequate; it was that my body lacked the learned discipline to stay aloft within the wind tunnel.

The first time I went in the wind tube, I spent the better half of the 2-minute experience on or near the floor, struggling to keep my body in the preferred position for maximum resistance. The iFLY instructors use a system of hand signals to direct you on how to position your legs and body: index and middle finger extended like a hippy peace sign means the instructor wants you to extend your legs; same two fingers bent like someone giving air quotes means to bend the legs; and extending the thumb and pinky out like a surfer giving the "hang loose" sign means to relax.

The idea is that through straightening or bending the body, you can increase or decrease wind resistance and give you more or less altitude in the tunnel. Considering the number of times my belly bumped the floor that first run, I felt that what I should really be decreasing is my calorie intake.

Despite the fact that I didn't fly with the cool ease of the instructors, who put on quite the aerial acrobatic demonstration before my



flight, I couldn't wait for my next chance to try it again.

My next session started out a lot like the first, struggling to keep enough wind below me to hover above the floor. Just as I started to feel like I was getting the hang of flying around the wind tunnel, it started raining from the ground up. Not real rain, since this is an indoor skydiving facility, but there were water drops coming from beneath me.

Flo pulled me to the exit and the turbines that blast the air were shut down while a crew went to investigate what was going on. I could hear the instructors and machine operators bemoaning that this, of course, had to happen when the press was there. They assured me that replicating skydiving in a thunderstorm was not a normal part of the experience and that these kinds of bugs would be worked out of the system by the time iFLY held its official opening.

The water issue turned out to

be nothing serious, so I got to go in the wind tube a third time. This time around, I managed to stay off the ground and was even able to fly over Flo's reach. As I drifted back toward the ground, I suddenly felt Flo grab my suit and at the same time the operator increased the wind speed. He flew us to the top of the tunnel, spinning in circles on the way up and on the way down. We did this a few more times, spinning our way up and down the tunnel to the fluctuating speed of the wind.

It was thrilling! And for those brief moments, I knew what it was like to fly with that instruction book. As I left the iFLY building on my way back to the office, I couldn't help hearing the theme song to "The Greatest American Hero" in my head: "Believe it or not, I'm walking on air. I never thought I could feel so free-ee-ee ..."

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

How to Sell Your San Diego Home or Condo in a Hot Market Without an Agent

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

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

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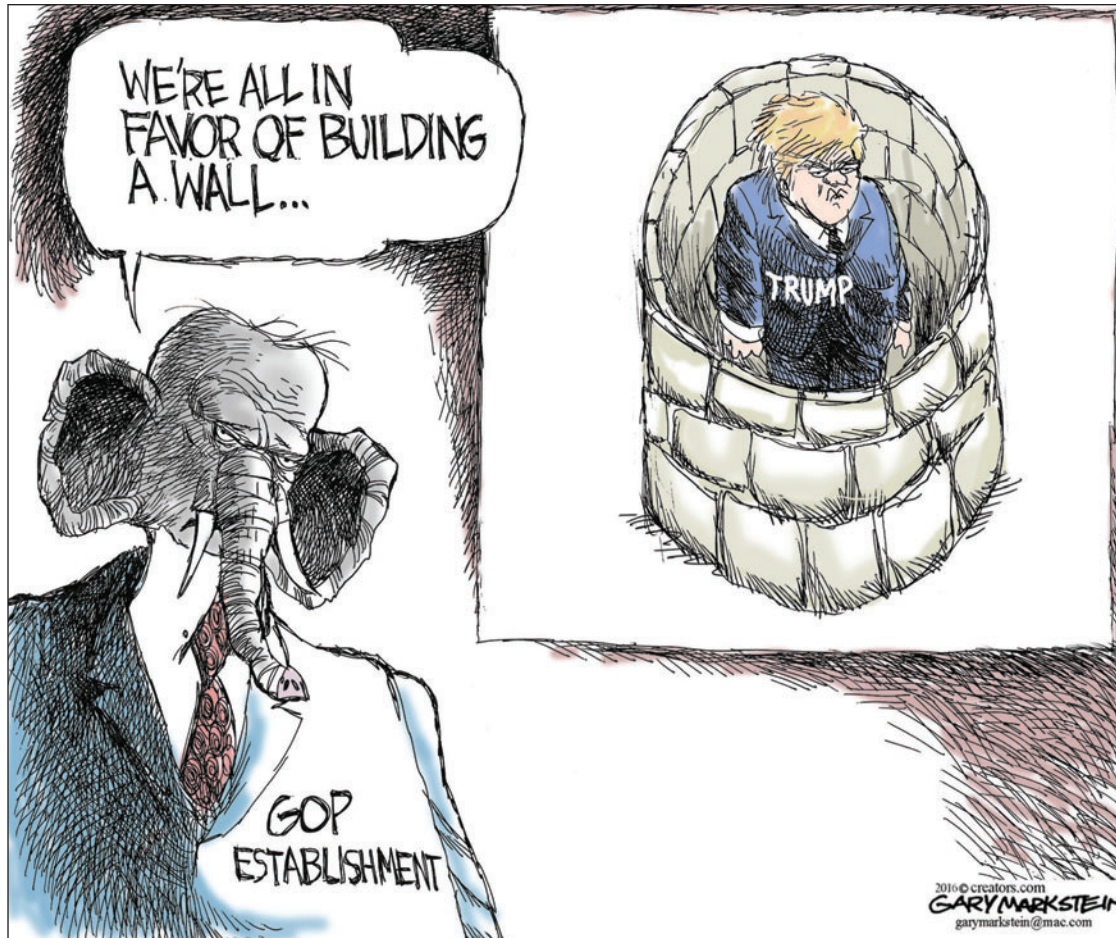
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GUEST EDITORIAL

Tips for paying and reducing your property tax bill

Dan McAllister

San Diego County
Treasurer-Tax Collector

Avoiding penalties and possibly reducing your property tax bill are two things most San Diego County taxpayers would like to hear more about! The last day to pay the second installment of the 2015-16 secured property taxes without penalty is Monday, April 11. Normally the last day to pay the second installment is April 10, however this year as it falls on a weekend, taxpayers are provided with an additional day to pay without penalty.

In light of the growing popularity of paying tax bills online, our office has continued to improve its "mobile-friendly platform" to make it easier for taxpayers to pay online through their phone or tablet in order provide taxpayers with more streamlined payment options.

Here are our top 10 tips for paying on time to avoid any penalties, and to possibly reduce your property tax bill:

- Pay by e-check. Consider paying by e-check on the Treasurer-Tax Collector website at sdtrastax.com. It's secure, free, fast and easy and your payment is credited as of the date of successful submission.

- Know the difference. Paying by e-check on the Treasurer's website is not the same as paying through your bank's online banking bill-pay system. Payments that are submitted through your bank's online bill-pay system may take up to 10 business days before our office receives payment and often the envelopes are not USPS post-marked. Please confirm dates with your bank and schedule a payment well in advance of the date you would actually like our office to receive it to avoid possible penalties.



Dan McAllister

- Sign up for free e-Notifications. Taxpayers can also sign up for free e-notification to receive a friendly email reminder when the secured taxes are due at sdtrastax.com.

- Mark your calendar. The Tax Collector's office sends one annual secured bill only. The first installment is due on Nov. 1 and the last day to pay on time is Dec. 10. The second installment is due on Feb. 1 and the last day to pay on time is April 10.

- Prepare financially. There is no legal provision to defer taxes due to financial hardship. If you are unable to pay your taxes when due, a penalty will be assessed. If your taxes are still unpaid by the end of the fiscal year, your taxes will default and additional penalties will apply. At that time, you may qualify for a payment plan to pay the taxes over a five-year period.

- Check with your mortgage company. If you have recently refinanced or purchased a property, contact your lender to determine who will be paying the tax bill. If you have an impound account, make sure your mortgage company pays the bill on time.

- Check your travel schedule. If you plan to be out of town,

make arrangements beforehand. And remember, you can always pay online! It's secure, fast, free, and easy.

- Don't confuse your supplemental bill with your annual secured bill. Supplemental bills are separate from your annual secured tax bill. They are sent when there's been a change of ownership or new construction.

- Are you receiving a homeowner's exemption? Property owners who occupy their homes as their principal place of residence on Jan. 1, and each year thereafter, are eligible for this exemption. The homeowners' exemption provides for a reduction of \$7,000 off the assessed value of your residence. This results in an annual property tax savings of approximately \$70. You can download the application from the County Assessor's website at sdarcc.com, or request that one be mailed to you by calling their office at 619-531-5772.

- Do you disagree with the assessed value shown on the front of your secured tax bill? You have the right to file an Assessment Appeal. For assessment appeal forms and information, visit the Clerk of the Board of Supervisor's website at sandiegocob.com, or call their office at 619-531-5777.

Overall, our collection rates have been excellent this year, thanks to San Diego County taxpayers who are doing their part and making that possible. The total secured tax charges are expected to generate more than \$5.3 billion for county operations to help our schools, our community colleges, our libraries, and so much more in our community. Please contact the Treasurer-Tax Collector's office with any questions that you may have and we would be pleased to assist you. We can be reached toll free at 877-829-4732.

—Dan McAllister is the San Diego County Treasurer-Tax Collector. Reach him at taxman@sdcounty.gov. ■

FEATURED LETTER

Stopping cell towers needs more involvement

[Volume 21, Issue 12 or
bit.ly/1QEYKj1]

On Dec. 9, 2015, approximately 65 San Carlos residents showed up at the monthly meeting of the Navajo Community Planners. They came to speak of their opposition to the two 70-foot cell phone towers T-Mobile wants to install at the San Carlos Park.

Eight of the people were on a committee formed in September of 2015 to fight installation of these towers. They walked the neighborhood and got over 350 signatures on petitions and about 65 residents of the area showed up to voice their opposition. So many people wanted to speak that the normal time allowance of three minutes each was shortened to one minute per speaker.

Most of the speakers referred to the Navajo Community Plan that they read online. Many found points in the plan that are contrary to two 70-foot cell towers being in this park. The board voted unanimously "NO" to having these cell towers.

Now the issue will be addressed at the next level of government — the San Diego Planning Commission, which will meet on this issue on Thursday, April 14 at 9 a.m. at 202 C St., San Diego in the 12th-floor council chambers. Anyone who wishes to attend this meeting may do so.

If you are opposed to this issue of the two T-Mobile towers at the San Carlos Park, please attend this meeting if you can and please email your comments to: planning-commission@sandiego.gov and to scottsherman@sandiego.gov.

Also, we want people aware that T-Mobile, after getting a "no" vote at Navajo Community Planners meeting, decided to go ahead anyway by taking the issue to San Diego Planning Commission. If they are again voted down by the commission, T-Mobile can take the issue to the San Diego City Council. We may have to defeat the issue two more times.

This is an important issue that affects our community. If you are opposed, please take a few minutes and let the Planning Commission and Councilman Scott Sherman know.

—Barbara and Chuck Carter,
San Carlos ■

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For breaking news and investigative story ideas contact the editor by phone or email.

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—Congressman Scott Peters serves the 52nd District of California, which covers much of central San Diego County including Poway, Coronado, and large portions of the city of San Diego. He is also a former environmental attorney, City Council president, and chairman of the Port Commission. ■

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Local politics the focus of next meeting



Linda **Armacost** and Jeff **Benesch**

In another of our continuing series of election events, the April 6 meeting of the La Mesa Foothills Democratic Club may prove to be the best yet. Union-Tribune politics and government editor, Michael Smolens, will highlight and review many of the hot button local issues veteran politics watchers are discussing. It will be a Q&A session that will cover whether San Diego Democrats are “done-in” by recent council redistricting that seems to favor Republicans in local primaries; his predictions on the most heated races; the effects of the Briggs initiative on local development and the Chargers stadium; SANDAG planning and politics; the effect of the presidential race on turnout; and more. Members and guests are encouraged to bring their own questions to be answered.

As if Smolen was not enough, we will also welcome back old friend Todd Gloria to the club. Gloria, the San Diego City Councilperson who took over the mayorship in a very successful “sub” role, is looking to secure our endorsement for his run for the 78th Assembly Seat currently held by Toni Atkins. Atkins is termed out and running for Senate, but Gloria will remind us of his long progressive history in San Diego, initiating the Climate Action Plan among much else, and what his experience will bring to Sacramento.

And we’ll meet Ed Harris, the longtime progressive activist and head of the Lifeguards Union, and himself a “sub” on the San Diego City Council where he served when Kevin Faulconer was elected Mayor of San Diego. Now that Harris himself has challenged Faulconer for mayor in this year’s election cycle, he’ll teach us why the current mayorship is untenable for working San Diegans, and how his election will propel the city toward higher wages for hourly workers; ensure environmental safeguards are put in place for all future development; protect our beaches, bays and waterfronts for future generations; and why he’ll be more interested in focusing — with a full term as mayor — on city business and many regional problems, than running for higher office in 2018.

Last on the docket, we’ll get caught up with the California Clean Money Campaign, with spokesperson James McCord. McCord will inform us about current efforts in the legislature, specifically the California Disclose Act, and the related Voter’s Right to Know Act. This initiative will go even farther in forcing all political ads to list the real backers and monied interests behind the ads. McCord is looking for volunteers to put the act on the ballot in November. Many of you may remember that McCord



(top to bottom) Ed Harris, Todd Gloria, Michael Smolens (Courtesy of La Mesa Foothills Democratic Club)

tabled with us at the March meeting.

Yard sale

Don’t forget our fabulous fundraiser, the La Mesa Foothills Democratic Club’s 8th Annual Yard Sale on April 23 from 7 a.m. to 1 p.m. at the Perkins residence located at 5009 Randlett Drive in La Mesa.

Every year, hundreds flock to this sale to pick up the many bargains donated by our members. Its proceeds are key to our having our meetings at the wonderful venue we enjoy each month, and the publication of our very popular newsletter, the Progressive Voice. For more information, please visit our website at lamesafoothillsdemocraticclub.com and like us on Facebook.

The La Mesa Foothills Democratic Club represents the communities of Grantville, Allied Gardens, San Carlos, Del Cerro, College Area, La Mesa, Santee, Mt. Helix, Casa de Oro, and many other East County neighborhoods. We meet the first Wednesday of each month at the La Mesa Community Center, 4975 Memorial Drive in La Mesa. Social hour begins at 6:30 p.m. with snacks and beverages, the meeting itself starting at 7 p.m. The meetings are open to the public and we encourage all local forward thinkers and progressives to check us out.

—Linda Armacost is president and Jeff Benesch is vice president of programming for the La Mesa Foothills Democratic Club. Reach them at jeffbenesch@gmail.com.■

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with Dr. Bradley Ross It's Time for Spring Cleaning!

One of the first lessons in personal care that we learned as children was to brush and floss our teeth at least twice a day. Not only does it help keep our smiles looking bright and our breath fresh, by following a regular oral care regimen at home, you are helping to ensure that your teeth and gums will stay healthy. But did you know that no matter how diligent you are at taking care of your teeth at home, harmful bacteria grow in your mouth that can only be removed by your dentist or hygienist? Over time, untreated bacteria can cause cavities and gum disease, and possibly be linked to heart disease and other illnesses, significantly affecting your overall health. As many as 90% of adults have some form of gum disease.

That's why part of your dental health routine should also include a visit to your dentist at least once every six months.

Professional cleanings reinforce your efforts in your own home care oral health regimen of brushing, flossing and/or using a waterflosser as well as providing:

- Removal of plaque, tartar and stains
- Evaluation of gum tissue
- Polishing
- Fluoride application
- An oral cancer screening
- Checking biting/chewing patterns
- X-rays
- Cleaning and adjustment of dentures and partial dentures
- Reviewing and updating medical history
- Nutritional counseling
- Referral to specialist dentists as needed
- Recommendations for future treatment

By working together, your dentist and hygienist act as co-therapists to help you manage your oral health. It is never too late to get back on track with regular dental check-ups and cleanings.

Be sure to add a dental visit to this year's Spring Cleaning list!

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

Candidate forum highlights April events



Judy
McCarty



April will be a very busy month for the Navajo Canyon Republican Women. In addition to our regular monthly meeting, we will host a free community candidate forum on Friday, April 22, from 5:30 to 8 p.m. at St. Dunstan's Episcopal Church, 6556 Park Ridge Blvd., off Navajo Road.

Republican candidates competing for elected positions representing the area will be present to meet and greet those who attend and will speak briefly. Refreshments will be served. Previous NCRWF candidate forums have drawn a large and lively crowd and we hope the community-at-large will take advantage of this opportunity. There are no space limitations at St. Dunstan's, but we hope you'll let us know you are coming so we can plan ahead. RSVP to ncrwf99@gmail.com and put "Candidate Forum" in the subject line.

Our luncheon meetings continue to draw large crowds to



Shelter to Soldier president and training director Graham Bloem (Courtesy of Shelter to Soldier)

The Brigantine in La Mesa for our lively presentations by outstanding political leaders. Next up is our April 12 meeting with two important speakers.

First is Stephen Frank, creator and writer for Political News and Views, who has been active in numerous campaigns and causes for more than 50 years. He will

be discussing The 2016 elections and what they mean.

Our second speaker will be Graham Bloem, president and training director of Shelter to Soldier, the nonprofit organization that NCRWF will be assisting for the next two years. Shelter to Soldier rescues dogs from local shelters and trains them to become psychiatric service dogs for combat veterans suffering from PTSD.

Check-in time for the 11 a.m. meeting will begin at 10:30 a.m. Cost for the full-course luncheon is \$20. Lunch is served at noon, followed by the speakers. Due to space limitations, reservations are required. To join us, RSVP to Marjie at NCRWF99@gmail.com and put "Luncheon" in the subject line. You can also call her at 619-990-2791.

Our March speaker, Barry Nussbaum, provided a riveting assessment of the threats from ISIS and other international conflicts. Videos of his talks are generally available on his website, AmericanTruthProject.org.

A future date to save is June 14. Not only is it Flag Day, it's also the date for our annual fashion show, "Stars and Stripes Forever" at the Bali Hai. Our membership drive for the new year is on-going; dues are \$30 through March, then increase to \$35.

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

—Judy McCarty is publicity chairman for the Navajo Canyon Republican Women Federated. Write to her at jhmccarty@cox.net.

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Councilman Scott Sherman lends a hand to the San Carlos Community Garden. (Courtesy of sandiego.gov)

Urban Agriculture Incentive Zone approved



Recently, the San Diego City Council unanimously approved an Urban Agriculture Incentive Zone, a program that will help expand community access to fresh produce through a property tax incentive for urban agriculture on vacant, blighted land.

County Supervisor Ron Roberts and myself advocated for the new program.

The program will provide communities throughout the entire city an economic tool to

incentivize the development of community gardens on eyesore properties. An Urban Agriculture Incentive Zone reduces the property tax of a participating parcel owner in exchange for a minimum five-year contract for the usage of the site for urban agriculture.

The new measure is made possible as a result of State Assembly Bill 551 introduced by Assemblymember Phil Ting (D), which was signed into law during the 2013 state legislative session.

I appreciate the support of my council colleagues for approving my measure that will incentivize the development of urban agriculture in all San Diego

neighborhoods as well as give residents and property owners an additional tool to transform blighted property in their communities.

The new development will also help further our mission of developing and maintaining an equitable, healthy, and sustainable food system in San Diego.

Once the measure is approved by the county government in the next couple months, our office will be looking for empty lots in the community and property owners that may be interested in the new program. If residents may know of locations for a potential community garden, please contact my office at 619-236-6677 or email ScottSherman@sandiego.gov.

—Scott Sherman represents District 7 on the San Diego City Council.■

Dianne's Corner News and notes from your County Supervisor



Ratings triple crown: In a big win for local taxpayers, San Diego County has again earned the highest possible ratings from the nation's top credit agencies — Fitch, Moody's and Standard & Poor's.

All three recently renewed their "triple-A" ratings for the county, a vote of confidence in our efforts to keep a lid on costs and watchdog tax dollars. The agencies praised the county's forward-looking management and conservative budgeting.

Only a handful of other counties in the nation have similar sky-high ratings.

Fighting an epidemic: Our region has taken another big step to assist families dealing with the devastating impact of Alzheimer's disease.

The Alzheimer's Project, our county-led effort to find a cure and boost care, recently announced the creation of a screening tool to help primary care doctors diagnose and manage dementia.

Many doctors don't have clear standards on what Alzheimer's looks like and patients are often misdiagnosed. With this new screening protocol, now in trial stage, doctors will be able to iden-



Supervisor Dianne Jacob speaks at the launch of The Alzheimer's Project on May 6, 2014. (Courtesy of Dianne Jacob)

tify those with dementia faster and help them get the resources they need.

Stop scams: Attention seniors and caregivers — you're invited to a special community forum set for Thursday, May 12, on how to avoid financial scams.

Joining me at the free "Don't Get Hooked" event will be Poway Mayor Steve Vaus, along with fraud watchdogs, scam victims and financial experts.

The event will run 9 to 11 a.m. at Poway Community Park Auditorium, 13094 Civic Center

Drive, Poway. A free breakfast is included. To attend, call 844-899-1597.

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.

Have a great East County day!

—Dianne Jacob is County Supervisor for District 2. Reach her at dianne.jacob@sandiego.ca.gov.■

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Patrick Henry High School News

Elizabeth Gillingham

Henry students excelling in sports, service, music

JV girls' basketball reaches perfection

Every sports team dreams of having that perfect season, though most never achieve that lofty goal. However, the Patrick Henry junior varsity girls' basketball team did just that, wrapping up a perfect 20-0 season Feb. 19 with a 46-31 home victory over league rival Serra.

Playing a smothering defense, the Lady Patriots defeated many of their opponents by large margins this season. Some of their opponents even went so far as to bring varsity players to the junior varsity squad in an attempt to knock the Patriots from the unbeaten ranks. Yet, each time, the Patriots more than met the challenge, collecting win after win all winter long.

But the Serra Conquistadors posed a serious challenge, having lost to PHHS by only three points in their first matchup at Serra

High School. It was the Patriots' closest game of the season.

In the rematch — a contest that was played in front of the largest home crowd of the year — the season finale was shaping up to be another closely-contested battle. The Patriots led by just six points, 30-24, before outscoring their visitors 16-7 over the final eight minutes, putting the exclamation point on their perfect season.

"This season, I saw a group of young ladies realize that this season was not about one person but it was about the team getting it done. They built a culture of accountability, trust and discipline. I'm so proud of them," said coach Deon Spear.

"Utilizing a high-energy style of play, the girls played their hearts out this season," said coach Kelly Crampton. "The best part of this team, though, has been their love of the game and care for one



(back row) (l to r) Coach Deon Spear, Naja Farris, Salma Chanel Sosa-Pineda, Abril Sosa-Pineda, Summer Merrill, Estefany Pineda Lopez, Manager Cailin Nenow, Coach Kelly Crampton; (middle row) (l to r) Manager Jaicy Jenks, Ariela Liberman, Niki Tabrizi, Lina Zavala, Destinee Maloney, Isabella Osuna, Naomi Abraham, Manager Gregory Chase; (front row) (l to r) Tracy Nguyen, McKenzie Graff, Vanessa Ortuno-Kellogg (Courtesy of Patrick Henry High School)

another." So congratulations to the 2015-16 Lady Patriots on what was truly a remarkable and memorable season.

Student of the Month

Lily Suarez was nominated for PHHS's Student of the Month because of all the amazing work she has done with our students who have disabilities on campus. She is a peer tutor for students with moderate-to-severe disabilities.

Suarez volunteers to show up early every morning to assist students at the bus area helping them get to class on time. She also goes out of her way to help wherever needed in the classroom without being asked or told to do so. She sees a need, asks questions, gives suggestions, or tries to accommodate the students' needs to the best of her ability. Suarez will go out of her way to stop

and say hello to the students if she sees them in the hallways. She even included them in her senior parking space artwork. If you walk through the parking lot, you will see each student's handprint and name on her senior spot.

When she left the moderate-to-severe classroom for her next teaching rotation Suarez knew they would be sad, so she took a picture with each one of them individually, framed it, and wrote them uplifting letters.

Suarez arranged to have the drum line come out at lunch and made a huge banner (and decorated cupcakes) to ask one of our students with disabilities to the winter formal. He has never been to a dance before and Suarez said she wanted to ensure he would go to at least one dance before she left PHHS. She also volunteered to take a student shopping for a formal dress. This student always felt left out due to her disability but Suarez changed her perspective and she now feels accepted at school.

Suarez is a prime example of the pillars we teach and encourage at PHHS.

PHHS student performs for the All State Honor Ensemble

On Feb. 13, Alex Cagle, a sophomore at Patrick Henry High School, performed the world premiere of "California" by renowned composer David Maslanka. Cagle was the only student from Patrick Henry selected to participate in the All-State Honor Ensembles and one of 10 trumpet players to make it into the wind symphony, the top all-state ensemble. They performed under the direction of Dr. Mallory Thompson from



PHHS sophomore Alex Cagle (left) with composer David Maslanka. (Courtesy of Patrick Henry High School)

the Bienen School of Music at Northwestern University. Maslanka attended rehearsals and was in the audience during the performance.

"To be able to receive instruction from such an accomplished and spirited conductor as Dr. Thompson and to be able to deliver the first-ever performance of 'California' to Maslanka himself was truly an honor," Cagle said. "It was a once-in-a-lifetime experience and something I will never forget."

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

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I got a Cambridge professor to Skype my Art History class



Cambridge professor Dr. Nigel Spivey answers questions from the Advanced Placement Art History class via Skype. (Courtesy of Patrick Henry High School)

Rita Herfi

It all started in September during one of my first days in Advanced Placement Art History. Mrs. Thomas challenged us to email Dr. Nigel Spivey, a professor at Cambridge who created a documentary series called “How Art Made the World.” She said we should reach out to this expert in Art History, that we had nothing to lose. I was so inspired by his video, I decided to give it a try. I found his email address at Cambridge and that

alone made me nervous. I decided to email him and send it before I thought about it too much. I’m a shy person but at that moment, I came out of my shell. When he emailed back, I was shocked, happy, and surprised. I calmly told Mrs. Thomas and she screamed, laughed, ran around, and kept saying, “No way!” We emailed Dr. Spivey back and continued to communicate back and forth and in the course of events, a Skype call was arranged. With all the construction happening on the campus, the dates were changed a few times and we realized we had

to wait until second semester. This turned out to be a good thing because we got to email back and forth, which created a friendship with him. Word got out to Santana High School in Santee that we were doing this. Their AP Art History teacher Mr. Johnson got in contact with Mrs. Thomas and they came to our school on a field trip and joined us in the Skype call. The day worked out perfectly. It was precisely 9:30 a.m. and the plan was that Mrs. Thomas would call him. She got us settled and walked towards her computer. At that moment, we saw

that he was calling us. When the students saw his face on the screen they all started cheering. You would have thought he was Leonardo DiCaprio. We saw his reaction on the big screen as he displayed an overwhelmed look and then started to laugh. After everyone got ahold of themselves, it was so much fun. The students went up one by one and asked Dr. Spivey questions. They were questions about his life, career, future and art. He was absolutely compelling. He even talked about his love of going to the gym. We didn’t expect him to be so kind, casual, and genuine.

That is what we won’t forget. Mrs. Thomas’ Art History class is so alluring and exciting. We have the freedom to express our opinions and thoughts on the images shown to us. After I learn about an image, I start to see the world differently. I notice how art has impacted history and society in general. It was strange to email Dr. Spivey, but I’m glad I did. I was inspired to go out of my comfort zone and it was amazing to see the result. —Rita Herfi is a senior at Patrick Henry High School.■

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NEWS BRIEFS

San Diego opens data to public

A new program called DataSD will make available to residents all the data used by government and the city wants input on what data should be made available first.

“This is about including residents in the conversation so we can make government more responsive and transparent,” Mayor Kevin Falconer said in a press statement. “Data is a key public asset, one that can be used to make our city government work smarter, faster, and potentially cheaper.”

DataSD includes a list of 115 datasets representing 20 city departments and programs, ranging from street sweeping to schedules to park restroom locations. This initial offering includes items that are frequently requested by community members and the media. Based on the votes, quality, readiness, value and security, the city will start releasing actual datasets on July 1 of this year.

“San Diego’s approach will set us apart as a national leader in open data,” said Almis Udryns, director of the Performance and Analytics Department. “Many cities identify a few data sets, throw them up online and declare themselves transparent. We are setting a much higher bar, starting with an inventory of city datasets, continuing with public input and releasing datasets to a portal that ultimately will be adopted automatically.”

Cybersecurity and personal privacy of residents and city employees is a key part of the development of the open data effort. Before any dataset is published, it is reviewed to ensure personal information is protected.

As San Diegans weigh in on the data priorities, they can also help work out bugs on the site itself. The code used to build the site is open sourced so the public can see how it is built and programmers can give input to the DataSD team and suggest fixes and improvements.

To visit the DataSD site and begin requesting what datasets you’d like to see first, go to datasd.org.■

Grossmont, Cuyamaca eight-week courses

In a hurry to earn college credits at Grossmont or Cuyamaca colleges?

Eight-week courses beginning the week of March 28 are a great way to pick up general education or subject-specialty classes in less time, but at the same affordable cost of regular semester-length classes. The classes ending May 21 offer from one to five credits at a cost of \$46 per unit. They consist of traditional, online and hybrid classes, which require both in-classroom and online attendance.

For students looking to complete general education course requirements, classes offered include: Interpersonal Communication, U.S. History, Principles of Macroeconomics, Introductory Psychology, World Religions, Spanish, Public Speaking, History of Rock Music and more.

Other offerings focus on career technical education and specialty areas such as: Principles of Baking and Pastry Making, Perioperative Nursing, Introduction to Administration of Justice, and Introduction to Local Area Networks at Grossmont College; and Business Law, Cisco Networking Academy, Applied Hydraulics, and Advanced Wastewater Plant Operations at Cuyamaca College. Business office training is available in online, self-paced courses such as Essential PowerPoint, Keyboard/Document Processing, and Using Microsoft Outlook. Students can increase their learning power by enrolling in online courses in Career Decision Making, Study Skills, and Time Management.

Lists of class offerings at Grossmont and Cuyamaca colleges are posted at gcccd.edu/now.

Grossmont College is located at 8800 Grossmont College Drive in El Cajon. Cuyamaca College is at 900 Rancho San Diego Parkway in Rancho San Diego. College applications and online registration are available at cuyamaca.edu and grossmont.edu.

The deadline for registering is April 1.■



Chairman Matthew Adams collects ballots from voters at the March 9 meeting of the Navajo Community Planners. (Photo by Jeff Clemetson)

Planners board mostly stays put after election

The March 9 elections of the Navajo Community Planners (NCPI) brought few changes to the 16-member board.

The only contested seats were in San Carlos where Brigand Kline and Maggie Pound sought to replace Timothy Flodin and Dan Northcutt.

During comments by the candidates, San Carlos residents asked questions concerning the 70-foot T-Mobile cell towers that are proposed to be built in the park adjacent to the San Carlos Recreation Center.

“I was really impressed with the how the board handled that,” Kline said. “I would have voted the same way they did.”

Although the two candidates shared the same position on the issue of the cell towers, the residents voted to keep incumbents Flodin and Northcutt.

The other board members who were voted in were all incumbents who ran unopposed: David Hardy of Allied Gardens; Doug Livingston of Del Cerro; and Eric Aguilera and Dan Smith of Grantville.

The only changes to the board are empty seats left by termed-out members Lynn Murray of Allied Gardens and Michael McSweeney of Del Cerro. McSweeney sought to retain his seat but, as per the group’s bylaws, needed a two-thirds vote, which he did not receive.

Special elections to fill the vacant seats for Allied Gardens and Del Cerro will be held in future meetings for any candidates who apply. Candidates must live or own a business in the neighborhood they will represent and must have attended two of the last 12 NCPI meetings. For more information, visit navajoplanners.org.■

City makes sandbags easier to acquire

To coincide with the rains last weekend, the city of San Diego made it easier for residents to receive free sandbags. The city moved sandbag distribution from fire stations to selected recreation centers in each City Council district. The new plan will ensure that the sandbags are readily available in advance of potential storms.

“The city’s Fire-Rescue Department handled sandbag distribution and gave out more than 70,000 bags over a three-month period between November and January,” Fire-Rescue spokesperson Capt. Joe Amador said in a press statement. “While we were proud to serve our neighbors, we couldn’t always be on site to hand out bags when crews were out on calls. The new



distribution plan will ensure that the sandbags are available on a regular schedule and in convenient locations.”

When rain is expected, people who present proof of residency can get up to 10 empty sandbags from centrally located recreation centers. Residents offering identification showing their home street address can pick up bags between 1 p.m. and 7 p.m. Monday through Friday and from noon until 2 p.m. Saturday and Sunday.

The pick-up location for Navajo area residents is at the Allied Gardens Recreation Center, located at 5155 Grennbrier Ave. For more information on storm preparation, visit sandiego.gov/el-nino.■

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New programs for creative adults at Allied Gardens library

Kathryn Johnson



This spring is a very exciting time for your Allied Garden/Benjamin Branch Library. We expect to reopen the building on Monday, April 11 and can't wait for everyone to see our new circulation desk and tile flooring. In addition to this, we will be starting a new grant-funded program for older adults that is sure to spark your creativity.

Several months ago, San Diego Public Library received funding to host programs that focus on creativity in older adults. The program is run by Lifetime Arts, a nonprofit arts service organization that "offers a positive, modern, artistic lens thorough which to serve, inspire and engage America's growing population of older adults." Thanks to this grant, library patrons across the country have been able to build their skills in literary, performing and visual arts. Lifetime Arts hopes that this funding will help build libraries' capacities for being hubs for explo-

ration and imagination.

Many San Diego Public Library locations have already had the opportunity to hold their grant-funded classes which have ranged from memoir writing and acting to photography. Starting April 18, the Benjamin library will start its jewelry design and fabrication class. In this 10-week class, participants will learn about contemporary artists in the field and explore construction techniques for a variety of pieces. Participants will utilize their creativity and assorted materials to design necklaces, earrings and bracelets of their own. Space is limited so please register by emailing johnsonka@sandiego.gov. Priority will be given to registrants aged 55 and older.

Thank you to everyone in the community for your patience and understanding during our closure. We look forward to seeing you (or meeting you, if you haven't visited us yet) in April!

—Kathryn Johnson is the managing librarian at the Allied Gardens/Benjamin Branch Library. Reach her at johnsonka@sandiego.gov.

Rancho Mission playground concept gets approved

Jay Wilson



The conceptual plan for the new playground at the Rancho Mission Park was unanimously approved by the Allied Gardens Recreation Council at the March 7 meeting.

Following concerns raised by residents adjacent to the park at the January meeting, Councilmember Scott Sherman convened a meeting at his office consisting of the concerned residents, a member of the Rancho Mission Park Committee, and city staff. This resulted in a meeting being scheduled on-site, at which time residents pointed out their concerns and suggested remedies.

Darren Genova, the city's project manager, understood the concerns and agreed to have staff and Amy Hoffman, the design consultant with KTU&A, study the alternatives. At the March 7 recreational council meeting, the final playground concept was presented along with major changes to the proposed location of the two Americans with Disabilities Act-required parking spaces. All agreed that a viable solution was reached and the new ADA parking access road was able to save a large pine tree that was originally going to be removed.

Final plans will now be completed and those approved plans should be ready to go to bid in



August, with construction starting at the beginning of 2017.

The project includes the construction of a new playground area with equipment for children ages 2-5 and 5-12. Based on feedback received from the community, the playground will include slides, swings, play structures, and other interactive play elements.

The design of the playground will reflect the surrounding natural environment, with rock boulders and native plants installed along the outside of the play area with elements of the play equipment resembling natural features.

Other improvements that will be provided will include new seating areas, shade canopies, ADA-compliant drinking fountains, ADA-accessible walkways and two ADA parking spaces.

—Jay Wilson writes on behalf of the Allied Gardens Recreation Council. Reach him at jwilson@mtrpf.org.

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Claddagh and Celtic jewelry features timeless symbols of "love, Loyalty and friendship" reign supreme by Irish designers. Traditional Claddagh jewelry features a heart with a crown held between two hands. This design is found in rings, pendants, earrings and bracelets. The rings worn on the right hand with the heart pointing away from your own heart shows that your are open to love, with the heart pointing inward it denotes that your are spoken for, or on the left hand that you are happily married. Celtic jewelry stems from the ancient spiritual beliefs of the Celts using flowing knot work symbolizing eternal life and unending love. Each knot has it's own distinct meaning. Celtic endless wedding bands have no beginning and no end, intertwined in everlasting love.

BIRTHSTONE OF THE MONTH - AQUAMARINE OR BLOODSTONE

Although very different these two historic gems both promise courage to those born in March. Blue-green aquamarine is as clear as sea water from which it gets its name and has long been prized by sailors. Dark green bloodstone is an opaque gem noted for the bright red flashes on it's surface and has been a favorite for men's jewelry since the middle ages.



BECAUSE HIS JOB IS WORKING WITH TECHNOLOGY, JOE ANDREZZI FROM COX COMMUNICATIONS OFTEN GETS INQUIRIES ABOUT THE INTERNET; HERE HE HELPS READERS WITH QUESTIONS ABOUT SPEED. JOE IS A MANAGER OF THE COX SOLUTIONS STORE IN HILLCREST.

Q: What speed do I need for my Internet at home?

A: It really depends on what's happening in your home. We know that the average American spends 11 hours a day using digital media, and the average household has more than six devices connected to the Internet. With lots of tablets, smart phones, computers, gaming consoles, WIFI devices, and with an average-sized family, you place an enormous amount of demand on your network.

Q: Which speed works for which activities?

A: Here is a basic rundown of speeds:

- 10 megabits per second (Mbps) is good for email, basic Web browsing, one standard-definition stream
- 100 Mbps is good for more advanced Web browsing, basic gaming sites, and two high-definition streams
- 300 Mbps is great for a household doing a mix of 10 and 100 MB activities
- 1,000 Mbps (1 Gigabit) is great for gaming, teleconferencing, ultra-high-definition streams, and a household of high end users
- Gigabit internet speed is the next generation of broadband internet service, delivering speed to power all your devices in the home at the same time, whether you're using your mobile devices, video streaming, gaming or have a home office.

Q: What can you do with gigabit Internet speed?

A. It offers speeds 100 times faster than the average speed in the U.S. today. It delivers more speed, a powerful home network and rich broadband enabled services to customers.

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- Upload 1,000 photos in about a minute

Q: Gigabit speed seems futuristic; is it really something people are using?

Businesses have already been using gigabit speed for years, and it's now making its way into homes, especially those that have numerous devices connecting simultaneously to the Internet. Not everyone needs gigabit speed today, but the reality is that technology is advancing very fast and Cox is preparing for the day

when everyone will need it. Gigabit speed also opens the door to innovation. In the San Diego community we are seeing incredible innovation – the region is home to more than 6,500 tech companies such as bio-medics, environmental and defense technology and bio-tech. Technology can't grow without the high-speed Internet service that Cox can offer local innovators ... service we'll continue to provide and build upon.

Q: How can I really be sure I'm getting the best deal for my needs?

You should consult an expert. At Cox.com, you can discover the Internet speed package that's best for you with the Cox Speed AdvisorSM for free advice that could save you time, money and bandwidth. Or, you can call us at (619) 780-0800, or stop by a Cox Solutions Store to demo our products and services. Cox offers a variety of speed options for everyone and was the first to bring gigabit speeds to San Diego.

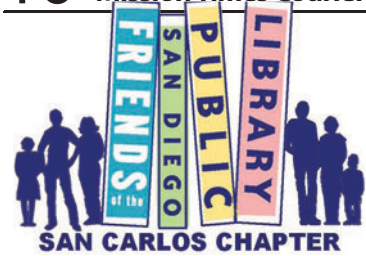
Q: So if I work from home and have lots of wireless devices running, I could benefit from Gigabit speed?

A: You might, depending on what you do and how many devices you have running all at one time. Gig speed offers a unique opportunity to dramatically increase productivity and workflow whether employees are working from home or the office.

It's best to ask an expert and let them help you decide what's going to keep you up to speed, so to speak, as well as select the best available speed for you. Gigabit speeds aren't widely available yet for residential customers, but if it's available in your neighborhood and you decide to go with gig speed, the Cox G1GABLAST service also includes the latest high-speed Wi-Fi router, one terabyte of cloud storage, Cox Security Suite and Family Protection and 10 email boxes each with 15 gigabytes of storage.

The Cox Solutions Store in Hillcrest is located at 1220 Cleveland Ave., M-107. Store hours are 10 a.m. to 7 p.m., Monday through Friday; 10 a.m. to 5 p.m. on Saturdays; and closed on Sundays.

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Art, essays and authors

Sue Hotz



■ Mission Fed partnership

We are excited to announce that the new San Carlos branch of Mission Federal Credit Union, located on the corner of Navajo and Jackson, has elected to partner with the San Carlos Friends of the Library. Please join us on Saturday, April 2 from 9 a.m. to 1 p.m. for their grand opening celebration. They will be presenting SCFOL with a check for \$1,000. We are looking forward to this partnership and will be adding their gift to our branch library's book, equipment and program matching funds. Come join the fun, food and prize drawings and help us welcome our new neighbors.

■ Youth programs

Spring into March with Wednesday After School Specials, now starting at 2:30 p.m. On March 30, "Wild Wonders from Down Under" invites all ages to meet some of Australia's most popular and exotic citizens, such as

Sydney the Wallaby, Dundee the Sugar Glider, a bearded dragon, a kookaburra, a cockatoo, a blue-tongued skink or a python.

April 13 from 4 to 5 p.m., kids ages 8 and up will be tasked with creating a zip line ride. "Challenge Island" encourages them to take on exciting challenges that promote creativity, critical thinking, and social skills while instilling a love of science and engineering. In this session, they will apply the concepts of friction, slickness, balance, slope, and tautness as they design objects to move down their zip line. We will finish with a zip line derby. Space is limited so sign up at the library.

■ Essay contest

At the San Carlos Branch Library on March 16, in front of their teachers, families and friends, the local winners of the 19th Annual Student Writing for Literacy Library Essay Contest read their essays and received their award certificates, Barnes & Noble gift cards and engraved contest pens.

In 1997, SCFOL President Jack Winer started this contest for all Henry Cluster students. It grew into an annual city-wide event open to all public, private, parochial and home schooled fourth-, eighth- and 10th-grade students served by the San Diego Public Library system.

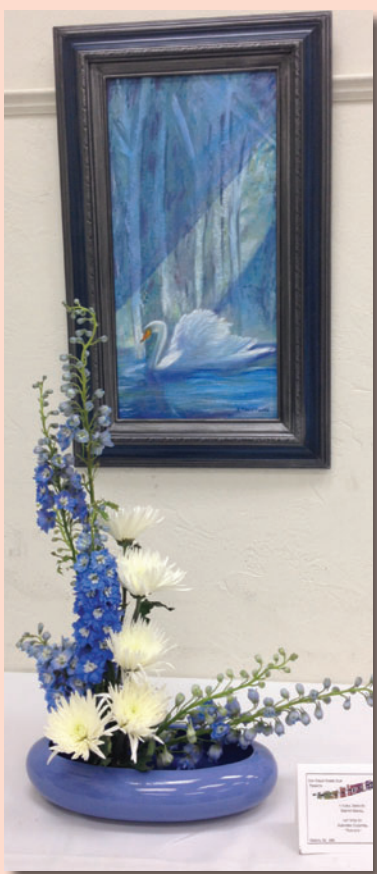
This year, six San Carlos area schools submitted 266 awesome essays which were read and judged by Margrette Carr, Joan Hayes, Cathy Todd, and SCFOL chairpersons Barbara and Patty Woodall. Chosen as this year's local winners were: fourth-graders Evan Hurst, Kate Le and Tiffany

Art and flower shows

Throughout March in the library's Winer Family Community Room & Art Gallery, view the colorful art created by the Gage and Foster Elementary School ArtReach students. On March 19 from noon to 2 p.m. you can meet their professional artist-teachers and learn about ArtReach.

From April 5 through May 5, the paintings of Larry Bingeman, Alexandra Cauldwell, Maria Luisa Dominguez, Roberta Labastida and Barbara Stewart will be on display in the Winer Family Community Room & Art Gallery.

On April 15 from 10:30 a.m. to 5:30 p.m. and April 16 from 9:30 a.m. to 2 p.m. the San Carlos Garden Club will pair beautiful floral arrangements with their art to bring us a "Show in Living Color." On Friday, the show includes two flower arranging demonstrations; the first one starts at 11 a.m. and second one at 1 p.m. At noon on Saturday, enjoy the light jazz music of Peter Rutman while viewing the show. All activities are free.



(Courtesy of San Carlos Friends of the Library)

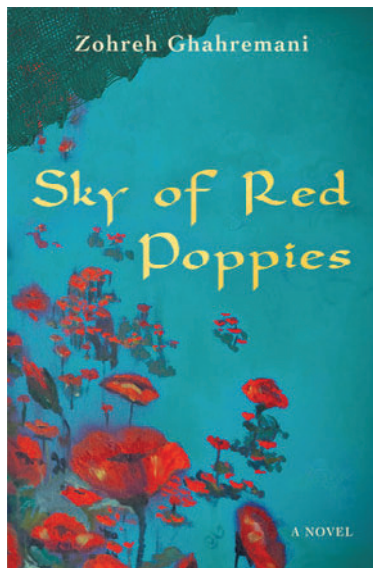
Nguyen from Kimberly Filner's class at Benchley Weinberger; Ella Moore from Erin Keegan-Nelson's and Joshua Beail from Gretchen Sites' classes at Dailard Elementary; Antoine Nougier from Debra Skaar's class at Gage Elementary; Jakob Romaine Gleim from Susan Barrett's, Talin Gardini from Craig Wilsie's, and Meredith Eaton from Louise Volpe's classes at Green Elementary; and 10th-graders Edie Mueller, Victoria Crisologo, and Noelle Stewart from Wendy

Lange's class at Patrick Henry High School.

Eaton, Crisolgo and Stewert name will represent San Carlos in the city-wide contest. Four grand prize winners at each level will be announced during a ceremony on May 5 at the Balboa Park Club. Top prize winners will receive a monetary award and a laptop computer. One special prize of \$500 will be awarded in memory of Jack and Carolyn Winer for the best overall essay.



Zoe Ghahremani



■ Books

"One Book, One San Diego" author Zoe Ghahremani joins us Friday, March 25 from 2 to 3 p.m. to discuss "Sky of Red Poppies," "The Moon Daughter," and her two new books that are in the works. Ghahremani delightfully connects with her audiences and makes each presentation unique.

The Library Book Club is reading for April 14 at 12:30 p.m. "The Nightingale," by Kristin Hannah.

Ask about the express collection of newly published adult and children titles. These books are kept in special display racks; their bindings are marked with red tags and have special borrowing limits.

Our SCFOL Members-Only Pre-Book Sale is April 1 from 2 to 4 p.m. and our monthly used book sale is Saturday, April 2, 9:30 a.m. to 3 p.m.

All libraries are closed March 31 in honor of Cesar Chavez. Benjamin Library is closed until April 11. Your Benjamin reserved books may be picked up at the San Carlos Branch.

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

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Local author blends Japanese heritage with American

Cynthia Robertson

Like so many other San Carlos area residents, Margaret Dilloway, mother of three, enjoys hiking out in Mission Trails, participating in sports and events at the Allied Gardens Recreation Center and having lunch or dinner at K'nB. What sets Dilloway apart from most other women is that she spends a large part of her time writing books. She has had three novels published, and her newest one, for young adults, is a departure from the kind of books she's most known for.

"Momotaro: Xander and the Lost Island of Monsters," a children's fantasy book, will be released on April 5 by Disney-Hyperion. The book is about a half-Japanese sixth-grader living in San Diego's backcountry who loves drawing comics and creating computer programs but can hardly stand school. When a tsunami hits San Diego and his father disappears, Xander finds he's heir to the line of warriors known as the Momotaro.

Xander must go rescue his father and save California with the help of his friend Peyton, his dog Inu, and a girl named Jinx. Along the way he discovers his new powers.

"The book is very much about the power of imagination, as well as the value of friendship and honoring one's cultural heritage," said Dilloway. "I made Xander half-Japanese because I never had any half-Japanese characters to



Margaret Dilloway signs books at the San Carlos Library where she was the featured speaker on Jan. 22. (Photo by Cynthia Robertson)

read when I was growing up. In fact, I never read very many books with an Asian protagonist."

In Japanese legend, Momotaro goes to fight the oni, monsters responsible for all the bad things that happen to humans (wars, disasters, famine). When the oni become strong, Momotaro is called into action.

"I had a lot of fun writing this one," she said. "I enjoy writing for young people."

"Xander and the lost island of Monsters" is the first in a series of books about Momotaro, said Dilloway. The second book, "Momotaro: Xander and the Dream Thief," will be published next year.

On Jan. 22, Dilloway was a featured guest of the San Carlos Library where she discussed her new book for young adults, as well as her previous novels for more mature adults.

Dilloway's first novel, "How to Be an American Housewife," was a culmination of events, she said. When she was about 25, she wrote a play which got a staged reading at a festival. She realized that the work could be expanded but wasn't quite sure how. In the meantime, she was commissioned to write "Bluetooth for Dummies," but was never published because the book was cancelled, even though she had finished the writing.

The good thing after that was that she knew she could write book-length work. So she set to work on her first novel, which never sold.

Finally, she wrote "How to Be an American Housewife," about Shoko, a young Japanese bride of an American GI. In America, Shoko learns the culture and ways of America — how to be a housewife and mother. She sends her daughter Sue to Japan to reconcile with a family member. The experience of being in her mother's native land changes Sue forever.

"I wrote it because I'd finally gotten enough life and writing experience to attempt it," Dilloway said.

Her second novel, "The Care and Handling of Roses with Thorns" is the story of Gal Garner, a thirty-something teacher suffering from kidney disease and hoping for a transplant. She finds solace and satisfaction in tending to and breeding roses, as well as a family member who comes to stay with her.

Dilloway said that she had been inspired to write the book after watching her sister-in-law Deborah do battle with kidney disease. "If you don't think a dialysis patient can do as much as Gal does in this book, then you should have met Deborah," Dilloway writes in the acknowledgements.

As daughter of a Japanese mother and an American father, Dilloway finds herself often including bicultural themes in her books. "Maybe it's a way to stay in touch with my heritage," said Dilloway,

who grew up in San Diego.

She also researches and reads up on her own ancestry and Japanese culture.

In fact, the idea for her third novel, "Sisters of Heart and Snow," published last April, came about when she discovered that her mother was from a samurai family. Dilloway researched clan names and saw that her mother's family name, Makino, had originated from the Minamoto clan. Using "The Tale of the Heiki" to help her piece together the picture of the drama of Japan's civil war of the 12th century, Dilloway learned about the beautiful samurai Tomoe Gozen, a superb warrior of the Minamoto clan who defeated the Taira clan.

Dilloway was so impressed with the lore of Gozen that she intended to weave the warrior's story into the contemporary tale of two daughters of a mail-order bride and a domineering father. Blending distinctly different eras into one tale is Dilloway's hallmark. She masterfully does so in "Sisters of Heart and Snow."

"It's about the bonds of sisterhood by blood and friendship," she said

One of Dilloway's biggest challenges in marketing her books is that in the United States, literature with Asian characters is often not highly regarded. As an example of how Asian characters are disregarded, she cited "Aloha," a 2015 film drama about the romance between a military contractor and a female pilot.

"The female pilot was supposed to be Asian, but they cast Emma Stone as the character," Dilloway said. "I am going to work hard to change the perception of Asian characters."

No doubt she will succeed. For more information about Dilloway and her books, visit her website at www.margaretdilloway.com.

—Write to Cynthia Robertson at clg2robertson@gmail.com. ■

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- Cocktail
- Coffee Shop
- Comfort Food
- Dance Club
- Deli
- Dessert
- Dinner
- Donut Shop
- Family Restaurant
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- Fast Food
- Fine Dining
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- Greek Cuisine
- Happy Hour

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- Live Music Venue
- Lunch
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- Nightclub
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- Pet Friendly Dining
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- Romantic Dining
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Flood, from page 1

local agencies got the breaks they needed to start doing things, even though the environmental rules were not exactly waived.

That also brought a response from the U.S. Army Corps of Engineers, which has the task of deciding which projects should be classified as emergencies. Quicker decisions from the Corps have arrived at the relevant agencies, and they in turn are cranking out permits as quickly as possible.

Eric Becker at the state's Regional Water Quality Control Board says all this is having the desired effect.

"We're getting things done a lot faster than in the past, simply because the whole process is working quicker," Becker said. "We get requests, and we can deal with them as soon as we get them."

One of the problems has always been that there are so many agencies involved in such requests that the application could get hung up in any of the bureaucracies along the way. That's not happening much anymore, because the need to fix problems before they become disasters is much more real now.

The city of San Diego has pretty much jumped to the front of the contest to see who can get things done.

It has a long list of Capital Improvement Projects on the books, and money set aside to go after them. Almost \$45 million has been added to the Transportation and Storm Water budget for 2016 to go after problem areas.

There is a long list of projects with priorities established, but those are priorities that can be changed quickly if a problem suddenly comes up. The stormwater pipe that broke on Cabaret Drive in San Carlos, flooding several homes and yards, is an example. It was quickly repaired, and will now move up the list for a permanent fix.

That creeks and channels, including the San Diego River, need some serious cleaning out comes as no surprise to the San Diego River Park Foundation, which is dedicated to the care and preservation of the river. The Foundation applauds the cleanup efforts- up to a point.

"We can see where a lot of the channels, especially the river, have a lot of non-native vegetation

growing there that needs to go away, but a lot of care needs to be taken," says Foundation Executive Director Rob Hutsel.

"It goes back so many years, way back to when farms dominated the Mission Valley area. Over the years, the river has been changed so much by development that it's not really a real river anymore. It's not really effective as a flood control channel, which is what a river is supposed to do. At the same time, it's become a home for so much wildlife that never used to use it as habitat. There are birds and turtles in the river valley that are endangered, and they have to be protected by law. We can't just go in and start digging stuff out and throwing it away."

The same applies to the Tijuana River valley, the Sweetwater River valley, and all such channels in our area. Cleanup and cleanout needs doing, but carefully.

There is a balance that needs to be struck between the needs of people and the needs of plant and animal species that need protection, and that's a balance that is sometimes hard to maintain.

But, if local agencies can strike that balance and keep it, it seems a lot of environmental good can be done while still protecting the rights of people and businesses as well.

It appears the city of San Diego is recognizing the real and potential problems, and appropriating money and people and equipment to get these things done.

We may yet get caught up in one or two more severe El Niño events before this winter is over.

I clearly recall, in previous El Niños, standing in moving water up to my knees doing television live reports during those storms, and my memory is that a lot of those reports were done in late March and April.

If that happens, it may give us a better read on what's been done so far for flood control, and more importantly, what still must be done.

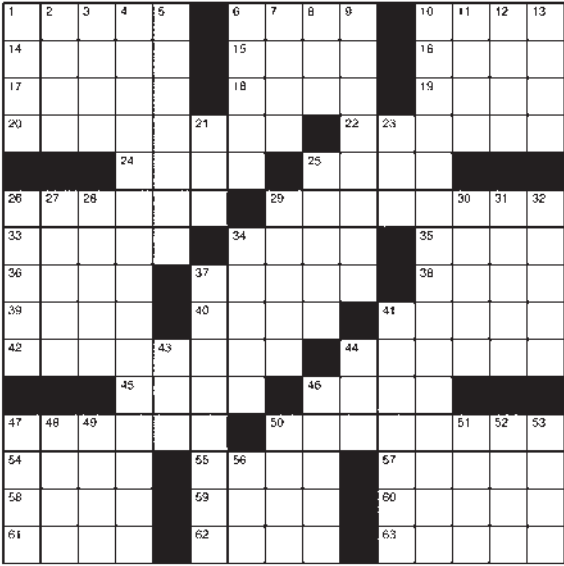
As baseball legend Yogi Berra was fond of saying, "It ain't over until it's over."

—Doug Curlee is Editor at Large. Write to him at doug@sd cnn.com. ■

PUZZLES

ANSWERS ON PAGE 11

CROSSWORD Impulsive



CREATORS NEWS SERVICE

By Charles Preston

ACROSS

- 1 Hemingway's guerrilla leader
- 6 Armadillo
- 10 Styptic
- 14 Growing out
- 15 Voles
- 16 Elk
- 17 Narrow ridged stripes
- 18 DJI
- 19 Asian lake
- 20 Unique aquarium attraction
- 22 Most impolite
- 24 Old high notes
- 25 Fairy
- 26 Bicycle built for two
- 29 Ventilators
- 33 Then, in Trouville
- 34 British pudding
- 35 District
- 36 Mr. ____, sleuth
- 37 Hamlet and others
- 38 Telephone part
- 39 Chirp
- 40 Tied
- 41 Happening
- 42 Of different kinds
- 44 Uplifts

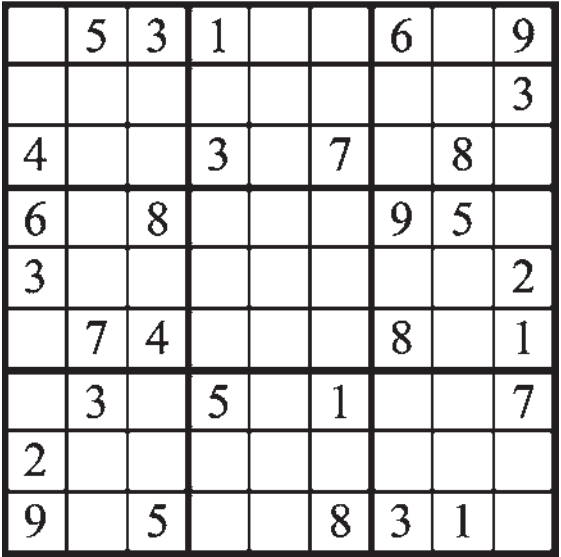
- 45 American industrialist
- 46 Cuticle
- 47 Layers
- 50 Witness chair
- 54 A Beery
- 55 English scullery maid
- 57 Forbidden
- 58 Alms box
- 59 Rushed
- 60 Plume provider
- 61 Omar
- 62 Transmit
- 63 Transactions

DOWN

- 1 Benches
- 2 Arrow poison
- 3 Tra __
- 4 On the slightest provocation
- 5 Repairs shoes
- 6 Pile up
- 7 Maine's symbol
- 8 __ in the hole
- 9 Hideaways
- 10 In an unfavorable position
- 11 Ancient musical instrument
- 12 Poisonous tree
- 13 Thaw
- 21 Hit
- 23 The Grecian __
- 25 Smooth
- 26 Manufacturing center of Havana cigars
- 27 Medicinal herbs
- 28 Memoranda
- 29 Adjusted to desired frequency
- 30 Bay window
- 31 Intended
- 32 Tars
- 34 Reserved
- 37 Derogates
- 41 Prevalent at one time
- 43 Poppycock
- 44 Piece out
- 46 Silver
- 47 Cookie
- 48 Arena bull
- 49 Derby
- 50 Pool
- 51 Solomon's favorite
- 52 __ Coward
- 53 Sprinkles with
- 56 The Man with the __

SUDOKU

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



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By Mike Baker, Pacific Computer Services
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Friday concerts and other news from Allied Gardens

Shain Haug

Concerts

The Allied Gardens/Grantville Community Council (AGGCC) is pleased to announce the lineup for this year's First Friday Concert at The Park series, which includes a mix of genres that has something for every musical taste.

The concerts at the Allied Gardens Recreation Center Park begin at 6 p.m. and the last note sounds at 8 p.m. The recreation center restrooms will be open through the concert and until 9 p.m. Of note, the parking lot that was closed for renovation is now open. Our bands understand that the audiences will be composed of three generations of our neighbors. They assure us that their playlists and comments from the stage will be appropriate in all regards. More information on each band and its offerings will appear here before performances. If you did not attend any of last summer's concerts, talk to your neighbors who did — we are sure you want to join us this year.

The concerts are possible because of the support of the Allied Gardens/Grantville Kiwanis Club, contributions by many of our local businesses, and a grant from District 7 Councilman Scott Sherman. Our thanks to them.

Subscriptions

The time has come for renewal of subscriptions to the AGGCC newsletter. To renew or to begin your subscription, send the annual fee of \$8 for the email subscription, or \$10 for mail delivery of the hard copy version, along with your name, mailing address, and email address, to: AGGCC, 5173 Waring Road #445, San Diego, CA, 92120-2805.

Make your check is payable to the "Allied Gardens-Grantville Community Council."

Tech stuff

The AGGCC is in need of a working computer. Does anyone have a used but functional laptop (word processing and a Wi-Fi connection is about all we need) that might be donated to the AGGCC?

Also, the board is working hard to get the AGGCC website up to date. Our efforts are directed to making this site a source of current information about community affairs so that notices will not have to wait for the monthly newsletter and an article in the Mission Times Courier. If there are any neighbors with expertise in website management, we would love to have you join us in this endeavor.

Town hall

The AGGCC holds a town hall meeting on the fourth Tuesday of each odd-numbered month. Our next town hall meeting will be on Tuesday, March 22 at 7 p.m. at the Ascension Lutheran Church, corner of 51st and Zion. Our San Diego Police Department community relations officer will give an update on local law enforcement issues. The primary focus of the meeting will be a presentation by executive director Rob Hutsel of the San Diego River Foundation. He will discuss homelessness along the river, clean up efforts, the planned River Park and Trail system, and the anticipated Discovery Center in Mission Valley. We look forward to your attendance.

Community suggestions for topics at future town hall meetings are much appreciated.

—Shain Haug is the Vice President of the Allied Gardens/Grantville Community Council. He can be reached at aggccshain@yahoo.com. ■



2016 First Friday Concert at The Park lineup

May 6 – Theo and the Zydeco Patrol (Zydeco)

June 3 – The Rollers (Beatles Cover Band)

July 1 – Classic Buzzband (Classic Rock)

Aug. 5 – Sirens Crush (Pop Top 40)

Sept. 2 – Rachel Aldous and The Road Home (Bluegrass, Folk, Americana)

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FEATURED EVENTS

APRIL 23 'Community Helping Hands' food drive

Through Saturday, April 23
Several businesses and organizations have signed up as drop-off locations for this food drive including local property management company FBS (6398 Del Cerro Blvd. #8). The drive will benefit the Jacobs & Cushman San Diego Food Bank. Items requested include: canned meats, canned or dried fruits, packaged nuts/seeds, canned vegetables, infant formula, powdered milk, peanut butter, canned soup, dried beans, dried pasta, cereal, rice, tissue, diapers, toilet paper, toothpaste and toothbrushes. Visit sandiegofoodbank.org/helpinghands and fbs-pm.com for more information.

'Growing Perfect Tomatoes' class

MARCH 19 MARCH 20 APRIL 2 APRIL 3

Saturday, March 19; Sunday, March 20; Saturday, April 2; and Sunday, April 3

For these free gardening classes, Armstrong Garden Centers will give information on growing juicy tomatoes. Armstrong has a wide selection of tomato plants, which are easy to grow and perfect for beginning gardeners. The Mission Valley/Grantville store is located at 10320 Friars Road; there are several other San Diego Armstrong locations. The Saturday sessions start at 9 a.m. and Sunday sessions start at 10 a.m. Visit ArmstrongGarden.com for more information.

APRIL 1 'Dress Crazy/ Backwards Day'

Friday, April 1
College Avenue Center (6299 Capri Drive, Del Cerro) will celebrate April's Fool with some fun festivities. Attendees are invited to dress backwards or mix crazy patterns – there will be prizes for the best outfits. There will be musical entertainment by Laura Flores at 12:30 p.m. Visit jfssd.org/cac for more information.



APRIL 14 'Life's Transitions: Changing Health Care Needs Through the Years'

Thursday, April 14
This seminar at the La Mesa Community Center (4975 Memorial Drive, La Mesa) will focus on how people are living longer, but with illness and medications prevalent in their lives. It is designed to help those managing illness and promote healthy aging for seniors and their family members. Attendees will learn how to approach aging from a healthier perspective with an alert mind, vitality and a plan for the future. Experts will share valuable resources. Continental breakfast and lunch provided. The seminar will be held from 9 a.m. – 2:30 p.m. Registration is required. Call 800-827-4277 or register online at sharp.com

MARCH 20 20th annual Rolando Street Fair Sunday, March 20

Rolando's free street fair will be held from 10 a.m. – 6 p.m. with over 5,000 attendees expected. Over 100 vendors will showcase their goods from crafts to local services. Plus, there will be diverse food options from booths and food trucks. The fair will also feature a kid's zone with fair rides and more. Once again the Rolando Street Fair will present an eclectic lineup of live music including: Arise Roots, Paul Cannon, Sister Speak, Len Rainey & The Midnight Players and Juice Box. Visit facebook.com/RolandoCommunityCouncil for directions and more information.



APRIL 8 'Prevent a Fractured Future: Exercise for Better Bones'

Friday, April 8
This talk will be led by a Sharp Grossmont physical therapist discussing osteoporosis and the benefits of maintaining good posture to improve your health. Attendees will also learn the benefits of bone specific exercises and how to incorporate fitness into daily life to improve bone health. This event will be held from 3:15 – 4:30 p.m. at the Grossmont Healthcare District Conference Center (9001 Wakarusa St., La Mesa). Registration is required. Call 800-827-4277 or register online at sharp.com

APRIL 9 APRIL 10 'Homegrown Vegetables and Herbs' class

Saturday, April 9 and Sunday, April 10
For these free gardening classes, Armstrong Garden Centers will give growing tips and advice on everything from planting to harvesting vegetables and herbs. It is the perfect season for planting these items to enjoy "fresh-from-the-garden summer meals." The Mission Valley/Grantville store is located at 10320 Friars Road; there are several other San Diego Armstrong locations. The Saturday session will start at 9 a.m. and the Sunday session will be at 10 a.m. Visit ArmstrongGarden.com for more information.

RECURRING EVENTS

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

Tuesdays:
Feeling Fit Club: 8:30–9:30 a.m., free class for seniors 60 years and older to improve balance, strength and flexibility. Cohen Social Hall at Tifereth Israel Synagogue, 6660 Cowles Mountain Blvd., San Carlos. Tiferethisrael.com.
Chair Yoga: 2:30–3:30 p.m., free class where yoga stretches are performed sitting on a chair. No mats needed. San Carlos Branch Library, 7265 Jackson Drive, San Carlos. Sancarlosfriendsofthelibrary.org.

Wednesdays:
Silver Sneakers yoga: 9:30 a.m. (starting March 2), free class for all levels and abilities. Bring water, wear comfortable clothes, no mat required. Tifereth Israel Synagogue, 6660 Cowles Mountain Blvd., San Carlos. Email byomyoga@gmail.com.
Feeling Fit Club: 1–2 p.m., free class for seniors 60 years and older to improve balance, strength and flexibility. Wesley United Methodist Church, 5380 El Cajon Blvd., College Area. Call 858-495-5500 ext. 3.

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

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

Saturdays:
Lake Murray walking trail: 8:30 a.m., led by the Widows or Widowers (WOW) Club of San Diego. Call for directions to the meeting locations. 619-448-6088 or wowsd.org.

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

—Want to see your event listed on our community calendar? Send event details to jeff@sdccnn.com. ■

MUSIC NOTES

MARCH 20 Mozart's 'Requiem' Sunday, March 20

SDSU's Aztec Choir and the SDSU Symphony Orchestra will come together to perform "Requiem" – Mozart's final composition and a compelling masterpiece. This one-time performance will be held at the College Avenue Baptist Church (4747 College Ave., College Area) at 7 p.m. Tickets are \$10 for general admission and \$5 for students. Visit music.sdsu.edu.

MARCH 26 Spring Harp Festival XVII Saturday, March 26

This annual festival showcases and promotes appreciation for the harmonica. The event will once again be held at Harry Griffen Park (9550 Mildren St., La Mesa) from 10 a.m. – 7 p.m. Vendors will be on hand with various goods and services. The musical lineup will include event organizer "Harmonica John" Frazer, Billy Watson, Lee Oskar and more. At 1:30 p.m. the "Unknown Players Jam" will take place with a \$20 entry for each player. There is a \$10 suggested donation to attend the festival. Visit springharpfest.org.

APRIL 3 Aaron Bullard Sunday, April 3

Ascension Lutheran Church (5106 Zion Ave., Allied Gardens) will welcome renowned local cellist Aaron Bullard. He will perform his music during the 9:15 a.m. worship service. Visit ascension-church.com.

APRIL 5 'Music from Stage and Screen' Tuesday, April 5

The San Diego Concert Band along with guest vocalist Barbara Allen will perform familiar songs from stage and screen. This concert will be held at the Joan B. Kroc Theatre (6611 University Ave., Rolando). Tickets are \$15 for adults; \$12 for seniors, military and students; and free for children 5 and under. Visit sandiegoconcertband.com.

STAGE CUES

APRIL 1 APRIL 2 'Loves Me ... Loves Me Not' Friday, April 1 and Saturday, April 2

Grossmont College's Theatre Arts Department faculty, staff and special guests will put on these special fundraising performances. This comedic stage reading "looks at love from all its complicated angles." The show includes some adult themes and attendees must be over 18. Performances will be held in Room 220 at Grossmont College (8800 Grossmont College Drive, El Cajon) at 7:30 p.m. Admission is \$20 (\$10 for Grossmont students) and will benefit the school's Summer Conservatory Program. Visit grossmont.edu.

GALLERY VIEWS

MARCH 28 - APRIL 28 'Under Pressure: printmaking today' Monday, March 28 – Thursday April 28

Grossmont College's Hyde Art Gallery (Building 25, 8800 Grossmont College Drive, El Cajon) presents this exhibit featuring works from 18 artists who range in style from traditional to experimental. One traditional style showcased is the intaglio process, which involves etching onto the surface of a plate. On the experimental side of things is a unique print created by jacking up a truck and using it as an embossing tool. "Under Pressure: printmaking today" is curated by Grossmont professor Jennifer Anne Bennett. The opening reception for the exhibit is on Tuesday, April 5 and the gallery is open from 10 a. m. – 6 p.m. Monday through Thursday. Visit grossmont.edu/artgallery.

APRIL 7 'Spring Art Show' Thursday, April 7

This exhibition will showcase arts and crafts by College Avenue Center artists. Works by students of the CAC's painting, drawing, crafts and knitting classes will all be on display. The art show will be open from 10:30 a.m. – noon and again from 12:30 – 2 p.m. There will also be a guest lecture by Leanne Knetzler of the San Diego Museum of Art at 12:45 p.m. Visit jfssd.org/cac.

ON FILM

MARCH 21 'I'll See You in My Dreams' Monday, March 21

San Diego Oasis presents this film class with Ralph DeLauro at their location in Mission Valley (third floor of Macy's at 1702 Camino del Rio North) starting at 1 p.m. The film stars Blythe Danner as a widow and former singer who gets a second act when she begins relationships with two very different men (Martin Starr and Sam Elliott). Discussion to follow the screening The class fee is \$10. Visit oasisnet.org.

APRIL 11 'Notorious' Monday, April 11

Ralph De Laurio hosts these monthly film presentations. This edition features Alfred Hitchcock's "Notorious" starring Ingrid Bergman as a beautiful woman with a tainted past; and Cary Grant as an American agent she enlists for a mysterious mission in South America. The film from 1946 is 101 minutes long. The event starts at 1 p.m. at College Avenue Center, located at 6299 Capri Drive in Del Cerro. Lunch is served at the center at noon for a \$4 donation and the film screening is \$2. Visit jfssd.org/cac. ■

► **Upgrade**, from page 1

here, this should feel like kids instead of those more institutionalized places," Green principal Sandra McClure said. "We want a place that is worthy of our kids. We want a place that is exciting."

The Taste of Navajo is now in its fifth year. For the last several years, the event raised money to build the "state-of-the-art" running track at the school.

"At the beginning of the foundation's life, we lost our magnet funding from San Diego Unified.

We used to be the athletic magnet," Liddell said. "So what we ended up doing is supplementing the cost of our PE teachers for two years and then after the PTA took over for arts and PE and music, we took over infrastructure. Our first project was this running track."

This year and next, the Taste of Navajo will be funding the lunch-area upgrades and after that the foundation will need to pick a new project to build at the school, possibly a new library or performance auditorium, Liddell said.

"[Taste of Navajo] is a wonderful community event because, yes, the monies go the Green Elementary Foundation but with those infrastructure improvements, it improves upon our community, too," she said.

Liddell also pointed out the benefit to the participating

restaurants.

"The reason why a lot of these restaurants [participate] is, not only do we have an active parent community that's in this Navajo area that will go out and support their businesses, but also this event draws parents from Patrick Henry, from Dailard, from Hearst, from Pershing, from all over so they understand that this a great way for them to showcase their signature bites and their restaurants," she said.

This year's participating restaurants and breweries include:

Benchmark Brewing Co., Cowles Mountain Coffee, Cupcakes a la Yola, Gaglione Bros. Famous Steaks & Subs, Groundswell Brewing Co., Longhorn Bar & Grill, Nicolosi's Italian Restaurant, The Trails Eatery, Rita's, McGregor's

Grill & Alehouse and more.

In addition to the local food and beer, there will also be local entertainment from the Patrick Henry Jazz Quartet. There will be an on-site astronomer to guide guests at star gazing through powerful telescopes. There will also be a drawing for prizes from the participating restaurants.

Tickets for Taste of Navajo are \$30 in advance and can be purchased online at tasteofnavajo.com. Tickets will be available for purchase at the door for \$40.

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



► **Grantville**, from page 1

developers say cuts down the time it takes to gain approval and begin construction. Additionally, the city completed its River Park Master Plan to outline inviting development and park space surrounding the San Diego River. Councilmember Scott Sherman said that these efforts have laid the groundwork for development and private investment to flourish.

"The River Park Master Plan will help ensure that redevelopment of the Grantville community will create a wonderful urban setting designed to accentuate the San Diego River," Sherman wrote in an email. "The major obstacles have mostly been cleared and as individual projects come forward we will have to see if new ones emerge."

Local leaders caution that new development won't spring up overnight, but will likely grow over the course of the next decade. Anthony Wagner, a City Planning Commissioner and an Allied Gardens resident active with local community organizations, said that as the economy continues to improve, more developers will see the newly zoned Grantville as a fruitful investment.

"It's not like a light switch where you'll all of a sudden see 8,000 multi-family dwelling units," Wagner said. "It will probably be a progression that mimics that of the economy. As the economy gets stronger, [developers] will probably start dabbling more and more."

Sherm Harmer, president of Urban Housing Partners, Inc, has an eye for up-and-coming San Diego neighborhoods. He was an early developer in Little Italy, East Village and North Park. Today, Urban Housing Partners is working on a large development on the outskirts of Grantville near the San Diego River. Harmer said that he sees the same potential in Grantville as he did in the now-booming aforementioned communities.

"When we started to look at Grantville, we saw the same type of older neighborhood with good infrastructure, with public transportation, and it was totally in need of revitalization," Harmer said. "We've been looking for places that need revitalization that have potential."

Urban Housing Partners' Grantville project is Riverbend, a 996-unit development on the San Diego River, capitalizing on the River Park Master Plan efforts to



Looking eastward across the San Diego River, an artist rendering of the proposed Riverbend development, (Courtesy of Urban Housing Partners)

turn the riverside area into a destination. Riverbend is outside of where most residential redevelopment is planned—within a quarter mile of Grantville's trolley station—so Riverbend and the nearby developments will seek to create a walkable community of their own, Harmer said.

"It was designed so people could live there, shop there and play there," Harmer said of Riverbend. "We tried to make it inclusive so you wouldn't have to use a car, and it could be more walkable. So there's a trail all along the river to a new project just west of Riverbend."

While San Diego may have created the infrastructure for Grantville to become a walkable community, Wagner said that systemic housing issues need to be addressed if Grantville and other San Diego neighborhoods are to flourish. He said mounting regulatory and developer impact fees often present an insurmountable roadblock to young San Diegans seeking homeownership.

"I think we need to find a way to incentivize affordable market-rate housing—for-sale housing—over apartment complexes," Wagner said.

To do that, Wagner said the city should consider lowering the fees developers pay when building market-rate housing. Wagner said that mitigation, developer-impact and other fees can make up as much as 40 percent of the cost of a new home.

"If we wanted to incentivize those landowners and developers to build more market-rate housing to boost our economy ... we need to either forgive or

in a significant way reduce the amount of the developer impact fee that the developer pays if they build market-rate housing over apartments, and that can be achieved municipally," Wagner said.

Harmer said there's another factor preventing developers from building in Grantville in the immediate future: the fear of being the only developer in town.

"What builders want to do in these environments is they don't want to be the nicest project in town with everything else around them being old," Harmer said. "Because when you have higher densities, you don't have the yard space, you don't have the outdoor conveniences, you have a lot of hardscape and you want to walk to restaurants and dog parks."

"So if you don't have other people building, and you don't have businesses growing, and you don't have A-class restaurants where you have all drive-thrus, you don't get the change, and no one's going to take the risk," Harmer continued.

In the meantime, Councilmember Sherman said that the city has laid the groundwork for development. Now it's up to developers and landowners to take the next step forward.

"We have created an environment that should foster growth, but at the end of the day it's up to the private sector to initiate that growth," Sherman said.

—Hutton Marshall is a freelance journalist and photographer. Contact him at jhuttonmarshall@gmail.com ■

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Del Cerro Action Council update

Jay
Wilson



In February, you were invited to participate in a project to replant the median in front of Hearst Elementary. Unfortunately, after working on this project for five months, the city put a halt to our plans. The median we were to work on is under the jurisdiction of the Park and Recreation Department's Open Space Division and they were never informed about SDG&E's new gas line placed in their median. Staff from this department stated that there should be a clause in SDG&E's contract with the city requiring them to replant the median and maintain it for 25 months. Thus, until city departments can figure all of this out, the median project is temporarily on hold.

A great number of hours have been spent in planning the replanting of the median, particularly by our resident landscape architect Doug Livingston. Working with Councilmember Sherman's staff, complying with the city's requirement to only plant native vegetation and laying out a plant pallet for the median between Capri and Theta Place, Livingston has donated a great number of hours on behalf of our community. In addition, Liz Saidkhanian from Councilmember Sherman's staff has spent hours working with city staff, SDG&E, and with Recon, the firm supplying 546 plants. The Allied Gardens-Kiwanis Club scheduled work parties from their

club, their Key Club at Patrick Henry, and their Circle K at SDSU for both Saturday, March 12 and 19. Hearst parents were also ready to lend a hand. Don Teemsma, a Del Cerro resident and president of Ideal Plumbing, had also arranged for a group of Mormon Elders to participate on both weekends.

Depending upon how long it takes to work out the details, our project may be postponed until the fall. It is getting late in the season to put native plants in the ground as they go dormant in the summer. Stay tuned.

There is no update on the ColRich project for 26 homes south of the Chevron service station. There will probably be a couple more submittals by ColRich to the planning department before a plan is finalized. Then they will return to DCAC and the Navajo Community Planners.

The contractor hired by the city to reline residential sewer laterals continues. If it was difficult to locate the cleanout in a yard, a new one was installed. The new cap is about 12 inches across and at ground level. The final stage in any neighborhood where they are working is to replace sidewalks that were torn up because it was easier to install a new cleanout there than have to replace extensive landscaping.

The next meeting of the Del Cerro Action Council is scheduled for Thursday, April 28 at 7 p.m. at Temple Emanu-El. The main topic will be an update on a proposed maintenance assessment district. DCAC president Mark Rawlins will make the presentation.

We also have news from the

San Diego Police Department's Eastern Division. It appears that Adam McElroy, our Police Community Relations Officer for the past two and a half years, is moving to police headquarters to work with the Vice division. Lt. Mike Swanson, who has been responsible for the Navajo Area, is moving on as well. His new assignment will be with the Police Department's recruiting division and related matters. Officer McElroy and Lt. Swanson have been a real asset to the entire Navajo Community and on behalf of Del Cerro we say:

"You are certainly going to be missed, and we thank you for serving the entire Navajo Community so efficiently. We wish both of you the very best with your next assignment."

If you have a child or grandchild going to school within the Patrick Henry Cluster (this includes all schools in the Navajo Area and Hardy Elementary by SDSU), please encourage them to participate in the Henry Cluster STEM Foundation's third annual Mini Golf Challenge to be held on April 16 at Pershing Middle School. It is free to enter. With a team of two to six students, they will design and build a mini-golf challenge hole. The starter kits (a sheet of plywood and two two-by-fours) are being provided by the Grantville-Allied Gardens Kiwanis Club and San Carlos Hardware. Go to hstemm.org/minigolf for more information.

Keep in touch with Del Cerro at delcerroactioncouncil.org

—Jay Wilson is secretary for the Del Cerro Action Council. Reach him at jwilson@mtrpf.org.

News from the San Carlos Area Council

Mickey
Zeichick



Our next San Carlos Area Council (SCAC) meeting will be Wednesday, May 4 at 6 p.m. in the San Carlos Branch Library, 7265 Jackson Drive. Our guest speaker will be Councilmember Scott Sherman, who will discuss, among other things, the state of District 7 and respond to questions from the audience.

In addition to enjoying the councilmember's presentation, we will have our annual board of directors election. SCAC needs more directors, if you are interested in becoming a director, please come to meetings and get to know us. Applications are available at our meetings.

At our March 2 meeting Steve Haiman, a retired economics teacher from West Hills High School in Santee, portrayed and explained the life of George A. Cowles (pronounced "Coles"), one of San Diego's early prominent ranching pioneers. Cowles settled in the El Cajon Valley in 1877. He was a prominent rancher and purchased approximately 4,000 acres of land comprising two ranch sites about a mile apart — Woodside Ranch and Magnolia Ranch. He planted a variety of fruit trees, grapevines, olives, grains and potatoes. Cowles' products gained nationwide



attention for San Diego's farming potential, particularly in fruits and vines. He was a businessman, founder of banks, companies, and a railway. He was one of the early business leaders in San Diego and also raised thoroughbred horses and cattle. Haiman delighted the audience and we all thank him for letting us "share" the life of George A. Cowles.

At the March 9 Navajo Community Planners (NCPI) meeting, elections were held and there are a few new faces to add to the board. I am happy to report that the two incumbents for the San Carlos area (Dan Northcutt and Tim Flodin) were voted in for another two-year term. The NCPI meets at 7:30 p.m. on the second Wednesday of each month at Tifereth Israel Synagogue. Members of the community are always encouraged to attend.

Come and meet the new branch manager for the San Carlos library, David Ege. You will be happy to know that more programs are being offered and you may want to join the Book Club.

To find out what is happening in our San Carlos neighborhood, go to Nextdoor.com. If you would like to discuss a matter or join our interested persons list, please contact John Pilch at 619-462-1408 or jfpilch@hotmail.com.

The annual dues are due and you can send them to SCAC, P.O. Box 19246 San Diego, CA 92159-0246. Cost is only \$7 per household or \$15 for a business membership.

—Mickey Zeichick is the former president of the San Carlos Area Council who is subbing for president John F. Pilch. Reach Pilch at jfpilch@hotmail.com.

Hunting for More this Easter?

Come celebrate with us!

Good Friday Service

March 25 at 7:00 p.m.

Family service,
Nursery care provided.

Easter Sunday Services

March 27 at
9:00 & 10:30 a.m.

Family service,
Nursery care provided.

Regular Sunday activities
for kids and youth
resume Sunday, April 3.
See www.missionnaz.org
for more info.

Mission Church of the Nazarene
4750 Mission Gorge Place, San Diego, CA 92120
(619) 287-3211 — www.missionnaz.org

Holy Week Services at Ascension Lutheran Church

March 20th, Palm Sunday

9:15am Worship

with First Communion, Baptisms,
New Members' Reception

March 25th, Good Friday

7:00pm Worship

with guest soloist, Michael Morgan



March 27th, Easter Sunday

9:00am

Pancake Breakfast

10:00am

Festival Worship with
Bob Burns, trumpet

Easter Egg Hunt for children
following the service

Ascension Lutheran Church

5106 Zion Avenue - San Diego, CA - 619-582-2636

Good Friday service

Friday, March 25

Ascension Lutheran Church (5106 Zion Ave., Allied Gardens) will host their Good Friday service titled "At the Foot of the Cross" at 7 p.m. with an organ prelude at 6:50 p.m. The service will feature Michael Morgan, who specializes in singing spirituals. There will be congregational hymns, scripture readings and prayer time all held in the Church's sanctuary. All are welcome. Visit ascension-church.com for more information.

Easter service

Sunday, March 27

Easter morning service will be held at Ascension Lutheran Church (5106 Zion Ave. Allied Gardens). The day will start with a 9 a.m. pancake breakfast. Following that at 10 a.m. will be a "festival" worship service with holy communion, choir and trumpet. At 11 a.m. there will be an Easter egg hunt for children. Breakfast is free for first-time visitors. Visit ascension-church.com for more information.

Easter community dinner

Sunday, April 3

Ascension Lutheran Church (5106 Zion Ave., Allied Gardens) will host their annual free Easter community dinner at noon. Guests will enjoy the celebration of Easter and spring with music and fabulous food. Attendees are encouraged to bring neighbors and children for this home-cooked meal, friendship and more. RSVP at 619-582-2636. Visit ascension-church.com for more information.



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Sunday Celebrations - 10:00 am
Wednesdays with Jacob Glass - 7:00 pm
Thursday Night Vision/ Folkey Monkey - 7:00 pm

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6:30am Sunrise Labyrinth Walk
9:30am Festive Easter Worship
7:00pm Emmaus Labyrinth Walk

Check our website for complete Holy Week schedule

Gethsemane Lutheran Church
2696 Melbourne Dr., San Diego, CA
Just up the hill from Qualcomm Stadium

www.gethsemanesd.org
858-277-6572

Easter

Experience the story

March 20 - Palm Sunday

8 & 10 a.m. Services: Liturgy of the Palms, Great Procession & Holy Eucharist. Reader's theater style dramatic presentation of the arrest and crucifixion of Jesus. Children always welcome at both services. Nursery open 7:45 - 11:30 a.m.

March 24 - Maundy Thursday

6 p.m. Service: Agape Meal and Footwashing in the Parish House followed by the Eucharist in church, stripping of the Altar, and the Vigil at the Altar of Repose.

March 25 - Good Friday

12 noon - 1 p.m. Service: Meditations on Words of Jesus from the Cross
7 p.m. Service: Good Friday Liturgy

Holy Saturday March 26th

6:43 a.m. Service: A Short time of worship in prayer and scripture
8 p.m. Service: The Great Litany - The Service of Light, the Service of Lessons, Renewal of Baptismal vows, and Holy Communion are all part of this meaningful candlelight first liturgy of Easter.

March 27th - Easter Day

8 and 10 a.m. Services: Holy Eucharist and celebration of our Lord's Resurrection. Children welcome at all services. Nursery open 7:45 - 11:30 a.m.



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1 John 4:10

Join us on Easter Sunday!

March 27, 2016

9:00 and 10:30 am Services

Sunday School for preschoolers

Free refreshments between services

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SAN CARLOS UNITED METHODIST CHURCH

Easter Services

Family Easter Service

SATURDAY, MARCH 26TH
5:00 PM

This service is specifically designed to accommodate the boundless energy and joy of children. During this pint-sized, 45-minute service, we'll learn about Easter -- the best surprise ever! Puppets and children's choirs will help tell the story.



Easter Sunday Services

SUNDAY, MARCH 27TH
8:30 & 10:00 AM

Enjoy the wonderful traditions of Easter at this service with orchestra, choir and a special message as we celebrate the risen Christ. Nursery care will be provided for both services, and Sunday school for children in preschool through 5th grade will be offered at the 10:00 am service.



SAN CARLOS
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UNITED METHODIST

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April action at Mission Trails Regional Park

Audrey F. Baker



and geared to all ages and interests. Grab sturdy shoes, that comfortable hat, water bottle and sunscreen and hit the trail!

Etymologists, those who study word origins, tell us April derives from the Latin word *aperire*, meaning “to open,” designating it as the month when flowers and trees bud. In Southern California, our native plant calendar hosts year-round blooms. Each month brings a new succession of species coming into full glory.

April is very special at Mission Trails Regional Park. It unveils the awe-inspiring, towering grandeur of an iconic plant, Chaparral Candle (*Hesperoyucca whipplei*). Its impressive and fast-growing single stalk can reach 13 feet in height, with half that length devoted to producing hundreds of waxy, purple-white flowers.

April is also an awakening in the animal world. The rocky crevices of MTRP host natal bobcat dens alive with activity as the next generation of agile and stealthy hunters enters the world of nature.

Our MTRP Trail Guide walks are an opportunity to learn more about natural Southern California, with its unique landscapes, habitats, local history, plant and animal life. The walks are free, interesting, fact-filled,

Morning walks are offered every Saturday, Sunday and Wednesday, from 9:30 to 11 a.m. You'll start from the park's Visitor and Interpretive Center, 1 Father Junipero Serra Trail, San Carlos. The walk beginning from the Kumeyaay Lake Campground Entry Station, 2 Father Junipero Serra Trail, at the San Carlos-Santee border, gives a different perspective of the park and its diverse habitats. These walks are offered from 8:30 to 10 a.m. on the second and fourth Saturdays of the month, and take in historic Old Mission Dam.

Wildlife Tracking presents the world of tracks, scat bedlays and other evidence of lesser-seen animals inhabiting the park. Join in for two hours of dirt-time fun – wear long pants for close-up observation. See you Saturday, April 2 at 8:30 a.m. in front of the Visitor Center.

Discovery Table: Bird Nests is your opportunity for up-close examination of “avian architecture.” We showcase the variety of shapes, sizes and nest designs, and illustrate how each best



Springtime is the best opportunity to witness wild bobcats (*Lynx rufus*) at Mission Trails Regional Park. (Photo by Maggie Holloway)

serves its occupants. Try your skill at matching the right egg to its nest while gathering fun bird facts from Trail Guides. Stop by our hands-on science table in the Visitor Center lobby on Saturday, April 9 between 10 a.m. and 1 p.m.

Bird Old Mission Dam with MTRP Birding Guides Jeanne Raimond and Millie Basden. The popular bird habitat is further energized by mating and nesting activity and the engaging songs of resident and migrant species. Binoculars and bird book are recommended. See you at 8 a.m. on Saturday, April 16 at the parking lot of Old Mission Dam, 2 Father Junipero Serra Trail for the two-hour exploration.

Star Party shines on as MTRP resident star gazer George Varga focuses skyward for solar exploration. George tells us with the moon waxing toward full, Jupiter and some of its moons will be visible. He'll also scope the high position of Ursa Major allowing views of the Whirlpool Galaxy (M51) and possibly M81 and M82 galaxies. Come see real star power from 7-10 p.m. Saturday, April 16. Meet at the far end of the Kumeyaay Campground Day Use Parking Lot.

La Mesa Walk and Talk combines the scenic backdrop of the teaming shores of Lake Murray and a fun stroll with your MTRP Trail Guide. After a brief chat on this month's topic,

“Wood Ducks and Ospreys,” we're off to further enjoy our morning in nature. Meet us Tuesday, April 19 at the ball fields by entering the reservoir at Murray Park Drive and Belle Glade Avenue, La Mesa.

Family Discovery Walk emphasizes sharing nature's spring magic as a family experience. With fresh blooms dotting the landscape, both the plant and animal world are enlivened, shedding winter dormancy for spring-time regeneration. Our Trail Guide-hosted interactive outing focuses on fun, childhood enrichment, and memorable outdoor moments. Meet inside the Visitor Center, Sunday, April 24, 3-4:30 p.m.

Birding Basics enhances your nature experience by identifying birds at a glance! MTRP Birding Guide Winona Sollock's class explains five simple techniques and gives tips on field guide use. (Bringing one is optional.) Class meets in Classroom A, inside Visitor Center on Saturday, April 30 from 1-2:30 p.m.

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. Meanwhile, come on out and enjoy the park!

—Audrey F. Baker is a trail guide at Mission Trails Regional Park. Reach her at aud1baker@gmail.com. ■

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22 Years in the Senior Living Industry

Short term stays offer solutions

Most people thinking of a senior living community as a place to move once they're ready to downsize from their home, if they desire a busier social life or lack transportation, which means they're stuck! A senior community can not only help solve these problems but they can be a problem solver for adult children also. Let's look at some problems and great short term solutions.

To demystify assisted living, visit missiontimescourier.com/expert-advice.



Tracy Walter

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Art, music, education at Mission Trails Regional Park



Jay Wilson

The Explore Mission Trails Day (EMTD) on May 21 is not far away. Mark your calendars for a fun-filled day at the park. Behind the scenes, MTRP Foundation staff and key volunteers are already hard at work. It takes about eight months of planning by a dedicated staff to stage this event, and it takes an additional 125 volunteers to make it a successful day. Mark your calendar and plan to take part in this fun-filled free day at Mission Trails.

EMTD is primarily set at the Visitor Center and the East Fortuna Staging Area. There will even be free shuttle busses to transport you to and from our parking lots to both event locations. This popular family-oriented event features free guided nature walks with our very knowledgeable Volunteer Trail Guides, exciting interactive displays and talks and programs throughout the park, including live animals and special programs and activities for children. There will also be free pony rides from 9 a.m. to 2 p.m. at the East Fortuna Staging area; please note the line for the pony rides will close at 12:30. Challenge yourself and tackle the climbing wall. Children will have lots of fun making a craft and/or having their faces painted. They will also be able to experience the many Discovery Stations at the East Fortuna



(clockwise from top left) California Poppy; Chaparral Candle (Hesperoyucca whipplei); Ground Pink with Rattlesnake Spurge (Photos by Gerry Tietje)

Staging Area. More information about EMTD can be found at mtrp.org. EMTD is presented annually by the City of San Diego Park and Recreation Department, Mission Trails Regional Park Foundation, and San Diego City Councilmember Scott Sherman.

Enter the Mission Trails 23rd annual Amateur Photo Contest. Go to mtrp.org. This is a great time to photograph wildflowers.

Donna and Paul Miller stopped in recently and stated they had a donation. It turned out to be a Kumeyaay metate used for grinding acorns and a Kumeyaay mortar and pestle found in the Laguna Mountains in the 1930's. They will be used as part of the

education programs for children participating in the many field trips conducted each year at MTRP.

Looking for a more adventure-some activity? Complete the 5-Peak Challenge by taking a selfie at the summit of each of the five peaks: Cowles Mountain, Pyle's Peak, Kwaay Paay, and North and South Fortuna. Over 1,700 people have officially registered as having completed the challenge. You will receive a certificate, a 5-Peak Challenge pin and a \$10 coupon for Adventure-16. 5-Peak Challenge T-Shirts are on sale in the Visitor Center Gift Shop. Do it in a day, or over several months.

The MTRP Foundation offers two unique education programs; "Natures Tales and Trails" with Cindy Christ for children 4 and up on designated Tuesday mornings from 9:30 to 11:30 a.m. This is an ideal educational adventure for home-schooled children. Each session is a different topic. "Nature's Tales and Trails" includes classroom time and a guided nature walk with Cindy Christ; each child will take home a nature-related craft.

On designated Saturday afternoons, artist and art teacher BetteAnn Pierce of Art Smarts, offers a 3-hour family-oriented art class for all those 7 years and above. Each session is a different

nature-related topic. Whether it is painting clouds or a red-tailed hawk, this is an opportunity to unlock your artistic talents.

For more information about these two programs, go to mtrp.org and look under "More News."

Unique art forms are always on display in the art expositions in the Visitor Center Gallery. "Seven - Our World through the Colored Pencil" featuring seven award-winning artists is on display through March 25.

Music is ever-present in the Visitor Center. The free concert series presented by the MTRP Foundation continues on Saturday, March 20, with outstanding guitarist Peter Sprague. All concerts begin at 3 p.m. in the Visitor Center Theater. There are only 93 seats and it is first come, first served. The following concert will be on April 3 and will feature members of the San Diego Harp Society. Then on April 17, vocalist Lillian Palmer returns for her third performance.

Looking for that unique venue for a wedding, retirement party, fundraiser or social event? Contact Maggie Holloway to inquire about holding your next after-hour event at the Mission Trails Visitor Center and Terrace. Reach her at 619-668-3280 or by email at MHolloway@mtrp.org.

—Jay Wilson is executive director of the Mission Trails Regional Park Foundation. Reach him at jjwilson@mtrp.org.

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Celebrating April Fools’ Day – the Ideal Way!

Does life sometimes seem like a practical joke? Maybe things aren’t going your way and your life gets turned upside down. Every day we receive phone calls from customers for routine service and maintenance. However, many times we catch them in a moment of crisis – a major leak, an air conditioning problem in the middle of a heat wave, or even a home power outage. Here are a few real life situations when our customers felt as if their home was playing tricks on them.

A Mysterious Mess

A few years ago Ideal remodeled a kitchen for a customer. Part of the remodel included a soap dispenser next to the kitchen faucet. A few days after the remodel was finished, the customer called to complain that the soap dispenser was leaking liquid soap all over the sink and counter. We returned to the customer’s home but couldn’t find any problem, so we asked her to give it a couple of days and keep an eye on it. Well, it happened again! So we replaced the soap dispenser. You can see where this is going - yes the replacement soap dispenser leaked too! This wasn’t making our client very happy, and she was getting quite frustrated.

Late one night, just a few days later, our customer got up to get a drink of water and she couldn’t believe her eyes. There at the kitchen sink was her cat pumping away on the soap dispenser as she was looking out the window! Her cat had really pranked her this time!

The Ludicrous Leak

Weekly we get the frantic phone call, “Help! My water line broke and I can’t shut off the water – my house is flooding!” This very upsetting and expensive experience is anything but a laughing matter. Although you may feel helpless in this stressful moment, don’t be fooled – there are a few steps you can take to get the water off. When in doubt, call your Ideal Service Experts! 619-583-7963

Memorize and Mark the Emergency Water Shut Off Locations Around your Home:

- **Water Meter:** Most home water meters are located by the sidewalk in front of home. Inside your meter box is a valve that will shut off the water to your entire property.
- **House Shut Off:** Your home water shut off may be located in front of your property, near the front hose faucet, inside your garage, or at the side of your home.
- **Irrigation:** Irrigation isolation shut off valves provide a simple and convenient way to shut the water off at an isolated area, instead of having to turn the water off to your entire home.
- **Water Heater:** You should have a cold water inlet shut-off valve on the top of your water heater. Should your water heater begin to leak, you’ll want to turn off the water there.
- **Faucets, Toilets and Washing Machine:** These locations should all have working shut offs valves. Over time, all valves get corroded and can be difficult to turn on and off. They should be tested and replaced if they don’t work so you are protected when the need arises.

April 1st marks Ideal’s 56th Anniversary!



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