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CONTACT US

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

Advertising
(619) 961-1957
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Bumps in the trail

Mountain bikers climb a hill in Mission Trails Regional Park. (Photo by Jose Galaz, Courtesy of San Diego Mountain Biking Association)

Bikers lose access as Marines step up base border patrols

Joseph Ciolino

For the five clients of attorney Richard Duquette, breathing in fresh air and getting exercise was what they expected while hitting some mountain biking paths in Mission Trails Regional Park (MTRP). Instead, they came in contact with Marines, roving around in Humvees, who

confiscated their bicycles.

Duquette, an Oceanside attorney and bicycle advocate, said the mountain bikers were riding along Stowe Trail, located just east of Marine Core Air Station Miramar (MCAS) boundaries, before being stopped by Marines.

"It was not clearly demarked and roving patrols surprised them," Duquette said. "They took expensive \$5,000 to \$7,000 mountain bikes."

This isn't the only instance mountain bikers had their bikes confiscated.

Forty-five bicycles and three motorcycles were

See **BIKERS** page 3

Outlook bleak for new food outlets

Area grocery stores vacant, shuttered or replaced

Doug Curlee

Editor at Large

San Diego's topsy-turvy supermarket picture hasn't really settled down yet, and may not for a while.

All over San Diego County, there are buildings that used to hold markets sitting vacant, and many of them don't hold out much hope of returning as food stores.

We've reported often about the now-vacant Albertson's at Waring Road and Zion Avenue in Allied Gardens. The shopping center's manager Linda Lasher doesn't hold out immediate hope for a



Construction has begun on the west end of the former Fresh & Easy store in the San Carlos Plaza. (Photo by Doug Curlee)

new grocery tenant anytime soon, if at all.

"I assume there are talks going on, but I don't know for sure," Lasher said. That's more pessimistic than she has been in the past, when she said that "talks

were going on, and we might be close with one or two interested parties."

Even the weekly farmer's market that had set up in the

See **OUTLETS** page 11

Water pipes are being fixed under our streets

You may not even know it's happening

Doug Curlee

Editor at Large

Seldom does a week go by without news of yet another water or sewer pipe failure somewhere in San Diego.

There's a \$4.2 million project going on in the Del Cerro-Allied Gardens area right now, working to see that doesn't happen. It's one of many such jobs being done, or in the planning stage citywide.

"There are a lot of areas around San Diego where this needs to be done. It's well-known that there are many miles of very old pipe under our streets," said resident engineer Neda Shahrara while watching over a work crew fixing pipes on the corner of Lance Way and Bounty Street in Allied Gardens. "Too many pipes are failing."



Doug Curlee looks at a pipe inspection monitoring device. (Photo by Monica Muñoz)

For the most part, it turns out that the failed pipe is an old — often very old — corrugated steel pipe that's been in the ground for 50 years or more. They are old. They corrode. They simply come apart, necessitating an expensive, time-consuming, street-damaging excavation to replace the pipe with PVC plastic pipe that has a longer life.

It takes a lot of time and work to get all that done.

But it doesn't always need to be that way. Often, those old pipes can be rehabilitated by a relining process. It's done with new, non-metal pipe inserted into the old pipe. A resin is injected around the new pipe, binding it to the old

See **PIPES** page 11



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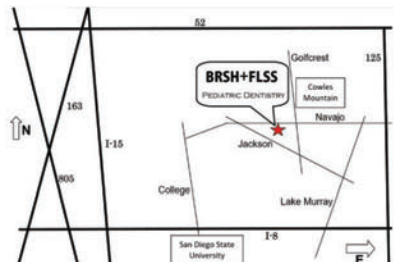


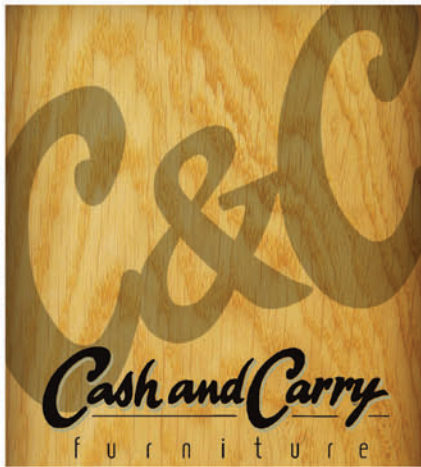
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Trails that were partially running through the Marine Corps Air Station Miramar will need to be rerouted to avoid further conflicts. (Photo by Jose Galaz, Courtesy of San Diego Mountain Biking Association)

► Bikers, from page 1

seized around the weekend of Martin Luther King, Jr. Day and civilian encroachment has been an ongoing problem since the early '90s, said 1st Lt. Matthew Gregory, Public Affairs Officer, MCAS.

But it wasn't until a few mountain bikers rode towards the sound of firing ranges when MCAS decided to expand patrols to their absolute boundaries and enforce against encroachment. This is where the problem with signage arose.

"There was no adequate signage on their physical boundaries," said Ben Stone, Vice President, San Diego Mountain Biking Association (SDMBA). "They were catching people coming up on trails that were in their property but had zero idea because there's a sign 300 feet away, but they believe they're in a city of San Diego park."

The military has recently put in new signage on their exact boundaries and, according to Stone, that isn't good for mountain bikers because it cuts the loop trail system up, making the trails all one-way.

The East Elliot network of loop trails is a popular place to mountain bike that was essentially ruined by the stricter enforcement of the Marine base boundary. It will likely be inaccessible until the full Mission Trails Regional Park Master Plan is complete and implemented — which could be five to 15 years down the line. Once the Master Plan is implemented, new trails can be routed solely on San Diego city property.

"East Elliot is the place for mountain biking in Mission Trails," Stone said. "Really, every other trail there will be re-routed someday based on the master plan that is in the process [of being drawn up] now."

According to the plan analysis document on the MTRP website, the Master Plan's objectives include defining the park's setting in terms of physical environment, aesthetics, public plans and policies, surrounding land use and ownership.

The plan will also identify recreational and other open space potentials within the park setting; assess existing and potential relationships (especially edges, roads and trail linkages) between the park, its immediate surround-

ings, and the San Diego region as a whole; and, finally, to maintain and update a comprehensive Master Plan in terms of park uses, facility sizes and locations, environmental and architectural design concepts and strategies to avoid or minimize environmental impacts.

More specifically, Stone is referring to the plan's effort to reroute the trails throughout MTRP, including East Elliot, ultimately providing a network of legal trails for generations to enjoy, according to an SDMBA blog posted on March 25. The blog also stated that an individual tore down two signs in East Elliot, and warned that tearing down signs doesn't solve any issues and Marines will still ticket and confiscate bikes.

MTRP claims to have 53 miles of trail, but only about nine miles of trail is legal, multi-use, single-track trail, according to Stone. Thirty-three miles are SDG&E fire-roads and only about seven out of the nine multi-use trails are open to mountain bikers. One of the two trails that are closed includes the front of Cowles Mountain.

"What was sort of the mountain biking destination in San Diego for mountain bikers is toast, it's done for," Stone said.

But the issue of Stowe Trail still remains, and this trail is particularly important because it is a historical trail dating back to the early 1800s. Mountain bikers, equestrians and hikers have been using the trail for a few decades. Stone and the SDMBA are pushing the military to give civilians some form of access to the historical trail.

"These are historical connections that are going to be lost to the next generation if we can't figure out a way to get up there," Stone said.

A little over a decade ago, an act of Congress was passed for the military to sell the portion of Stowe Trail property that goes onto Miramar to the county, but the process took so long that a new base commander turned around and disagreed to sell the property and the sale of the property has essentially been in limbo ever since.

For the military, this is more than just the Stowe Trail. Overall, people are coming onto the base and not just from that eastern side of the trail, said Gregory.

"We have mountain bikers that come in on west Miramar near the cemetery, we have people that come in from under the [state Route] 52, from Santee Lakes and

Scripps Ranch," said Gregory. "It's not like we're singling out any one group."

Along with the obvious need for more apparent and visible signage, an idea Stone suggested was to allow mountain bikers to pre-register their bikes — allowing them to ride on base property, a practice already observed at Camp Pendleton in Oceanside.

Mainly, SDMBA and Stone hope that the military will work something out with the county, whether it is a sale of the Stowe Trail land, a lease of the land or possibly a public easement.

"There are a lot of different options on the table," said Stone. "We offered as many options as plausible."

But according to Gregory, it's just not that simple, and there are currently no plans for the military to do this.

"Something like that is out of our hands," he said. "It takes a congressional approval to be able to do anything like that, like changing borders of the base or ownership."

The five clients of Richard Duquette eventually received their bicycles from MCAS in a deal where the confiscated bikes were returned.

Chief Magistrate Judge Nita L. Stormes and Duquette were able to work out an agreement with the military where the clients received their bikes back and the misdemeanors were dismissed. In return, the bicyclists agreed to pay a \$250 civil fee and not sue for civil rights violations, according to Duquette's blog.

That deal was an improvement over the original \$500 citation that mountain bikers were facing.

Despite the tickets and weeks spent without their bikes, Duquette said his clients don't feel animosity towards the military.

"The military are our neighbors, we should try to coexist and work together," said Duquette. "All mountain bikers appreciate the military and their role."

For more information about the SDMBA visit sdmba.com/site/. For more information about Mission Trails Regional Park, visit mtrp.org.

—Joseph Ciolino is an editorial intern for San Diego Community Newspaper Network, the parent company of the Mission Times Courier. Reach him at josephciolino@hotmail.com. ■

How Owners Lose Thousands When Selling Their Homes

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

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

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

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District 7 candidates weigh in on the issues

SDCNN Editorial Board

Although most voters won't be punching tickets at voting booths until June 7, residents who vote by mail can begin casting their ballots May 9. And that means it's time for election coverage.

The Mission Times Courier and its parent company San Diego Community Newspaper Network does not give candidate endorsements. Instead, the paper provides information about candidates running for the local offices that most impact our readers. Right now, that office is the San Diego City Council District 7 seat.

To get an idea of what kind of councilmember they would be if elected, the Mission Times Courier asked the candidates — incumbent Republican Scott Sherman and Democratic challengers Justin DeCesare and Jose Caballero — to weigh in on the most pressing issues that face the city.

Is there a Chargers stadium plan you would support?

● **Sherman:** Yes, I supported and continue to support the Citizens' Stadium Advisory Group plan the Mayor [Kevin Faulconer] and the city put forward in the beginning. It is the most financially responsible plan for taxpayers.

● **DeCesare:** I support the initial Citizen's Initiative as released by former City Councilwoman Donna Frye. While it's not specifically a stadium proposal, it provides an avenue for funding and



Scott Sherman

building a new stadium and creates California Environmental Quality Act exemptions to do so. I am against any attempt to sell city-owned land to developers under the guise of keeping the Chargers in Mission Valley in a new stadium.

● **Caballero:** The Chargers are welcome to stay in San Diego — but the city should not give them a penny of public money. The only circumstance where I support public funds for stadium construction and maintenance is if the NFL gives ownership of the team to the city of San Diego (like what happened in Green Bay), where the city receives all profit from ticket sales, naming rights, parking, concessions, and other team revenue streams. Otherwise, it is flat out wrong to give the very wealthy Spanos family

millions of dollars of public money — regardless of where that public money comes from.

Same question for the Convention Center expansion.

● **Sherman:** The Convention Center is a vital part of San Diego's economy. Conventions like Comic-Con and the Society for Neuroscience bring in millions of dollars in economic impact to San Diego. I am open to all ideas for expanding the Convention Center to help generate funds that the city can reinvest into our neighborhoods — as long as it is contiguous.

● **DeCesare:** I will certainly support a Convention Center expansion that makes sense for San Diego's economy, as long as it considers and protects environmental aspects. This is why I



Justin DeCesare

prefer a noncontiguous expansion.

● **Caballero:** If expanded, the Convention Center should be expanded across the street, not toward the Bay. The waterfront is an important public resource and should remain open to the people of San Diego. I do not support the Convadium plan that puts San Diego taxpayers on the hook for a billion dollars, between construction and maintenance costs. There are far more pressing needs for public funds, like fixing our streets, solving our homelessness issue, and implementing our Climate Action Plan.

How do you think the city should address the homeless problem?

● **Sherman:** We have seen a real influx of homeless not only in areas such as Downtown, but also in our community parks and canyons. I have worked with the San Diego Police Department to increase staffing to our HOT (Homeless Outreach Teams) to start providing the introductory services to help get the homeless off the streets. I worked with my council colleagues and Mayor Faulconer to create a full-time shelter Downtown, and to implement a plan to end all veteran homelessness in San Diego. However, I continue working to reform a broken system where the cost of building affordable housing is twice as expensive as the construction of regular housing. Our region is in dire need of more housing in San Diego. To truly fix the problem, we must give the homeless all the tools they need to re-acclimate into society, including a housing-first model similar to what Salt Lake City implemented, which decreased homelessness by 91 percent.

● **DeCesare:** As a city, we need to realize that we can play a large role in cultivating resources for those who live on the streets, especially with regard to housing. The answer is not to pack up entire homeless encampments right before a large rainstorm as we saw the city do last month.

The many service providers and nonprofits that work tirelessly to end homelessness in our region will tell you that there's not enough funding, and there's a great deal of competition for limited resources. Our city leaders need to engage these organizations by bringing together providers in a network that allows groups to collaborate. We need to change the way we approach homelessness, and view this problem as more than just a nuisance.

● **Caballero:** Housing first. We need to ensure people are pro-



José Caballero

vided with a home and the mental and physical health services that will facilitate them getting back on their feet. The city's current approach of shuffling homeless around the city isn't working, and people deserve better.

Albuquerque [New Mexico] has a program where the city goes around to panhandlers and homeless and gives them employment for the day, cleaning up the city and other public service jobs. At the end of the day, the city pays people cash for their work and connects them with any services they may need. I pledge to bring this program to San Diego. It helps those in need, gives them a sense of purpose and of contribution, while also benefitting the city through their work.

What are your views on developing more transit options? What is your position on the SANDAG ballot proposal that includes a half-cent sales tax increase and prioritizes public transportation over highway funds?

● **Sherman:** I support providing San Diegan's alternatives to driving. I support the trolley extension into UTC, the Bicycle Master Plan Update, and the Grantville Master Plan update which allows for more public transit options through District 7. With that said I think District 7 residents already pay some of the highest taxes in the country and I do not believe another tax will solve the problem. We need to be responsible stewards of taxpayer dollars and find creative ways to work with what we have, just as they do in the private sector.

● **DeCesare:** As our city has recently adopted a Climate Action Plan, I can't stress enough the importance of focusing our infrastructure efforts on creating new, renewable, public options for transit that can be used and enjoyed by all of our neighborhoods and residents.

There are many positive aspects to the SANDAG plan, such as the allocation of long-term money for open-space preservation and public transit options, but the proposed tax increase places far too much emphasis on the expansion of highways.

We consistently apply "Band-Aid" solutions to our city, but we are at a crossroads. If we don't prioritize transit that protects our environment along with smart growth projections, we will never meet our goals and will continue to expand outward, putting even more pressure on our freeways.

See CANDIDATES page 9 →



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Alums raise funds for Patrick Henry Golf tournament to pay for school's Hall of Fame

Doug Curlee
Editor at Large



It all started in 2011, when Kevin Carlson and several other alumni of one of San Diego's biggest high schools decided to throw a luncheon event to honor some of their old coaches from the '70s and '80s.

They didn't really realize what it might morph into.

Someone suggested they ought to see if there was more they could do, and the first thing you know, the Alumni Association is a 501(c)-3 nonprofit planning a golf tournament and a dinner to raise funds for the school. It worked.

"As we looked around, we saw that there were things the school needed that the public funds would not, or legally could not, pay for," Carlson said.

"So we made it our mission to see to it that a lot of those things got paid for. In the past four years, we've raised and donated about \$170,000 for things that needed to be bought and couldn't fit into the school budget," he said. "We've bought instruments for the band, uniforms for sports teams, new practice backboards for the basketball program. We've created a small scholarship fund for kids who might need help with school



(l to r) Patrick Henry graduate Ron Krasner (Class of 1978), Patrick Henry High School Alumni Association board of directors member Mike Nokes (Class of 1978), Mark Krasner (Class of 1971), and their guest Tim Ryan at the 2015 PHHS Alumni Association Golf Tournament. (Courtesy of Kevin Carlson)

expenses and fees."

What's striking about all this is that public schools, as a general rule, don't really have active alumni associations doing this kind of thing. Some do, but you're more likely to find such organizations at parochial and private schools.

The goal for this annual tournament and dinner is to create a Hall of Fame in the new Performing Arts center on campus.

"When you have some 40,000 alumni, there are bound to be some noteworthy names somewhere on that list," Carlson said. He's right.

How many other schools have a multiple Academy Award-nominated actress? Annette Bening, who incidentally donated \$40,000 to that Performing Arts Academy, is on the alumni list.

How many schools have a Heisman Trophy-winning running back? Ricky Williams is an ex-Patrick Henry Patriot.

How many schools have more major league ballplayers than you can shake a stick at? Eric Karros

and Aaron Harang are only a couple of them.

There's Paul Vaden, the former world welterweight boxing champ.

Toss in an NFL quarterback, Matt Koffler, and you can begin to see where the idea of a Hall of Fame gains traction.

That's not even counting people who have made significant contributions in areas other than sports or movies.

This year's Tournament and Banquet are on Friday, May 13, at Admiral Baker Golf Course. There will be a shotgun start at 11:30 a.m. on both north and south courses, with the reception and dinner to follow.

There'll be a silent auction for a whole lot of very good quality stuff, and there will even be a new car for a hole-in-one, donated by one of the several car dealers who are now in on the effort.

I saw it last year, and it's quite a day to be a part of.

—Doug Curlee is Editor at Large. Write to him at doug@sdenn.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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NEWS BRIEFS

MADD honors 'drugged driving' prosecutor

The local chapter of Mothers Against Drunk Driving named as its Outstanding Prosecutor of the Year for 2015 a prosecutor who did not prosecute a single drunk-driving case that year.

Rather, MADD gave the award to Deputy City Attorney Taylor S. Garrot, whose specialty is drug DUIs — cases in which motorists are impaired by drugs (prescription and illegal) or by drugs combined with alcohol. He was honored at the 2016 DUI Law Enforcement Recognition Awards Luncheon held on March 29.

Garrot's commendation from MADD is recognition of the growing phenomenon of drug DUIs and the threat they pose to public safety.

Since November 2014, Garrot has worked exclusively on drug DUIs for the San Diego City Attorney's Office, handling more than 250 drug and drug/alcohol combination cases, including 14 jury trials. He has prosecuted drivers who misused prescription drugs such as Xanax, Valium, Percocet, Dilaudid, Klonopin and Ambien, as well as illegal drugs such as ecstasy, cocaine, PCP, methamphetamine and heroin.

Working under a grant from the California Office of Traffic Safety, Garrot has become an expert for the San Diego law enforcement community, conducting trainings for local prosecutors and law enforcement personnel.

His trainings help debunk the

myth that cases that involve driving under the influence of marijuana or prescription drugs are too difficult to prove. In fact, Garrot has obtained guilty pleas or verdicts in the overwhelming majority of these cases.

"MADD could not have picked a better Prosecutor of the Year," City Attorney Jan Goldsmith said in a press statement prior to the awards luncheon. "Taylor Garrot's expertise is keeping dangerous drivers off of our streets and highways, and the techniques he deploys are being shared with his colleagues, who prosecute thousands of DUI cases every year. Crimes once considered difficult to prove now result in guilty pleas and stiff sentences."

In his three years at the City Attorney's Office, Garrot has successfully prosecuted a number of difficult DUI jury trials, involving complicated legal issues such as driving defenses, unrelated health issues, involuntary intoxication and low blood alcohol concentration cases.

New weight loss procedure offered at Alvarado

A new FDA-approved procedure is now being offered in San Diego for weight loss. The gastric "belly" balloon is a non-surgical, outpatient procedure that has been shown to be up to three times more effective for weight loss than those who do diet and exercise alone.

During the procedure, the patient receives mild sedation and

a deflated silicon balloon is inserted through the mouth into the stomach with an endoscope. Once inserted, it is inflated with sterile saline. Inflated, the balloon is about the size of a grapefruit. This creates a feeling of fullness and helps patients moderate food intake. The procedure takes less than 30 minutes.

After six months, the balloon is removed. Patients agree to participate in a one-year medically supervised diet and exercise program to improve long-term outcomes.

"One of the reasons why people hit a weight plateau is because dieting alone increases chemical hunger," said Dr. Julie Ellner of Alvarado Hospital in a press release. Ellner is one of the first doctors to offer this procedure in San Diego. "This is a way to relieve the hunger and be successful without surgery or drugs."

Typically, a person has to have a BMI between 30-40 to qualify and need to lose approximately 25-50 pounds. The procedure is not currently covered by insurance.

"The balloon has been available for almost two decades outside of the U.S. and has proven successful in many European and other countries," Ellner said. "For millions of people who want to lose weight without surgery, it gives them the boost they need."

Ellner performs the procedure

See BRIEFS page 27 —————>

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GUEST EDITORIAL

Talk early, talk often

It's alcohol awareness month

Bob Elliott

The need to provide meaningful education on the dangers of underage drinking and drug use here in San Diego County has never been greater. And it is important to know that parents can play a significant role.

As kids get older and alcohol and drugs enter the picture, parents are faced with a unique set of challenges. They can simply sit back and hope their kids will “get through it,” or they can take an active role in learning about alcohol and drugs and helping their kids do the same.

It can be daunting to talk with your children about drinking and drug use, but it will be well worth the effort you put into it. In fact, research has shown that kids who have conversations with their parents and learn a lot about the dangers of alcohol and drug use are 50 percent less likely to use these substances than those who don't have such conversations.

As a parent you can be a primary source of positive and reliable information and it is important to take advantage of “teachable moments.”

It's not so much about “the big talk,” but about being there for them when the issues come up — on TV, at the movies, on the radio, about celebrities or sports figures, or about their friends. Don't miss your opportunity to teach your kids; if you do, they will get their information from the media, the Internet or other sources that not only misrepresent the potential negative impact of alcohol and drugs and can actually glorify their use!

You have more influence over your kid's attitudes and decisions about alcohol than you

think. So start early! Children go through many different stages as they grow up and what's appropriate to tell an 18 year old and a 9 year old can vary quite a bit. Yet, it's never too early to begin the conversation. The more informed children are, the better off they'll be.

According to the National Council on Alcoholism and Drug Dependence, here are some basic guidelines to assist you:

- Listen before you talk — encourage conversation: As parents, we want to have “all the answers.” And, sometimes we are so anxious to share our wisdom — or our opinion — that we don't take the time to listen. For kids, knowing that we are really listening is the most important thing we can do to help.

- Talk to your child and ask open-ended questions: Have regular conversations with your child — about their feelings, their friends and their activities. As much as you can, and sometimes it's not easy, try to avoid questions that have a simple “yes” or “no” answer.

- Be involved: Get to know your child's friends and continue to educate your child about the importance of maintaining good health — psychological, emotional and physical.

- Set expectations, limits and consequences: Make it clear that you do not want your child drinking or using drugs and that you trust them not to. Talk about possible consequences, both legal and medical, and be clear about what you will do if the rules are broken.

- Be honest and open: Care about what your child is going through as they face and make decisions that will affect their lives now and for the future.

- Be positive: Many parents have discovered that talking about these issues with their children has built bridges rather than walls between them and they have proudly watched those children learn to make healthy, mature decisions on their own.

- Family history: Both research and personal experience have clearly documented that drug and alcohol addiction is a chronic, progressive disease that can be linked to family history and genetics. So, if you have a family history of problems with alcohol or drugs, be matter of fact about it, as you would any other chronic disease, such as heart disease, diabetes or cancer.

“Alcohol and drug use is a very risky business for young people, and parents can make a difference,” said Andrew Pucher, president and chief executive officer of the National Council on Alcohol and Drug Dependence (NCADD). “The longer children delay drinking and drug use, the less likely they are to develop any problems associated with it. That's why it is so important to help your child make smart decisions about alcohol and drugs.”

Throughout the month of April, NCADD—San Diego is celebrating the 30th annual observance of Alcohol Awareness Month by holding and supporting a variety of informational and educational events to raise public awareness about underage drinking and encourage parents to speak to their kids early and often about alcohol and other drugs.

I urge local businesses, community organizations, colleges, schools, administrators and government agencies, to get involved in these activities. It can make a tremendous difference in our community as we reach out to those who are most vulnerable and help our next generation avoid the many problems that underage alcohol and drug use can bring.

—Bob Elliott is chairman of the local San Diego chapter of NCAAD, an all-volunteer 501(c)3 organization that just recently received its nonprofit status and could use your help. To learn more, donate, or to volunteer, call 855-622-3373 or visit ncadd-sd.org. ■

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Email jeff@sd cnn.com

GUEST EDITORIAL

Teens are our ‘next link’ of progress

Chad Miller

When I'm engaged in small talk, people inevitably ask what I do for a living, and I proudly tell them that “I teach high school English.” Many respond with some sort of Pavlovian scowl and offer a sympathetic prayer from the heavens. “God bless you,” they say, as if working with teens rivals a plunge into the deepest circles of Dante's raging inferno and only God himself could save me from the conflagration.

And I get it; but teenage life is tough. Kids are bombarded with a cavalcade of labels and harsh judgment. Adults often view teens as tech-addicted narcissists, too careless and self-absorbed with inane social media posts to worry about anything that actually matters and then scapegoat them as some sort of mindless “demise of civilization.” As if that Snapchat post is a harbinger of the day we meekly submit to our robot overlords as weak, hapless links in our long chain of being as a species.

I reject that thinking. Kids continually teach me that those labels just don't stick. When we focus on building community, when kids sit at tables and talk every day, when we model and teach growth mind-sets, when students are given time and space to think and reflect and question, it's easier to be optimistic.

Teens aren't careless; I've learned they're empathetic and caring. In fact, they care a whole lot about each other, their futures, and everyone else's futures, too.

Teens aren't mindless; I've learned they're reflective, thoughtful, mindful, and mentally tough. They want to learn, to live intellectually, to fulfill their infinite potential. They gaze upon the stars. They ponder life's big questions. I've learned that teens aren't a catalyst to Dante's fiery dystopian Armageddon, but that they positively nudge us into a more hopeful, peaceful future.

They're not a weak link, but the next link, a bit more forward-thinking, a bit more tolerant. You see, teenagers haven't inherited humanity's worst traits. On the contrary, they've inherited humanity's best traits — it's natural selection at work, a survival mechanism of cosmic importance. Teenagers are evolved. They're the cutting-edge, most up-to-date members of our species, spear-heading our slow (sometimes painfully so), incremental march forward, a few nanometers of progress, but progress nonetheless.

And in some distant future, humanity will have irrevocably changed. We'll be even more reflective and thoughtful — a radiant constellation of intelligence and vision and compassion and morality. Our species will mature. We will continue the quest for progression. It's what we do. And we will prevail, because all of us, yes, teenagers too, will continue to evolve into our best selves.

—English teacher Chad Miller was selected as Region IX Educator of the Year and was honored at the California League of High School's yearly conference in Sacramento last month where he was a finalist for the state Educator of the Year title for Northern and Southern California regions. ■

Mission Times COURIER

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

EDITOR Jeff Clemetson (619) 961-1969 jeff@sd cnn.com	ART DIRECTOR Todd Kammer (619) 961-1965 todd@sd cnn.com
EDITOR AT LARGE Doug Curlee (619) 961-1963 doug@sd cnn.com	SALES & MARKETING DIRECTOR Mike Rosensteel (619) 961-1958 mike@sd cnn.com
CONTRIBUTING EDITORS Morgan M. Hurley, x110 Ken Williams x102	ADVERTISING CONSULTANTS Lisa Hamel, x107 Andrew Arias, x113 Andrew Bagley, x106 True Flores, (619) 454-0115 Sloan Gomez, x104 Kat Haney, x105
WEB & SOCIAL MEDIA Jen Van Tieghem, x118 jen@sd cnn.com	ACCOUNTING Priscilla Umel-Martinez (619) 961-1962 accounting@sd cnn.com
COPY EDITOR Dustin Lothspeich	WEB DESIGNER Kim Espinoza kim@kespinoza.com
EDITORIAL INTERNS Joseph Ciolino Tori Hahn	PUBLISHER David Mannis (619) 961-1951 david@sd cnn.com
CONTRIBUTORS Linda Armacost Audrey F. Baker Jeff Benesch Joseph Ciolino Bob Elliott Elizabeth Gillingham Shain Haug Sue Hotz Dianne Jacob Kristin Love Judy McCarty Chad Miller Frank Sabatini Jr. Scott Sherman Jay Wilson Mickey Zeichick	PUBLISHER EMERITUS Jim Madaffer



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LETTERS

Retraction demand

Re: Political cartoon [Volume 22, Issue 3]

Today I picked up your government-subsidized so-called "newspaper" from my front lawn. The bullshit rag you are the editor of insulted myself and millions of Americans by your cartoon of the honorable Donald Trump.

I demand an immediate retraction. You are implying that anyone who does not support nor invites tens of millions of foreign invaders who suck my hard-earned resources from my family and our great country [is] in some way racist.

Instead of focusing on the shitty broken down roads and decaying infrastructure in the San Carlos hood, you use your government-subsidized rag as a propaganda piece for the powers that be who are running this country into the ground.

I'm sick and tired of picking up the litter that lands in my front yard monthly. Please retract the insulting cartoon that depicts anyone who is opposed to millions of foreign invaders is somehow racist. You are calling me and my family racist.

I demand an immediate apology for this insulting caricature of the honorable Donald Trump.

—David A. Begy, San Diego

[Editor's note: SDCNN, the parent company of the Mission Times Courier, is a privately-owned and -operated newspaper company and does not receive any subsidies from the government.]

Cross-eyed over crossword

I am thankful for the crossword puzzle that your paper prints in the editions.

I am wondering if other readers fight the small print and the size of the puzzle as I and my neighbors do. I'm also thinking that the readers most likely to be interested in doing the puzzle will be in the adult/older group because the younger crowd is mostly into the electronic games.

Is it possible that the crossword could be enlarged a bit for those who wear glasses, and at times need magnified glasses to enjoy the puzzle?

We realize that a larger puzzle takes up advertisement space, so please don't take this email as a complaint, it is just a suggestion that we hope will have some merit.

—Sal Freitas, San Diego

[Editor's note: Due to space constraints, our puzzles are mostly run at two columns wide. However, I will look into options for making them larger in future issues.]

The write stuff

Re: "Local author blends Japanese heritage with American" [Volume 22, Issue 3 or bit.ly/1ZGGTIY]

I just wanted to thank you for the lovely write-up in the Mission Times Courier this week. I really appreciate the work and insight that went into it. This one is definitely going in my scrapbook. You rock!

—Margaret Dilloway, San Diego



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► **Candidates**, from page 4

● **Caballero:** We need livable, walkable, bikeable neighborhoods. This means prioritizing barriered bike lanes, pedestrian crossings, and appropriate zoning. Our public transportation needs to serve the areas people want to go, like our beaches and the airport — neither of which are currently connected to the trolley. We need more frequent buses, more bus routes, and safer bus stops. I do not support the current proposal though, because it still includes significant money for road and highway expansion, which will only worsen congestion and increase the number of cars on our roads. We need a plan where the tax increase focuses 100 percent on road repair, public transportation, and environmentally-friendly solutions.

What are your ideas/thoughts on addressing the affordable housing crisis?

● **Sherman:** Affordable housing is an integral part of resolving the homeless issue and housing crisis in San Diego. I support increasing the amount of affordable housing, but we must first address how to build these houses closer to the actual cost. A recent study showed that building affordable housing costs about double of market-rate housing. It is important that we remove red tape on the government side to help make housing more affordable.

● **DeCesare:** There are two sides to this problem, and they are not mutually exclusive.

First, we have income that is growing at half the rate of inflation in San Diego. This means our money is worth half as much this year as it was last year. Let's start by focusing on growing the monthly income of families.

Second, the red tape is burdensome and the cost to develop is too high, specifically for well-meaning, smaller developers. It's time we focus on updating our community plans (to match our Climate Action Plan and current smart growth projections) so developers who are seeking to develop in the RIGHT way have access to a fair and unbiased process. For too long, the only people who are able to navigate this maze have been those with enough capital to wait out a lengthy and often litigious process. By giving the owner of a single-family home on a multi-zoned parcel the peace of mind that his or her investment in creating additional units will meet current goals, we can help increase the market supply at a development cost that doesn't put as much burden on the consumer.

● **Caballero:** I will make fighting for rent stabilization the top priority of my first 100 days in office. Too many people who work in San Diego can no longer afford to live here. Yet big out-of-town developers make huge profits for new developments and are buying up apartment complexes that have been managed by local families for decades. Enough is enough. We need to build a city that works for everyone. And that means making sure people are not forced out of their homes by disproportionately large increases in rent.

● **Caballero:** This plan kicks the can down the road, in that we have no way to know if the three funding sources would actually come through. The residents of San Diego need more than just wishful thinking 30 years from now. We need a concrete plan that fixes our streets and infrastructure now. The revenue sources are unfair to the working class of San Diego, as it relies on future increases in taxes and cuts to pensions. The plan is unspecific on where the general fund growth would come from, and is nothing more than political theater.

Where do you stand on the Rebuild San Diego Plan, the infrastructure "mega bond"?

● **Sherman:** The Rebuild SD Plan is not a bond or a tax, it is a new way of allocating funds over the next 30 years to address our infrastructure deficit. I fully support Rebuild SD, and seconded the motion at Council. This plan will prioritize and address the much-needed repairs to our roads, sidewalks, and city facilities.

● **DeCesare:** In my opinion, just because the plan is named "Rebuild San Diego" doesn't mean that the plan will do much in the way of improvement, and San Diegans will likely continue to find themselves driving on terrible roads and over potholes.

The plan itself calls for no new revenue, so it has to draw from city coffers where money is already being spent on crucial services. It's time we have an honest discussion about where the money is going to come from to pay for a billion-dollar infrastructure gap. Taking money away from our fire stations or parks isn't an option, not to mention we'd still fall well short of adequate solutions to the problems at hand.

● **Caballero:** I pledge to fight for water capture and recycling — build an Indirect Potable Reuse facility (Pure Water San Diego program) that will purify our wastewater and provide us with 30 million gallons a day. [Use] native plants in city landscaping — save water and money by installing native plants with low water and maintenance needs. Water capture by private landowners — promote education initiatives about existing city and state programs for homeowners. Expand the rain barrel rebate program beyond a pilot initiative. Create public-private partnerships to expand grass replacement and micro-irrigation rebates. Focus on replacing broken pipes, that leak 40 percent of our water underground and into our streets.

What is the best way the city can address water/drought issues?

● **Sherman:** The city is implementing the Pure Water Program and the Carlsbad desalination plant, which will help with water usage, but we must address our capacity on the other side of the issue with building more reservoirs.

● **DeCesare:** We need to focus on building our water infrastructure, specifically the implementation of Indirect Potable Reuse. It's a big investment, but will be paramount in maintaining water independence in San Diego.

● **Caballero:** I pledge to fight for water capture and recycling — build an Indirect Potable Reuse facility (Pure Water San Diego program) that will purify our wastewater and provide us with 30 million gallons a day.

[Use] native plants in city landscaping — save water and money by installing native plants with low water and maintenance needs.

Water capture by private landowners — promote education initiatives about existing city and state programs for homeowners. Expand the rain barrel rebate program beyond a pilot initiative.

Create public-private partnerships to expand grass replacement and micro-irrigation rebates. Focus on replacing broken pipes, that leak 40 percent of our water underground and into our streets.

Where do you stand on the city's minimum wage increase?

● **Sherman:** I am opposed to the city setting its own minimum wage. The state has rendered this point moot by setting a minimum wage

See **CANDIDATES** page 10

'Tooth Wisdom'



with Dr. Bradley Ross

Trouble Sleeping? You May Have Sleep Apnea

Have you been told that you snore? Do you wake up tired? Do you experience headaches in the morning? Do you have difficulty staying awake during the day? Have you gained 5 pounds or more in the last year?

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The good news is sleep apnea is 100% treatable. Dentists with special training in sleep apnea treatment can provide many patients with custom oral appliances designed to eliminate the common causes of obstructive sleep apnea by helping to re-position the jaw and tongue during sleep. Most patients find the oral appliances to be comfortable and easy to wear. If you think you or a loved one may be experiencing symptoms of sleep apnea, you owe it to yourself to discuss it with a qualified dentist to find out if oral appliance therapy will help you breathe better and get a good night's sleep.

Wishing you good health and sweet dreams.

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► Candidates, from page 9

higher than the previously proposed San Diego initiative. I feel this issue is something which should be set at the state level to avoid cities competing against each other.

When I was a single father raising my daughter, I knew firsthand the struggles of trying to get by. If I thought that this measure would help struggling San Diego families, I would be the first in line to support. Unfortunately, this job will do the opposite and hurt struggling San Diego small businesses that account for over 90 percent of businesses in San Diego

● **DeCesare:** I fully support raising the minimum wage. Though California recently adopted a \$15 minimum wage, San Diego's Prop I provides a much-needed raise more quickly and serves to bring us up to the state standard. It also grants an additional two days of mandatory paid sick leave, and the wage increases are tied to cost of living adjustments unlike the state proposal.

The gains that will be seen by individual families affected by the increase will go right back into our local economy, not invested in other cities, states or countries, or placed in tax-deductible IRAs. It's time we realize that a strong, well-paid workforce is the best way to keep our growing population thriving.

● **Caballero:** I completely support the current ballot initiative and the fight for \$15 movement. Even in light of the recent statewide legislation to increase the minimum wage to \$15 by 2022, we still need the city's increase. The city's increase will provide support sooner to people who are working but still struggle every day just to make ends meet.

In addition to the \$15 minimum wage, I propose a "Too Small To Fail" program to ease the burden of the minimum wage increase on those businesses that are small enough that the increase would cause them to struggle. This program would use increased sales tax revenue (from more people having enough money to spend on things) to subsidize for one year those businesses that would otherwise not be able to sustain the wage increase. This would give them time to retool their business to meet the new wage requirement.

Where do you stand on development density?

● **Sherman:** There is no denying that San Diego has had a housing shortage for a number of years and building new houses not only addresses this problem but creates jobs. I have always been a supporter of transit-oriented development around mass transit options with pre-existing infrastructure such as trolley tracks and bus routes, which is how we will reach our Climate Action Plan goals.

● **DeCesare:** We know that San Diego is facing a significant population increase over the next few decades, and we know we need to build. In many areas, increased density is a good way to ensure future development meets the needs of a growing population. Our city needs to focus on expanding public transportation now, and do so in line with where development density will be increasing, specifically in areas that are prime for urban infill development.

What density should not be is just a way to make money by building units in the center of

areas with inadequate transit options or access to job centers, forcing two more cars per unit onto the freeway. We must ultimately focus on the goals set forth in the Climate Action Plan.

● **Caballero:** San Diego is the 12th fastest growing city in the country. However, that does not mean we need development for the sake of development. We need smart and mixed-use urban planning, so San Diegans can live, work, and play right here in our own neighborhoods. We need to make sure public transportation is available, and that our roads are safe to walk and bike on. We should take a strategic planning approach to zoning and new development, where we create entire communities, with parks, grocery stores, and local businesses within walking distance of our homes. We should not need to get in our cars just to pick up a gallon of milk or have our kids play outside. We need smart development that works for everyone, not development giveaways that line the pockets of rich, out-of-town developers.

Final statement:

● **Sherman:** I am proud of what I have been able to accomplish in the last three and half years. We have filled over 11,000 potholes and over 100 miles of road in District 7 alone. I worked with Mayor Faulconer to develop a plan in the next five years to pave over a 1,000 miles of road — that's paving a road from here to Yuma, Arizona and back. Our city is finally on the right financial track and is restoring city service back to their prior levels and community projects are back to being a priority. I am proud of the customer service we have brought to City Hall, and while there is still bureaucratic red tape which needs to be cut, no one will fight harder than me to make sure the residents of District 7 get what they need.

● **DeCesare:** In 2014, after serving eight years in the U.S. Navy, and years of running a successful local real estate brokerage, I was elected to chair the Tierrasanta Planning Group and Community Council.

I am a firm believer that our elected leaders shouldn't run from challenges, and shouldn't make every decision from behind a closed Downtown office door. I am running for city council because I feel very strongly that our collective voice as a community should be the guiding force behind the decisions of our city council district. If elected, I intend for all of our district's residents to know that I can be the sounding board for our concerns and problems, and that together we can create a better future for all of us living, working, and raising families in our beautiful communities.

● **Caballero:** I will fight to preserve the diversity and strength of all our communities, not just the tourist areas downtown. Our city is not for sale. Our City Council needs to return to prioritizing our communities, not the developers that pay pennies on the dollar for beachfront properties or that drive up housing prices beyond our reach. Your vote can make a difference. Rather than going with "more of the same," together we will stand up for a vision that works for our whole community. ■

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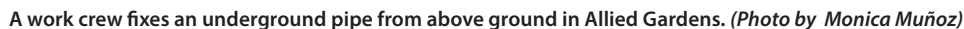
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SUDOKU & CROSSWORD ANSWERS FROM P. 19

Meet your local Republican candidates at forum



Judy McCarty



Navajo Canyon Republican Women Federated (NCRWF) 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 in San Diego 92120.

Republican candidates competing for elected positions representing the area will be present at 5:30 p.m. to meet and greet those who attend. Brief presentations will begin at 6 p.m.

Previous NCRWF candidate forums have drawn a large and lively crowd and we hope the community-at-large will take advantage of this opportunity. Just let us know you are coming so we can plan how much food and wine we'll need. RSVP to ncrwf99@gmail.com, and put "Candidate Forum" in the subject line.

Lunch with Chamber CEO

The local political scene is just as complicated as the national scene;



Aimee Faucett (Courtesy of San Diego Chamber of Commerce)

with minimum wage, mandatory paid leave, upcoming bond issues and taxes in the forefront. The San Diego Regional Chamber of Commerce is right in the middle of it all and we are very pleased that our May 10 speaker will be Aimee Faucett, Executive Vice President and CEO of the Chamber.

Faucett oversees the Chamber's day-to-day operations and directs public policy initiatives and strategies to keep San Diego business friendly. She'll be outlining the Chamber's positions on all these issues as they affect local businesses and the 2016 election.

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.

(Use "Luncheon" in the subject line.) You can also call her at 619-990-2791.

Republican 'Woman of the Year'

We are proud that our own Navajo Canyon RWF member Waskah Whelan was presented the Louisa Akens Award as Woman of the Year by the San Diego Republican Party at their annual Lincoln Reagan dinner on March 26.

Waskah, who has served on the NCRWF as well as the County Republican Women Federated president, works tirelessly as campaign and precinct chairman to lead our county's Republican women's grassroots efforts. Our club is especially touched that the award is named after the late Louisa Akens, also an NCRWF member who volunteered for years for Republican causes, and that her daughter,



Waskah Whelan (Courtesy of San Diego Republicans)

Carol Reed, another long-time NCRWF member, is well-known in Republican circles for her leadership and nurturing of Republican candidates. We are proud to be part of this very special circle of life that has fostered Republicanism in San Diego County.

Fashion show

Be sure to circle June 14 on your calendar. Not only is it Flag Day, it's also the date for our annual fashion show, "Stars and Stripes Forever," at the Bali Hai. More details in next month's MTC.

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

—Judy McCarty is publicity chairman for the Navajo Canyon republican Women Federated. Reach her at jhmccarty@cox.net. ■

Climate action focus of next meeting



Linda Armacost and Jeff Benesch

We take a breather this month from our series of candidate debates, discussions and endorsements and get back to the all-important topic of climate action.

Local climate expert, Dr. Todd Elvins will be the keynote speaker at the May meeting of the La Mesa Foothills Democratic Club. Elvins is an engineer, entrepreneur and executive with many years of leadership success. He holds a doctorate in engineering from UCSD, and for 10 years teamed with earth, ocean and space scientists at the UCSD Supercomputer Center. Today, Elvins serves on the executive team at a San Diego clean-tech company and is a renowned speaker for the Citizens' Climate Lobby, a national grass-roots non-profit that puts together upbeat interactive climate presentations for groups throughout the country. We are thrilled Dr. Elvins will be spending time with us on Wednesday evening, May 4.

See DEMS page 13 →

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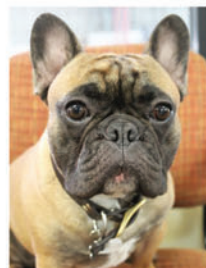
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► **Dems,** from page 12

Among other things, Elvins will discuss:

- Climate change is a fact: It's caused by humans burning fossil fuels.
- Economists worldwide agree that the fairest, fastest, cheapest, and most effective solution is to charge fossil fuel companies a gradually rising fee on the carbon in their fuel products.
- A carbon fee is a market-based solution that creates millions of jobs, adds a trillion dollars to our country's gross domestic product; saves lives, due to avoided air pollution; and quickly decreases climate pollution.
- The world's faith leaders, including Pope Francis, recently have directed their followers to care for the environment, our common home.
- The fact is that there is no scientific debate about climate change. Some 99.9 percent of peer-reviewed literature concludes that burning fossil fuels has been wonderful for advancing civilization, but terrible for the climate. Despite the cooling effects of volcanoes and earth axis wobbles, the earth is warming, which means that humans account for 100 percent of the observed warming.
- Sharing the dais with Dr. Elvins will be Derek Casady, speaking on behalf of The Climate Mobilization, a new, all-volunteer organization devoted to protecting civilization and the natural world from catastrophic climate disruption. The group is dedicated to living in climate



Todd Elvins (Courtesy of La Mesa Foothills Democratic Club)

truth and believes that working to solve the climate crisis is everyone's responsibility.

Dozens of leading environmental analysts have determined that the only way to save civilization from climate change is with a wartime-style mobilization, akin to the American home-front effort during World War II.

This stark appraisal lies at the heart of this project. In that sense, The Climate Mobilization is a single-issue campaign. They demand a WWII-scale mobilization to restore a safe climate.

Casady is the president of the La Jolla Democratic Club. He and his wife Nancy have both run for elected office and have played active roles in supporting successful Democratic candidates throughout San Diego County.

April meeting roundup

If you missed our April meeting, you also missed a great discussion with Union Tribune government editor Michael Smolens; an update from San Diego City Councilman and candidate for the 78th Assembly District Todd Gloria; and a meeting with Ed Harris, a great candidate for San Diego Mayor and a veteran of San Diego politics. We enthusiastically endorsed both Todd and Ed in their respective campaigns and know they'll be tireless advocates for working people, open governance, and the environment.

Yard sale

It appears this year's yard sale, Saturday, April 23 from 7 a.m. to 1 p.m., is shaping up to be the biggest ever. Word is that many members are spring

cleaning in an effort to ensure we have more quality goods and better bargains than our previous successful sales. This year we'll again be at the Perkins' Residence, 5009 Randlett, La Mesa, just a couple blocks east of our monthly meeting place at the La Mesa Community Center. Check out our Facebook page for updates on merchandise and other deals.

Join the club

If you live in San Carlos, Del Cerro, Allied Gardens, College Area, Santee, La Mesa, Mt. Helix, and other nearby communities and are not yet a member of La Mesa Foothills Democratic Club, this year, it's vitally important to get involved with local and national politics as the stakes are higher than ever. There are generational changes pending on issues spanning immigration reform, women's health, voting rights, Supreme Court appointments, climate change, living wages, Conventions, open space, and more.

We meet the first Wednesday of every month at La Mesa Community Center, 4975 Memorial Drive, just North of University Avenue. Meetings begin with social half hour at 6:30 p.m. and business and speakers start at 7 p.m. Check out our website at lamesafoothillsdemocraticclub.com.

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

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Patrick Henry High School News

Elizabeth Gillingham

Scholarships, standout musicians, STEMM, sports

Alumnus gives back through 'IScholar'

With the help of Patrick Henry High School teachers, alumnus Irina Chukhray, launched IScholar in September of 2014. The teachers announce the scholarship each year, and encourage their students to apply. The first IScholar winner was announced in January 2015.

Chukhray has a Bachelor of Arts degree in Psychology and a Master of Arts degree in Women's Studies from San Diego State University. She also has a Master of Arts degree in Sociology from Rice University, where she is currently working on her doctorate in Sociology.

After graduating from PHHS, Chukhray set her mind to one day give back to the school, and especially the teachers who motivated and encouraged her to pursue her academic goals. She

decided to help PHHS seniors currently mentored by the same teachers that mentored her.

Chukhray designed IScholar with the intention of creating a scholarship that would be useful to its applicants. In her own experience of applying for scholarships, she noticed that the required essay component seemed like an extra writing assignment that did not directly relate to the college application process. The application requirements for IScholar, however, mirror current college application requirements, resulting in a practice run (i.e. essay draft and required supplemental material) for college applications. Using that format, she structured her prompt and selected a student.

IScholar began small, but Chukhray hopes to grow this scholarship with community support so that future winners



(l to r) IScholar recipients Andy Mangahis and Bami Aleshe, IScholar founder Irina Chukhray, and principal Elizabeth Gillingham. (Courtesy of Patrick Henry High School)

will receive a larger award and possibly more than one grant given each year. This year's 2016 award went to Bamidele Aleshe (class of 2016) and was presented by Chukhray during Andy Mangahis' AP Biology class. During her announcement, she credited Mangahis for supporting her while she was a student in his AVID class, which teaches college readiness. The process of a former student using her own money to help a current student was inspirational to the students and faculty that witnessed this special award ceremony.

Eleven PHHS students play Honor Concerts

The annual San Diego Unified Honor Concerts, which showcase musicians across grade levels and the entire district, was held on March 13, with two additional concerts on March 19 and March 24. The concerts were free and open to the public.

The performances brought the top musicians from all schools to the "all-star" concerts, organized by high schools, middle schools and elementary schools, under the umbrella of the district's Visual and Performing Arts

(VAPA) program. Orchestras represent middle and high schools, while the elementary program also includes an honor choir.

"These are incredibly hard-working individuals, ranging in age from 8 to 18. Many of them will have music as a lifelong avocation; many of them will become professional musicians," said Russ Sperling, director of the VAPA program.

After auditioning for an opportunity to perform, the students spent weeks preparing

See PHHS page 15

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► PHHS, from page 14

for the concerts. For many, it was the first time they’ve met their fellow musicians and performed together.

“San Diego has a very rich and proud arts heritage, and a community that has a very solid supports of the arts,” Sperling said. “This is an opportunity to not only celebrate these hard-working individuals, but see what kind of homegrown talent we have in San Diego.”

PHHS was well represented with 11 musicians playing in either the Honor Orchestra or the Honor Band. Kudos to our orchestra players: Kalos Chu, Kellie Formanek, Cameron Jaynes, Anthony Jaynes, Christina Denali Moore, Matthew Voogd, and Lauren Weber. And kudos also go to our Honor Band members: Marina Burkett, Alexander Cagle, Noah Krasner, and Cassandra Palm.

PHHS sponsors STEMM Day

On March 24, PHHS Engineering Academy hosted over 500 fifth graders from the five feeder elementary schools in the Henry cluster to help support our STEMM (Science, Technology, Engineering, Math and Music) push.

The high school students took the leadership by running groups of 15 students through three experiments and a rotation demonstration of our robot from the robotics competition.

Students had fun making concrete, experimenting with surface tension and learning about density. They also got to see

Henry students in a positive and supportive role explaining what they’ve learned and how Henry has been a great school for them.

This was Patrick Henry’s Third Annual STEMM Day and the school is proud of its Engineering Academy teachers — Emily Moy, Adria Van Loan, and Roger Jaffe — for all the work they did to put this together.

Athletes excelling in sport and academics

Patrick Henry High School recently concluded the winter sports season with five teams competing in the CIF playoffs (boys and girls soccer, boys and girls basketball, and girls water polo). Along with their success on the field, the student-athletes demonstrated leadership in the classroom. Here is a list of all the upperclassmen who earned higher

than a 3.0 the first semester.

Boys Basketball

Jacob Balestraire, Sr., 3.50; Josh Burton, Jr., 3.00; Sam Galaif, Jr., 3.50; Tristan Macon, Sr., 3.00; Larry Tsurulnik, Sr., 3.00.

Girls Basketball

Laikara Crowell, Sr., 3.17; Julianna Grisafi, Sr., 3.83; Arianna Lopez, Jr., 3.33; Aaliyah Williams, Sr., 3.50.

Boys Soccer

Alex Gianulis, Jr., 3.67; Daniel Carabantes, Sr., 3.17; Eric Cuellar, Sr., 3.17; Jack Feinberg, Jr., 3.50; Alante Fishel, Sr., 3.21; Jose Garcia, Sr., 3.25; Payton Hatch, Sr., 3.92; Riley Hodge, Sr., 3.17; Connor Keller, Sr., 3.54; Grant Sokolowski, Sr., 4.20. Michael Wehrmeyer, Sr., 3.92. Ryder Wise, Sr., 3.60.

Girls Soccer

Lana Batson, Jr., 3.83; Brenna Crow, Jr., 3.25; Emily Helmke, Sr., 3.43; Jessica Llamas, Jr., 3.33; Noelle Miller-Hauton, Jr., 3.50; Abbi Patterson, Sr., 3.17; Hailey Revello, Sr., 3.54; Vegas Riffle, Sr., 3.63; Aiden Ryan, Jr., 4.00; Sarah Sheedy, Jr., 4.00.

Girls Waterpolo

Jade Durst, Sr., 3.50; Katie Otsuka, Jr., 3.83; Keona Patterson, Jr., 3.50; Riley Scott, Sr., 3.83.

Wrestling

Grant Chandler, Sr., 3.00; Dominik Garcia, Sr., 3.33; Travis Hui, Sr., 3.67; Jesse Lozano, Sr., 3.33; Hoo Man Tam, Sr., 3.00; Alexander Wood, Jr., 3.50; Connor Word, Jr., 3.00.

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

Mute girl finds voice

Kristin Love

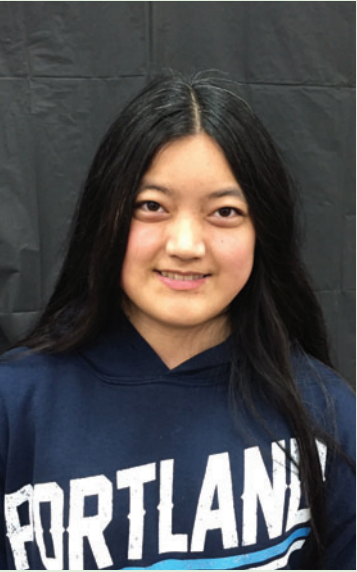
Makayla Yang, mute by choice, seldom speaks. Throughout the past two years as her choir teacher, I never once heard her speaking or singing voice. Yet, surprisingly she continues to choose choir as her elective. She seems to love music and its influence upon her.

Music is a universal language. It is the language of the soul. Music knows no bounds. It crosses potential obstructions of fear, language, sadness, and anger and infuses one instead with joy, peace,

release, or validation. Music gives voice to unspoken feelings. And for Makayla Yang, music is the vehicle by which she found her voice.

Tears filled my eyes as I heard Makayla sing for the very first time. She chose to debut her voice when singing a solo in front of an audience at Patrick Henry High School. For many, that is an intimidating experience. For Makayla, it was the moment when the power of music moved her to express herself through song. Thanks for the music.

—Kristin Love teaches choir at Patrick Henry High School. ■



Makayla Yang (Courtesy of PHHS)

Tips to Safely Connect to WiFi Hotspots

Increasingly, access to the Internet is important for all areas of life. Whether you’re looking up the best place to have lunch, checking your work email or connecting with friends and family, WiFi hotspots are a convenient way to stay connected when you’re on the go. Using hotspots also can save you money on your mobile data plan. However, it’s important to be mindful of activities that could put your security at risk. Here, Joe Andreozzi from Cox Communications, discusses how to safely connect to hotspots.

How do I know how safe a WiFi hotspot is?

Some hotspots have security settings, while others do not. For example, hotels and coffee shops often require a password before you can connect. Other security settings may be seen by hovering your mouse over each WiFi connection in your WiFi settings. The name, signal strength and security type will display. WPA2, WPA and WEP are three types of secured connections. Others will say ‘unsecured.’ Once connected, be sure to select ‘Public network’ when prompted to select a network location. This will block some common routes for potential hackers.

How can I protect my information when I connect to a public hotspot?

- Avoid tasks such as paying bills, accessing your bank information, and using your credit card online when using a public hotspot.
- Opt not to save passwords, especially when it comes to your financial accounts, like credit cards and banks.



Learn more about your digital security by visiting Store Manager Joe Andreozzi at the Hillcrest Cox Solutions store at 1220 Cleveland Ave., or call (619) 780-0800.

- Use HTTPS and SSL to make your connection to websites more secure. Both are protocols that provide encrypted communications. Many browsers offer notifications to show enhanced security, such as displaying a padlock next to a website address or turning the address bar a different color.
- Update your device when prompted. Often, these contain security updates to keep you protected.
- Keep WiFi off if you don’t need it.
- Verify that you are connecting to a legitimate connection. For example, Cox enabled WiFi hotspots are named ‘Cox WiFi’ or ‘CableWiFi.’ In other instances, ask an employee the name of their hotspot before connecting.

Where can I access a hotspot?

Hotspots will be listed in your devices WiFi settings. Cox customers have access to more than 400,000 hotspots across the United States, including 148 in Balboa Park, 40 new hotspots on the USS Midway and nearly 100 hotspots in Downtown San Diego. In total, customers can access more than 500 hotspots throughout San Diego County, just find ‘Cox WiFi’ or ‘CableWiFi’ in your WiFi settings. Noncustomers are able to access the hotspots by signing up for a free one-hour trial. Find a hotspot at www.cox.com/hotspots.

How much speed do I need?

The level of speed you need varies on the activities that you use the Internet for. Use the Cox Speed Advisor tool at www.cox.com/internet to determine what’s best for you. Cox WiFi hotspots have download speeds of up to 15 Mbps and upload speeds of 4 Mbps. These can vary and are dependent on the number of devices connected to a hotspot at any given time. Cox High Speed Internet ranges from 15 Mbps up to Gigabit speeds.

I keep hearing about Gigabit speeds. What is it?

Gigabit speed is Internet that’s 100x faster than the average speed. With gigabit speed you can download 100 songs in three seconds, an HD movie in under one minute and upload 1,000 photos in about one minute!

To find out more about Cox’s Gigablast, including whether it’s offered in your area, visit www.cox.com/gigablast.



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Spectacular blooms at Mission Trails Regional Park

Audrey F. Baker



For a show-stopping spring bloom, check out Holly-leaf Cherry (*Prunus ilicifolia*). Towering to 30 feet high and wide, its profuse blooms can all but mask its winter holiday-shaped serrated leaves. Look for it in moist areas of our chaparral, amid north-facing slopes.

The plant is a gathering place for wildlife. Insects (including honey and native bees) actively patrol its blooms. Come the dry summer months, it's a favored mule deer browse. In September and October, ornamented with deep purple-red cherries described as "mostly skin and seed," it becomes a festival of gorging for our wild canines, the coyote and gray fox.

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

Morning walks are offered every Saturday, Sunday and Wednesday, from 9:30 to 11 a.m. You'll start from the park's

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

Wildlife Tracking with MTRP Tracking Team members presents the world of tracks, scat, bedlays and other critter evidence that indicate the presence of lesser-seen animals inhabiting the park. It's two hours of dirt-time fun, so wear long pants for close-up observation. See you at 8:30 a.m., Saturday, May 7 in front of the Visitor Center.

Discovery Table: Kumeyaay Games and Toys is an opportunity to play and learn the traditional games that amused generations of Native American children and prepared them for life in natural San Diego. Make your own Staves/Stick Dice game and try your skill at Ring and Pin, and more. Drop by the Visitor Center Saturday, May 14 between 10 a.m. and 1 p.m.

La Mesa Walk and Talk combines a stroll along Lake Murray's scenic shores with your MTRP Trail Guide and topics in



Holly-leaf Cherry (*Prunus ilicifolia*) (Photo by Audrey F. Baker)

nature. This month we chat up "Explore Mission Trails Day," sampling many of the nature-related activities offered for all ages at our upcoming annual park-wide celebration. 9 to 10:30 a.m., Tuesday, May 17. Meet at the boat docks, Lake Murray, 5540 Kiowa Drive, La Mesa.

Bird Kumeyaay Lake with MTRP Birders Jeanne Raimond and Millie Basden for shore-front avian adventure. The area is active with newly fledged young and late-arriving May migrant species are actively engaged in nest building and incubating eggs. Join us at 8 a.m. on Saturday, May 21 at the Kumeyaay Campground Day Use Parking Lot for a two-hour

exploration. Binoculars and bird book recommended.

Sunspot Viewing with MTRP resident star gazer George Varga investigates daytime sunspot activity on "Old Sol." George's solar-filtered telescope permits safe viewing. We meet on the Visitor Center back terrace on Saturday, May 21 between 9 a.m. and 2 p.m.

Star Party Luminaries make their appearance as a full moon rises to replace the setting sun. Join MTRP's resident star gazer George Varga as he scopes Jupiter high in the western sky, and at evening mid-point, Mars and Saturn to the east. He'll focus on the

Whirlpool (M51), Sunflower (M36), Black-Eye (M64) and Sombrero (M104) galaxies and more. Rain cancels. We gather between 7:30 and 10 p.m. Saturday, May 21 at the far end of the Kumeyaay Campground Day Use Parking Lot.

Family Discovery Walk is an invitation to share in nature's spring magic as a family experience. With fresh blooms dotting the landscape, both the plant and animal worlds are enlivened, shedding winter dormancy for spring-time regeneration. Our Trail Guide-hosted interactive outing focuses fun, childhood enrichment, and memorable moments in nature. We meet inside the Visitor Center on Sunday, May 22, 3 to 4:30 p.m.

Birding Basics enhance your nature experience by identifying birds at a glance. MTRP bird guide Winona Sollock's class explains five simple techniques and gives tips on field guide use. (Bringing one is optional.) Class meets inside the Visitor Center on Saturday, May 28 from 1 to 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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News from the Mission Trails Regional Park Foundation

Jay
Wilson



Over 2,000 hikers have registered as having successfully completed the 5-Peak Challenge since it was initiated on Nov. 7, 2015. Every day at least one person stops by Visitor Center to claim their certificate and to receive a lapel pin and a \$10 A-16 coupon. A great 5-Peak Challenge T-shirt is available in the Visitor Center Gift Shop. Anyone may purchase a T-shirt. The April issue of San Diego Magazine features 15 Outdoor Challenges in San Diego. Number 11 is the 5-Peak Challenge.

Explore Mission Trails Day

Be sure to mark your calendar for Saturday, May 21, from 9 a.m. to 2 p.m. for the 14th Annual Explore Mission Trails Day. The theme is "Connecting with Nature." This event features free, guided nature walks as well as talks and programs throughout the park, including live animals and special programs for children.

There will be free pony rides sponsored by Kaiser Permanente beginning at 9 a.m. The pony rides will operate until 2 p.m., but the line will close at 12:30 p.m. There will also be a mini-mountain-bike track provided by the San Diego Mounty Bike Association; a rock-climbing wall sponsored by Republic Services; crafts for children; and many Discovery Stations — all of this at the East Fortuna Staging Area.

San Diego Family Magazine is



A view from the pedestrian bridge at the south end of Old Mission Dam, taken April 8. (Photo by David Cooksy)

sponsoring The San Diego Natural History Museum and Scholastic Publishing's Ms. Frizzle and The Magic Schoolbus, which will present a special program featuring coyotes for children in the amphitheater at the Visitor and Interpretive Center.

Explore Mission Trails Day is presented annually by the San Diego Park and Recreation Department, the Mission Trails Regional Park Foundation, and San Diego City Councilmember Scott Sherman. Additional sponsors are Superior Ready Mix and San Diego Gas & Electric Company.

Art, education, music

The current art exhibition, "Feature on Nature: Beaks and Peaks," runs through April 22 featuring the nature photographic art of Gerry Tietje and Scott Streit.

Tietje has been a nature photographer for over 16 years. His first subjects were birds. Nature photography became an obsession. Streit has been photographing the birds of San Diego and the Southwest for more than two decades. His eye for detail and expression can be seen in his work.

While at the Visitor Center, stop by the new Rock Cycle exhibit in the Exhibit Hall. It was designed by geologists Dr. Pat Abbott and Shannon O'Dunn, both board members of the Mission Trails Regional Park Foundation.

Take a hike in Mission Trails and capture that perfect photo to enter in our annual Amateur Photo Contest. The contest is open through May 31 so you can take advantage of the spring blooms throughout the park. Check our website under "More News" for categories and entry forms.

The next "Nature's Tales and Trails" class for children 4 and up will be held on Tuesday, April 26. Join nature educator Cindy Christ from 9:30-11:30 a.m., when the topic of this two-hour class will be "Woodrats, Rabbits and Deer-Oh My!" Family art classes continue with artist and art instructor

BetteAnn Pierce on May 23. Learn to draw and paint dragonflies and damsel flies. Check our webpage mtrp.org under "More News" for additional information, including cost and registration forms. Both classes are offered twice each month and each class has a different topic.

Our concert series continues featuring vocalist Lillian Palmer on April 17 and Quartet Nouveau on May 1. Concerts begin at 3 p.m. in the Visitor Center Theater.

Mountain biking

If you are new to mountain bike riding, join Ranger Araceli Dominguez and MTRP Foundation Administrative Assistant Maggie Holloway for a guided mountain bike ride on May 7, beginning at 9 a.m. at West Sycamore Staging Area at the east end of Stonebridge Parkway in Scripps Ranch. You will ride a new, wide single-track trail down and up through Beeler Canyon. This will be a ride for confident/fit beginners. The two-hour ride will cover approximately 10 miles.

Every day there is an adventure waiting for you at Mission Trails!

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

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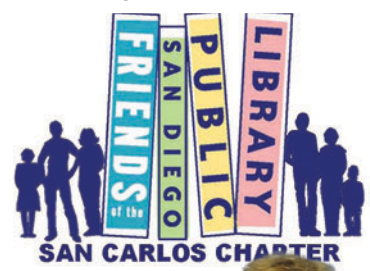
Get your copy of a unique and easy to read guide entitled "Home Safety Tips" completely free from me to you! According to the CDC, more than one third of adults 65 and older fall each year in the United States and 20%-30% of them suffer injuries that decrease mobility, decrease independence and increase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

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

Call (858) 692-5835 now, for your free guide.

Follow the 'Folio'

Library celebrates Shakespeare book tour



Sue Hotz



This summer marks the 400th anniversary of Shakespeare's death. In his honor, Shakespeare's "First Folio" is being sent on a nationwide tour by the Folger Shakespeare Library. During the tour, the Folio will be on display at only one venue in each state; it can be seen at the San Diego Central Library at Joan A. Irwin Jacobs Common from June 4 through July 7. Reserve your free event tickets starting April 23, at firstfoliosandiego2016.org.

Seven years following Shakespeare's death, the "First Folio" — the first compilation and publication of 36 complete works by Shakespeare — was put together by fellow actors. A copy of this book recently sold at auction for more than \$5.2 million. Without this work, we may never have heard of the plays "Macbeth," "Julius Caesar," "Twelfth Night," or "The Tempest." We constantly use phrases from these plays such as "foregone conclusion," "into thin



Author and medieval historian Scott Farrell will present "Follow the Folio" discussing Shakespeare at the San Carlos Library on April 22. (Courtesy of scottfarrellauthor.com)

air" and "spotless reputation." Shakespeare's themes abound in modern musicals, plays and books. A collaboration between the San Diego Public Library and Foundation, The Old Globe, all of the region's major universities, and KPBS has resulted in a rich lineup of exciting programs for you to enjoy during the "First Folio's" visit to San Diego.

On April 22, to wet your whistle for this citywide event, from 2 – 3 p.m. at the San Carlos Branch Library, author Scott Farrell will be speaking on "Following the Folio: The Fascinating History of Shakespeare in Print." Farrell is an accomplished author, journalist and independent medieval historian. Following the presentation, we will be serving cake in honor of Shakespeare's birthday on April 23, 1564.

Thank you Mission Federal

We thank the new San Carlos Branch of Mission Federal Credit Union for partnering with the San Carlos Friends of the Library and for their \$1,000 gift to SCFOL. On April 2, Angie Lasagna, Mission Federal's vice president of community relations and external affairs, presented the check to SCFOL president Joan Hayes and treasurer Jerry Hotz. Special thanks to Mission Federal community relations officer Alex Guajardo for getting us all together.

Art at the library

Don't miss "Show In Living Color," presented by the San Carlos Garden Club and SCFOL sponsored artists, in the Winer Family Community Room and Art Gallery. Meet the participants and see their

pairing of floral arrangements and paintings on Friday, April 15 from 10:30 a.m. – 5:30 p.m., and April 16 from 9:30 a.m. – 2 p.m. Learn new techniques of flower arranging on Friday at 11 a.m. and 1 p.m., and enjoy the soft jazz of Peter Rutman on Saturday at noon.

Sam Lee's oil paintings will be on display in our art gallery May 10 – June 2. Lee holds master degrees in mathematics and computer science, and his worldwide travels are the inspiration for his beautiful paintings. His artist reception will be held on May 21 from noon – 2 p.m.

Books

The library book club is reading "Life After Life," by Kate Atkinson for their May 12 meeting, starting at 12:30 p.m. Book club books are located on a cart at the end of the reserves. Check them out at the front desk to ensure you have the correct due dates. New members are always welcome.

May 7 is National Free Comic Book Day. Comics were first introduced to the American public in 1842. Last year, San Diego publisher IDW donated 3,500 age-appropriate comic books to San Diego libraries for Free Comic Book Day. Pick yours up during the May 7 book sale. Both book sale chairman Ron McFee and managing librarian David Ege are experts on this genre.

Youth events

Green Elementary fourth grader Meredith Eaton, and Patrick Henry High School 10th graders Victoria Crisologo and Noelle Stewart are the local winners who will represent San Carlos in the Student Writing for Literacy Library Essay Contest.

Grand Prize Winners will be announced at the Balboa Park Club on May 5 at 6 p.m.

Join us for a musical symphony story time on April 20 at 2:30 p.m. Suitable for ages two – 10, popular children's tales such as "Where The Wild Things Are" and "Froggy Gets Dressed" will be brought to life with music by the San Diego Symphony Orchestra's principal trumpet Micah Wilkinson.

Help us celebrate Children's Book Week, May 2 – 8 by participating in our "Name That Character" contest during the month of May. Youth will be tasked with identifying popular children's book characters based on their silhouettes. Entry forms will be at the youth services desk May 2 – 31.

Challenge Island presentations, held on the second Wednesday of each month for ages eight and up, have been a hit; advance registration is required. On May 11 from 4 – 5 p.m. the topic is "Rocket Ride." Kids will design and create rockets and see their creations take off!

Adult events

On May 20 from 1 – 2:30 p.m., OASIS presents "Demure and Defiant — San Diego's Historic Women," a lecture by the San Diego History Center's Gabe Selak.

To print the San Carlos Branch Library's monthly free event calendar, join or donate to SCFOL and read the Building Committee updates, log onto san-carlosfriendsofthelibrary.org.

—Sue Hotz is publicity chair and board member of the San Carlos Friends of the Library. Reach her at shotz@hotmail.com. ■

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News from the San Carlos Area Council

Mickey Zeichick



Our next San Carlos Area Council (SCAC) meeting will be Wednesday, May 4, 2016 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. Our bi-monthly meetings are open to the public, member and non-members alike and we encourage your attendance.

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

District 7 council representative

Through May, Ryley Webb is returning as our council representative for Councilmember Scott Sherman. Webb's email is RWebb@sandiego.gov and the District 7 phone number is 619-236-6677. Cassie will return in June.

Police community relations officer

John Steffen is our new community relations officer assigned to the Police Department's Eastern Division. Fortunately for us, Officer Steffen grew up in the Navajo area and knows it well. His email address is JMSteffen@pd.sandiego.gov and his phone number is 858-495-7971.

Patrick Henry High School

Prom night is May 14 and will be held at the San Diego Zoo! Now is a good time for those wanting to clear their closets of gently used formal wear they no longer wear and consider donating that clothing to the PHHS. There are students who would love to go to prom but the

cost of this special evening can be just too daunting; but by donating your gently used but in good shape clothing, you can make the difference in helping someone feel royal instead of not being able to attend.

Last year I cleaned out my closet of six dresses that I was no longer emotionally attached to and donated them to PHHS. I felt so good because I not only cleaned out some unused clothing, but I was helping a student who may not have been able to attend prom because of cost. For information on how you can help (both mens and womens clothing is needed) please contact me at 619-461-6032.

Nextdoor.com

Logging on to Nextdoor.com is a good way to find out what is happening in our neighborhood. Our Nextdoor page has social posts and also discusses other neighborhood matters including if you are looking for a plumber, electrician, roofer, or where to dispose of an item or items. If you would like to discuss a matter or join our interested persons list, please contact Mickey Zeichick at 619-461-6032 or mrzeichick@gmail.com.

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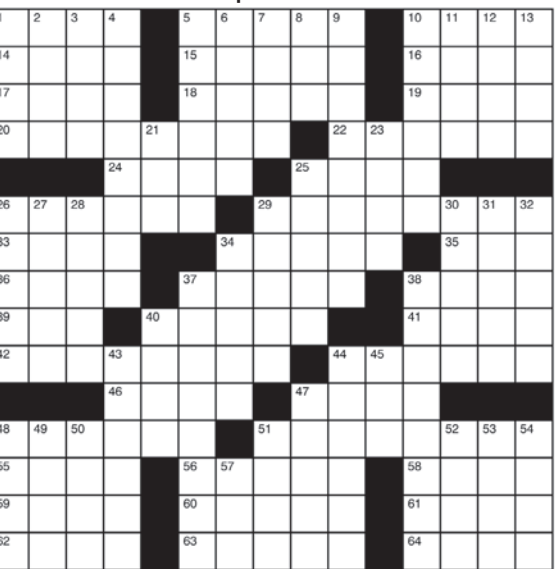
Planning groups are recognized by the city of San Diego and planning groups make recommendations to the city on land-related issues such as redevelopment, cell towers and parks. NCPI meets the second Wednesday of the month at Tifereth Israel Synagogue in San Carlos. Their website is navajoplanners.org.

San Carlos Area Council dues are due (just \$7 per household and \$15 for a business) and you can send them to SCAC, P.O. Box 19246, San Diego, CA 92159-0246. If you are asking, "What do I get for my membership dollars," come to our May meeting and find out.

— Mickey Zeichick is the former president of the San Carlos Area Council, wriung on behalf of current president John Pilch. Reach John Pilch at jfpilch@hotmail.com. ■

PUZZLES | ANSWERS ON PAGE 11

CROSSWORD Impulsive

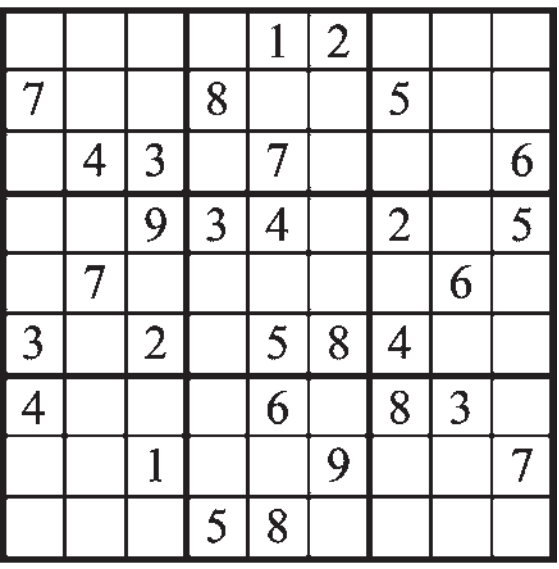


CREATORS NEWS SERVICE By Charles Preston

- ACROSS
1 Aircraft carrier
5 Quips
10 "___, the Herald Angels Sing"
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17 Coarse glazed thread
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46 Tams or fedoras
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59 Staple food
60 Bay window
61 Seth's son
62 Sharp
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64 Musty
DOWN
1 Wits
2 Came to rest
3 Part
4 Became lively
5 United with
6 Havelock ___, author
7 Narrow opening
8 Spanish aunt
9 Persistent
10 Paid attention to
11 Turkish regiment
12 Venture
13 Kiss Me, ___
21 Eggs
23 Benches
25 Jargon
26 Publicly conveyed
27 Aromatic seed
28 Card or board ___
29 Twines
30 Lifeless
31 Scandinavian
32 ___ Garson
34 Wire nails
37 Entertainment of another day
38 Pelted with shot
40 Precious
43 Korea's former name
44 Chess piece
45 Scrap
47 Mark of omission
48 Division of a road
49 Anne Nichols character
50 Evil
51 But: Fr.
52 Frog genus
53 English school
54 Escritoire
57 Epoch

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

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

Community Church of San Diego 10601-G208 Tierrasanta Blvd., San Diego, CA 92124 Sun: 9:30am. 1st Sun is Communion at 9:30am (619) 583-8200 John C. Clements

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

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

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

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

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

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

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

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

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St. Therese Catholic Church 6016 Camino Rico, San Diego, CA 92120 Sun: 7am, 9am, 11am, 5pm; Mon-Fri: 7:30am; Sat: 7:30am & 5pm (619) 582-3716 Fr. Michael M. Pham

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

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

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

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

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

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

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

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

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

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

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



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BUSINESS SPOTLIGHT

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Passwords and cyber-sharks (Part 2)
By Mike Baker, Pacific Computer Services

Know The Enemy: Most people get viruses or other “malware” by not using caution when on the web. Be aware that you can find yourself in very murky waters when clicking on a third-party link in a website or in a private email even if it was recommended or sent by a friend. Websites spreading viruses often appear legitimate and seem official by using glossy artwork and even corporate logos from trustworthy businesses. Sometimes, mis-spelled words or incoherent sentences show that something slimy may want to bite. So, mix up and extend those passwords. Strong passwords are your first and best line of defense. Enter websites and open even private emails with some sense of suspicion. If you have that funny feeling that something is “not quite right” about Uncle Jerry’s email, you’re probably right. There is a fin in the water.

BUSINESS SPOTLIGHT



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BUSINESS SPOTLIGHT



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Ages: 9 – 11 years old
Dates: Choose July 11 – 15 or July 18 – 22 or July 25 – 29

Mission Fed JA Finance Park Summer Camp

The high-tech camp prepares young people for the real world by teaching them how to plan for career and financial success. Working with interactive technology, campers learn to manage their personal finances and discover the importance of spending money wisely. The camp incorporates STEAM methodologies with an off-site scavenger hunt at Balboa Park.

Ages: 11 –14 years old
When: July 25 – 29

All camp sessions are \$255 and take place Monday through Friday, from 9 a.m. – 3 p.m. To register your child, visit jasandi-ego.org or call 619-906-4905 today!

Next Publication Date: MAY 20
Ad Space Reservation: MAY 13

Article Deadline: MAY 13
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Del Cerro Action Council update

Jay Wilson



The April 28 meeting of the Del Cerro Action Council is going to be very informative. Sharmaine Moseley, the executive director of the Citizens' Review Board on Police Policies, will present a program on the purpose and operations of her board. The major purposes of the board are to review and evaluate complaints brought by members of the public against officers of the Police Department of the city of San Diego and to review and evaluate the administration of discipline arising from sustained complaints. The board also reviews and evaluates officer-involved shootings, all in-custody deaths, and all police actions that result in the death of a person.

Councilmember Scott Sherman will also be attending the meeting to provide an update on the city — and for the Navajo area in particular. He will also take questions from the audience. If you have questions prior to April 28, do not hesitate to contact Liz Saidkhanian, Councilmember Sherman's director of outreach at ESaidkhanian@sandiego.gov, or 619-236-6677.

DCAC chairman Mark Rawlins will give an update on the proposed Maintenance Assessment District (MAD) for Del Cerro. He will discuss what the MAD can do, what the boundaries could be, and the steps necessary to move forward.

Rawlins said he is ready to kick off the Del Cerro MAD signature-collection campaign. At the April 28 DCAC meeting, he will provide a brief overview and will ask for volunteers to help with the effort. If you would like more information, view the DCAC MAD video on YouTube at youtu.be/K3bqO-buDbm.

The Navajo area has a new

police community relations officer — John Steffen. Officer Steffen has a long history in the community; he grew up in Del Cerro and currently resides in San Carlos. You will have an opportunity to meet him at the April 28 meeting. If you need to contact Officer Steffen, his email address is JMSteffen@pd.sandiego.gov; or call him at 619-495-7971. Do not hesitate to contact him if you have a police-related concern.

There are a variety of opportunities to become more involved in your community. For the Navajo area, there is the Navajo Community Planners. It meets each month on the second Wednesday of the month at 7 p.m. at Tifereth Israel Synagogue on Tommy Drive in San Carlos. This is the community organization officially recognized by the city of San Diego. Like the Allied Gardens and San Carlos Recreation Councils, they are an advisory entity. NCPI is responsible for making recommendations to the city of San Diego on all land-use issues in Grantville, Allied Gardens, Del Cerro, and San Carlos. Each of the four communities has four representatives on NCPI. Check navajoplanners.org for an agenda and meeting minutes.

If you are looking for a fun activity on Saturday, April 16, stop by Pershing Middle School and participate in the Third Annual Mine Golf Challenge presented by the Henry Cluster STEMM Foundation. There will be at least 11 mini-golf challenge holes; each hole is being created by a team of boys and girls from schools within the Patrick Henry Cluster. Each team has been provided with one 4-by-8-foot sheet of plywood and two 2-by-4-foot boards as a starter kit. From there, teams may be as creative as they want to produce a small, but challenging golf hole. It is free. Stop by between 10:30 a.m. and 1 p.m., try your skill, and see how creative these students can be.

For more information on our April 28 meeting, visit delcerroactioncouncil.org.

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

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FEATURED EVENTS

APRIL 15 2016 Taste of Navajo Friday, April 15

This yearly event presented by Green Elementary Foundation celebrates eateries, wineries and breweries in the Navajo area (Allied Gardens, Del Cerro, Grantville, San Carlos) and nearby areas. This year's Taste of Navajo will be held at Mission Trails Regional Park and Visitor Center (1 Father Juniper Serra Trail, San Carlos) from 6 – 9 p.m. In addition to sampling offerings from these businesses, attendees will enjoy live music, learn from an on-site astronomer and volunteer ranger, and be entered in drawings by participating restaurants. Tickets are \$30 in advance and \$40 at the door; proceeds benefit the Green Elementary Foundation. Guests must be 21 and older to attend this event. Visit tasteofnavajo.com for tickets and details.



APRIL 16 Third annual Henry Cluster STEM Foundation mini golf challenge Saturday, April 16

This event challenges teams to build their own mini golf hole and bring to Pershing Middle School (8204 San Carlos Drive, San Carlos) to create a community mini golf course. Teams will set up at 8:30 a.m. and the course will open to the public at 10:30 a.m. There will be student performances throughout the day along with food trucks on hand. One team will take home the trophy for “Fan Favorite.” Visit hstemm.org/minigolf for more information.



APRIL 22 ‘Earth Day Community Mural Volunteer Project’ Friday, April 22

This event will be held on Earth Day as part of Grossmont College’s “Month of Service,” which invites students, faculty and staff to participate in volunteer projects on and off campus. Volunteers for this event will partner with the city of Santee to create a scenic mural under the Magnolia Street underpass at the Walker Preserve Trail on the north side of the San Diego River. There will be an art instructor on hand and painting supplies will be provided. Volunteers should wear comfortable clothes suitable for painting and bring sunscreen, water, closed-toe shoes and a chair. A light snack and extra water will be provided but you may want to bring your own lunch. The project will take place from 1–4 p.m. Meet at 9500 Magnolia Ave. between Braverman Drive and Chubb Lane at the trail entrance. Visit grossmont.edu/campus-life/csl for more information.

APRIL 23 Bingo fundraising party Saturday, April 23

Ascension Lutheran Church (5106 Zion Ave., Allied Gardens) will host a bingo fundraiser starting at 6:30 p.m. for players ages 18 and older. Come at 6 p.m. to get a look at the prizes and grab a seat. Entry is \$15 and includes five games. Beer and wine will be available for sale (\$5 each) and sodas will be available with free refills (\$2). Popcorn and snacks will also be available and the night will end with coffee and cookies. Call the church office at 619-582-2636 to reserve a spot and visit ascension-church.com/bingo for more information.

APRIL 23 ‘Hops Over The Vine’ Saturday, April 23

This event will feature tastings of boutique craft beer, wine and spirits from local producers. There will also be gourmet bites provided by San Diego eateries. Everything will be served under the stars at the Cabrillo National Monument (1800 Cabrillo Memorial Drive, Point Loma) with views of the ocean and city plus live entertainment. Along with ticket sales, a silent auction and raffle will be held to benefit the Cabrillo National Monument Foundation. This event fundraises for the park’s programs and celebrates the foundation’s 60th birthday. Tickets are \$60 for members and \$75 for nonmembers. Each ticket comes with eight wine, beer and/or food tastings. This event will be held from 6:30 – 10 p.m. Visit cnmf.org for more information.

APRIL 23 APRIL 24 ‘Ladybug Weekend’ Saturday, April 23 and Sunday, April 24

Armstrong Garden Centers will host a class on Saturday, April 23 at 9 a.m. on beneficial insects for your garden. The class, titled “Ladybugs and Other Good Bugs” will coincide with Armstrong’s “Ladybug Weekend.” The stores will be giving away a packet with 150 ladybugs with any purchase on Saturday and Sunday while supplies last. The Mission Valley/Grantville store is located at 10320 Friars Road; there are several other San Diego Armstrong locations. Visit ArmstrongGarden.com for more information.

MAY 1 ‘College Area Food Experience’ Sunday, May 1

This event will feature 30 College Area restaurants on a self-guided tour showcasing food and drinks from all over the world. The dining destinations can be visited from 11 a.m. – 3 p.m. Tickets are \$25 in advance and \$30 the day of the event. A few of the participating spots include Bistro Sixty, Bruxie, Effin’s Pub, Next Door Craft Beer & Wine, Ranchwood BBQ and many more. Visit collegeareabid.com for a full list of participating locations and information on purchasing tickets.

MAY 6 Mother’s Day celebration Friday, May 6

The College Avenue Center (6299 Capri Drive, Del Cerro) will host a Mother’s Day celebration starting with lunch at noon. Following lunch there will be a concert at 12:30 p.m. with Marsha Long performing on harp and piano. Visit jfssd.org/cac for more information.

MAY 7 Trolley tour of Kensington Saturday, May 7

An old-fashioned trolley will take ticket holders on tours of historic Kensington at 12:45, 1:45, 2:45 and 3:45 p.m. The tours will include fascinating facts about the neighborhood. Refreshments will be served after the tour. Tickets are \$25 and must be purchased in advance at the Kensington Community Church office (4773 Marlborough Drive) or at Ken Video (4067 Adams Ave.).

MUSIC NOTES

APRIL 17 Lillian Palmer concert Sunday, April 17

Vocalist Lillian Palmer will perform a public concert at 3 p.m. in the Visitor Center at Mission Trail Park, located at 1 Father Junipero Serra Trail. Admission is free but donations are appreciated. Visit mtrp.com

APRIL 28 Songs of The Eagles Thursday, April 28

Joe Rathburn hosts regular themed, acoustic showcases at Vision: A Center for Spiritual Living, located at 4780 Mission Gorge Place, Suite H in Grantville. This edition will feature guest Christopher Dale, with the two musicians paying tribute to folk rock icons, The Eagles. Tickets are \$15. Show starts at 7 p.m. Visit folkeymonkey.com for tickets.

MAY 1 Quartet Nouveau concert Sunday, May 1

Quartet Nouveau will perform a public classical concert at 3 p.m. in the Visitor Center at Mission Trail Park, located at 1 Father Junipero Serra Trail. Admission is free but donations are appreciated. Visit mtrp.com

STAGE CUES

APRIL 22 MAY 1 ‘The BFG (Big Friendly Giant)’ Friday, April 22 – Sunday, May 1

SDSU School of Theatre, Television and Film will celebrate the 100th birthday of Roald Dahl with a theatrical adaptation of his book, “The BFG (Big Friendly Giant).” The beloved story follows an orphan named Sophie who teams up with the titular giant to save the children of England. Tickets are \$10 for children under 10, \$15 for students and \$17 for adults. Show are at 7:30 p.m. Thursdays and Fridays and 2 p.m. Saturdays and Sundays. The performances will be held in the Don Powell Theatre at SDSU, located at 5500 Campanile Drive. Visit theatre.sdsu.edu.

MAY 5 MAY 7 MAY 12 MAY 14 ‘The Odd Couple’ Thursday, May 5 – Saturday, May 7; and Thursday, May 12 – Saturday, May 14

Grossmont College Theatre Arts Department presents Neil Simon’s Tony Award-winning play “The Odd Couple.” The classic comedy of mismatched roommates will be performed at the college’s Stagehouse Theatre (8800 Grossmont College Drive, El Cajon bordering La Mesa). There will be a performance at 7:30 p.m. on each of the dates listed above as well as a matinee at 2 p.m. May 7 and 14. Visit grossmont.edu.



(Photo by Ken Jacques)

GALLERY VIEWS

APRIL 28 ‘Under Pressure: printmaking today’ Through 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 gallery is open from 10 a. m. – 6 p.m. Monday through Thursday. Visit grossmont.edu/artgallery.

APRIL 30 ‘7 Printmakers’ Through Saturday, April 30

Ladybug Art Center, located at 4685 Biona Ave. in Kensington, is hosting a unique art exhibit through the end of the month. It showcases more than 30 examples of the art of printmaking in various forms. This group of printmakers has been exhibiting together since 1990 featuring techniques from woodcuts to lithographs and more. The art by the seven printmakers will be available for sale. The art center is free and open to public from 11 a.m. – 4 p.m. Tuesday through Saturday. Visit ladybugartstudio.com.

APRIL 30 MAY 1 Mission Federal ArtWalk Saturday, April 30 and Sunday, May 1

For the 32nd year, ArtWalk will take over 17 blocks of Little Italy with thousands of attendees expected. From 11 a.m. – 6 p.m. each day there will be opportunities to purchase artwork, enjoy live music and dance performances, and participate in interactive art experiences. Visit artwalksandiego.org for details and a festival map.

ON FILM

MAY 5 ‘Nicky’s Family’ Thursday, May 5

In honor of Holocaust Remembrance Day, the College Avenue Center (6299 Capri Drive, Del Cerro) will host this special film presentation of “Nicky’s Family” at 12:45 p.m. The docudrama tells the story of Nicholas Winton, an Englishman who organized the rescue of 669 Czech and Slovak children just before the outbreak of World War II. Visit jfssd.org/cac.

DANCE STEPS

APRIL 21 APRIL 23 ‘Entrances and Exits’ dance concert Thursday, April 21 – Saturday, April 23

The Grossmont College Dance Department will present their annual spring dance concert at the Joan B. Kroc Theatre (6611 University Ave., Rolando) for three consecutive nights. The performances will start at 7:30 p.m. and feature the artistic work of eight members of the department’s faculty along with a guest choreographer and local artist Blythe Barton. The show will feature a variety of dance genres from hip-hop to ballet to jazz and more. Tickets are \$12 in advance and \$15 at the door. Visit grossmont.edu/dance. ■



Theo and the Zydeco Patrol headline the first First Fridays concert at the Allied Gardens Recreation Center Park on May 6. (Facebook)

Concerts, computers, keynotes

News from the Allied Gardens Grantville Community Council

Shain Haug

The Board of Directors of the Allied Gardens/Grantville Community Council (AGGCC) met on April 4. Once again, the most pressing topic discussed was the 2016 First Friday in the Park Concert Series.

Most concerts at the Allied Gardens Recreation Center Park will 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. If you did not attend last summer, talk to your neighbors who did — we are sure you want to join us this year.

On Friday, May 6, the kickoff concert will begin at 5 p.m. with a warm-up performance by a group from the School of Rock, a leader in professional education for aspiring musicians aged 7 to 18. Beginning at 6 p.m., Theo and the Zydeco Patrol will bring us sounds straight from the backwoods Zydeco dance clubs, backyard crawfish boils, and bayou festivals — the very best in Southwest Louisiana dance music. Bring your dancing shoes.

The other performers this summer are:

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)

Other items discussed at the April 4 meeting included updating the AGGCC website and the need for skilled tech assistance; obtaining a donated laptop; pursuing speed monitors on Zion Avenue; and requesting assistance in strengthening Neighborhood Watch for the community.

At the AGCC Town Hall Meeting on March 22, our new San Diego Police Department Community Relations Officer John Steffen introduced himself and responded to questions regarding criminal activity in our community. He told us that the police are spread thin and that the department relies on reports from citizens to get law enforcement attention and assets to the hot spots. He recommended coalitions of neighbors to keep eyes out for criminal activity and to make anonymous reports by calling 619-531-2000.

San Diego Fire Department Battalion Chief Glen Holder discussed the new firehouse on Friars Road, the effect of El Niño on water restrictions, and the development of the local hazmat team.

Councilman Scott Sherman's representative Liz Saidkhanian offered assistance in forming a Neighborhood Watch group and discussed the lack of any immediate progress in getting a replacement for the Albertson's store.

Congressman Susan Davis' representative discussed

recent developments in the Congresswoman's legislative agenda including her work on the Older Americans Act.

The keynote of this town hall meeting was the presentation by San Diego River Park Foundation executive director Rob Hutsel. He discussed homelessness in the river littoral, clean-up efforts, the planned River Park and Trail system, and the development of the Discovery Center in Mission Valley. This organization is engaged in some remarkable work. We encourage you to visit sandiegoriver.org or call 619-297-7380 to consider signing up as a volunteer with this important organization.

The AGGCC holds town hall meetings on the fourth Tuesday of each odd-numbered month. Our next town hall will be on Tuesday, May 24 at the Ascension Lutheran Church, at the corner of 51st Street and Zion Avenue.

The high point of this meeting will be a presentation by and Q&A session with District 7 Councilman Scott Sherman. Sherman grew up in Allied Gardens and now resides in the home in which he was raised. He has a lot of territory to cover in District 7, but how fortunate we are to have a representative who so intimately understands our concerns and interests.

—Shain Haug is the vice president of the Allied Gardens/Grantville Community Council. He can be reached at aggccshain@yahoo.com. Your suggestions for Town Hall meetings will be much appreciated. ■

BUSINESS SPOTLIGHT

College Avenue Bridge Club | CollegeAvenueBC.com

Make new friends and have fun playing Bridge!

The College Avenue Bridge Club, located at 4855 College Ave., near I-8 and San Diego State University, recently opened to serve all players from novices to experts. The club has been recently redecorated and is very conducive to making new friends while playing the exciting and challenging game of bridge. This is a wonderful game for people with some spare time and an interest in cards.

Experts agree that playing bridge helps to improve memory and to prevent dementia. Playing bridge helps to preserve brain functionality and cognition by exercising and engaging deep thought processes. For more information, see the article on our website.

The College Avenue Bridge Club offers a full suite of bridge classes starting with "Learn Bridge in a Day," for new players who have never played before, and follow-on lessons to advance everyone from beginners to experts.

Competitive duplicate and informal social bridge games are offered daily, Monday through Friday, starting at 10 a.m. Come join us and experience the great social and friendly game of Bridge.

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Charter school permits reform measure passes



Recently, the City Council approved my measure to reform the city of San Diego's Conditional Use Permit (CUP) to ease permitting requirements on San Diego public charter schools. Public charter schools serve over 21,000 students in 51 schools within the city of San Diego. Public charter schools have become an important educational option for thousands of San Diego parents. Unfortunately, the city's burdensome CUP is enormously

complex, time consuming and expensive. My plan would achieve the following: Revise municipal code to reduce the permitting requirements to help charter schools obtain facilities K-12 schools with less than 300 students will be permitted in residential multi-family, commercial regional, commercial office, and commercial community permitting zones These revisions would allow more money to go directly to education instead of navigating

through the permitting process We began working with public charter schools and affiliate organizations after being contacted by four charter schools in my district having trouble navigating the burdensome permitting process. Thousands of San Diego working families depend on charter schools throughout San Diego to educate their children. I applaud the City Council for approving this important measure. It will now be easier for charter schools to obtain quality facilities and allow for more funding to be directed to students instead of for consultants to navigate the complex bureaucratic process. —Scott Sherman represents District 7 on the San Diego City Council. ■

News and notes from your County Supervisor



Be prepared: Fire officials say this year's wildfire season could be rougher than usual. A steady stream of rainstorms have brought more grass and other vegetation to the region, which is great come spring, but it also means more fuel this fall when wildfire

season peaks. Now is the time to cut back brush around your home, clear out flammable debris and take other steps to reduce your risk. Fire officials say you need to maintain at least 100 feet of defensible space around your home. For more on how to prepare, go to readysandiego.org. Calling all seniors: Please register now for a special community forum set for Thursday, May 12, on how older residents can fight off financial scammers. 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. It 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. End sex slavery: Many local hotel and motel operators took part in a recent symposium I helped kick off on how to recognize and respond to signs of human trafficking. District Attorney Bonnie Dumanis, Sheriff Bill Gore and others are working with me to crack down on this horrific crime, which came to my attention a few years ago when I joined law enforcement on a curfew sweep. Right here in San Diego County, girls are being enslaved and sold for sex. It sickens me. I will continue to do all I can to fight it. For more District 2 news, go to www.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@sdcounty.ca.gov. ■

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Poke man

A celebrated Hawaiian dish comes to Grantville

Frank Sabatini Jr.



While putting the finishing touches on his first restaurant endeavor, Yohei Umezu admits he doesn't play by the rules when it comes to making poke, the raw seafood dish of Hawaii that will dominate his menu in many colorful adaptations.

The concept of his 900-square-foot eatery, San Diego Poke Co. — due to open May 1 at 10397 Friars Road in eastern Grantville — was essentially test-piloted over the past year at farmers markets in Scripps Ranch on Saturdays and Hillcrest on Sundays.

"I've found that half the people at the markets were familiar with poke, and the other half wasn't," Umezu said, noting that "poke eateries have been popping up everywhere in the Los Angeles area — but not so much here."

In its classic Hawaiian version, cubes of sushi-grade ahi tuna are dressed simply in sesame oil, soy sauce and sea salt, and they're typically embellished with chopped seaweed and diced Maui onions.

Umezu, however, has become

known for taking the presentation to a modern mainland level by incorporating ingredients such as Flamin' Hot Cheetos, fried onions, and a host of sauces that includes sweet chili coconut puree, wasabi cream and miso vinaigrette.

"I've dabbled with a lot of different garnishes and sauces that I'll be narrowing down for the restaurant," he said.

The protein options will be varied as well. Aside from ahi, customers can choose between raw albacore, octopus, bay scallops, salmon or a mix of them when customizing their bowls, which will be sold in three or five-scoop measures and accompanied by rice. The seafood is sourced from various vendors along the California coast.

Umezu is of Japanese decent and a native of Torrance, California. His knack for creative cooking began as a teenager, when he would sneak cheese into egg rolls or add it to Japanese-style pork cutlets.

"I've always enjoyed testing out recipes and using non-traditional ingredients," he said. "And since I was younger, I've seen a lot of people make poke in different styles."

Umezu previously worked as an



Yohei Umezu is preparing to open the first restaurant in Grantville devoted exclusively to poke. (Courtesy of Contour PR + Social)

electrician before securing spaces at the farmers markets with Chef Meljohn Sebastian, who trained for 10 years at La Jolla's Café Japengo under acclaimed sushi chef Jerry Warner.

Sebastian will serve as chef for San Diego Poke Co., which will maintain its presence at the weekly markets after the restaurant opens.

"We're selling, in total, about 150 bowls of poke per weekend," Umezu said. "It's been a good way of seeing if customers like our recipes, and they've reacted really well to them. I love telling people about poke who have never heard of it."

Marinating raw fish, Umezu



San Diego Poke Co.'s dressed-up ahi tuna bowl (Photo by Jersen Navasca)

pointed out, is common in numerous countries and locales positioned along oceans. In Mexico, it's called ceviche; in Italy, it's known as crudo; and in Malaysia, it's hinava. As for the Hawaiian term, Umezu says consumers pronounce it either as "poke-ee" or "po-kay," adding that both are correct.

"Every culture makes it differently. There is no right or wrong way. I like to incorporate all styles," he said.

The small restaurant, which features a sidewalk patio and black and red accent colors, will seat about 20 guests. Hours will be 11 a.m. to 9 p.m. daily. Umezu said he will eventually obtain a beer and

wine license after first introducing smoothies, teas and boba drinks.

As for the bill of fare, it's entirely chilled, clean fish adorned with flavors and textures designed to give poke traditionalists something more to think about.

"The only warm item on the menu will be the rice," Umezu said.

For more information, call 619-584-4786, or visit sdpokeco.com.

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



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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.

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► **Briefs**, from page 5

at the Physicians Surgery Center at Alvarado, which is an outpatient surgery center located on the Alvarado Hospital campus.

Volunteers to clean 'Creek to Bay'

I Love A Clean San Diego's (ILACSD) signature event, the Creek to Bay Cleanup, will be held Saturday, April 23 from 9 a.m. to noon at locations throughout San Diego County. The annual event encourages volunteers to sign up for a site in their neighborhood to contribute to the health and beauty of the entire region.

Cleanup sites in the eastern region of the county include Allied Gardens Community Park, Forester Creek in El Cajon, Flinn Springs County Park, University Channel in La Mesa, Mission trails Regional Park, Santee Lakes and more. ILACSD focuses its attention on inland communities (82 sites) where 80 percent of marine debris originates. A complete list of cleanup sites and volunteer registration are available at creektobay.org.

In 2015, more than 5,500 volunteers removed 187,000 pounds of debris during the three-hour event. This year, ILACSD will host a record number of 107 sites countywide. While trash removal is a large focus of the event, volunteers will also contribute their time to beautification projects, including native planting projects and graffiti removal.

In addition to the debris removal and beautification projects, ILACSD invites volunteers to take the "Bring Your Own Reusables" pledge when they

register. Volunteers are asked to bring their own reusable water bottle, work gloves, and bucket to collect litter at the event, helping divert thousands of single-use bags and disposable gloves from San Diego landfills.

The registration forms, cleanup locations and reusables pledge can be found online at creektobay.org.

Recycle your tax files
In an effort to help San Diegans recycle old tax files, the city of San Diego's Environmental Services Department and Allan Company are hosting the 14th annual Residential Tax Files Recycling Program through April 20. The tax files drop-off location is at the Miramar Recycling Center located at 5165 Convoy St. The service is free to city of San Diego residents only.

All documents will be securely stored and shredded before being recycled.

Only one banker's box of residential tax files per resident is accepted. A bankers box is approximately 10 inches high, 15 inches wide, and 25 inches deep. For more information about recycling, call the city's Environmental Services Department at 858-694-7000 or visit recyclingworks.com.

City wants input on water management plan
The city of San Diego is inviting public review and comment on its Draft 2015 Urban Water Management Plan through May 5. The plan serves as a long-range forecast and water resources planning document for the city.

The city is required by the Urban Water Management Planning Act, California Water Code Sections 10610 through 10657, to prepare a plan every

five years. The city is required to update and adopt a plan by July 1 for submittal to the California Department of Water Resources.

The 2015 plan addresses the city's existing water system and includes a forecast of water demands over the next five years. The plan also includes an evaluation of supplies necessary to meet those demands during normal, single-dry and multiple-dry years to help ensure water supply reliability over the next 25 years.

The plan is available for public review and can be found on the city of San Diego's website at sandiego.gov/water or a copy can be reviewed at the city of San Diego's Public Utilities Department office located at 525 B St., Suite 700, San Diego, CA 92101.

Comments must be received no later than 5 p.m. Thursday, May 5 and can be sent to sbista@sandiego.gov or mailed to the Public Utilities Department office, marked: 2015 Urban Water Management Plan - Public Comments.

A public hearing to adopt the city of San Diego 2015 Urban Water Management Plan is tentatively scheduled for Monday, June 20 at the City Administration Building, Council Chambers, 12th floor, 202 C St., San Diego, CA 92101. All comments will be reviewed before the public hearing.

For questions regarding the proposed 2015 Urban Water Management Plan, including making an appointment to review the document at the city, contact Seevani Bista at 619-533-4222 or sbista@sandiego.gov. ■

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