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Mission Gorge mess

Construction on Mission Gorge Road is expected to continue at least through the fall (Photo by Jeff Clemetson)

Engineers unsure what caused sinking roadway

Doug Curlee
Editor at Large

When a major thoroughfare through north Grantville started to sink quickly this summer, it got the attention of city public works experts. They quickly moved to close down the median and the two inner lanes of the four-lane road, and started trying to figure out why it was happening.

As of this writing, there is a problem: They still don't know why it happened.

The city shutdown two northbound lanes, two southbound lanes and the median on June 1 and engineers and repair crews started the emergency work on June 7, and they're still going at it today.

That means the roadway between Greenbrier Avenue and Old Cliffs Road is still down to one narrow lane each way, north and south, and it's likely to remain that way for a while. It could be as long as October or even longer.

Area residents, and those who use the road daily, are somewhat less than pleased about it — some are considerably less than pleased.

Frank didn't want his last name used, but he was willing to share his feelings about the condition of the road he's used for more than 20 years to get to work.

"Just call me 'Frank Highly P.O.'d,'" he said as his truck idled at the Old Cliffs stoplight, part of a long single file of cars that stretched back out of sight on southbound Mission Gorge. "This is how I avoid both the 52 and Interstate 8, and now it's not working."

The traffic problem has really affected Adele Puckingham, who lives on Greenbrier Avenue. She's

See **ROADWAY** page 3

'Mayor of Tuxedo Park' passes away at 83

Friends and neighbors mourn a 'very special guy'

Doug Curlee
Editor at Large

Tuxedo Park, just off Golfcrest in San Carlos, has the things many neighborhood parks in San Diego have.

There's a large grass play field. There's a nice childrens' play area. It has plenty of space for people to walk their dogs.

It also had something else many parks don't have — a genuinely good man who was loved by all.

Jim Brannick was everybody's friend — beloved of two-legged and



(above) "A handmade sign on a tree memorializ Jim Brannick (inset) at Tuxedo Park. (Photos by Doug Curlee)

See **MAYOR** page 3

Navajo Planners hear update on Alvarado Creek

Jeff Clemetson
Editor

On Wednesday, Sept. 14, the Navajo Community Planners, Inc. (NCPI) got its first update on the Alvarado Creek Enhancement Project. The update to NCPI included a report on an earlier meeting of the Flooding Subcommittee that was formed to oversee the project.

Last year, the city of San Diego received a grant from SANDAG to study solutions to flooding problems along Alvarado Creek in order to facilitate redevelopment in Grantville.

"One of the biggest issues to overcome in order for that vision to be realized is a resolution to the flooding situation," city senior planner Seth Litchney told the NCPI board.

In order to satisfy the four terms of the grant, the city brought on a consulting team to study how to address flooding; increase access to the Grantville trolley station; enhance Alvarado Creek as an amenity by creating walking/biking paths; and improve water quality.

"Keep in mind that the multi-faceted aspect of this grant says it is flooding and it is also land use in trying to make this an amenity," Litchney said. "So how can we take those two areas and combine it."

Litchney said that while the background studies for hydrology have not yet been done, the Flooding Subcommittee had met with Metropolitan Transit System (MTS) and other land-owners who are affected by the floods.

The San Diego River Conservancy (SDRC) also took part in the subcommittee meeting.

"The Alvarado Creek flows into the San Diego River, it's something [SDRC] would like to see improve from a water quality standpoint," Litchney said, adding that SDRC also has grants to offer, so it is important to have them involved.

The subcommittee meeting produced valuable feedback, from owners about concerns; ideas for what can be done; things that need to be studied;

See **NCPI** page 5


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Building blocks of peace

Joyell Nevins

No matter what faith tradition you embrace, there is a core value of peace. That's what the Interfaith Council of La Mesa wants people to take away from their third annual International Day of Peace event, this year with the theme "Building Blocks of Peace." The event will take place from 3:30-5 p.m. on Sunday, Sept. 25, at Aztec Park.

"It's an opportunity for us to remind ourselves that we as humans have a desire for peace," Rebecca Littlejohn of Vista La Mesa Christian Church said. "Peace is a priority for all these (faith) traditions."

The Christian church is just one of many religions represented both in the council and in the Day of Peace event. There will also be words of peace from the Baha'i, Muslim, Hindu and Jewish faiths. St. Martin of Tours Catholic Church, the Buddhist Temple of San Diego and the Franciscan Peace Connection are all also involved.

"Doing this event has enriched the interfaith part of the Interfaith Council," Littlejohn explained, saying the multiple congregations bring "authenticity and integrity" to the council's mission.

The Interfaith Council began in 2011 by former mayor Art Madrid, who wanted to engage the 42 different congregations

in La Mesa to cooperate to help the community – to "better lives through a faith-based effort," as their vision states.

"We could bring together all of our efforts," said Anne Pacheco of St. Martin of Tours.

Those efforts have included a summer school lunch program, a food assistance resource brochure for the San Diego East County region, and several Peace Day events.

The International Day of Peace was established by the United Nations (UN) in 1981 to "commemorate and strengthen the ideals of peace both within and among all nations and peoples," according to the original UN resolution. The UN states their mission for Peace Day is to provide a globally shared date for all humanity to commit to peace above all differences and to build a culture of peace.

"It was meant to be a global ceasefire for one day," said LaVern Olberding of the Franciscan Peace Connection.

Olberding detailed that the idea was if people could stop fighting and come together for one day, it might spark the realization that they could do that for an even longer period of time.

"(They might) ask 'why are we fighting against people who are a part of us as humanity,'" Olberding said.

In La Mesa, the Day of Peace event will include music, prayer, words of peace and even a dance from the San Diego nonprofit

Help Kids Around the World.

Other nonprofits and churches from around the county will have tables set up to share resources of compassion and outreach opportunities. The word is getting out – the amount of organizations represented has almost doubled from last year.

Multiple crafts, such as peace pinwheels and paper chains, will be available for adults and crafts alike. The council is asking all attendees to wear blue, the United Nation's color of choice, symbolizing calmness, security, peace and tranquility. Blue will show up in the décor of the day, and also in special stoles worn by each of the speakers.

After all the activities have finished, the day will end as it has every year: with the entire group gathered under the shade of the park's large tree, holding hands and singing "let there be peace on earth, and let it begin with me."

The International Day of Peace will be from 3:30-5 p.m. on Sept. 25 at the Aztec Park in La Mesa. Attendees are encouraged to bring their own blankets or chairs. Overflow parking will be available at the Church of Jesus Christ of Latter Day Saints at 5555 Aztec Drive. For more information, visit interfaithlamesa.org.

—Joyell Nevins is a freelance writer who can be reached at joyelle@gmail.com. Find her blog *Small World, Big God* at subg-blog.wordpress.com. ■



(top) A woman blows a Shofar to begin the prayer service at last year's Day of Peace event; (bottom) children from St. Martin de Tours Catholic Church signing and singing a song of peace. (Courtesy of St. Martin de Tours)

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► Roadway, from page 1

had to scramble to find ways out of the area so she can get to her business.

“You can do it, if you look for a way,” she said. “I’ve been able to take the back streets around the neighborhood and wind up on Zion Avenue, which is south of the problem. It’s either that or turn right and go north on Mission Gorge until you can turn around and get in the long line with everyone else.”

Her problem is compounded by the fact that she can no longer turn left onto Mission Gorge and go south, because that part of the Greenbrier intersection is shut down, and will be until the problem is finally fixed.

But back to the problem. What is causing the street to sink?

There is general agreement that, when something like this happens — a sinkhole or the start of one — the problem is almost always water being, and going, somewhere it isn’t supposed to go.

The city just doesn’t know where that water is coming from.

“We just don’t know yet,” city information officer Scott Robinson said. “We’re testing everything we can think of, and there are possibilities, but we’re still doing test drilling and anything else that might help.”

The best Robinson can say right now is that the city hopes to have the problems, and the road, fixed this fall, with no firm date on the books yet.

Where could the water be coming from?

One problem is that a 600-foot-long deep sewer line underneath the roadway is damaged and leaking and that will mean going down 25 feet beneath the surface to dig it up and fix it.

But there can also be other causes, such as a higher water table in the area — it is very close to the San Diego River channel.

It could also be underground springs that no one really knew about.



(top) Traffic along Mission Gorge Road; (bottom) signs on Greenbrier Avenue direct traffic to a right turn only. (Photos by Jeff Clemetson)

It could be a combination of any two factors. It could be all of them. It could be something totally different. In order to determine whether the leaking sewer main is the only culprit, or if it is a combination of factors, monitoring/dewatering wells will be installed in the next couple of weeks.

After that, you won’t see any construction work at the site for another couple of weeks while the city engineers figure out the results of from the monitoring wells.

Robinson says the cause will be found, and it will be fixed. He just can’t say when.

In the meantime, it is important to remember that the city has closed turn lanes at the intersection of Greenbrier Avenue and Mission Gorge Road and that the closures will impact the following turns:

- Northbound Mission Gorge Road to Greenbrier Avenue will remain open
- Southbound Mission Gorge

Road to Greenbrier Avenue will be closed

- Greenbrier to northbound Mission Gorge will remain open
- Greenbrier to southbound Mission Gorge will be closed
- U-turns on Mission Gorge at Greenbrier Avenue will not be allowed

After the work at the intersection is complete, these additional traffic control measures will be removed but the lane closures will remain in place. You’ll notice the controls by the barriers blocking access to the impacted lanes until this mess is over. Until then, be advised to travel cautiously near the work areas and keep an eye out for closed lanes and posted signs. Construction will take place 7 a.m. to 7 p.m. Mondays through Sundays.

The city is advising people in area to count on adding time to their commutes and to use alternate routes when possible, but if Mission Gorge is your preferred route, be patient — you don’t have any choice.

For more information and updates on the Mission Gorge Road project, email Paula Roberts at paula@humanability.biz to be added to the email list. Also, an update will be presented at October’s meeting of the Navajo Community Planners, Inc. on Oct. 12 at 6:30 p.m. at the Tifereth Israel Synagogue, 6660 Cowles Mountain Blvd.

—Reach Doug Curlee at doug@sdCNN.com.■

► Mayor, from page 1

four-legged park users alike.

His kindness earned him the nickname “Mayor of Tuxedo Park.”

Now, he’ll be remembered that way.

He was the kind of person everyone wanted to talk with, and Jim talked with everyone.

Jim would walk several blocks from his home to the park at least once a day, and often twice a day.

People knew Jim was always up for a chat.

Dogs knew the pockets of his pants were always loaded up with dog treats. Those pockets were usually empty when Jim walked back home.

“We moved here from Texas several months ago,” said Ulla Gonzalez. “Jim is probably the nicest person I’ve met since we’ve been here.”

“Jim did more than just walk around the park,” according to Veronica Bestwood. “He kept an eagle eye out for everyone and everything. If you needed help, Jim was always there for you.”

Dave Dorfman says he was the most outgoing guy you could ever imagine. “I can’t tell you how badly he’ll be missed around here.”

His widow more than agrees. Monika Brannick is a professor of mathematics at Palomar College.

They met and married during the 16 years Jim ran an advertising agency in Germany.

“He was always outgoing and friendly. He just loved people. He was a very good man, and everyone will miss him.”

According to friends, Jim had a varied background, and was extremely smart and very well read. He talked about time spent in advertising and sales around the Broadway theater district in New York City.

Born in Brooklyn, New York in 1933, he did like many Brooklynites did and went to Fordham University.

When younger, Jim entertained thoughts of entering the seminary, but decided it wasn’t for him. Being that listening and talking is much of what priests are meant to do, he might have made a good one.

Jim and Monika came back to the U.S. from Germany in 1977, and Jim was ready to retire.

Monika says he’d had enough of European winters, and said he wanted to be in a place where there was sunshine and warmth.

“It didn’t take us long to decide that San Diego offered everything we wanted, and that’s how we got here. Jim just wanted to retire, and he did so. He was very happy here.”

Brannick spent his days walking around Tuxedo Park, often with

a 5-pound dumbbell in his hand, trying to get the exercise his doctor recommended for his heart’s health.

Of course, carrying all those dog treats probably helped, too.

Until one day at the end of August, they didn’t help.

It was so very rare for a day to pass in the neighborhood without seeing Jim that people worried when it happened.

Neighbors went to check on Jim, and found the door to the house unlocked. They went in to check, but no Jim, until they got to the backyard.

Jim had apparently been raking in his back yard garden area when that heart gave out.

The “Mayor of Tuxedo Park” was gone.

Lee Hilbert has been heading up an effort to create some sort of memorial at the park for Jim.

“We tried to get a park bench with his name on it, but the city tells us no one can do that anymore. Now, we’re trying to get some help from Councilman Scott Sherman to rename the park after Jim.”

You’d like to think Jim would be happy about that — so long as someone brings along lots of dog treats for his four-legged pals.

They still look for him every day.

—Reach Doug Curlee at doug@sdCNN.com.■

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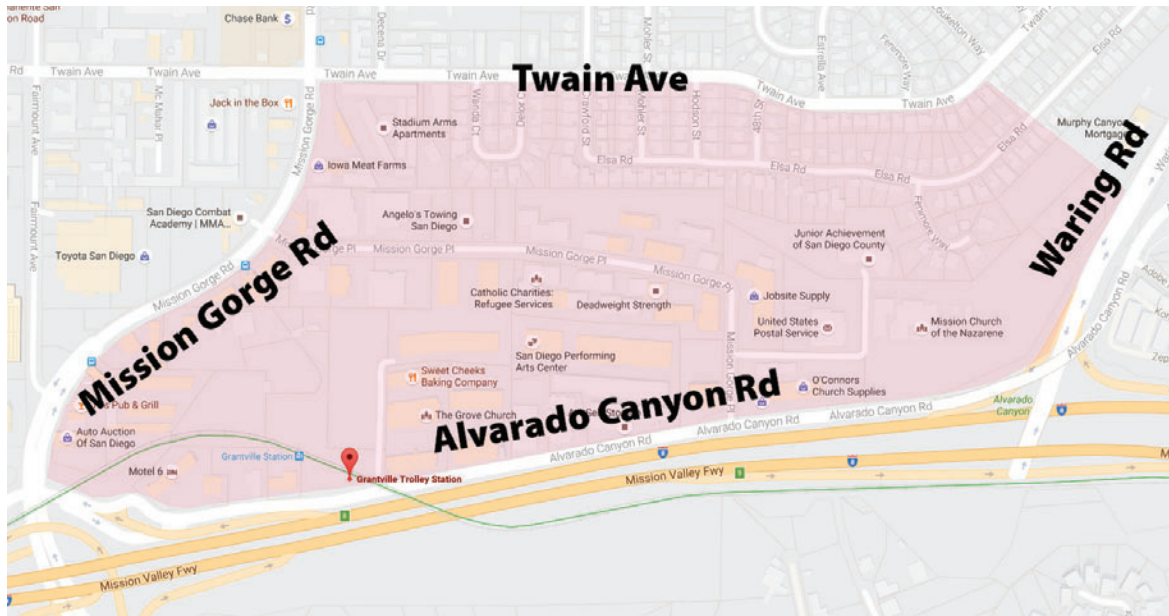
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The SANDAG-funded Alvarado Creek Enhancement Project includes a study of flooding in the areas around the Grantville Trolley Station. (Graphic by Todd Kammer)

► NCPI, from page 1

potential areas the consulting team hadn't thought of; and where the boundaries of the study should be, Litchney said.

As of now, the study only includes the area around the Grantville Trolley Station with Twain Avenue to the north, Alvarado Canyon Road to the south, Waring Road to the east and stopping at will Mission Gorge Road to the west.

"The area where Alvarado Creek flows beyond Mission Gorge Road isn't necessarily part of our study area, but potentially that area could be impacted by these flows and any changes that occur upstream," Litchney said.

The NCPI board raised concerns over leaving Mission Gorge Road out of the study area.

"The pipes that go underneath Mission Gorge Road are one of the problems because they can't handle the capacity," said Jay Wilson, who was also part of the subcommittee. "They're backing up so [the consultants] agreed to take a look at that because that's definitely a problem."

Dan Smith said the pipes

under Mission Gorge Road can't handle existing conditions, let alone the planned future development.

"Can we get more money to study the bridge? If we don't fix the bridge pipes, it's not going to do any good," Smith said. "The study, as you know, is to take care of the existing conditions. It has nothing to do with the 3,000 units we want to build by the trolley station. It has nothing to do with the trolley station development, which is what we are trying to get to eventually. This doesn't even address it, so we've got a long way to go."

Litchney assured the NCPI board members that the consultant team plans to study beyond the "imaginary line" it drew at Mission Gorge Road for the study's boundary.

"There's no way that we can come back with a proposal that ends up causing a bigger problem down the further edge of the creek," he said, adding that the study will take into account the planned development in a general sense only because there are no concrete development proposals for the consultants to work with at this time.

"No, [the study] doesn't necessarily say, 'there are 3,000

units here, how are we going to fit that in there?' But what it's saying is we know what the vision is for the area and we want to include it as part of the solution and not necessarily do something that takes away the ability for that to redevelop," he said. "That's what really spawned this — the fact that 3,000 units can be built there. That's why this proposal did so well at SANDAG because they want to see it happen, too. So the solution that we come up with has to take into account this vision that has been created for Grantville."

Next up for the Alvarado Creek Enhancement Project is continued work by the consultant team, and another meeting with the subcommittee, to develop two alternatives on how to address flooding while also incorporating the vision in the Navajo Community Plan. More public outreach meetings, one early next year and a second one a little later, where those alternatives can be presented to the public and discussed, are also planned, Litchney said.

—Reach Jeff Clemetson at jeff@sdenn.com.■

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Congressional Watch
Andy Cohen



Election Day 2016 is just over two months away, and for the first time since being elected to Congress in 2000, **Darrell Issa (R-49)** might face real difficulty in keeping his job. The millionaire Issa, the richest member of Congress for the third year running, is facing a challenge from Doug Applegate, an attorney and former Marine from San Clemente. Issa has enjoyed solid support in the district since initially winning his seat in 2000 by 28 points. From 2002 through the 2010 general elections, Issa never failed to emerge victorious by less than 29 points; but his popularity seems to have waned since the Tea Party wave of 2010. Although he won his 2012 primary by 37 points, the general election was a much narrower 10-point victory. In 2014, he defeated his nearest primary challenger by 29 points, 15 points in the general. This past June, however, was a different story. Newcomer Doug Applegate, a Democrat, has presented an unusually strong challenge for the controversial Republican, where Issa squeaked out a primary win 48.45 percent to 47.85 percent, less than a full percentage point in the San Diego County



Rep. Darrell Issa

portion of the district. Including the Orange County portion, Issa won by a mere 5.7 percentage points. You might recall that beginning in 2012, California switched to a voter-approved open primary system, where the top two vote winners advance to the general election regardless of party affiliation. And Issa has never faced a serious electoral challenge from any party — until now. So why is a safe seat suddenly not so safe anymore? It may have something to do with the top of the Republican ticket in the presidential election, Donald J. Trump. After initially supporting Marco Rubio in the Republican presidential primary, Issa has enthusiastically jumped aboard the Trump Train, going so far as to introduce Trump at a San Diego rally in May. He also attended the Republican National Convention in Cleveland as a Trump delegate. Turns out that's not such a popular position, particularly in areas with a lot of moderate Republicans and independents, and nearly a quarter of the voters in the 49th District are registered as

independents. It could also be that Issa's challenger, Doug Applegate, holds a unique appeal in a district that surrounds Camp Pendleton. A Marine for 32 years, Applegate actually served at Pendleton and has deep ties to the district. Or it could be an indication that Issa's years of controversial statements and fruitless investigations as chairman of the House Oversight Committee between 2011 and 2014, costing the taxpayers tens of millions of dollars, may have caught up to him. Whatever the case, Applegate's performance in the primary and his subsequent fundraising prowess has caused the Democratic Congressional Campaign Committee to take notice of a district that until now had been viewed as a lost cause. According to the Orange County Register, DCCC polling has indicated a tied race between the candidates, with Issa and Applegate each drawing 43 percent. And after spending a mere \$50,000 in the primary compared with Issa's \$740,000, Applegate managed to raise an additional \$128,000 since the end of the primary through June. Still, Issa has a massive money advantage, with \$3.7 million cash on hand in his campaign coffers compared with \$136,000 for Applegate as of the end of June. But in an election year such as this, money may not be all that much of an advantage. And Issa isn't the only one who could be dragged down by Trump's candidacy. The New York Times (a publication that according to Trump is "failing" despite its status as the nation's publication of record, with apologies to the Washington Post), Republican candidates across the country are running as fast as they

can away from Trump in order to save their jobs. And Trump may have already cost one Republican San Diego City Council candidate his shot at election and ensured that the City Council will remain in Democratic majority hands for at least two more years. Ray Ellis, the District 1 candidate running against Democrat Barbara Bry cited Trump's toxicity in his decision to concede the race months before Election Day. Issa appears to be taking this challenge seriously, unlike his former colleague Eric Cantor, the arch conservative former House Majority Leader who lost a primary in 2014 to an even more hard right conservative Republican challenger. Issa has been making himself visible within his district, visiting local startup businesses and listening to concerns about how government has been a hindrance or a help for local small business owners (here's a hint: Echoing Ronald Reagan, "government is the problem, not the solution."). Issa even manned a cash register at a local Oceanside gas station in an effort to connect with the little people. (It should also be noted that according to the San Diego Union Tribune, Scott Peters (D-52) also spent time at an affiliated gas station to discuss the same regulatory issues that Issa was exploring.) With the Nov. 8 Election Day fast approaching, it remains to be seen whether Applegate is truly poised to do what was once considered impossible. After all, uprooting an incumbent is rare enough, but uprooting an incumbent who has been so entrenched as Issa is virtually unheard of. But in a highly unusual and polarizing election, it is possible that Issa's vociferous support of all things Trump combined with a challenger whose background uniquely reflects the district he seeks to serve could bring to an end a long and often controversial congressional career.

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

Peters, Gonzalez headline immigration panel



Linda Armacost and Jeff Benesch

After two straight packed houses for our "Stark Contrasts" meetings examining the differences this election year between the Democratic candidates and their Republican counterparts, La Mesa Foothills Democratic Club (LMFDC) turns again to star power to serve on our panel of experts. Congressman Scott Peters, and Assemblyperson Lorena Gonzalez headline the panel which will also feature ACLU immigration experts and a member of the SDSU Chicana/Chicano Studies department. Just as our last panel gave us a variety of opinions and experiences in the area of gender politics and the parties' respective platforms, this Oct. 5 panel will focus on Trump's build-a-wall agenda and the local politicians who support him, in contrast to the Democrat's long-standing call for a compassionate immigration policy that recognizes the contributions and rights of the tens of thousands of immigrant families that call San Diego, Southern California and nearly all of America, home.

See **FOOTHILL DEMS** page 7 —————>

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Assemblymember Brian Jones, Oktoberfest and November election



Judy
McCarty



As candidates and their supporters toil for success in the Nov. 8 election, the Navajo Canyon Republican Women Federated (NCRWF) will feature popular, termed-out Santee Assemblyman Brian Jones as their keynote speaker at the Oct. 11 luncheon meeting held at The Brigantine in La Mesa.

Jones's deep conviction in free market principles, the need for government reform and tax relief



Assemblymember Brian Jones

comes from his service in both the public and private sector. He is famous for fighting the mileage-based driving tax and the bill signed by Governor Brown to fund a \$20 million study of the proposal.

Check-in time is 10:30 a.m. for the 11 a.m. meeting. A full-course luncheon will be served at noon with Jones to follow at 12:30 p.m. Cost is \$20. Reservations are required; please RSVP at NCRWF99@gmail.com (use RSVP in the subject line) or call 619-990-2791.

Oktoberfest in La Mesa is the first weekend in October, and NCRWF will be there Friday,

Sept. 30 through Sunday, Oct. 2. We'll be registering voters and informing passers-by about our outstanding Republican candidates. If you'd like to join us, contact us at NCRWF99@gmail.com (please use Oktoberfest in the subject line) or call 619-990-2791.

Election Day is Tuesday, Nov. 8. This has certainly been a unique election season but decision time is coming. You will be casting votes not only for president but for the future direction of our country. As a San Diego or La Mesa voter, you will also be choosing your representatives for Congress, County Supervisor, City Council and beyond. So stay strong, keep a positive attitude and choose carefully, but choose. And to make your choice count, vote! (NCRWF recommends the Republican ticket.)

Membership in NCRWF is open to all registered Republican women. For more information on all our activities, visit navajocanyonrnf.org and Facebook.

—Judy McCarty is publicity chair of the Navajo Canyon Republican Women Federated. Reach her at jhmccarty@cox.net.■

► Foothill Dems, from page 6

Scott Peters

Rep. Scott Peters serves California's 52nd Congressional District, which includes the cities of Coronado, Poway and most of Northern San Diego. First elected in 2012, he currently serves on the House Armed Services Committee and the House Judiciary Committee. He formerly served on the House Committee on Science, Space, and Technology.

Peters is a civic leader who has made improving the quality of life in San Diego his life's work. After a 15-year career as an environmental lawyer, Peters was elected to the San Diego City Council, where he later became the city's first City Council President. On the council, Peters helped lead the \$2 billion redevelopment of Downtown San Diego, the cleanup of the city's beaches and bays, and the completion of a number of major infrastructure projects. He also pursued greater accountability and efficiency in government through the creation of a new council/mayor form of government with an independent budget review function.

In 2001, the governor appointed Peters to the Commission on Tax Policy in the New Economy, and in 2002, the Speaker of the Assembly appointed him to the California Coastal Commission.

Peters also later served as chairman of the San Diego Unified Port District — a major economic engine that supports over 40,000 high-skill, high-wage jobs for San Diegans, with \$3.3 billion in direct regional economic impact.

Scott earned his undergraduate degree from Duke University (magna cum laude, Phi Beta Kappa) and worked as an economist for the United States Environmental Protection Agency before attending New York University School of Law. He and his wife of 29 years reside in the La Jolla neighborhood of San Diego, California, where they raised their son and daughter.



Rep. Scott Peters

Lorena Gonzalez

Lorena Gonzalez is the daughter of an immigrant farmworker and a nurse. She attended public schools in San Diego County before earning a bachelor's degree from Stanford University, a master's degree from Georgetown University, and a Juris Doctor from UCLA School of Law.

Gonzalez served as senior adviser to former California Lieutenant Governor Cruz Bustamante, as well as appointee to the California State Lands Commission and alternate on the California Coastal Commission. A community organizer and activist, Gonzalez was elected in 2008 as CEO and secretary treasurer of the San Diego and Imperial Counties Labor Council, AFL-CIO. She is the first woman and person of color to be elected to head the Labor Council since the organization was founded in 1891.

Gonzalez ran for San Diego City Council during a 2005 special election and advanced to a runoff against future San Diego Mayor Kevin Faulconer. However, Gonzalez ultimately lost the race to Faulconer by a margin of 724 votes out of 29,448 cast.

Gonzalez was elected to California's 80th State Assembly district in a special election held May 21, 2013. She defeated former Chula Vista councilmember Steve Castaneda with almost 71 percent of the vote. Gonzalez currently serves on the Assembly Committee on Education, the Assembly Committee on Health, the Assembly Committee



Assemblymember Lorena Gonzalez

on Insurance, the Assembly Committee on Water, Parks and Wildlife and the Assembly Committee on Rules. She is also the first chair of the Select Committee on Women in the Workplace. Gonzalez lives in San Diego with her two children, Tierra and Antonio.

LMFDC meets the first Wednesday of every month at the beautiful La Mesa Community Center, 4975 Memorial Drive, just north of University Avenue. We represent the communities of San Carlos, Allied Gardens, Del Cerro, the College Area, La Mesa, Mt. Helix, Santee, Casa de Oro, and other closeby East County enclaves. Our meetings start with a half hour social time at 6:30 p.m. with snacks, desserts and beverages, followed by our 90-minute program at 7 p.m. We welcome all fellow progressives and forward thinkers to attend and participate in our meetings. Half-price memberships are available for the rest of the year.

Be sure to visit our booth at La Mesa's Oktoberfest on Sept. 30–Oct. 2. More details are available on our website lamesafoothillsdemocraticclub.com and please like us on our fabulous Facebook page. Hope to see you at our next meeting on Wednesday, Oct. 5!

—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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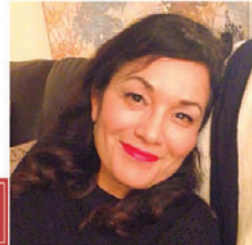
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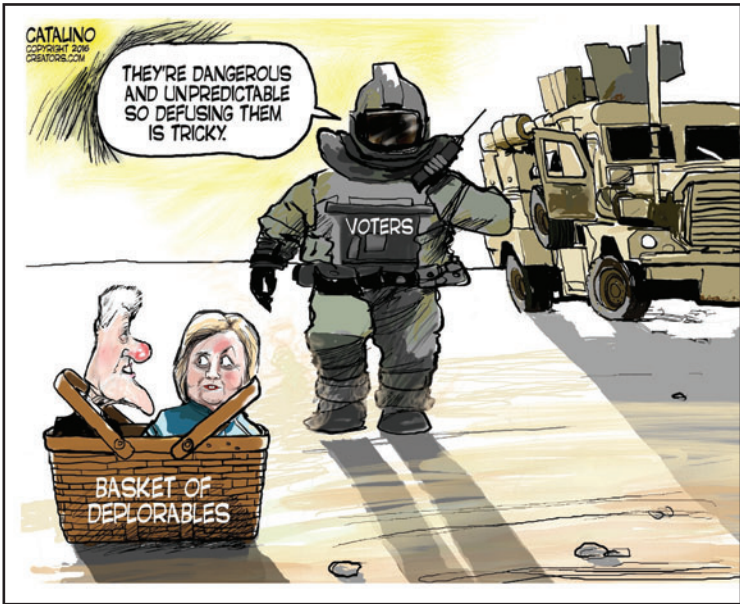
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GUEST EDITORIAL

East County church opens hearts, minds and doors

Hillary Whittington

On Aug. 21, the pastor at Foothills United Methodist Church in East County took a leap of faith when they decided to present my family's story to the congregation.

I nervously wondered how the conservative and very traditional members of this church would react to our YouTube video being played during the service — which chronicles our young son Ryland's journey from female to male — and later to my message of love and acceptance of my transgender son.

It was a big deal and I knew it was a risk that could come with some repercussions.

The LGBTQ-inclusive event that followed the church service was a brunch and book signing hosted by the Reconciling Ministries Committee.

A newly formed group of loving and accepting church members, the main purpose of the Reconciling Ministries Committee is to ensure the church is inclusive of all people, regardless of age, race, gender identity, marital status, physical condition, sexual orientation, ethnic background or economic situation.

The group's members vary in age and background, but share the common goal of making Foothills a welcoming church to the LGBTQ community.

Over 100 people packed into Foothills' King Hall to enjoy

the warm brunch prepared and served by the committee, listen to Pastor Eric bless our family, and hear me speak candidly about our journey.

Many from the senior generation commented that their "hearts were changed" by the event. Many folks in the crowd waited in line to buy my book, "Raising Ryland: Our Story of Parenting a Transgender Child With No Strings Attached," and to tell me how moved they were by my message.

Some said they hoped "God continued to bless us."

I was brought to tears many times throughout the day, as our past experience with many religious family members, friends, and acquaintances has not been so encouraging. We have unfortunately lost close relatives and friends due to our decision to support our child in his gender identity. Sadly, we no longer speak to my closest cousin, who asked to remove Ryland from her wedding as a flower girl back in 2012.

Other friends have avoided us completely, with statements like "I will pray for your family," while one mom from Ryland's transitional kindergarten class told



me, "I don't know how you have raised your children ... but my husband and I have raised our children to believe in the Lord."

As you might imagine, the most common response from devout Christians has not always been a good one, and for this reason, I have always feared the outcome of an event of this nature. However, I was truly shocked to see the amount of unconditional love and support that poured in from the congregation of the Foothills congregation, especially because many of them are from an older generation who had not known me personally prior to this event.

The most poignant part of our story is that the lead pastor, Rev. Dr. Eric Smith, is a respected figure I have known all my life.

Rev. Eric was my pastor as a young child in Riverside County; he counseled my husband and I before he presided over our wedding in 2005; and he also generously drove with

our family to Oregon so he could give the sermon at my only brother's funeral in 2006. He even watched Ryland move through his "tomboy" stages prior to transition.

During the time I was grappling with Ryland's gender identity, I received a phone call from Eric explaining he was being moved from his church in Irvine to the Methodist church in La Mesa, only minutes from our home.

In my mind, this move was absolutely by God's doing. It came during a time that I expected to never step foot in church again, as having a child belonging to the LGBTQ community came with fears of rejection and mistreatment.

After last weekend, I can say that I am truly changed and I feel a renewed sense of faith in humanity.

If it was possible for members of our church, some as old as 90 years old, to have changed their hearts and minds, then it is possible to keep opening hearts and minds all over the world.

I believe God chose our family to raise Ryland and I will continue to be thankful for the supportive congregation at Foothills United Methodist Church.

—Hillary Whittington is the author of "Raising Ryland: Our Story of Parenting a Transgender Child With No Strings Attached." She and her husband Jeff live in La Mesa with Ryland and daughter Brynley. To watch their YouTube video, visit youtube.com/watch?v=yAHCqnux2fk.

LETTERS

Size matters

Re: "Local Dems to discuss gender politics" and "November ballot measures analyzed, explained at next meeting" [Volume 22, Issue 8, or bit.ly/2bbXdAy and bit.ly/2bPiJNb]

I was shocked at the blatant liberal bias of your paper in comparing your two political commentaries in your most recent issue. You gave much more space on the Democratic side and Ms. Armacost and Mr. Benesch were free to spew once again un-truths about Mr. Trump. I am a woman and mother of four daughters and we are all proud to be voting for Donald Trump. Perhaps you need to take a closer look at your

candidate and you will find that she is not a voice or role model for women today. Speaking the truth and being sincere are the qualities that we raised our girls on.

—Anne McCormick, San Carlos

[Editor's note: The Mission Times Courier gives the same opportunity for space to both political clubs. If one article is longer or shorter than the other, it is because it was submitted that way. Also, while the paper does offer its pages to political clubs for free and open debate, the Mission Times Courier does not endorse candidates.]

Salutations

Hello Allied Gardens and surrounding communities. My name is Rick Fry, and I'm the new pastor of Ascension Lutheran Church. I'm coming to you from the great state of Wisconsin, where I was the pastor of two rural congregations.

I was born and raised in the heartland of Ohio. I grew up on a farm with a love for the outdoors and nature. My wife and I have a marvelous 2-year-old girl and another girl on the way.

I enjoy writing. I wrote an unpublished novel a few years back. I also have a blog where I occasionally post devotions. You can find it at rickfry130.wordpress.com.

I love travel and music. I like exploring new places, and I've even hitchhiked across the country a few times. I once made a pilgrimage of sorts to a bar in Asbury Park, New Jersey, called the Stone Pony, where a young Bruce Springsteen got his start.

I'm passionate about telling others about God's love. In what ways can Ascension better share God's love in the community? What are your hopes and dreams for the community? Stop by my office. I'd love to hear your story. I can be reached at 619-582-2636 or by email at ascensionpastor-fry@gmail.com.

—Rick Fry, Allied Gardens

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

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GUEST EDITORIAL

Child-care biz OK for renters

Alan Pentico

The availability of affordable child care has become a hot-button issue in San Diego, where the cost of living can make it difficult for families to get by unless both parents are working. For some families with children, the solution is to offer home-based child care for friends and neighbors who need it.

In California, the need for child care is considered so vital that state law gives renters the right to operate a family day-care business from the home regardless of whether their lease or rental agreement prohibits the "business use of property." The law applies to all rentals, from single-family homes to apartments and condos.

Of course, renters who wish to run a day-care business out of their home must be sure they're following the letter of the law and communicating the details with their landlord or property manager. For example, before anyone begins operating a child-care service, they must obtain a license through the California Child Care Licensing Program, which has a local office in Mission Valley. This license specifies the number of children the provider is allowed to watch.

Renters must provide 30 days' advance notice to their landlord or property manager before they begin operating a child care service from the home. The state license application includes a form that renters can use to provide this notice.

It's important to note that landlords are legally allowed to charge


a higher security deposit to tenants who run a day-care business from the home. Landlords may want to charge a higher security deposit because of the higher risk that young children may damage the property. The California maximum limit on security deposits still applies (no more than double the monthly rent for an unfurnished unit, or triple the monthly rent for a furnished unit).

In addition to sharing licensing information with the landlord, the renter must also share evidence of financial responsibility. There are three ways to demonstrate financial responsibility: obtain liability insurance; secure a bond of at least \$300,000; or get signed affidavits from each child's parents acknowledging that they are aware of the lack of liability insurance or bond.

Beyond these key initial steps, child-care providers should be conscientious and respectful of their neighbors' right to the quiet enjoyment of their own homes. Take steps to control or manage excessive noise, and be mindful of anything that could damage the property.

For more information on this topic, the California Department of Social Services has a guide for family child care and tenant rights that can be downloaded from www.cdss.ca.gov. For more information about finding affordable or subsidized child care in San Diego, visit the County's website at http://www.sandiegocounty.gov/content/sdc/hhsa/programs/cs/child_care_administration.html.

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




GEMS & JEWELS

By Enhancery Jewelers, Kathleen White,
Graduate Gemologist, GIA

JEWELRY MAINTENANCE TIPS – FIVE SIMPLE STEPS

Just like your car, your jewelry will last longer and wear better if it is properly maintained on a regular basis. Here are some basics for keeping your jewelry looking its best. The first step is easy keep it clean, you can bring it in to us regularly for a basic free cleaning and inspection. Second step is examination for wearing down of prongs which hold in your gems and the thinning of shanks, the under portion of a ring which can become thin and may break after years of wear. The third is to check that clasps are tight and secure on bracelets and chains as these can become loose causing the loss of precious jewelry. Fourth check your earrings to make sure the backs fit nice and snug so they don't accidentally fall off while brushing your hair or changing clothes. Fifth if you have strands of pearls or beads you should have the cords checked for frays, as they may split and become brittle over time.



BIRTHSTONE OF THE MONTH – SAPPHIRE


Sapphire is a beautiful gemstone whose name comes from the Greek word for blue. The ancients are said to have believed that the world rested on a large sapphire. Its reflection they thought made the sky look blue. However sapphires come in all colors, except red. When a gemstone from the sapphire family of corundum is red in color it is called ruby. The other colors of sapphire are called fancy sapphires. Most rare is the padparadscha pink-orange variety with a salmon color, like that of a tropical sunset. Sapphires make a wonderful accent or center stone in engagement rings as well. Pink sapphires are a current fashion trend.

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News Briefs

OASIS hosts Medicare education event

Baby boomers, Medicare beneficiaries, their families and caregivers in the San Diego area who are confused about Medicare will get a chance to be educated on the program at the Mission Valley OASIS. The education event is part of National Medicare Education Week held Sept. 15–21. This annual observance begins exactly one month before the start of the Medicare Open Enrollment Period which runs Oct. 15–Dec. 7.

At the educational event, local UnitedHealthcare representatives will address people's top questions and will be available to speak one on one. Walgreens will also offer pneumonia and/or flu vaccinations at the events. Charges may apply. Walgreens will ask for your insurance card, or accept cash or check. Vaccines are subject to availability. State, age- and health-related restrictions also may apply. Attendees will also be able to participate in a fitness demonstration through the SilverSneakers program.

The event will be held on Thursday, Sept. 15 at 5 p.m. at Mission Valley OASIS, 1702 Camino Del Rio N, Macy's, third floor, San Diego, CA, 92108.

To RSVP, please go to NMEW.com and click on Find an Event; or call 855-434-4941. There is no cost to attend but registration is requested.

For those unable to attend the events, UnitedHealthcare will host a Facebook Q&A session on Sept. 15 from noon–2 p.m., where beneficiaries and their loved ones can get their Medicare questions answered in real time. To join, participants should visit Medicare Made Clear's Facebook page. To learn more about Medicare through online resources, visit MedicareMadeClear.com.

Free rides for Jewish holidays

The Jewish High Holy Days – Rosh Hashanah (Jewish New Year) on Oct. 3-4 and Yom Kippur on Oct. 12 – are just around the corner.

For older adults who would not attend the religious services for these holidays because they're unable to drive and lack transportation, Jewish Family Service of San Diego (JFS) is offering free rides to synagogues in 26 zip codes around San Diego through the On the Go program. The program provides seniors of all faiths and backgrounds with easy, accessible and affordable door-to-door transportation to medical appointments, social engagements, errands and more.

JFS is hoping to provide this free service to as many older Jewish adults as possible. Sign up before Sept. 20 at jfsd.org/onthego or by calling 858-637-3210.

Magnolia Charter gets top marks

On Aug. 24, the California Department of Education released the results from the 2015-2016 school year Common Core tests and Magnolia Science Academy was the highest performing middle school in the Navajo communities and second highest performing charter middle school in San Diego Unified School District.

In English, 71 percent of Magnolia's students met or exceeded the standards. The state average was 49 percent. In math, 61 percent of Magnolia students met or exceeded the standards, compared to just 37 percent for the state average.

Across the entire school district, only Old Town Academy performed better among charter middle schools, beating Magnolia by 1 percent in English and 5 percent in math. ■

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San Diego Fire Department Battalion Chief Gina LaMantia, Assistant Fire Chief Kevin Ester and "Deputy Fire Chief Roger Fish pose for a picture at the FahrenheitSD event on Sept. 8. The inaugural event, held at the Hyatt Regency in La Jolla, was put on by the San Diego Fire Rescue Foundation. The \$50,000 raised will help provide equipment, training, technology and community education for first responders. (Courtesy of San Diego Fire Rescue Foundation)

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Rec Center roundup

Terry Cords

San Carlos/Lake Murray Recreation Center

Get ready for the BIG Halloween Carnival on Friday, Oct. 28 from 5:30-8 p.m. Our annual spooktacular event will host a costume contest, bake walk, games, jumpers, laser tag, a DJ and much more.

Volunteers are needed to help work the Carnival. Please call 619-527-3443.

PeeWee Sports for ages 3-8 years, cost is \$40, every Tuesday 4-5 p.m. Games include basketball, soccer, tee-ball and more.

Winter Camp Coyote will run Dec. 19-23 and Dec. 27-30. (Closed on Monday, Dec. 26) Extended care hours 7 a.m.-6 p.m. Cost is \$125 per week.

Core care hours 9 a.m.-4 p.m., \$100 per week.

The next meeting of the San Carlos Recreation Council is Wednesday, Nov. 16 at 6:30 p.m.

San Carlos Recreation Center is located at 6445 Lake Badin Ave. For more information, call 619-527-3443.

Allied Gardens Recreation Center and Pool

The What's Up, Cupcake? class began Monday, Sept. 12 for ages 8-14 for a \$15 fee. Get ready for the fall baking season. Participants will learn fun kid appropriate decorating tips



and tricks. Each week will be new technique to fill, frost and decorate cupcakes. The mini masterpieces will be taken home to enjoy with the family.

Fall volleyball practice began on Monday, Sept. 12. There is still room for interested children ages 8-15 years. Cost is \$70. Games start on Oct. 4.

Fall flag football starts in October. Cost is \$50 for ages 8-12 years.

Parents Night Out for children ages 6-12 will be held from 5-9 p.m. on Sept. 16, Oct. 21 and Nov. 18. Cost is \$10.

There will be a free Halloween Movie Night planned for either Oct. 22 or Oct. 29; final date is to be determined. Come out to the grass area in front of the Recreation Center and enjoy a fun-filled (but scary) night at the movies with a family-friendly movie courtesy of the Allied Gardens Recreation Council and local community organizations.

Don't forget the Allied Gardens Teen Center is open 2-6 p.m.,

Monday through Friday with fun games and activities.

There are many interesting and challenging activities for all ages at the Allied Gardens Recreation Center: Dance to Evolve, San Diego Civic Dance Arts, Aryn's Hatha Yoga, BookNook, badminton, basketball and pickle ball. Call the Recreation Center for the days and hours each event is scheduled.

The next meeting of the Allied Gardens Recreation Council is Monday, Nov. 7 at 7 p.m.

The Allied Gardens Recreation Center is located at 5155 Greenbriar Ave. Call 619-235-1129 for more information.

The Allied Gardens Pool is located at 6707 Glenroy St. Call 619-235-1143 for information.

—Terry Cords is chair of the San Carlos/Lake Murray Recreation Council and the Allied Gardens Recreation Council. Reach him at t.cords@cox.net.■

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October 7, 2016 6:00 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.**

Presented by Allied Gardens Grantville Community Council, Kiwanis

The Mission of AGFF Community Concert series is to provide our neighbors and friends of all ages a venue where they can congregate, enjoy local talent, and celebrate the summer as a member of Allied Gardens and Grantville.

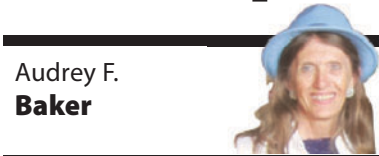
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Gear up for Halloween at Mission Trails Regional Park



Audrey F. Baker

Halloween celebrates nature and nature celebrates Halloween! The scene is set. It's all here, at Mission Trail Regional Park.

Cooler temperatures bring a crispness, and underfoot, fallen leaves of monstrously tall sycamores sound an eerie crunch. Against the skyline, hoary oaks with massive twisted branches are sorcerers, hiding spooky critters on and under their robes of bark. Witches leave locks of orange hair to witness their flights over their sage and chaparral dominion.

Kumeyaay Lake, a portal to the mysterious underworld, is populated by ancient spirits of Native American Indians, and mirrors the past and future. Here, in the land of enchantment, your favorite Halloween creatures dwell. Enter the world of rugged ravens, all-knowing owls, bombarding bats and mystic vultures. Woodrats stealthily creep, spiders spin webs of intrigue and coyotes sound haunting refrains.

We invited you to delve into the mysteries of the animal kingdom. Let your imagination soar while investigating the fantastic world of your favorite spooky critters. Happy Halloween!

Our MTRP Trail Guide walks are an opportunity to learn more about natural Southern California, with its unique landscapes, habitats, local history, and diverse plant and



"Deep Freeze" by Rick Wiley (Courtesy of Mission Trails Regional Park Foundation)

animal life. The walks are free, interesting, fact-filled, and geared to all ages and interests. Grab sturdy shoes, 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 reveals the secret lives of lesser-seen park animals and brings insight into their survival techniques and habits. Mission Trails Tracking Team members assist in identifying and interpreting tracks, scat, bedlays and habitats. Join in for two hours of dirt-time fun – wear long pants for close-up observation. 8:30 a.m., Saturday, Oct. 1 in front of the Visitor Center.

Discovery Table: MTRP Rocks, our hands-on science station hosted by MTRP Trail Guides, familiarizes you with the wide variety of common rocks found in the park and explains why, from pebble to boulder, Geology rocks. Inside the Visitor Center, Saturday, Oct. 8 from 10 a.m.-1 p.m.

Bird Kumeyaay Lake with MTRP Resident Birders Jeanne Raimond and Millie Basden for a shoreline birding adventure focusing on migratory warblers, sparrows and waterfowl that characterize fall birding. Binoculars and bird book are recommended. See you Saturday, Oct. 15, 8-10 a.m. We meet in day-use parking lot, Kumeyaay Campground Entry Station.

Star Party Luminaries intensify in a hauntingly moonless sky. MTRP Resident Star Gazing Mystic George Varga foresees the Summer Triangle will be high in the sky affording views of the Ring Nebula (M57), binary star Albireo, Dumbbell Nebula (M27), the Coathanger and additional clusters. Clouding/rain cancels. See you Saturday, Oct. 22 between 6-9 p.m. at the far end of the Kumeyaay Campground Day Use Parking Lot.

La Mesa Walk 'n Talk is an opportunity to walk scenic shores with your MTRP Trail Guide after briefly chatting up this month's nature topic, "Marsh plants and animals." Get the scoop on how their interactions support a thriving ecosystem. Tuesday, Oct. 18, 9-10:30 a.m. We meet at the

ball fields. Enter Lake Murray at Murray Park Drive and Belle Glade Avenue.

Family Discovery Walk shares nature's fall magic as a family experience and highlights the seasonal changes it brings. Our Trail Guide-hosted interactive walk focuses on fun, childhood enrichment, and memorable moments in nature walk. We'll examine how deciduous trees lose leaves while stately oaks remain green, producing acorns, and view seasonal flowers that debut as migrant birds arrive. Meet us inside Visitor Center on Sunday, Oct. 23, 3-4:30 p.m.

Birding Basics enhances your nature experience by teaching practical methods to identify birds "at a glance!" MTRP Bird Guide Winona Sollock explains five simple techniques and gives tips on field guide use. Bringing a bird book is optional. Class meets on Saturday, Oct. 29 from 1-2:30 p.m. inside the Visitor Center, Classroom A.

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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Mountain bikers ready to ride on a guided tour of Mission Trails Regional Park (Photo by David Cooksy)

News from the Mission Trails Regional Park Foundation

Jay
Wilson



In October, the Mission Trails Regional Park (MTRP) resumes its mountain bike series for beginning riders. Join ranger Araceli Dominguez and MTRP Foundation administrative assistant and member of the San Diego Mountain Bike Association Maggie Holloway on Saturday, Oct. 1 at 9 a.m. at the East Fortuna Staging Area (west end of Mast Boulevard off of state Route 52) for this fun-filled, progressive beginner nature series of rides the first Saturday of each month. If you are new to riding, this is for you.

Come early and volunteers from the San Diego Mountain Biking Association will help you make adjustments to your bike.

During the three months of the series, the location will change to give you a new perspective of mountain biking in MTRP. There are at least 60 miles of trails within the park. Each month, the ride will increase a little in difficulty so you can try new skills and become comfortable with your bike.

"You can join us on some or all of the rides in this series," Ranger Araceli said.

Remember to bring plenty of water, sunscreen, and food. Check the MTRP webpage for the location of the next ride in the series. The distance traveled with each session is between five and 10 miles, with each session lasting approximately two hours.

Art and music at the Visitor's Center

The current art exhibition, "Nature's Expressions," featuring the exceptional art of six award-winning artists is on display

through Oct. 7 at the Visitor Center Gallery.

On Sunday, Sept. 18, at 3 p.m., enjoy world-class percussionist N. Scott Robinson, an eclectic and engaging musician whose repertoire is suitable for a wide range of audiences, from university appearances to concert halls. Blending his background in jazz and classical music with detailed studies of various world musical styles, Robinson's music functions as a vehicle for contemporary composition and improvisation.

Robinson brings a wealth of experience to the performance stage with a style of music that is both widely accessible and artistically rich. His vocal and multi-instrumental performances typically feature him on the riq (Arab tambourine), bodhran (Irish frame drum), sanza (finger piano from Central Africa), berimbau (Brazilian musical bow), hindewhu (Central African pygmy whistle), and Tuvan overtone singing. For more information on this talented artist, visit his website at nscottrobinson.com.

The next concert will be held on Sunday, Oct. 2 at 3 p.m., and features a chamber group from the San Diego Symphony. Chia-Ling Chen, associate principal cello of the San Diego Symphony Orchestra, will lead a chamber music performance by other San Diego Symphony Orchestra members.

Two new exhibits

While at the Visitor Center, don't forget to check out our new exhibits, the "Wildlife of Mission Trails," with its two large touch-screen monitors and "Wildland Fires," which displays a video emphasizing the danger of flying embers from wildland fires. They are the newest exhibits on display in the Exhibit Hall at

the Visitor Center. The touch-screen wildlife exhibit allows you to select the animals you would like to see and learn more about. You may select from a variety of categories: mammals, birds, amphibians, reptiles, insects, butterflies, spiders and more — all found in Mission Trails.

Art classes

The Art Smarts family-oriented art classes with artist BetteAnn Pierce continue. On Sept. 17, the topic will be "Exploring Perspective and Composition," using pencils, charcoal, and chalk pastels. On Sept. 24, the topic will be "Chameleons in Watercolors." Classes are held in the meeting rooms at the Visitor Center from 1 to 4 p.m. Check our homepage under "More News" at mtrp.org for a complete schedule of classes, cost, and registration form.

Make sure you are signed up on our secure website to receive our bi-monthly e-newsletter and keep up with all the free activities and events at MTRP. Sign up in the bottom left-hand corner of our homepage mtrp.org. And join us on Facebook and Twitter.

If you need a meeting room during the day or a spectacular venue for an evening wedding, retirement party, celebration of life, birthday party, golden wedding anniversary, fundraiser, or corporate event, the Visitor Center is the place. Contact Maggie Holloway MHolloway@mtrp.org or call her at 619-668-3280.

Each day is an adventure at Mission Trails!

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

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**PATRICK
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Patrick Henry High School News

What's new this new school year

Elizabeth Gillingham

PHHS welcomes over 2,400 students

For the first time in as long as anyone can remember, San Diego Unified School District and, more specifically, PHHS opened their doors in August (prior to Labor Day) to over 2,400 students. Students settled into their new schedules quickly and the first week started off in a positive format. The students ended the week with Patriot Period where they were placed into advisory classes mixing students from grades nine-12. Returning students were given a chance to meet and greet new students while helping everyone acclimate to the new school year. Sophomores, juniors, and seniors created Pillar Posters teaching the freshmen how to be welcoming, how to use "choice words," and about the importance of doing no harm to anyone.

Girls' volleyball

The freshmen girls' volleyball team won their season opener against Valhalla High School on Tuesday, Aug. 24, at Valhalla, defeating the Norseman 2-1 in the match. The Lady Patriots won their first game 25-22. They lost the second game 24-14. They won the tie breaker 15-11. It's a great kick off to our fall sport's season which is just beginning to take shape this month.

Girls' tennis wins silver medal

The 12th Annual Pete Brown "First Serve" Girls High School Team Tennis Tournament was a big success in San Diego. Approximately 130 players from 12 schools competed at Valhalla and Granite Hills High Schools to prepare for the upcoming fall season. The Patrick Henry High girls' tennis team won the Silver



First row: Zoe Benink, Claire Sutliff, Josalynn Lall, Nina Vyzinkar, Dani Toleno; Second row: Kiana Okamura and Hailey Fulton; third Row: Malia Rios, Larisa Dummer, Veronica Smith, Charlene Phan, Addie Gross Mia Shira, Maddie Burke, and Hailey Veeder

Medal in the Group B Division finishing with 23 sets won for a total of 148 games. The Lady Patriots faced strong competition from La Jolla Country Day, who won the gold with 24 sets won and 162 games.

Members of the Lady Patriots squad consisted of Nikki Wakeland, Kate Kiley, Jade Loucks, Alyssa Arnold, Amanda Martin, Mimi Nguyen, Michele Nguyen, Avery Swain, Sarah Barron, Rachel Barren, Olivia Sample and Jessily Jones. Other team members who offered support were Olivia Tracey, Erica Tolley, Sarah Ahles and Julia Ronney.

The Group A Division gold medalist was the Academy of Our



The Lady Patriots tennis team (Courtesy of Karen Ronney)

Lady of Peace, which captured 22 sets and 154 games edging Cathedral Catholic, which had 19 sets and 144 games. Other competitors in the tournament included Brawley, Grossmont, Granite Hills, Olympian and

Valhalla High Schools.

"We had a couple of teams pull out before the event but it was still outstanding," said First Serve Tournament Director Don Ackerly. "Everyone was gracious and adjusted to the last minute changes. These players had a chance to compete in a fun format that offered a great start to their seasons."

The one-day competition is a tribute to coaching legend Pete Brown, who devoted his life to sharing his passion for the sport with kids of all backgrounds and ages in Southern California. The San Diego tournament was divided into two divisions as part of a round robin scoring format. It was the ideal format for high school players, who are ranked below No. 150 in USTA Southern California Section rankings.

The tournament was based on dual match ups in a round robin draw. Each dual match consisted of three singles and three doubles meetings using no-ad scoring. The overall winning team was determined by most sets won, followed by a game count as a tiebreaker. Each school played five matches and it was a full day of fun with the East San Diego County sun reaching 90 degrees in temperature. Safety and proper hydration were a priority.

"It was beautiful to watch all of these players give 100 percent effort no matter the score," said Assistant Tournament Director Shannon Ackerly. "That's what high school tennis is all about."

Special thanks go to San Diego's First Serve Tournament Organizer Ron Marquez of Cathedral Catholic High and Ai Takamori, the SCTA Manager Junior Competition, who both did a great job of supporting this high school event in San Diego.

—Contributed by Karen Ronney

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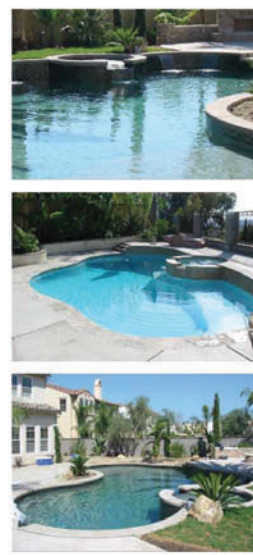


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See PHHS page 15



(above) (l to r): Bill Navickas, Beth Humphreys, Cynthia Bolton, Monica Jorgenson, Amanda Glazer, Mara Den Bosch Verdicchio, Rosa Valdez, Tineka Huff, Laura Stauffer, and Curtis Hawkins; (right) students make Pillar Posters using "choice words" (Courtesy of PHHS)

PHHS, from page 14

New staff at Henry

Patrick Henry High School is pleased to welcome several new faces around campus as we had several staff members retire last year.

Ms. Cynthia Bolton will be serving as our new vice principal working with students whose last name begins with the letters A-G. Bolton comes from Pasadena High School where she was the assistant vice principal and has a strong background in English. She also is a professor at DeVry University and will soon be defending her doctoral thesis. She will be our administrator overseeing athletics and helping us with our Western Association of Schools and Colleges (WASC) accreditation. We are thrilled to have her join our team at PHHS!

Mr. Bill Navickas is our new head counselor and will be working with our seminar and Advancement Via Individual Determination (AVID) students. He comes to Henry with a passion for helping students find success and many years of counseling at various high schools. His last assignment was working as a resource counselor where he assisted several schools throughout the district.

Counselor Ms. Amanda Glazer joins him in the counseling office coming from Dailard Elementary, right down the street, and she'll be working with students whose last name begins with Lo-Ri.

We also added a new Plant Operation Specialist (POS), Ms. Cathy Murphy who heads up our custodian department and has already made a huge impact in the way our school looks. She is a community member and came from Mira Mesa High School.

Our IT department is headed up by Mr. Curtis Hawkins, joining us from the Army, and we're excited to have his new energy around campus to help with our growing technology needs.

We've added many new teachers as well and they've started the year off in a positive way. Please help us welcome: Ms. Tineka Huff (Mild to Moderate Sp. Education); Ms. Laura Stauffer (Art); Ms. Michelle Hubbard (American Sign Language); Ms. Monica Jorgenson (Moderate to Severe Special Education); Ms. Rosa Valdez (Spanish); Ms. Mara Den Bosch Verdicchio, Ms. Blaire Johnson (returning to PHHS as a school psychologist); Steve Van Wyk (English); Beth Humphreys (Grad Coach); and Christina Gramer (athletic trainer).

It certainly was a busy summer for us and we are very anxious to see how our new additions contribute to our outstanding program at PHHS!

PHHS Bel Canto opening performance

On Thursday, Oct. 13 come join the PHHS Bel Canto Ensemble for their opening performance "On Broadway!" Highlights of the evening will include songs from Broadway musicals like the classic "Guys and Dolls" and the current "Hamilton." Performance will be held at the PHHS Cafetorium at 7 p.m.

Last year, in competition, the Bel Canto Ensemble earned a superior rating as well as a first place designation. This choir was also awarded the trophy for Best Overall High School Choir.

Tickets will be sold at the door for \$10. Cash accepted. Checks made payable to PHHS Choir. Additional donations to our PHHS choral program are always welcome. Checks can be made to PHHS Foundation/Choir for this purpose.

Engineering program upgrade

To complement the modernization process of PHHS, our engineering classrooms will be remodeled this year thanks to Proposition D and other CCTE grants. Along with a complete remodel of the classroom creating a true lab space atmosphere, the program will also be getting \$50,000 to go toward new commercial-grade wood and metal shop tools. We will also be adding a new computer lab,

3-D printers, laser cutters, and providing the teachers new opportunities for continuing education to exceed the expectations of parents, students, and community members while providing extraordinary engi-

neering experiences with the latest and greatest equipment we can purchase.

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



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Gig Life Illustrated
in Cox Home of the Future

Do you know how much internet speed your home needs? Today, the average household is connecting six devices in the home to the internet, from laptops and tablets to gaming and multiple smartphones, and that number is expected to increase in the near future. Cox Communications recently hosted an event in San Diego to demonstrate how gigabit speed is quickly turning the home of the future into the home of today for busy families, work-from-home professionals, gamers, budding musicians and future chefs.

What does "gigabit speed" really mean? Gigabit speed is internet that's 100 times faster than the average speed. With gig speed, you can download 100 songs in three seconds, a full-length HD movie in less than 60 seconds or upload 1,000 photos in about a minute.

Cox Communications has been delivering gigabit internet speed to business customers for more than a decade, and now it's focusing on providing ultra-fast gig speed to all of its residential customers. The Cox event at The Pinnacle on the Park apartment community showcased how Cox Gigablast speed provides reliable, quality service of 1,000 megabits per second.

Demonstrations at the event ranged from competitive gamer Tyler Burnette playing Rocket League to Madonna's violinist Jason Yang streaming music lessons. Local food blogger Whitney Bond, now a television and internet star with more than 150,000 monthly views on her website, demonstrated how

Gigablast service allows her to quickly load photos and stream videos to her blog and social media pages.

"Without it, my business would be impossible!" she says.

Schools of the future may well look like the STEAM (science, technology, engineering, arts and math) Maker Workshop's demonstration. STEAM Maker uses virtual reality and other emerging technologies to teach students new ways to learn, with gig speed powering the workshop's projects and experiments.

The event also showcased Reflexion Health Inc.'s use of virtual reality to guide patients on proper techniques for at-home physical therapy. Dr. Edward Greene from Sharp Rees-Stealy Medical Group conducted in-home patient consultations via web conferencing. Other demonstrations included architects from BNIM highlighting how they use high speed internet to power their business and provide employees with improved work-life balance. The stations - along with WiFi enabled gadgets, computers and tablets all running simultaneously - were possible only because of super-fast Gigablast speed.

Cox Homelife home security and automation products were also on display. Homelife cameras can stream live video so you can monitor for intrusions, fire and other emergencies. It also lets you raise or lower the temperature in your home remotely, control indoor and outdoor lighting and access other programs using a smartphone, tablet or computer.

The New Contour from Cox has ushered in a new age of television viewing, offering entertainment like never before. The New Contour offers voice-controlled remote controls as well as sports, traffic, news and weather apps viewed simultaneously. You get smart search that predicts what you want to watch, parental controls customized to your children's ages and interests, and the option to start a program in one room and finish it in another.

With Gigablast internet speed, families can run all their devices at the same time without impacting each other's internet experience. Just as the home of the future is already here, Gigablast is now available to homeowners throughout San Diego County. Start living the Gig Life today.

For more information visit www.cox.com/gig.



Dr. Edward Greene from Sharp Rees-Stealy Medical Group conducts an in-home patient consultation via web conferencing.



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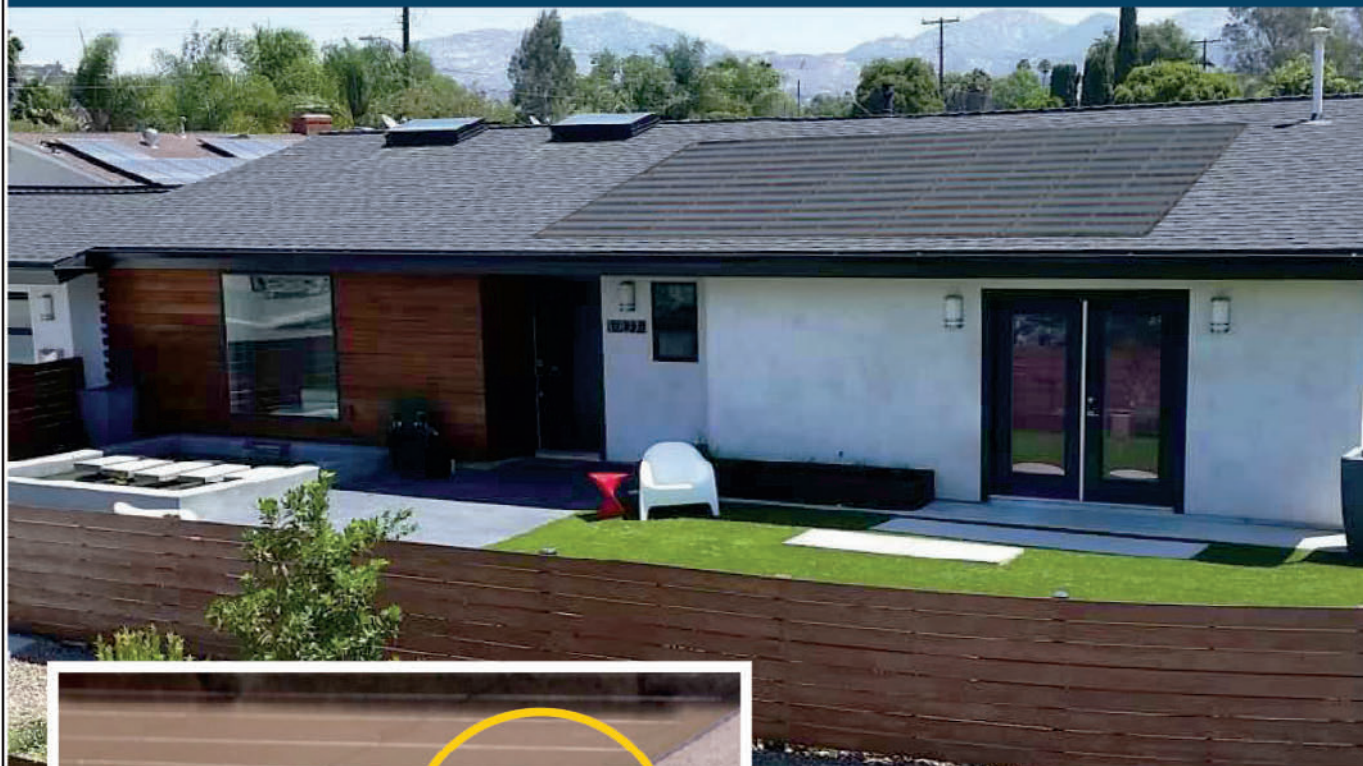
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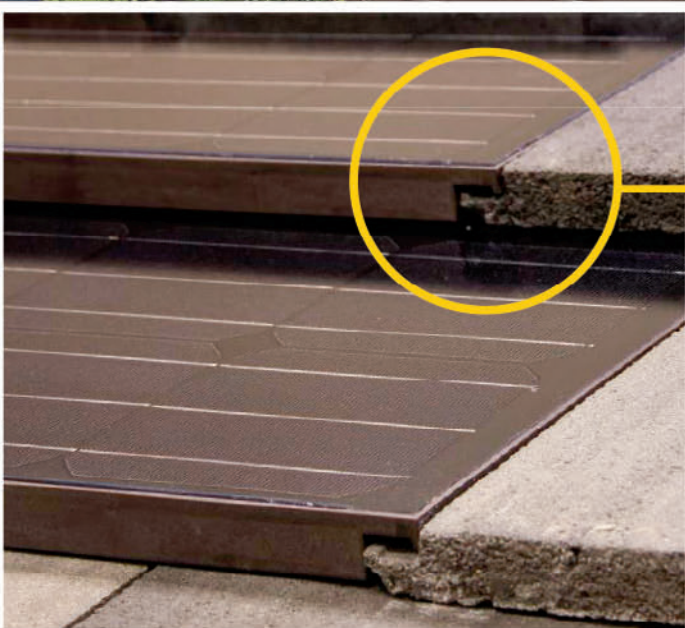


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A family affair at California Youth Conservatory Theatre

David Dixon

For over a decade, California Youth Conservatory Theatre (CYC) has been producing musicals ranging from “Spring Awakening” to “Big River.” Founded by Managing Artistic Director, Shaun T. Evans, the company produces shows that mix young performers with professional adult artists. Evans’ current production at the Lyceum Theatre is the urban interpretation of “The Wizard of Oz,” “The Wiz.”

A San Carlos family is involved with the present popular take on L. Frank Baum’s famous book. Elizabeth Blust and her daughter, Cassandra Blust, play several characters, including Ozzians and Winkies who encounter Dorothy (Jasmine January). Cassandra Blust’s sister, Kira Blust, works behind the scenes as the assistant stage manager.

Elizabeth Blust learned about CYC after reading an ad in the Mission Times Courier. “In 2013, I happened to see an advertisement for ‘Les Miserables’ auditions,” she said. “I thought my daughters should sign up for the staging, but I read that all ages could be a part of the musical. This is our 11th show that one or more of us have worked on with CYC.”

Kira Blust respects the fact that professional actors are mentors to ensemble members.

“It really is a training company,” she said. “You can learn more



Elizabeth Blust (left) and her daughter Cassandra perform together in the California Youth Conservatory Theatre production of “The Wiz.” (Courtesy of David Pierce)

about acting at CYC.”

Some of the biggest challenges Elizabeth Blust encounters are singing several of the energetic musical numbers.

“I’m usually a high soprano, but I am singing lower in this version,” she said. “I can sing opera for five hours straight, but this musical has been difficult for me at times. Although the tunes have been really challenging, it’s also been a lot of fun.”

Besides training, Kira Blust is equally impressed with the quality of the players.

“The Wiz”
Lyceum Theatre
79 Horton Plaza, Downtown
Through Sept. 25
For tickets or more information:
cyctheatre.com
619-944-7574

“It’s a really great group and I love getting to share the experience with them,” she said. “I

love being an assistant stage manager.”

The original dialogue for the 1975 Broadway rendition was modernized at the La Jolla Playhouse’s revival in 2006 and for the acclaimed 2015 NBC television special. However, the book won’t be altered significantly at the Horton Plaza theater. “We haven’t taken too many liberties with the script,” Elizabeth Blust said. “There might be a couple of tweaks here and there.”

In an adventure full of uplifting musical numbers, several melodies

connected strongly with the family. “Brand New Day” is one of my favorites,” Cassandra Blust said.

Ironically, Elizabeth Blust enjoys The Scarecrow’s (Jayden Ponder) songs, including the darkly funny, “You Can’t Win.” The Scarecrow is forced to croon the melody after cruel crows start to bully him.

“It’s a dismal message for such an upbeat number,” she said.

Like recent CYC events, live music plays a big part of the evening. Responsible for the R&B sound is music director, Tamara Paige.

“Having musicians makes the night more accessible and exciting,” Elizabeth Blust said.

After the Oz odyssey closes, Cassandra Blust hopes to continue working with CYC.

“I still would like to audition for more shows when the run of ‘The Wiz’ is over,” she said.

For Elizabeth Blust, the most important thing about “The Wiz” is that audiences have a good time watching Dorothy on her fantastical quest.

“I think it’s going to be really fun,” she said. “The choreography, costumes, and actors will be very exciting to see onstage.”

Kids and parents should be amazed by the craft and creativity in the magical fantasy eve. With so much CYC experience, the San Carlos family is most likely going to be featured in future theatrical events.

—Dave Dixon is a freelance theater and film writer. Reach him at daviddixon0202@gmail.com.■

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8	9	7	1	5	6	4	2	3
9	6	1	3	8	7	2	4	5
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City Attorney Jan Goldsmith will be the featured speaker at the next San Carlos Area Council meeting. (YouTube)

News from the San Carlos Area Council

Mickey
Zeichick



Our next San Carlos Area Council (SCAC) meeting will be Wednesday, Nov. 2 at 6 p.m. in the San Carlos Branch Library, 7265 Jackson Drive. Our meetings are open to the public. Our guest speaker will be San Diego City Attorney Jan Goldsmith.

At our September meeting, California State Senator Marty Block spoke to a standing-room-only crowd. His presentation went the full 35 minutes and I told him I would yield the next 10 minutes to him. He currently has over 10 Assembly Bills on the Governor's desk to be signed or vetoed. If they are not signed or vetoed by the end of September, then they will pass into law unsigned.

Block spoke about his philosophy on all levels of education. There is definitely a need for community colleges, trade schools/colleges, public and private universities. It is important to ask a lot of questions before committing to a "for profit" college or university.

Block is not only about education, but about people, all ages. He is concerned about foster youth; those that get incarcerated; those that "experiment" with drugs and the warning signs of someone getting into trouble (depression, drugs, financial). We do need to take care of those that cannot speak for themselves. As he was leaving the podium (before questions and answers), SCAC board member Rita Hartman gave a beautiful thank you to the senator and the audience gave a standing ovation.

Also on our agenda was Magnolia Science Academy Principal Gokhan Serce who gave us an update on this project. This school is located at the former Cleveland Elementary School site on Lake Atlin Avenue. This site was sold to developers who will be building new single-family houses, but will give continued respect to the memorial plaque in memory of the victims of the school shooting that occurred on Jan. 29, 1979. Magnolia will remain at that site until mid-June 2017 and the school is in negotiations to relocate to Allied Gardens near Foster Elementary School. Magnolia's Common Core State



State Sen. Marty Block

Test Results for year 2015-2016 was rated number two in all of San Diego Unified School Districts Middle Schools, and way above the state average.

San Carlos Branch Library has made some changes to the rules of conduct. You can now take your covered beverage (non-alcoholic) into the library and you can talk on your cell phone in your best library voice — providing you do not disturb anyone. The library branch will be closed only on the actual holidays of Thanksgiving and Christmas. New and exciting programs are starting and if you have an idea of your own for a program, bring it to the attention of David Ege.

The Lake Murray Pipeline Relining Project will reline approximately 5,750 feet of pipeline from the northern part of Lake Murray to the city of San Diego's Alvarado Water Treatment Plant (AWTP). The work includes decommissioning the Water Authority's Alvarado Hydroelectric Facility. This section of pipeline was not relined during previous projects because it was necessary to keep this section of pipe active to deliver untreated water to the AWTP. Construction crews will conduct most of the work underground, inside the pipe. The work will not interrupt water service. Construction begins late-2016 and ends mid-2017.

SCAC dues are due (\$7 per household and \$15 for business). Please send your checks for membership to: SCAC P.O. Box 19246, San Diego, CA 92159-0246.

The Interested Persons List is being re-created; please contact me if you haven't received something from me before you get this issue of the Mission Times Courier.

—Mickey Zeichick is president of the San Carlos Area Council. Reach her at mrzeichick@gmail.com.■

AREA WORSHIP DIRECTORY

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Sun: 8am, 9:30am, 11am; Sat: 5pm (619) 464-4211 Andy Taylor

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Sun: 8am, 10am; Wed: 10am, Thurs: 7am (619) 460-6442
Father Kent Branstetter

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Sun: 8:30am, 10am (619) 464-4331 Martha T. Wingfield

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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

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Sundays at 9am (619) 583-1436 Paul L. Willweber

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

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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 Pastor Rick Fry

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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News from the Allied Gardens/Grantville Community Council

Shain Haug

First Friday concerts

Our Sept. 2 concert was a marvelous community event. Rachel Aldous & The Road Home wowed 2,500 of our neighbors with lots of favorites and compelling rhythms. Once again, the folks from Ideal Plumbing, Heating, Air Conditioning, and Electrical (idealsvc.com) treated us to hot dogs, chips, and dessert. The Mission Trails Church made sure we were well-hydrated.

Thanks to the generosity of our local businesses, City Council District 7 and the public, we will be able to present a make-up concert for the rain cancellation in May. On Oct. 7 at the Allied Gardens Recreation Center park 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. Mark your calendar, shine your dancing shoes, and join us at this last concert of the season.

Our sponsors

Mission Trails Church began its ministry in 2009 with services at Foster Elementary School and then in 2010 at Springall

Academy. In 2015, the church moved to 4880 Zion Ave. where Pastor Kyle Walters and the congregation continue the work of this community-focused Christian church. They are devoted to the concept that we can come to God as we are and find life change. “No perfect people allowed” is their way of saying, “Come as you are!”

The church is deeply committed to their partnership with Foster Elementary School and Springall Academy. In addition to the generous contribution to the costs of the concert series, the church provides water to the concertgoers and supports the clean up after the performances. Our sincere thanks for this sponsorship and the role the Mission Trails Church plays in our community. You can reach them at missiontrailschurch.com.

Allied Garden/Benjamin Library

On Saturday, Sept. 24 between 10:30 a.m. and 2:30 p.m., the Friends of the Benjamin Branch Library will host a book sale and open house at the library at the corner of Glenroy and Zion. Face painting, bounce house, crafts and games for the kids, free hot dog lunch, raffle prizes, Bayou Brothers’ music, and more. What a great time to introduce your children to the marvels of the library. And to see all that it has for the parents as well.



Theo and the Zydeco Patrol headline the final First Friday concert of the season on Oct. 7. (YouTube)

Allied Gardens/Grantville Community Council (AGGCC)

The AGGCC holds a Town Hall Meeting on the fourth Tuesday of each odd-numbered month at 7 p.m. at the Ascension Lutheran Church, at the corner of 51st Street and Zion Avenue. Our next meeting will be on Tuesday, Sept. 27. San Diego Police Department and San Diego Fire Department representatives will bring us up to date on local concerns. The featured speaker will be Julio DeGuzman, the community relations representative of the Office of the City Attorney who will

discuss the functions and organization of that city office.

The AGGCC board of directors meets on the first Monday of each month at 7 p.m. at the Ascension Lutheran Church. The purpose of the organization is to work toward the betterment of the Allied Gardens/Grantville area and to advise the Navajo Community Planners, Inc. (NCPI) and the city in matters related to our community. In the past several months, new members have joined the “old timers.” But, on the theory that “many hands make light work,” we will be so grateful for more

of our neighbors to get involved. There is a place here for you to participate, so please join us at our next board meeting on Oct. 3.

Next month we will bring you up to date on the projects in which we are involved and those in which we will undertake with your help.

—Shain Haug is president of the Allied Gardens/Grantville Community Council. He can be reached at aggccshain@yahoo.com. Your suggestions for Town Hall meetings and any topics that you feel the Community Council should address will be much appreciated.■

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(l to r) Gonzalo Leon, Julia Ronney, Latrell Crenshaw, Noemi Avenido and Mark Mathews (Courtesy of Karen Ronney)

Local students honored by Rotary Club

Karen
Ronney



Four local students were chosen as scholarship recipients of the Rotary Youth Leadership Awards program by Rotary District 5340.

Patrick Henry High's Latrell Crenshaw and Julia Ronney joined Mount Miguel High's Noemi Avenido and Gonzalo Leon as honored youth speakers, who received scholarships to attend the Rotary Youth Leadership Conference at Idyllwild Pines. The four outstanding young leaders gained valuable life skills and impressed the group of 75 Rotary Club members with their wisdom.

"It is more about changing perceptions and improving cultural understanding," Crenshaw said. "It is actually easier for students to do that because they feel more

comfortable talking to their peers."

Students from different schools are divided into groups of 10 and each unit is called a "family," which then participates in activities and discussions. They also share personal feelings and life experiences.

"RYLA changed how I look at everything," said Ronney, who was the 2015-16 Patrick Henry Junior Class vice president. "I'm definitely a different person now. I've learned not to judge people. In my family discussions I heard everyone has a story. Now my goal is to listen to others and have a positive impact."

The Rotary Youth Leadership Awards (RYLA) was created in 1975 for students in San Diego and Imperial counties, who were recognized for their past and present leadership and service activities. They received an all-expense paid camp where they

are inspired by motivational speakers. They also make friends with other outstanding students and are assisted in becoming future leaders in their communities. The program started with about 100 participants and has grown to over 350 this year.

"We want these outstanding students to know they can have a positive impact in their individual worlds," La Mesa Rotary president Mark Mathews said. "It just takes one person to make a difference with a kind word or gesture. This has been the best experience I've ever had as a Rotarian. I'll do it again next year."

—Karen Ronney is an award-winning tennis coach and author of "Proud Parents' Guide to Raising Athletic, Balanced and Coordinated Kids, A Lifetime of Benefit in Just 10 Minutes a Day." Reach her at kronney@yahoo.com. ■

News and notes from your County Supervisor

Dianne's Corner

Dianne
Jacob



The new Alpine Library (FPB Architects)

Great news: Thousands of rural property owners may see lower insurance bills thanks to San Diego County upgrades in fire protection and preparedness.

A national organization that works with the insurance industry recently issued significantly improved fire protection ratings for much of the local backcountry, citing the county's aggressive efforts to beef up services.

Insurance companies use the ratings, known as ISO classifications, to help determine premiums.

This is great news for property owners and their pocketbooks, and a strong vote of confidence in our long-running efforts to better protect people and property.

The ratings boost could lead to lower insurance bills on about 8,600 parcels in Jamul, Campo, Pine Valley and other communities. To find out if your land has an upgraded classification, call 800-444-4554.

Since the Cedar Fire in 2003, the county has invested more than \$350 million on fire and emergency preparedness, including more ground and aerial assets and better equipment and firefighter training.

CSI San Diego: Construction will start in Kearny Mesa this fall

on a new Sheriff's Department crime lab.

The 150,000-square-foot facility will house crime scene evidence and forensic science equipment critical to cracking cases.

The lab, currently located in Clairemont, provides investigative services to more than 30 law enforcement agencies, along with Sheriff's deputies serving our unincorporated areas.

Alpine's award-winner: It's only been open a few months, but the Alpine Library is already drawing praise for its design and energy-saving features.

It was recently named Best Green Project by Engineering News-Record, a statewide organization, and has been nominated for a local Orchid design award.

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

Have a great East County day!

—Dianne Jacob is San Diego County District 2 Supervisor. Reach her at Dianne.jacob@sdcounty.ca.gov. ■



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Training a dog with leash reactivity

Sari Reis

Does your sweet sociable canine turn into Cujo when he sees another dog while walking on leash? If so, he is likely displaying “leash reactivity.” I have met numerous dogs that are as sweet as can be off leash at the dog park but unruly and obnoxious when walking on leash. This type of erratic behavior can be very unsettling for the handler as well as embarrassing and stressful. Unfortunately, many owners display anger or punish their dog when he is “acting out.” This is not the way to change the behavior.

Leash reactivity is an emotional response to stimuli in the environment when the dog is walking on leash. It is an overreaction that persists because it has become a rewarded behavior. It can occur in any dog for a variety of reasons.

Regardless of the cause, the dog develops a behavior of overexcitement, of frustration or fear that has been reinforced inadvertently by his handler. In order to modify the behavior, you have to change the dog’s emotional response to the stimuli (another dog), from a negative one to a positive one. If you reprimand the dog for his



reaction, the encounter with other dogs will continue to be associated with bad things. If you are able to counter condition the dog’s response to a positive association, you can likely change the behavior. The best way to make this happen is by working with a professional trainer.

Angie Fonseca, CPDT-KA, the

owner of SDK9, offers specialized training for leash-reactive dogs.

“When dogs meet off-leash, they greet side by side in order to sniff each other,” she explained. “They use soft eyes and to dogs this is considered polite and appropriate behavior. When dogs greet on leash, especially if their handler is holding the leash tight, the encounter becomes face to face. This is considered forward greeting by dogs and can trigger the over-reactive response.”

All leash-reactive dogs have triggers. Your job is to find out what those triggers are as well as their threshold level (i.e. the distance before they start to react emotionally). Your trainer can help you with that.

“It is important for you to teach your dog to stay focused on you during your walks and then reward him for staying focused,” Fonseca said.

You can use a kissy sound or say look at me to get his attention, but keep your voice upbeat and positive. When he sees a dog but has not yet reacted, get him

to look at you and reward him with a high-value treat.

You want him to associate seeing another dog with something positive. Give him lots of space around other dogs. Don’t permit face-to-face encounters with other dogs. If necessary, cross the street or walk in another direction to prevent an incident while your dog is in training. Keep his leash loose when you are walking and stay positive. If you react nervously when you see another dog approaching, so will your dog.

Most importantly, remember that his reactivity didn’t happen overnight and it will take time, patience and training to get him comfortable when seeing other dogs on leash. For more information or help with training, please contact Fonseca at sd-k9.com.

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



Better Together

Erica Moe

Me, myself and, of course, I. Surely one of us can figure this out. “This” is an exercise routine. And what I need to figure out is how to stick with one. I thought I could do it by myself. However, the cycle ends up being exercise; lose weight; try to keep it off; repeat. I have a degree, several certifications — and a hard time sticking with the rou-

tine. But why? Maybe, you are like me and need a supernatural power outside of yourself. We may need the power of a group. Ever wonder why 60 percent of people are drawn to exercise as a group?

Benefits to your body and your brain

Oxford’s Institute of Cognitive and Evolutionary Anthropology tested several people on a rowing machine. Half of the participants exercised by themselves and the

other half did the exact same workout as a group. Even though the workouts were the same, the rowers who worked out together had double the pain tolerance over those working out alone. One explanation is that working out with a group triggers an increase in endorphins.

Other benefits associated with a being in a group include being more punctual, having better attendance and working harder with less fatigue. One study showed that group exercise was better than individual therapy for chronic low back pain. Other studies show that group exercisers have elevated moods and are associated with more altruism.

Groups make exercise seem easier and workouts go by more quickly — all while improving outlook/mood. And they’re fun! Not convinced, yet?

The Four E’s

Experience — Being part of a group allows the opportunity to meet new people, increases social camaraderie and creates lasting relationships. People who work hard together, play hard together.

Education — Typically, a group activity is led by an instructor who provides safe and effective workouts. During each workout, a knowledgeable leader is giving recommendations and helpful

information, all while advising on proper form and technique. The instructor can help the group create and achieve goals together. Typically, no prior exercise knowledge or experience is necessary.

Enjoyment — Try going to the movies or going out to eat alone. Boring. Go with a group and, voila, instant party. In addition to having fun, positive group experiences, including exercise, can build confidence and self-esteem.

Encouragement — We are our own worst critics. Let go of the inner critic and use that energy to encourage others during the routine. Members of the group will encourage consistency with the routine and, ultimately, create

instant accountability partners.

Opportunities

Group exercise can take many shapes and forms. It could be joining a training group to run a 5K or marathon. It may be boot camps on the beach or activities at the Y like small-group personal training, Team Challenge or Get Real Weight Management. All of these are group opportunities. Create a community with common goals today and let your body and brains enjoy the benefits!

—Erica Moe is an ACSM-certified exercise physiologist who writes on behalf of the Mission Valley YMCA where she is fitness director. ■

Mona Lisa

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Autumn's arrival

10 plants with beautiful fall color for San Diego

Gary Jones

Can't tell by the look of your garden when fall arrives? You must be missing those important trees and shrubs that provide gorgeous fall color in San Diego. As Southern Californians, we need to look beyond the classic maples and deciduous oaks that other climates revel in each autumn, since most don't grow well here.

However, we do have our own fall beauties to enjoy. Here are 10 tried-and-true plants that will provide years of colorful autumn leaves.

Sweet Gum (Liquidambar)

— Many people confuse this for a maple since the leaf shape is so similar. But liquidambar is more vertical in shape and they also have a distinct and rather large, spiny seed pod that falls almost year-round. For that reason, it is best not to plant them near sidewalks, patios or courtyards. In very late fall, the colors are stunning—from red tones to orange and peach. The foliage of Palo Alto turns bright red to orange-red. Burgundy provides deep, reddish-purple leaves. Festival will give you a range of autumnal hues including peach, rose, orange, yellow and red.

Oakleaf Hydrangea — The flowers as well as the leaves

provide beautiful color each fall. Huge, conical flower clusters of white take on bronze and pinkish-red tones as the flowers mature. As the summer season wanes, the large, deeply cut leaves turn bronze and red and even stay on the plant for a very long time.

Maidenhair Tree (Ginkgo)

— A mature ginkgo tree in full fall color is a sight to behold. The color is pure, clear yellow. It seems as if every leaf has been formed from the same sheet of bright construction paper. This angular, architectural tree is a beauty all year—with or without leaves. Be sure to plant male trees only for tidiness.

Boston Ivy, Green Showers

— Clothe an unsightly or boring wall with this verdant, shiny-leaved ivy. You will be enveloped in a rich robe of green. This self-clinging vine turns rich red in fall and covers a lot of area fast.

Chinese Pistache

— Pistaches provide a wonderful, umbrella-shaped canopy of feathery shade all summer. Come fall, leaves turn red, orange or yellow, depending on the climate. Chinese pistaches are very adaptable to soil types and a wide range of water conditions, including very little.

Lombardy Poplar

— These deciduous trees make a strong vertical statement. They are



(clockwise from top) Boston Ivy, Crape Myrtle and Chinese Pistache (Courtesy of Armstrong Garden Centers)

softer and wider than Italian cypresses, but punctuate landscapes in much the same way. Bright green in spring and summer, its leaves turn golden yellow in the fall.

Crape Myrtle — You certainly get a unique color combination with crape myrtles. It includes wonderful white, lavender, pink and red flowers from summer into fall and brilliant orange and red

fall foliage. If you live near the coast, be sure to plant a variety bred to be resistant to mildew. There are ten or more resistant varieties to choose from.

Callery Pear — Bradford is the most common variety of this tidy growing, inviting spring-flowering pear, but newer forms have much better fall seasonal colors. Consider columnar types Whitehouse (purple-red fall color) or Capital with its copper fall leaves. Rounded varieties are Aristocrat, Chanticleer and Trinity, all with autumnal shades ranging through orange, yellow and red.

Pomegranate — The arching branches of this large shrub sport magnificent red fruit by autumn that will stay on long after the tiny leaves turn orange, red and yellow then drop. Pruning will keep pomegranates smaller. They will tolerate poor soil and considerable drought if needed.

Roger's Red Grape — This selection of California's native grape, *Vitis californica*, turns a delightful red in the fall. Plant it where it can be back lit by the low autumn sun, but not where the fruit drops on a patio or sidewalk. Roger's Red is fast-growing and splendid in both fruit and flower. The small fruit is edible, but has large seeds and birds absolutely love it.

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

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Open house and fall programs at the Allied Gardens/Benjamin Library

Kathryn Johnson

Fall is upon us and while our thoughts tend toward the year coming to an end, there are a lot of new beginnings taking place at the Allied Gardens/Benjamin Library! We are bringing back some favorite programs for youth and starting a new program inspired by STEAM (Science, Technology, Engineering, Art and Math).

At the beginning of the month, we hosted our first Science Saturday. This drop-in program is geared toward children ages 5 and up and offers children the opportunity to spark their curiosity and learn about a science-related idea. In the coming weeks, we look forward to exploring circuits, roller-coaster engineering and the science of flight. This program takes place on alternating Saturdays including Sept. 17, Oct. 1, 15 and 29. Stop by between 10 a.m. and 2 p.m. to enjoy that day's activity. Please note that our popular Arts and Crafts program will continue on the opposite Saturdays.

The school year is getting back into swing and the students are coming back to the library. We are glad to have them back and are looking forward to hosting our Teen Scene program starting Wednesday, Sept. 28. The teen-friendly activities will include crafts, games, movies and more. Teens ages 12 and up are welcome to join us for this opportunity to unwind after school and make new friends. This program will take place on alternating Wednesdays from 3:30 to 4:30 p.m.

Baby Toddler Story Time

is back! Little ones ages 0-3 and their caregivers will enjoy songs, rhymes and stories which develop and foster early literacy skills for young minds. After the program, caregivers can enjoy some socializing while the littles play and interact. This weekly program will start on Tuesday, Sept. 27 at 10 a.m. Please note that the library will be closed to the public during this event but attendees are welcome to check out materials after the story time. The library will continue to open at 11:30 a.m. on Tuesdays for the public.

Finally, we have the Open House and Book Sale happening on Saturday, Sept. 24 from 10:30 a.m. to 2:30 p.m. This family-friendly event will include a bounce house, face painting, games, prizes and more! This fun-filled event is made possible by the amazing Friends of the Benjamin library. Additional sponsors include Allied Gardens Family Optometry and Brother's Restaurant.

Prizes have been generously donated by several wonderful local businesses including: Brother's Restaurant, Donut Panic, El Toro del Cerro, Fosters Freeze, a teeth whitening by Dr. Douglas Grosmark, Ideal Plumbing, K n' B Wine Cellars, S3 Coffee, Superior Cuts Barbershop and Windmill Farms.

Last, but not least, our very own Allied Gardens Kiwanis club will be hosting a free hot dog lunch at noon. Please join us as we celebrate our community and your library!

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

Mission Gorge Road emergency repair work update

Scott Sherman



As many residents know, a segment of Mission Gorge Road between Old Cliffs Road and Greenbrier Avenue has been closed off in response to soil settlement problems, causing a significant increase in traffic. The City is concerned that the settlement could progress to something much worse, perhaps a sinkhole. The two south and two northbound lanes, and the median, were closed June 1, with emergency work to investigate the cause of the settling begun June 7.

While the final report on the investigative work is not complete, preliminary results indicate various complex condi-

tions located at different points of the street that may have contributed in part or whole to the soil settlement. One such condition is damage to a 600-foot-long segment of sewer main, which is 25 feet deep, and will be repaired as part of the restoration.

The restoration work is anticipated to be complete later this year, possibly in the fall. The next step includes the installation of monitoring/dewatering wells in the next couple of weeks at the project site. The wells will draw down the existing ground water levels so that the City's contractors can excavate and repair the sewer main. After the wells are installed, major construction activities will not be visible at the site for a week or two until the results from the wells are tabulated.

Every effort will be made to complete the work as quickly and

safely as possible. In order to expedite, construction activities for this project are currently underway from 7 a.m. to 7 p.m., seven days per week.

Lane closures will remain in effect until Mission Gorge Road can be restored to a safe condition. Please be aware that no left turns or U-turns will be allowed at Mission Gorge Road and Greenbrier Avenue beginning Sept. 1 and continuing for approximately one month. Additional roadwork signs will be posted ahead of the work area, to encourage drivers to use alternate routes.

If you would like to be added to the Mission Gorge Project Information list, please email Paula Roberts at paula@humanability.biz.

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

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Diane Lessem





And the funniest book is...
The new school year is well underway. We've enjoyed the first school holiday and parents' night, but there are still a few summer loose ends we'd like to share. "Chickens to the Rescue," by John Himmelman, was officially declared by the San Carlos Branch Library patrons as the winner of the Funniest Book Contest. Runner up was "The Day the Crayons Quit" by Drew Daywait. Nearly 500 patrons participated in our Summer Reading Program, and over 300 completed it — earning free books and prizes.

Pumpkin who?
During October, kids can join our Pumpkin Who? Scavenger Hunt. First, pick up your entry form in the children's area. Here's how it works: hiding throughout the library are 12 pictures of carved jack-o'-lantern faces that Pumpkin is considering for his Halloween costume. Draw the face on your entry form as you find each picture. Forms must be turned in before Halloween night. Completed and correct forms will be eligible for a random prize drawing.

Youth special events
Enjoy the family Piñata Workshop, Sept. 17, from 1 to 2:30 p.m. On Wednesday, Oct. 12, from 4 to 5 p.m., Introduction to Drama series for Tweens (ages 8–12) continues with a hands-on workshop in Reader's Theatre. Presented by Stacey Wein, director of Literature Comes to Life, tweens will engage in oral reading, and learn to convey meaning using their voice, facial expressions and gestures. Both events require pre-registration; call 619-462-2155.

Homework help at the library
Modern math involves more than just working out numerical equations. At Math Circle for ages 8–18, from 11:30 a.m. to 1:30 p.m. on the second and fourth Fridays of every month, Dr. A. Chiznik from San Diego State University will teach students new ways of approaching math problems. Concepts will be grade level appropriate. This program is perfect for home-schooled students. Pre-register at mathcircle@cfspoway.org.

Do Your Homework @ the Library is back in session, led by certified teachers. Hours are Monday and Thursday, 3 to 6 p.m., and Tuesdays and Wednesdays, 3 to 7 p.m.

Memberships count
The first San Carlos Friends of the Library Life-member was Marion Spicer who joined in 1993. Today, we proudly recognize 95 Life-members. Each November SCFOL holds its annual General Membership meeting. 2016 Life-members, who join before Oct. 20, will be recognized and

their names added to the SCFOL Honor Wall, which is located in the Winer Family Community Room & Art Gallery. Life-memberships are only \$250. Annual Memberships start at \$5. New Annual Memberships submitted after Oct. 1, will be valid until Dec. 31, 2017. All SCFOL members enjoy our member-only pre-book sale from 2-4 p.m. on the afternoon before our first Saturday Monthly Used Book Sale. Join at sancarlosfriendsofthelibrary.org/application or pick up a membership envelope in the library.

"San Carlos Gone By" picture party
Becky Green had a great turn out for her first two "San Carlos Gone By" memories picture parties. Folks brought photos, stories and memorabilia of San Carlos in the 1950s through 1970s eras. One person even shared an original 1965 sales brochure of my house! Oct. 8, 1 to 4 p.m., is her next scheduled memorabilia party at the library. Please join us and contribute items to this project which will be scanned or photographed during the event. Help preserve the memories of old San Carlos. Contact Beck Green at 619-251-3447 or becky.green1202@gmail.com to set up a private meet with her.

Artists
Beautiful drawings by artists from the Colored Pencil Society-DC202, are on display through Sept. 29. Their artist reception is Sept. 24, noon to 2 p.m. in the Winer family Community Room and Art Gallery. It's awesome what they



Author Corey Lynn Fayman (Courtesy SCFOL)



created with colored pencils!
Oct. 4 to Nov. 3, our Art Gallery will be turned over to "Glorious Graphite." A group of very experienced, award-winning artists in a variety of other media, including Hazel Waters, Gary Dyak, Scott Trimlett, Drew Bandish, Marty Armstrong and Loaretta Deszynski, will show us what they can do with lead pencils. These drawings are all in black, grays and white. We hope you will enjoy this unique visual experience as much as they enjoyed creating it — and all they needed (plus amazing talent) was a pencil and paper. Wow! Their artist reception is Oct. 15, noon to 2 p.m.

Authors, books and speakers
The Library Book Club, for their Oct. 13, 12:30 to 2 p.m. meeting, is reading "Night Circus," by Erin Morganstern.
Our August author spoke to an overflow audience so arrive early to ensure a seat on Sept. 23, 2 to 3 p.m., when fictional crime writer Corey Lynn Fayman, author of the P.I. Rolly Waters Mysteries will discuss his third book in the series, "Desert City Diva." Fayman is locally well known as a keyboard player, an award-winning Old Globe Theater sound technician and designer, and college instructor. His earlier titles in this series are "Black's Beach Shuffle," and "Border Field Blues."
Oct. 21, 1 to 2:30 p.m., Kevin McAninch (BSW, ACSW, CCM), CEO and Founder of Age Well Care Solution of San Diego, will discuss, "How to Age in Place: The True Costs of Long-term Care and How to Prepare."
This is the 10th anniversary of "One Book, One San Diego" sponsored by KPBS, the San Diego County Library and the San Diego Public Library. The 2016 selection is "Waiting for Snow in Havana," by Carolos Eire. The Central Library's website lists this year's special events highlighting the previous "One Book, One San Diego" authors.

Dates to remember:
Sept. 24 and Oct. 15, noon-2 p.m.: artists receptions
Sept. 30, 2-4 p.m.: SCFOL members-only pre-used book sale
Oct. 1, 9:30-3 p.m.: monthly used book sale
Oct. 7: CLOSED, library staff development
Oct. 8, 1-4 p.m.: "San Carlos Gone By" memorabilia party
Oct. 19, 6-7:30 p.m.: SCFOL Volunteers Thank-You Pizza Party

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

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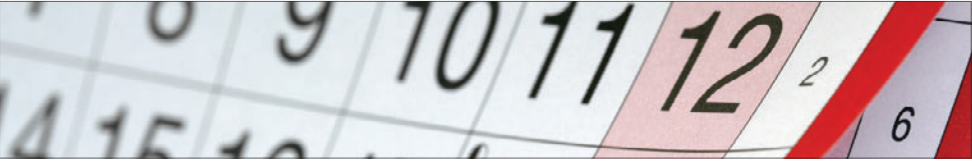
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FEATURED EVENTS

SEPT 18 SAT Gardening classes at Armstrong Saturdays

For these free gardening classes, Armstrong Garden Centers will give tips and tricks on various topics and areas of interest. The Mission Valley/Grantville store is located at 10320 Friars Road; there are several other San Diego Armstrong locations. Sessions start at 9 a.m. Upcoming classes include:

- “Fall container gardens” on Sept. 24.
- “Cool season veggies and herbs” on Oct. 1
- “Pumpkin with succulents – make and take” on Oct. 15.

Visit ArmstrongGarden.com for more information.

SEPT 20 Tuesday, Sept. 20 Senior activities

Lunch and activities for seniors will be held at Ascension Lutheran Church (5106 Zion Ave., Allied Gardens). The events will be held from 11:30 a.m.–2 p.m. For more information and to RSVP, call 619-582-2636.

SEPT 22 - SEPT 25 Just Between Friends San Diego’s children’s consignment event

Shoppers can prepare for cooler weather at this special consignment event and families can also “recycle by reselling” items their children have outgrown. Items available will include: Halloween costumes, holiday clothing, gifts, shoes, toys, games books, kids clothing, baby equipment, furniture and more. The event will start with an early shopping time on Thursday from 6–9 p.m. which costs \$10 in advance or \$15 at the door. The sale will continue from 3–6 p.m. on Friday, 9 a.m.–6 p.m. on Saturday and 9 a.m.–noon on Sunday. Tickets for Friday and Saturday are \$3 and Sunday is free. The event will be held at the Scottish Rite Event Center (1895 Camino del Rio South, Mission Valley). Visit bit.ly/2c8CKwx for more information.



SEPT 24 Saturday, Sept. 24 'Carousel of Fashion'

Friends of East County Arts, Inc. will present this event at the El Cajon Elks Club #1812 (1400 E. Washington Ave., El Cajon) from 11 a.m.–2 p.m. There will be a catered lunch, Champagne greeting, and fall fashions by Draper's and Damon's. There will also be a silent auction, drawings and a vendor corner to participate in. This event benefits arts in East County. Tickets are \$65. For reservations, call Margie Hartman at 619-440-2449 or mail your check to: Margie Hartman at P.O. Box 1061, El Cajon, CA. 92022. Checks should be made payable to: Friends of East County Arts, Inc.

SEPT 25 Global March for Elephants and Rhinos – San Diego Sunday, Sept. 25

This annual event takes place in over 100 cities around the world to “incite a complete and total ban on the ivory and rhino horn trade.” The San Diego contingency of the Global March for Elephants and Rhinos has teamed with NSEFU Wildlife Conservation Foundation for this event. NSEFU is a non-profit that creates strategies and programs to fight poaching of endangered species in Southern Africa. The San Diego march will take place from 11 a.m.–4 p.m. at San Diego Waterfront Park (1600 Pacific Highway, Downtown). Marchers are encouraged to bring posters, banners and comfortable shoes for the event. Visit march4elephantsandrhinos.org for more information.



SEPT 30 Friday, Sept. 30 Rosh Hashanah luncheon and celebration

College Avenue Center (6299 Capri Drive, Del Cerro) will host this celebration of Rosh Hashanah (Jewish New Year) starting at noon with apples and honey for a sweet New Year followed by a special luncheon. The celebration will continue with lively Hebrew and Yiddish music by Yochanan Sebastian Winston and Tommy Gannon at 12:30 p.m. Visit jfsd.org for more events at CAC.

OCT 15 Saturday, Oct. 15 Benchley Weinberger \$1 Day Fundraiser Sale

This sale will include clothes for kids and adults, toys, household and sporting items, tools and more – all for \$1 each. Donation items will be accepted the day of the event. This event will be held at Benchley Weinberger Elementary School (6269 Twin Lake Drive, San Carlos) from 11 a.m.–3 p.m. and benefits the school. Email questions to catchus@cox.net.

OCT 15 Saturday, Oct. 15 Craft and bake sale

St. Andrews Lutheran Church (8350 Lake Murray Blvd., San Carlos) will hold this event from 8 a.m.–2p.m. with a bean soup lunch available. Visit standrewslcsd.org.

MUSIC NOTES

SEPT 18 N. Scott Robinson concert Sunday, Sept. 18

Percussionist N. Scott Robnson will perform a public concert at 3 p.m. in the Visitor Center at Mission Trails Regional Park, located at 1 Father Junipero Serra Trail. Admission is free but donations are appreciated. Visit mtrp.org.

OCT 7 Theo and Zydeco Patrol Friday, Oct. 7

This Cajun band will perform a makeup concert for an earlier, rained-out Allied Gardens First Friday performance. This event will be held 6 – 8 p.m. at Allied Gardens Community Park (5155 Greenbriar Ave.) Visit facebook.com/AGFirstFridays for more information.

OCT 9 Concert on the plaza Sunday, Oct. 9

This afternoon performance will feature wind band classics performed by the SDSU Wind Symphony outside on the Performing Arts Plaza just off Campanile Walkway. The concert is suitable for all ages and attendees are encouraged to bring a blanket or folding chair, picnic and even leashed pets. Visit artsalive.sdsu.edu for more information.

OCT 13 Songs of Broadway Thursday, Oct. 13

Patrick Henry High School choral department show features songs from “Mama Mia,” “Fiddler of the Roof,” “Mary Poppins,” “Guys and Dolls” and more. Show begins at 7 p.m. in the Henry Cafetorium. Tickets are \$10 at the door.

GALLERY VIEWS

SEPT 17 - OCT 7 'Nature’s Expressions’ Reception on Saturday, Sept. 17; exhibit through Friday, Oct. 7

Mission Trails Regional Park (1 Father Junipero Serra Trail) will present this exhibition in the Visitor Center Art Gallery featuring six award-winning artists who work in various mediums. The works of Robyn Garcia, Elaine Harvey, Joan Nies, Jennifer Spencer, Penelope Vining and Cathryn Ward will be on display through Oct 7. There will be a public reception from 1–4 p.m. on Saturday, Sept. 17. Visit mtrp.org for more information.

SEPT 16 - NOV 6 With Abandon: Works by SDSU Alumni 2011–2016 Through Sunday, Nov. 6

This exhibition features five years of work from alumni of the SDSU School of Art + Design. Surveying approaches from multiple areas of 2-D and 3-D study, the works share a common element of use of familiar, every-day materials or subject matter. Artists include Adam John Manley, Lee Lavy, Kaiya Rainbolt, and Marisa Scheinfeld, among others. Guest curated by Ginger Shulick Porcella, Executive Director, San Diego Art Institute. The exhibition is being shown a the SDSU Downtown Gallery (725 West Broadway). The gallery is open Thursday–Monday from 11 a.m.–4 p.m. Admission is free. Visit artsalive.sdsu.edu for more info.

SEPT 29 - OCT 10 The Art Glass Association of Southern California presents its 35th annual show

Thursday, Sept. 29–Monday, Oct. 10

The art glass will be on display daily from 11 a.m. to 4 p.m. at Studio 21 in the Spanish Village Arts Center in Balboa Park and the public is invited to come see this exhibition free of charge. A reception will be held Saturday, Oct. 1 from 4–7 p.m. Members of the Art Glass Association sponsor workshops, teach techniques, and offer educational trips to studios and businesses related to all aspects of the glass arts industry. Visit agasc.org.

ON FILM

SEPT 20 - OCT 11 Grossmont College Latino Film Festival Tuesdays from Sept. 20–Oct. 11

As part of Latino Heritage Month, Grossmont College will host free, public screenings of films that explore Latino/Latina culture and history. The screenings will start at 7 p.m. in Building #26, Room #220 (8800 Grossmont College Drive, El Cajon bordering La Mesa). The following films will be shown on their noted dates:

- Sept. 20: "The Motorcycle Diaries"
- Sept. 27: "Wild Tales"
- Oct. 4: "Pelo Malo"
- Oct. 11: "Pan's Labyrinth"

Visit gccd.edu for more information.

SEPT 22 'The Third Man' Thursday, Sept. 22

Ralph DeLauro will host this movie screening and film discussion at College Avenue Center at Temple Emanu-El (6299 Capri Drive, Del Cerro). The 1949 Orson Welles film is an "evocative potboiler of love, deception and murder" starring Joseph Cotton and Welles. The screening starts at 1 p.m. The film is 104 minutes. \$2 to attend. Visit jfsd.org for more information.

STAGE CUES

SEPT 16 - SEPT 17 'Take Note' Saturday, Sept. 16 and Sunday, Sept. 17

Grossmont College Theatre Arts students, alumni and special guests will perform at this special fundraiser. The musical theater cabaret is directed by instructor Brian Rickel. The event will raise money for the Summer Conservatory program which partners high school students with Grossmont College students in theatrical productions. Performances start at 7:30 p.m. each night in Building 21, Room 220 (8800 Grossmont College Drive, El Cajon, bordering La Mesa). Visit gccd.edu for more information.

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