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Holiday Guide  
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Richard Henderson (center) received a Bronze Star from Brig. Gen. Suzan Henderson (left) and Rep. Suzan Davis (right) on Nov. 12. (Photo by Jeff Clemetson)

## HOME OF THE BRAVE

### WWII veteran awarded Bronze Star after 70 years

Jeff Clemetson

Editor

On Nov. 12, just a day after Veteran's Day, WWII veteran Richard Chase was awarded the Bronze Star for his service at a ceremony in front of family and friends at Allied Gardens Park. The ceremony included a color guard and a presentation by Rep. Susan Davis and Brig. Gen. Suzan Henderson.

Pfc Chase served in the Army and fought in the

European theater during WWII, including the infamous Battle of the Bulge, where Allied troops fought back against a surprise German offensive of more than 500,000 Nazi troops armed with tanks, artillery and air support. The battle started in December of 1944 and went into January of 1945 and cost American troops 90,000 casualties.

Chase was presented the medal "for meritorious achievement in active ground combat against the enemy on 1 May 1945, while serving with Cannon Company 303rd Infantry Regiment 97th Infantry

See **VETERAN** page 21

## Adobe Falls: Local problem, international destination

Doug Curlee

Editor at Large

As San Diego State, Caltrans, and the city of San Diego try to decide what to do about the problems surrounding Adobe Falls in Del Cerro, an alternative possibility has arisen — if only all sides buy into it.

Dr. Eric Frost of San Diego State is, among other things, the person in charge of the school's Viz Center and the Homeland Security graduate program. He's also a very longtime resident of Del Cerro, and concerned about the problems the illegal visits to the Falls have caused, and are still causing.

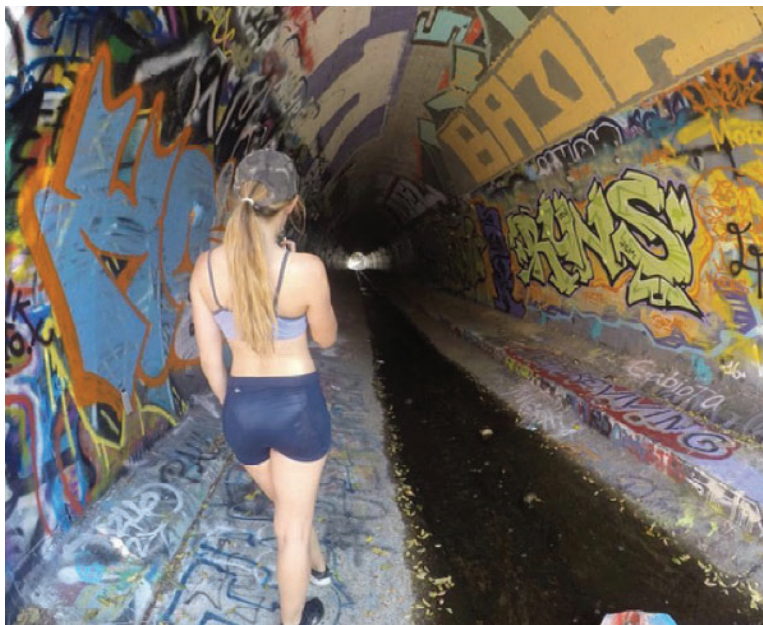
"All the sides in this are trying to figure out what to do about the foot traffic to and from the Falls,

but there's something most of them haven't realized, and that is the fact that social media has turned the Falls into an international tourist destination," Frost said. "There's no getting around that, and maybe we ought to be rethinking all this with that fact in mind."

Frost's grad students have put together a presentation about this alternative that ought to be seen by everyone involved, because it's pretty persuasive.

You have only to enter "Adobe Falls" on Google, or Bing, or any search engine, and you'll see site after site talking about how to get to the Falls, and thousands upon thousands of comments found by the grad students have more than confirmed that those suggestions

See **ADOBE FALLS** page 18



Most SDSU students access Adobe Falls through the tunnel under Interstate 8. (Courtesy of Dr. Eric Frost)

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Four new homeowners at Habitat's Foundation Lane Community in El Cajon join El Cajon city councilmember Star Bales, Habitat for Humanity board members Wendy Lopez and Aleyda Ortiz and Habitat president and CEO, Lori Holt Pfeiler, at a home dedication event celebrating the completion of their homes in October, 2016. (Courtesy of Habitat for Humanity)

**Home improvement shopping for humanity**

Joyell Nevins

“Small but mighty” is the unofficial motto for San Diego Habitat for Humanity (HFH). The staff and office, which is located in Grantville, may be small, but their volunteers and heart make big things happen.

“It’s a good karma circle,” Patty Kramer, who works in administration, said of the people and groups that pour into HFH and often receive assistance in return.

HFH’s basic premise is that everyone deserves a decent place to live, regardless of race, religion or economic background. They do this through building brand new homes, repairing standing homes, and revitalizing neighborhoods. Last year, HFH built five new homes, repaired 12 veterans’ homes, and helped neighborhoods revitalize five other homes.

Volunteers also built 28 playhouses that went to children in HFH partner families, military children, and other children in need. HFH partners with organizations such as the San Diego Military Family Collaborative, the Escondido Community Child Development Center, The Children’s Initiative, and Ronald McDonald House Charities of San Diego to distribute the playhouses.

“I used to work in the corporate world, but I love Habitat’s mission,” said Delinda Fugere, who serves on the ReStore staff. “It’s giving back instead of being greedy on the other end.”

HFH brings together hard working volunteers and knowledgeable contractors to complete the labor intensive process of home building. Even the new homeowners have to put in “sweat equity” – 250 hours of volunteer work per adult applicant, along with being an active part of the homeowners’ association.

“I love that at Habitat for Humanity, you’re really helping people who want to better their lives,” Bill Yaussy said.

Yaussy has been a volunteer with HFH for three years, since he served jury duty with someone who also volunteered. He originally started working on a “Home of the Brave,” a new housing unit for veterans in Lakeside, and now works in the ReStore. He is one of 8,229 volunteers who over the



The ReStore is a great place to find deals on used furnishings and building supplies. (Courtesy of Habitat for Humanity)

**The Habitat for Humanity vision statement:**

Our vision is to eliminate substandard living conditions in San Diego County by providing solutions to housing challenges and opportunities for hard working families to create better life stories for generations to come. We believe that decent shelter for everyone should be a matter of conscience and action. We envision a partnership between people of all backgrounds, all faiths, all races and all religions to build and repair homes and community, together.

course of a year donated their time through construction sites, the office or the ReStore.

“We could not function without our volunteers,” ReStore director John Stockman said. “Volunteers help us in every part of what we do.”

What is ReStore?

What’s the ReStore? It’s like a consignment store for anything home improvement-related. Tools, flooring, doors, screws, toilets, lamps, appliances – if it has to do with building or filling a home, the ReStore probably has

it. In 2015, ReStore diverted over 39 tons of reusable material from ending up in the landfill to being used for another purpose.

Items come from stores like Lowes and The Home Depot, contractor scraps, home deconstruction and people moving or switching out their interiors. Tiling and windows go fast. ReStore volunteers will pick up items free of charge — and they have seen the gamut of donations. Yaussy just recently helped bring in a baby grand piano.

“It’s a lot more than just building stuff,” Kramer said, sitting in an office furnished by ReStore donations. She’s seen stained glass windows, crepe myrtle and antiques come through the ReStore doors.

“There’s treasure in the ReStore — you never know what you’re going to find,” Stockman said.

Stockman points out that the ReStore does have a quality criteria for the products that go in the store. Shoppers can expect everything on the shelves or floor to be in good condition.

What won’t happen is items from the ReStore ending up in a

See **HUMANITY** page 18 →



# Anza-Borrego Foundation turns 50

Margie M. Palmer

The Anza-Borrego Foundation (ABF), the official nonprofit partner of the Anza-Borrego Desert State Park, is about to turn 50 — and it is inviting hikers, campers and nature enthusiasts of all stripes to help celebrate.

The Foundation was formed on April 1, 1967 at the request of the California State Parks Commission; in addition to raising funds help provide financial support for Park programs, the ABF continues to work on land acquisition and conservation to “make the park whole.”

ABF Executive Director Paige Rogowski notes that when the foundation was first commissioned, the park looked like Swiss cheese.

“The outer boundary of the park was created but there were a lot of privately owned parcels in the park. We’ve been acquiring those parcels over the years, and we’ve expanded the park out a little, but we still have about 10,000 acres of Swiss cheese inholding,” she said. “We’ll continue to work on that with willing sellers and we will certainly wait until the time is right for the owners to be ready to sell their properties over to the Foundation.”

In addition to working on land acquisition, in the years to come, the Foundation plans to expand parkland educational programs, increase staff and encourage positive, low impact-recreation for the visiting public.

“We will continue to fund projects with interpretative panels and staffing because the more that visitors can get questions answered about how they can enjoy the park without being destructive, the better the park will be in the end,” she said.

### Golden anniversary, golden opportunities for guests

As part of the golden anniversary celebration, the Foundation will be offering five weekends of free access to the three-mile Borrego Palm Canyon hiking trail. Free dates include Nov. 19–20, Dec. 17–18, Jan. 21–22, Feb. 11–12, March 25–26.

“When we sat down to decide how we wanted to celebrate the 50th anniversary, we decided



The Slot is one of Anza-Borrego’s most popular trails for hikers. (Courtesy of Anza-Borrego Foundation)

we wanted to give back to the people of Southern California and the people of San Diego in particular. We wanted to invite people to enjoy the park for free and to hopefully attract new audiences, and people who have not experienced the park before,” Rogowski said.

The Foundation and the Park are also inviting visitors to complete two five-hike challenges on some of the best-known peaks and trails in the region.

The family-friendly trails, which include Borrego Palm Canyon Nature Trail, The Slot, Pictograph Trail, Calcite Mine and Mountain Palm Springs Loop can be completed independently by hikers.

When visitors finish all five hikes, they will receive a signed certificate from the park and a commemorative 50th anniversary sticker at the State Park Store.

The five-hike challenge is just the start of their 50th anniversary celebration.

“We’ll have a big celebration on April 1, which will be 50 years to the day of the first meeting on April 1, 1967. We’re still finalizing the details of that but we want to invite people to come celebrate that in person,” she said.

Additional details will be available on the ABF website within the next two weeks.

“We are excited to look back and feel very proud of everything we’ve accomplished and looking forward to creating the vision of what we want [the park] to be in the next 50 years, 100 years or forever. We’re proud to keep these lands open, accessible and wild.”

For more information on the ABF 50th anniversary and/or the five-hike challenge, visit theabf.org.

—Margie M. Palmer is a San Diego-based freelance writer who has been racking up bylines for over a decade. Reach her at mmpst19@gmail.com.■

## How to Sell Your San Diego Home Without an Agent

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

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

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# SDCNN wins 7 SD Press Club 'Excellence in Journalism' awards

SDCNN Staff

San Diego Community News Network (SDCNN) won a total of seven awards at San Diego Press Club's 43rd annual Excellence in Journalism Awards on Oct. 25 at the Joe & Vi Jacobs Center at Market Creek.

Hundreds of journalists and their guests turned out for the event, enjoying gourmet tastings of local food, wine and craft beer at the reception before the ceremony. Mulligan Stew provided the music during the reception and Barbarella Fokos emceed during the presentation of special awards.

SDCNN publishes four monthlies, Mission Valley News, San Diego Downtown News, Mission Times Courier and La Mesa Courier and two biweeklies, San Diego Uptown News and Gay San Diego. The papers competed in the category of non-daily newspapers.

"I am proud of our talented team who continually offer our readers quality news and information that cannot be found anywhere else," said David Mannis, SDCNN publisher. "We strive to be the No. 1 resource for the communities we serve."

**Jeff Clemetson, editor of Mission Valley News, Mission Times Courier and La Mesa Courier, won a first-place award:**

• **Education** — "Finance High: Junior Achievement teaches literacy at new park," published in the October 2015 issue of Mission Times Courier. The article highlighted Mission Fed JA Finance Park, a high-tech financial literacy campus that takes students through a virtual simulator of various career paths and life circumstances to realisti-

cally prepare them for the kinds of budget challenges they will face in their college and post-college years. Read it at [bit.ly/2fgIyY9](http://bit.ly/2fgIyY9).

**San Diego Uptown News won two awards. Ken Williams, editor of Uptown News, and former art director Vince Meehan shared a first-place award:**

• **Front page design** — "Front page of Uptown News Feb. 12." The dramatic front cover featured a large photograph of North Park resident Nick Norris modeling his Predator Warpaint designed for our troops and hunters, featuring a "war type" headline that read: "War on skin cancer. Former SEAL creates line of camouflage face paint laden with sunscreen." The secondary photo was intense, featuring rows of empty shoes symbolizing the 54 lives that were lost in traffic accidents in 2015 in San Diego. See the digital edition at [bit.ly/2dXE6f8](http://bit.ly/2dXE6f8).

**Williams also won a second-place award:**

• **General News** — "Looking up: North Park's future coming into sharp focus," published Jan. 29 in Uptown News. The article provided an in-depth exploration of the first public glimpse at the final draft of the North Park Community Plan Update and explained what that vision would look like for local residents. Read it at [bit.ly/1LBAVqp](http://bit.ly/1LBAVqp).

**SDCNN Managing Editor Morgan M. Hurley, who is editor of both San Diego Downtown News and Gay San Diego, won two first-place awards:**

• **General News** — "Hacking into the new sandiego.gov," published in the March issue of Downtown News. The article took a look at a meetup group

that did a "live hack" on the city of San Diego's newly redesigned website to provide important feedback on how well the site was working. Read it at [bit.ly/2ewhNxJ](http://bit.ly/2ewhNxJ).

• **Series** — "Stepping Stone series," published in Gay San Diego on Jan. 22 and Feb. 5. "A friend of the Stone" featured Cheryl Houk and her return to lead the region's only LGBT-centric drug and alcohol rehabilitation center. Read it at [bit.ly/2ebNIWN](http://bit.ly/2ebNIWN). The second and final part of the series, "They keep coming back," explained how graduates of the program return to the center to give back. Read it at [bit.ly/2eGDgnX](http://bit.ly/2eGDgnX).

**Hurley won a second-place award, too:**

• **Feature** — "A city in flux," published April 15 in Gay San Diego. The feature was on Cori Schumacher, a three-time world champion longboard surfer and lesbian activist, who has settled down in conservative Carlsbad and decided to run for City Council to bring about change. Read it at [bit.ly/2ebTBxs](http://bit.ly/2ebTBxs).

**Also, SDCNN contributor Kai Oliver-Kurtin won a second-place award:**

• **Food** — "Gaslamp restaurants stand the test of time," published in the February issue of Downtown News. The article asked restaurateurs at long-standing eateries about their recipe for success. Read it at [bit.ly/1KxclGq](http://bit.ly/1KxclGq).

The San Diego Press Club, which was established in 1973, is one of the largest clubs in the U.S. for media professionals.

—To find links of the San Diego Community News Network newspapers, visit [sdenn.com](http://sdenn.com).■

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To make an appointment or for more information, visit [SanDiegoBloodBank.org](http://SanDiegoBloodBank.org) or call 1-800-4-MY-SDBB.

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## Republican Women celebrate holidays, new officers, election victory

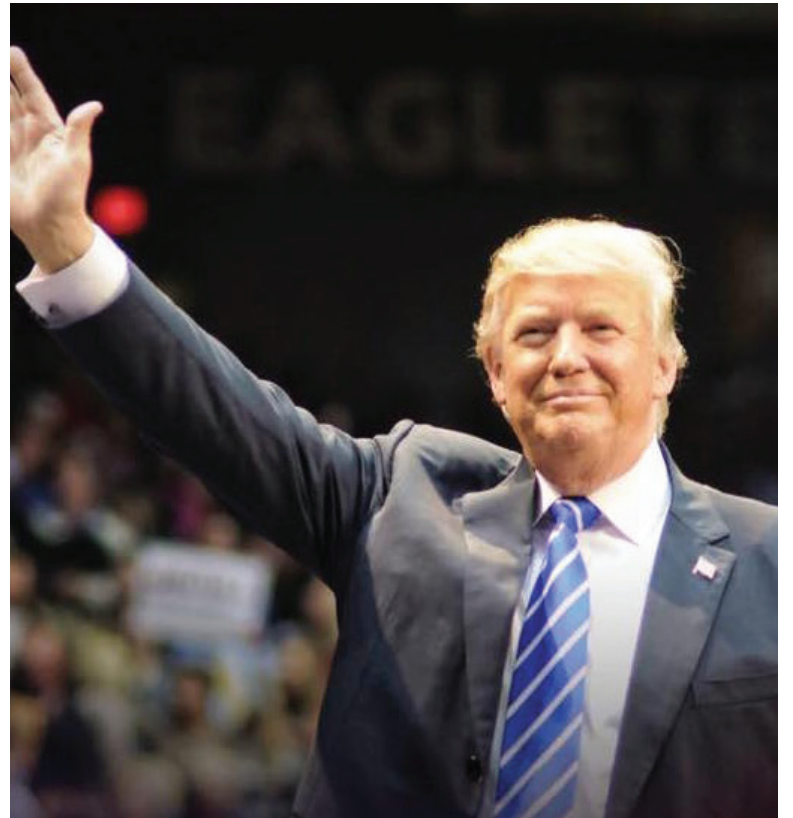


Judy McCarty



A hearty potluck, stacks of gifts for military children and Christmas joy rang through the home of Navajo Canyon Republican Women, Federated member Ginny Wisely as we gathered together for our annual holiday celebration and election of officers for the new year. Although not all of our candidates won and too many tax increases were passed, it was a good election for Republicans across the country and, after so many disappointing years in the past, it felt good to rejoice among friends.

After a very busy 2016, Sally Steele was installed for her second year as president. We'll have names and pictures of the full slate in the next issues of the Mission Times Courier and La Mesa Courier. Waskah Whelan was once again lauded for her extreme leadership as precinct



The Navajo Canyon Republican Women, Federated are celebrating local and national election wins, including the election of Republican Donald Trump for President of the United States. (Facebook)

and campaign chairman for the San Diego County Federated Women. Those who contributed so much of their time were also thanked.

The new year begins Tuesday, Jan. 10, 2017, at La Mesa's Brigantine Restaurant. Although the speaker had not been finalized by our publication date, we can count on the first meeting after the election to be exuberant!

Check-in time for the 11 a.m. luncheon meeting is 10:30 a.m. A full-course luncheon will be

served at noon with the speaker following at 12:30 p.m. To join us, RSVP to [NCRWF99@gmail.com](mailto:NCRWF99@gmail.com) or call Marjie at 619-990-2791. Cost is \$20 and reservations are required. Please join us!

For more information on all our activities, visit us at [navajocanyonrwf.org](http://navajocanyonrwf.org) and also like us on Facebook.

—Judy McCarty is publicity chair for the Navajo Canyon Republican Women, Federated. Reach her at [jhmccarty@cox.net](mailto:jhmccarty@cox.net).

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# Roy Zimmerman to headline Holiday Fest

Musician, social satirist to entertain local Dems



Linda Armacost and Jeff Benesch

They say that laughter is the best medicine, and so the La Mesa Foothills Democratic Club welcomes back singer/songwriter Roy Zimmerman to highlight our Dec. 7 Holiday Fest. Members remember Zimmerman's hilarious and biting satire from last year's party, and we should all be entertained anew given the last 12 months of political shenanigans.

And as tradition holds, we will welcome all members and guests to enjoy our holiday feast, with turkey, ham, and all the trimmings supplied by the club. Members are encouraged to bring appetizers, side dishes, salads, and desserts to augment the club's meat carvings, veggie lasagna and beverages.



Roy Zimmerman will entertain election-weary Democrats at the next meeting of the La Mesa Foothills Democratic Club. (Courtesy of LMFDCC)

As usual, we'll start our festivities at 6 p.m., and Zimmerman will take the stage about 7 p.m. Zimmerman will be selling CDs of his best and most memorable concerts, so be prepared to buy some great holiday gifts for friends and family. We ask each member and guests to donate \$15 at the door, or whatever one can afford to offset the costs of the evening's food and entertainment. We'll be meeting at the usual place, the spacious La Mesa Community Center, 4975 Memorial Drive, just North of University Avenue in La Mesa.

Because of the overflow crowds for this annual event, we ask willing and able members to park by the Little League field and take the short walk up the stairs to the Community Center. Let's leave the adjacent parking lot for those that most need to be close to the meeting room.

We also ask each member and guest to contribute to our annual holiday charity. This year we are supporting the efforts of Santa Sophia Church to feed needy families in the Casa de Oro area. Please bring canned and nonperishable foods that can assist those in dire straits during the holiday season. They also like

to give out "street-ready" foods such as high protein bars, fruit and nut snacks and pop tarts.

We also support the efforts of La Mesa Methodist Church who offer the city's homeless citizens showers and other necessities during the fall and winter months. We ask you bring new, unused toiletries, toothpaste, toothbrushes, shaving supplies, shampoo, soaps, lotions, and other similar items for those who don't take these items for granted.

While the results of the national election on Nov. 8 don't leave us much room for optimism, our local candidates and issues had a banner night. We helped elect board member Colin Parent to La Mesa City Council; Senator Kamala Harris; Congress members Susan Davis and Scott Peters; State Senator Toni Atkins, Assemblypersons Shirley Weber, Lorena Gonzalez and Todd Gloria; Supervisor Dave Roberts; San Diego City Council winners Barbara Bry and Georgette Gomez; and San Diego City Attorney Mara Elliot.

We passed measures K and L which will require November elections for all San Diego City offices

and measures; we legalized cannabis; upheld the statewide plastic bag ban; and defeated the Chargers stadium measure. SANDAG's freeway-centric tax proposal, and the Lilac Hills over-development in Valley Center went down to defeat.

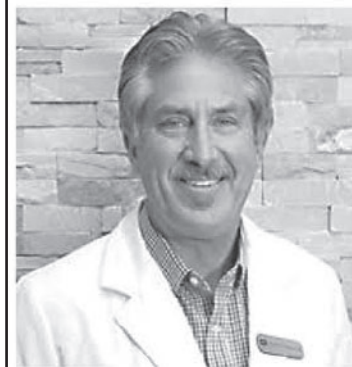
Our collective Get Out The Vote efforts in total passed nearly 75 percent of the San Diego County Democratic Party's recommendations. Our supported candidates on local water boards won the day; as did George Gastil in the Lemon Grove mayoral contest. A Democratic even won a seat on the El Cajon City Council — a real first.

In the presidential contest, San Diego County went for Clinton/Kaine by 17 points over the Republican ticket, a wider margin than Barack Obama won in 2008 and 2012. And we helped propel Hillary to a popular vote victory even if the Electoral College vote didn't go our way. Our growing Democratic edge in voter registration countywide — now well over 100,000 — bodes well for 2018, 2020 and beyond.

La Mesa Foothills Democratic Club draws members from the communities of Allied Gardens, San Carlos, Del Cerro, the College Area, La Mesa, Mt. Helix, Casa de Oro, Santee and other nearby East County Communities. All residents are welcome to attend our monthly meetings which take place on the first Wednesday of each month. Please visit our website for coming events at [lamesafoothills-democraticclub.com](http://lamesafoothills-democraticclub.com) and like us on Facebook.

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

## "Tooth Wisdom" with Dr. Bradley Ross



### Is Dental Anxiety Keeping You From Seeing a Dentist? Fear Not!

Fear and phobia of dentistry is a real issue for a percentage of our new patients and the dental population as a whole. Many of these patients have dealt with on-going dental problems due to a number of factors that relate to a traumatic event or memory. These factors include insensitivity from previous dental care providers, inadequate anesthesia during procedures, and/or inadequate explanations and education about their dental treatment. A patient's lack of dental care often leads to decay, periodontal disease, tooth loss, and difficulty in eating and chewing. In addition, poor dental education about proper dental home care, dietary issues with decay-causing foods, and negative parental support may contribute to additional fears and phobias. Many of these issues happen unfortunately during childhood but young adults sometimes experience untoward dental events as well.

#### Shifting Fear into Cheer!

Perception of insensitivity, injections, and pain in a high anxiety environment is often difficult to overcome. A major step in the right direction in helping an anxious patient involves an empathetic, caring, "show and tell" approach supplemented with oral sedation, nitrous oxide, liquid anesthetics, and gentle techniques from the dental team. Following a positive interaction in the dental office, one can reflect on the experience through "adult eyes" and perceptions. This positive experience then becomes a building block for future visits and a regular relationship with a dentist and their staff.

#### We Can Help You

Over the last 30 years, I have helped thousands of patients transform their fears into smiles while improving their quality of life and dental health. Our team at Mission Trails Dentistry specializes in compassionate, comfortable dental care, utilizing state-of-the-art techniques, including sedation dentistry. It's never too late to improve your dental health. For more information about how we can help you, please give us a call: 619-582-9700. We welcome new patients!

Bradley A. Ross, DDS is the owner of Mission Trails Dentistry, located at 6902 Navajo Road (at Jackson Drive)

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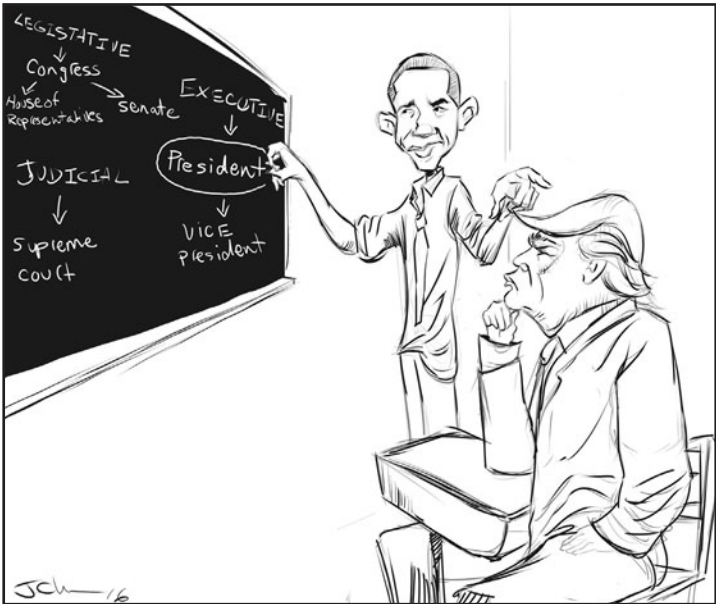
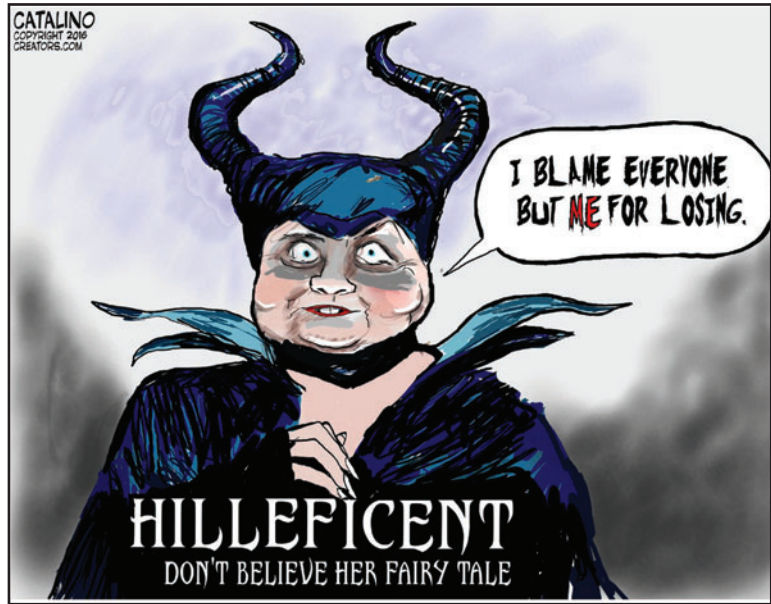
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GUEST EDITORIAL



Five tips for shopping for the Covered California health plan that best fits you

Angie Blanchette

With Covered California’s three-month open-enrollment period starting Nov. 1, it’s a great time to shop for the best fit for your health coverage. During Covered California open enrollment, which runs through Jan. 31, consumers can choose among 11 name-brand health insurance plans that offer high-quality and affordable coverage. Here are some helpful tips.

Shop, shop, shop around.

Covered California’s online Shop and Compare Tool provides consumers with detailed information about various health plans in specific regions throughout the state. You can compare premium costs, the four pricing tiers, and subsidies available to help you pay for coverage. With some health insurance premium costs expected to rise in 2017, the Shop and Compare Tool allows consumers to evaluate their options. Try out the Shop and Compare Tool at /bit.ly/2f53ZME.

Get in-person help to find the best value.

Health insurance is complicated. Getting help choosing the right plan and completing the application is free and confidential. There are thousands of Covered California certified insurance agents and enrollment counselors located throughout the state. They can help guide you to the health plan that is the best fit and best value for you and your family. Find free local help at coveredca.com/get-help/local/ to enroll.

Check out provider networks.

If you want to visit a particular doctor, be sure to check with the specific health plan to confirm that the physicians you want to see are indeed in the plan’s network of doctors. In 2017, each enrollee in a Covered California health plan will be assigned a primary care physician. Learn more about primary care physicians at bit.ly/2fhxHKd.

Vision and dental plans offer added bonuses.

While children’s dental and vision coverage has always been included as part of all health insurance plans sold through Covered California, adults can now enroll in family dental and vision plans at competitive rates.

Enroll early, get health coverage earlier.

Enrolling in a Covered California health plan by Dec. 15 allows you to start the new year with coverage. Having health insurance in place starting Jan. 1 can reduce your worries about having to pay a tax penalties for not being covered, which are \$695 per adult and half that amount for those under age 18 in the household or 2.5 percent of your family income — whichever is greater. Additionally, gone is the mental gamble of hoping nothing happens — such as a car accident, sports injury, or unexpected illness. When it comes to your health, knowing that you are covered is the best plan. Enroll online or with a Certified Insurance Agent or Certified Enrollment Counselor at coveredca.com.

—Angie Blanchette is Covered California’s communications and public relations regional manager for the San Francisco Bay Area.■

GUEST EDITORIAL

Finding hope in my mother’s battle with breast cancer

Rose A. Rodriguez

As an adult, the memories that remain from my mother’s battle with breast cancer are best described as hidden in a closet deep inside my mind. Like an unwanted dress pushed into the far end of the clothes rack, there is a desire to just get rid of it, but I know I have to keep it as a reminder of things past.

Diagnosed with breast cancer in her 30s meant my mother would repeatedly be reminded by doctors to be vigilant for good reason. There was always concern about the future. No matter how many decades removed, like all children of survivors, I will never shake concern for the well-being of my mother; hoping that she will never have to face that horrible demon — cancer — again.

My mother faced her battle against breast cancer in the mid-70s. It was difficult finding a surgeon willing to take on the task of giving her an opportunity to fight for her life. As my family has shared, the drugs were harsh, some unproven, and the surgery itself was crude in comparison to today’s techniques. I was still young, but what child can forget their mother being gaunt and physically ill? Instead of going home after school, I would accompany her to the hospital for treatment. It was a scary time and continued reminder. There is a deep sadness that only now I can fully appreciate. At the time, however, it was a battle that I really didn’t understand.

Thankfully, despite all of the challenges, my mother made it through this physically and mentally grueling ordeal. More than 30 years later, she remains cancer free and grateful to the physicians who worked with her. Even though the scar tissue is extensive, nurses who take her annual mammogram apologize for what she endured, her reply is always the same, “I’m still here.” She has made peace with the measures that were necessary at the time. It gave her several more decades to dance with my father before he passed a few years ago. It has also given me the opportunity to develop a close relationship with her as an adult because she is “still here.” She’s a survivor.

Today, there are many more treatment options available to breast cancer patients. There is a better understanding of the physical and emotional needs of women who take on the fight to save their lives — to keep their families whole. There is also a greater opportunity for women to empower themselves with knowledge and to investigate treatment options that might be right for them.

Mexican-American women like my mother are strong. They are fighters. Sadly, breast cancer is the most commonly diagnosed cancer that they may face. Worsened, in some, by a BRCA gene mutation that may make them at even higher risk of getting cancer and give them a more difficult time winning the fight against it.

Science, however, is making strides to potentially help women overcome these challenges. There is testing for the BRCA gene mutation, which can help caregivers make better decisions on treatment. And, there is the possibility of new drugs that may work to address this BRCA gene mutation in clinical trials like the EMBRACA clinical trial. Today, there are many more treatment options than those given to my mother in the 70s. There are more options to discuss with family members and supporters.

Arm yourself with knowledge. There is hope.

—For a full list of participating locations in the San Diego area and for information on enrollment and eligibility visit embra-castudy.com.■

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

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LETTERS

Kiwanis move after 51 years

The last time the Grantville-Allied Gardens Kiwanis Club needed a change of address form, Lyndon B. Johnson was president of the United States. The Vietnam War was still in its early stages. In St. Louis, the Gateway Arch was completed, while in Los Angeles, the Watts race riots boiled over. The minor-league San Diego Padres played their home games at Westgate Park while just a few miles to the east, construction workers broke ground on the future site of San Diego Stadium. The Beatles released their “Rubber Soul” album, and “A Charlie Brown Christmas” made its television debut.

The year was 1965. The G.A.G. Kiwanis Club (alliedgardenskiwanis.org) had been meeting at the Purple Cow Restaurant during the first few years of its existence, but the diner changed names and ownership several times. The Purple Cow, located at 6160 Mission Gorge Road, became the Chuck Wagon, then the House of the Beefeaters, then the Seven Nations Restaurant. Meanwhile, the Allied Gardens Recreation Center had been constructed, breaking ground in 1961, on the former site of two broadcasting towers belonging to the Marietta Broadcasting Company. The towers were relocated, the land was leased (and later purchased) by the city of San Diego, and the new Recreation Center was built.

In 1965, G.A.G. Kiwanis moved into the Gardens Room of the Recreation Center and remained there for the next 51 years; twice renovating the room, including a 1985 expansion to its current seating capacity. We were given access to the kitchen, storage space, and a seat on the Rec Council — the governing body of the Allied Gardens Recreation Center. As other clubs in Division 21 moved from place to place, meeting in restaurants, churches, hotels, and even the San Diego Zoo, G.A.G. Kiwanis enjoyed more than half a century of remarkable stability.

Thursday, Nov. 3 marked the dawning of a new era for G.A.G. Kiwanis, as we made our move officially to Brothers Restaurant on Waring Road, squarely in the heart of Allied Gardens. Brothers is owned and operated by Kathy Coleman, who has graciously opened her doors to our group and created a special breakfast menu for Kiwanis members and our guests to enjoy.

As we embark on the next phase of our club’s history, we can look back on our many years at the Allied Gardens Recreation Center and be thankful for the hospitality we enjoyed there. We hope that our new partnership with Brothers will keep us going for another 50 years.

—John Crawford, Vice President, Grantville-Allied Gardens Kiwanis Club

Library woes

In 1999, my family and I moved to San Carlos. My son was 4 years old and my daughter was 7 years old.

At that time, as now, a sign was posted at the corner of Jackson and Golfcrest, announcing that San Carlos would soon be getting a new library. We moved from

Point Loma, which had received a nice new library.

Well, my son is now about to turn 23 and my daughter is 26 years old, with two kids. So, we are now hoping that our grandchildren will be able to experience the new San Carlos library someday.

The city of San Diego decided to build a shrine of a library downtown and have forgotten about the community libraries. The heart of the library system is with the community libraries.

I am requesting that the Mission Times Courier investigate and conduct interviews on the status of San Carlos and other communities getting new libraries.

Pretty sad that the town I grew up in of 3,000 people, now has a nice modern library, yet America’s Finest City has libraries that are over 50 years old.

When we moved to San Carlos, the whole family was excited in 1999 that we would be getting a new library just a few blocks from our house.

—Ray, San Carlos  
[Editor’s Note: The San Carlos library issue is once again coming to a surface and there has been movement on it so look for coverage in upcoming issues of the Mission Times Courier. Also, stay tuned to upcoming agendas of the Navajo Community Planners, Inc. for meetings with the library as an item.]

New group forms for Del Cerro beautification

The Friends of Del Cerro is a newly formed nonprofit organization committed to enhancing the community for everyone living and working in Del Cerro. Our goal is to bring people together and create a sense of community by advancing social, education and arts activities and supporting existing programs with the same mission. We also want to invest in making Del Cerro more safe and beautiful by establishing a maintenance assessment district. We are working with the city and the community to generate a plan to enhance the planning and maintenance of Del Cerro’s public spaces. The Del Cerro Maintenance Assessment District Formation Committee as part of the Friends of Del Cerro is requesting your attendance as property owners to the Community Improvement Meeting to help shape the future of the Del Cerro Community. The meeting is Thursday, Jan. 12, 6:30 p.m. at Temple Emanu-El, 6299 Capri Drive, Del Cerro. Proposed beautification details and additional background information will be provided.

Also, please visit FriendsofDelCerro.com and complete the informational survey on the home page. Your input is needed and important in determining the types of landscaping improvements you would like to see in Del Cerro. The deadline to complete the survey is Dec. 20 and the results will be presented at the Community Improvement Meeting. For questions or assistance, please email FriendsofDelCerro@Cox.net or call 619-888-9140.

—Mark Rawlins, Friends of Del Cerro chair ■

How to Sell Your San Carlos Area Home Without An Agent And Save the Commission

San Carlos/Del Cerro -

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

Like other "For Sale by Owners", you'll be subjected to a hundred sales pitches from agents who will tell you how great they are and how you can't possibly sell your home by yourself. After all, without the proper information, selling a home isn't easy.

Perhaps you've had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their homes themselves.

Don't give up until you've read a new report entitled "Sell Your Own Home" which has been prepared especially for homeseller's like you. You'll find that selling your home by yourself is entirely possible once you understand the process. Inside this report, you'll find 10 inside tips to selling your home by yourself which will help you sell for the best price in the shortest amount of time. You'll find out what real estate agents don't want you to know.

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Why 3/4 of Homeseller's Don't Get the Price They Want for Their Allied Gardens and Fletcher Hills Home

Allied Gardens -

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

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

As this report uncovers, most homeseller's make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get Your Home Sold Fast and For Top Dollar".

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-866-220-9502 and enter 1000. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to find out how you can get the most money for your home.

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# News from the Del Cerro Action Council

Jay  
**Wilson**



At the quarterly meeting of the Del Cerro Action Council meeting on Oct. 27, we received updates from a number of agencies — city of San Diego, San Diego State University (SDSU) and SDG&E.

We met Lt. Jeff Jordan with our San Diego Police Department's Eastern Division, who is now responsible for the Navajo Area. He expressed his keen interest in being engaged with the community. His email address is JJordan@pd.sandiego.gov. Our police Community Relations Officer, John Steffen, announced that there had been several car prowls in our area and that there were valuables left in plain sight and/or unlocked car doors. Officer Steffen emphasized that using NextDoor.com to report a police matter does not help the Police Department as it is a community forum and is not viewable by the police. He recommended that we report police concerns to the Police Department directly. For an emergency, call 911. For a non-emergency, call 619-531-2000. Steffen's email address is JMSteffen@pd.sandiego.gov, and his phone number is 858-495-7971.

SDSU police Officer Corporal Mark Peterson encouraged residents interested in receiving a text message or email whenever there is a safety concern on campus to sign up. Go to SDSU.edu, click on the word search in the upper right-hand corner of the SDSU home page, and type in e-news alert. Nicole Borunda, the community relations manager for SDSU, stated there is still a gap in the initial fenced-off area leading to Adobe Falls. It should be completed by Thanksgiving.

Liz Saidkhanian, community outreach director for Councilmember Scott Sherman, was asked about the gap that still remains at the bottom of the cul-de-sac on Adobe Falls Road. She indicated Councilmember Sherman is waiting for a response from the City Attorney. The problem is that the city owns four acres adjacent to the cul-de-sac, and that the city's property is dedicated open space, which requires access to the public. The challenge is to find a legal way to close off the entrance to the city property that connects directly to the SDSU property and Adobe Falls.

Cameron Durckel, with SDG&E's public affairs department, explained why the gas line along Mission George Road needed to be replaced. The main reason is that it was initially installed in 1948.

"The median restoration is underway and we are required to return it to what it was," he said.

There are some components on Malvern that will be restored in the next month. Saidkhanian explained that the job involves replacing 600 feet of a main pipe line that is 30 feet below the surface. Normally a project of this magnitude takes two years of planning and execution; this project is projected to be completed by the end of the year. If you need to reach Saidkhanian regarding a city-related issue, email her at ESaidkhanian@sandiego.gov.

Julio DeGuzman, with the City Attorney's office, gave a brief description of the City Attorney's office. In addition to defending the city, the office handles criminal misdemeanor crimes and infractions.

Tim Taylor, chief policy advisor for Council President Pro-Tem Marti Emerald, gave an overview of the city ordinances being proposed to help curtail the growth of mini-dorms. The proposed legislation impacts the College Area; but it could be expanded to other areas, including Del Cerro, if our community would support the ordinance — no more than six bedrooms for a lot over 10,000 square feet and no more than five bedrooms for a lot under 10,000 square feet. This would apply to new construction. See the city's website sandiego.gov for more details and information.

Professor Eric Frost, Ph.D. from SDSU, and a resident of Del Cerro, updated us on what the 64 graduate students in his homeland security class are doing to help resolve the issue. Adobe Falls is becoming a destination for a growing number of foreign visitors. Dr. Frost is working with Google Maps to have Adobe Falls removed as a point of interest as one step to help reduce the number of non-residents visiting the site; many apparently think of it as a tourist attraction and they want to see the graffiti-infested area as a work of art.

Stay tuned. As we receive updates on any of the subjects referenced in this article they will be posted on our website at delcerroactioncouncil.org.

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



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## News from the Allied Gardens/Grantville Community Council

Shain Haug

### The holidays are here

Because of this newspaper's publication schedule, this will be the last time we can make an announcement in the Mission Times Courier of our events schedule of holiday festivities — so mark your calendars now.

### Bridge lighting

On Saturday, Dec. 3, the Community Council will brighten the season with the lights on the flyover bridge.

### Tree lighting

At 6 p.m. on Thursday, Dec. 8, we will illuminate the Zion Avenue and Waring Road Triangle with the Christmas Tree. Bring the children and join us when we turn on the lights and celebrate with traditional carols led by students from our local schools.

### Holiday Festival

At 7 p.m. on Friday, Dec. 9, make merry with our community and your neighbors at Lewis Middle School with performances by choirs from Foster and Marvin Elementary Schools, the Lewis Middle School Concert Band, Jazz Band and Orchestra, holiday readings and a social hour in the school cafeteria.

### AGGCC town hall meetings

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, corner of 51st Street and

Zion Avenue. Our next meeting will be on Tuesday, Nov. 29 (a week later than usual because of the Thanksgiving Day holiday).

In addition to reports from the offices of our elected representatives, our featured speakers will be from the San Diego Police Department and the San Diego Fire Department. They will discuss important matters of family and home security such as personal security devices, home protection plans, internal and external fire hazards, fire extinguishers and fire extinguisher maintenance, emergency exit requirements, along with anything and everything you can think to ask them about keeping your family and household safe during these tumultuous times.

### First Friday concert sponsors

Our sponsors make the series possible. Please give them the patronage they so very much deserve.

This month we offer our special thanks to Windmill Farms. This is the second year they have generously contributed to the concert series.

Their support for the Friday concerts was preceded by years of sponsorship of the Springfest. Additionally, many youth leagues, schools, and other organizations similarly benefit from their community spirit.

Windmill Farms has a high regard for the well being of its patrons and sets the highest standards for the foods and products it carries. The store is unique in having a certified nutritionist on staff to guide and advise its clientele.

Since the business opened in January 2013, they have been a major contributor to our local economy with 104 employees and with retail services to over 11,000 customers per week.

We are proud to have Windmill Farms as a valued neighbor.

And once again our thanks, our very special thanks, to AGGCC past president Anthony Wagner whose dedication and leadership made it all happen.

### AGGCC board of directors meetings

The board of directors meets on the first Monday of each month at 7 p.m. at the Ascension Lutheran Church. Some of our many projects include the Holiday Festival at Lewis Middle School, the holiday lights on the flyover bridge, the Christmas tree at the triangle, traffic issues, the establishment of a community web or social media site for our affairs and advice to the Navajo Community Planners, Inc. (NCPI) and the city.

We try to keep an eye on the conditions of our neighborhood and to look for situations where community action can be effective. Recently, we were successful in getting the city to start repairs on and improvements to the protective fencing on the east side of Waring Road north of Adobe Falls Road.

There is a place on the board for your participation, so please join us at our next board meeting on Dec. 5.

—Shain Haug is the 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.■

## News from the San Carlos Area Council

Mickey Zeichick



Our next San Carlos Area Council (SCAC) meeting will be Wednesday, Jan. 4 at 6 p.m. in our branch library at 7265 Jackson Drive. Our meetings are open to the public. Our guest speakers will be Toni Noel, a top literary author who knows a lot about San Carlos, and Dennis Brown from Retired Senior Volunteer Patrol (RSVP).

City Attorney Jan Goldsmith was our November guest speaker and he spoke about his work after former City Attorney Mike Aguirre and how he changed the office and staff. Goldsmith mostly expressed that there was a difference in style but there was no rancor between himself and Aguirre.

The City Attorney is the chief legal adviser, and attorney, for the city and all its departments and he or she performs three distinct roles: Advise the city about laws; represent the city in defense against litigation; and prosecute criminal misdemeanors and infractions committed within the city limits and in Poway.

Integrity matters! We can best do this by providing timely, accurate and high quality legal rep-

resentation to the city of San Diego. We will be firm, independent and professional, stopping illegalities while suggesting solutions. We will never forget that we are accountable to the people of San Diego and that we represent the city of San Diego. The city, in the past several years, has undergone many challenges some even became material for the late night TV hosts; we have been successful in turning this around and we will continue the path of being a city that our residents can be proud of.

The November meeting of the Navajo Community Planners, Inc. was cancelled. The next meeting is Dec. 14. On the agenda is an item about installation of a lot of new Sprint equipment along Mission Gorge Road.

The elections are over and our top leadership has begun the task of bringing incumbents into the fold. This transition can be painful but we need to remain mindful that this country is the greatest democracy in the world and while we may not agree with the new or the former administrations, it is the democracy that we have. While some may disagree with the Electoral College system of voting, I am reminded that it does give all states a stake in our government. We do have the best government! We need to keep in mind that we are a strong nation of laws and that we are innocent until proven guilty, that everyone is entitled to the best defense possible, and our people are covered under the constitution

with certain rights.

The San Carlos Branch Library is more vibrant than ever and we encourage your participation in various library activities; and if you think of an activity you believe others might like also, bring your idea(s) to the library's attention.

Progress is being made on the new library — slow, but some movement!

The new Orchard Hardware and Supply, located at the northeast corner of Navajo Road and Lake Murray Boulevard at the former site of Fresh & Easy, is close to opening. While I was not able to get an exact date of their opening, I noticed that shelves have stock on them. I am quite certain they will be open in time to sell Christmas trees and/or decorations. This is a welcome addition to our neighborhood, but please do not overlook our San Carlos Hardware store in the Keil's Shopping Center on Navajo Road and Jackson Drive.

The Interested Persons List is up and running. If you have not received any information from me lately, please write me (mrzeichick@gmail.com) and make sure that your email address is on the list.

In San Diego, we are so lucky to have so many clear days and nights; take a few moments each night to see the stars. They are big and bright!

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

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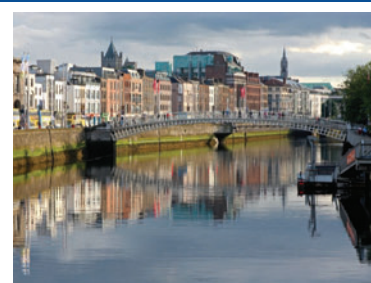
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# News from the Mission Trails Regional Park Foundation

Jay Wilson



The 5-Peak Challenge enjoyed its first anniversary on Nov. 7. It continues to be a great success as nearly 4,000 people have successfully completed the challenge and registered their accomplishment with Mission Trails Regional Park (MTRP). It certainly has accomplished its initial goal of expanding the horizons of hikers to more than just climbing Cowles Mountain. Hikers continually tell us how much they enjoyed the 5-Peak Challenge and how they have now discovered so many new places to hike in the park. MTRP has 60 miles of trails to be explored and enjoyed.

If you have not taken the challenge, now is the time to begin your hike of the five peaks: Kwaay Paay, North and South Fortuna, Cowles Mountain, and Pyles Peak. You can do it in a day or take your time. Show us your "selfies" taken next to the summit sign at the top of each peak and we will be pleased to give you your lapel pin and a certificate verifying that you successfully completed the 5-Peak Challenge.

## Music and art at the Visitor Center

On Sunday, Nov. 20, you can enjoy the music of guitarist Peter Popping at 3 p.m. in the Visitor Center Theater. The Peter Popping Quartet was formed in



Mission Trails Regional Park will celebrate Arbor Day by inviting volunteers (left) to plant native plants and trees, like the Coast Live Oak (above). (Photos by David Cooksy)

1996 in Encinitas, California, which eventually lead to the Peter Popping Band. The next concert features the Santee Community Chorus on Dec. 4 and Many Strings returns to the Visitor Center on Dec. 18.

The current art exhibition is entitled "Four of a Kind." This exhibit will be on display in the Mission Trails Regional

Park Visitor Center Art Gallery through Dec. 2. The artists are:

Janine Free is a street photographer from France. After retiring from Qualcomm, she embraced digital photography as a full-time activity. Janine travels to cities all over Europe and the United States; she has exhibited in the San Diego area since 2006.

Jill Rowe creates her digital

images painting with pixels using photo compositing to convey her visions and stories. Rowe invites viewers to discover their own meaningful interpretation.

Kirk Sullivan is an Orange County-based artist who loves to experiment with photography. Sullivan loves macro photography and exploring the unseen world. From snowflakes to waves and even astrophotography, he likes to experiment with nature and challenge himself.

Jennifer Wolf's Marine Biology and Ecology degrees led to 25 years of work in sea urchin fisheries. Through ballooning, she is able to travel for 10 weeks each year photographing the landscape, exploring the west, and seeking out dog-friendly travel destinations.

The following exhibition will feature artists from local high schools – Dec. 3–30.

## Arbor Day

Arbor Day in Mission Trails will be celebrated at the Oak Grove area across the street from the Visitor Center on the east side of Father Junipero Serra Trail, on Dec. 3, beginning at 9 a.m. The public is invited to take part in the donation and/or planting of Coast Live Oak Trees and other native plants. Volunteers may help with the planting — or act as cheerleaders. Shovels will be available, but it would be helpful if you could bring your own. Gloves and comfortable shoes are recommended. You may donate a tree for \$100. To make a donation, go to our website at mtrp.org and

click on "More News" on the right-hand side of the page. In order to ensure that trees are available for all donors to plant, please make your donation by Nov. 21.

For further information, contact the Visitor Center at 619-668-3281 or email [jwilson@mtrp.org](mailto:jwilson@mtrp.org). Arbor Day at Mission Trails is sponsored by city of San Diego Councilmember Scott Sherman, city of San Diego Park & Recreation Department, MTRP Park Citizens' Advisory Committee, and the MTRP Foundation.

## Volunteers

David Lee, the Center Director for the MTRP Visitor Center is looking for a few good volunteers; particularly on Tuesdays and Thursdays. Email David at [DLee@mtrp.org](mailto:DLee@mtrp.org) and let him know you are interested.

In addition to making a post on the MTRP Facebook page, Twitter, and/or Instagram pages, you may use a new opportunity through inaturalist.org. Click on "Projects" and enter Mission Trails Regional Park in the search box. This MTRP Biodiversity project aims to track the biodiversity of the park. Add a picture. This project was initiated by Patricia Simpson, a Volunteer Trail Guide for MTRP.

Every day is an adventure at Mission Trails Regional Park. Visit [mtrp.org](http://mtrp.org).

—Jay Wilson is executive director of the Mission Trails Regional Park Foundation. Reach him at [jwilson@mtrp.org](mailto:jwilson@mtrp.org).

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Blue Dashers can be found in Mission Trails Regional Park from April into early December. (Photo by David Cooksy)

# Nature foretells the coming holiday season

Audrey F. Baker

The Blue Dasher (Pachydiplax longipennis), a pond fairy of the still waters of Mission Trails Regional Park, has a wingspan of 48–50 mm. In California, males display a mostly pruinose sky-blue thorax and abdomen, and a distinctive white face with a black spot and jade-green eyes.

Unlike the robust and longer-winged, black-eyed Western Pondhawk perching on or near the ground, the province of the Blue Pirate's range includes twigs and branches above ground level and extends into tree canopies, where Blue Dashers poise as ornaments, with downward drooping wings. Their flight period (April to November) locally extends a few days into December, foretelling of the winter holidays to come.

Delicate appearance aside, their ability to tolerate low oxygen levels rank Blue Dashers as North America's most abundant Odonata species.

This aggressive predator daily consumes insect volume over 10 percent of its body weight, and establishes and defends in a single day, multiple territories, including feeding sites. Females deposit 300 to 700 eggs in 35 seconds, under the males' protective eyes.

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

Morning walks are offered every Saturday, Sunday and Wednesday, 9:30 to 11 a.m. from the Visitor and Interpretive Center, 1 Father Junipero Serra

Trail, San Carlos. Walks beginning from the Kumeyaay Lake Campground Entry Station, 2 Father Junipero Serra Trail, San Carlos-Santee border, give 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. We meet by the flag poles.

**Wildlife Tracking** reveals the secret lives of lesser-seen park animals, bringing insight into their survival techniques and habits. Mission Trails Tracking Team members assist in identifying and interpreting tracks, scat, bedlays and habitats. Wear long pants for two hours of close-up observation dirt-time fun. 8:30 a.m., Saturday, Dec. 3 in front of the Visitor Center.

**Discovery Table:** MTRP Lizards enhances your knowledge of the various lizard species populating the park. Step up to our hands-on science table in the Visitor Center lobby Saturday, Dec. 10 between 10 a.m. to 1 p.m. Gain insight into reptile lifestyles, engage with Trail Guides, and try your skills at matching each lizard with its identity clues.

**Winter Birding** at Murray with MTRP Birding Guides Jean Raimond and Millie Basden explores the world of both resident and migratory water species, and land species that populate sage and chaparral. The Tri-colored Blackbird, found year round only in California, is on our possible sightings list. Binoculars and bird book are recommended. Join us Saturday, Dec. 17, 8–10 a.m. Meet on Lake Murray's north side, Murray Park Drive and Belle Glade Avenue, parking on dirt lot by ballfield, San Carlos.

**Star Party Marvels** is an evening of winter skies exploration. MTRP Resident Star Gazer

George Varga tells us with a moon rising at after-party hours, light pollution will be reduced, strengthening views of Andromeda Galaxy (M31) and companion M32. He'll also scope Pleiades (Seven Sisters), Double Cluster in Perseus and numerous open clusters across the sky. Rain/fog cancels. Join us between 5–8 p.m. Saturday, Dec. 17. Meet at the far end of the Kumeyaay Campground Day Use Parking Lot.

**Winter Solstice Hike** is an unparalleled visit to a Kumeyaay spiritual site to observe the phenomenon of rising sun rays visually split in half by distant Lyon's Peak boulders. Wear solid shoes, bundle up, and bring your flashlight for a memorable predawn MTRP Trail Guide-led walk up Cowles Mountain. Tuesday, Dec. 21 or Thursday, Dec. 22, 6–8 a.m. Meet at Cowles Mountain trail head (south of the comfort station), Golfcrest Drive and Navajo Road, San Carlos.

**La Mesa Walk 'n Talk** combines ambling scenic shores with your MTRP Trail Guide after a brief chat on the topic, "Winter Solstice and Holiday Plants." Learn about iconic California native holiday flora, and ancient Winter Solstice ceremonies practiced by the Kumeyaay Indians. 9–10:30 a.m. on Tuesday, Dec. 20. Meet at the boat docks, Lake Murray, 5540 Kiowa Drive, La Mesa.

Meanwhile, come out and enjoy the park!

—Audrey F. Baker is trail guide at Mission Trails Park. Reach her at aud1baker@gmail.com. Visit mtrp.org for information and 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. ■

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**PATRICK  
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**Patrick Henry High School News**

Elizabeth **Gillingham**

## Break Free Run

Very early on a Saturday morning in October, students in the community that make up Patrick Henry High School rose up to fight. And they were well prepared.

The Patrick Henry High School student community turned out in numbers be a part of the 2nd Annual Break Free 5k/10k Race to End Human Trafficking. The R.O.T.C. students raised the flag at 7:30 a.m. — then ran the race and even placed; the cheerleaders lined the start and finish lines to cheer on the runners; the dance team celebrated all with dance performances; while teachers offered water to runners along the course. Each group showed up to fight human trafficking with two of the best weapons they have — their time and their talents!

When a community shows up to fight for good, fight for

those that cannot, lives change. When you can reach down to pull others up, give when someone else can't, and you do it simply because you can, you create change. Students became aware, some for the first time, that human trafficking is something that is very much alive and present in their world.

Saturday, Oct. 8 gave each of them a chance to stand up and say, #ITSNOTOKAY. Break Free runs, together with 3 Strands Global (3StrandsGlobal.com/Sandiego), unite communities like Patrick Henry to take a stand in whatever way they can to fight to end human trafficking.

Special thanks to Henry teacher and adviser, Terri Clark, who was on hand.

"I was both honored and proud to participate alongside some pretty amazing kids," she said.



(l to r) Carrie Rea, Jim Achenbach, and Henry Vice Principal Bill Miller (Courtesy of PHHS)

## PHHS teacher recognized by SDUSD

Congratulations to Mr. James Achenbach who received a Certificate of Recognition from the Special Education District Department office for his outstanding work in the field of communication.

According to special education program manager Carrie Rea, Achenbach's recognition was for "thinking creatively to work across disciplines in support of the communication and educational needs of students."

His collaborative work with district occupational therapists, para educators and teachers was impressive and impactful in meeting his student's needs. Specifically, Achenbach's ability to work with the team to target students' learning of symbols, operation of their devices, and generation of messages through collaborative intervention put him in a special category for amazing speech therapists.

In his work with the students at Henry, he has developed scripts for students and staff to use so all could learn location of vocabulary and messages, as well as when to use them. This process is appreciated because it creates a meaningful and long-lasting approach to facilitate successful communicative interactions for his current students and for staff to use with future students. Bravo, Mr. Achenbach!

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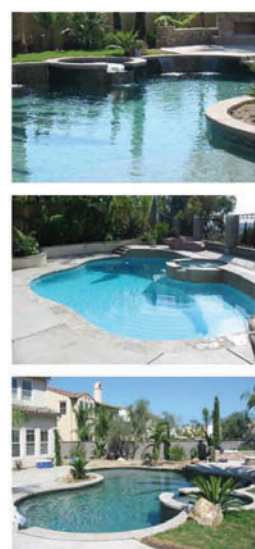
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Alumnus returns to Henry to give back

AVID (Advancement Via Individualized Determination) teacher extraordinaire Jodi Haff had a wonderful class surprise. A student who had graduated from Patrick Henry in 2006 came back to her classes to share his post-secondary experiences and how he discovered his career and business.

Abdullah Moalin was a student in Ms. Haff's AVID class and remembers fondly her gentle prodding and pushing to help him do well by taking some AP classes along the way. His life story includes going to Grossmont and SDSU and becoming a manager for Western Dental. He then created his own business to help patients who needed dialysis get reliable transportation to and from a hospital known as Aaria Transportation, LLC and MM Traffic School (for people who get tickets). After explaining in more detail about what he got out of having AVID as a support class, he donated \$1,000 to the program to show his gratitude and belief in the program.

AVID is a nationally-recognized program that helps students get ready for the rigors of college. The program's philosophy includes learning about scholarships and giving back opportunities to others (which often involves tutoring others in the class).

Abdi proved he learned his lessons and more by sharing his story and paying it forward to others through his generous gift. Nothing perpetuates great teaching than seeing the product of your work 10 years down the road. Thank you Abdi Moalin for being a proud Henry graduate!



Student of the Month Adrienne Banh (Courtesy of Patrick Henry High School)

Henry Student of the Month

Adrienne Banh is thoughtful, conscientious and one of the most caring students we have at Patrick Henry, according to Vice Principal Jennifer Pacofsky.

Banh was selected to be recognized at the monthly Kawanis breakfast as Henry's second named Student of the Month. She was selected because she is noted as being a great peer mediator who reaches out to students when she sees them struggling or hurting. When she sees or hears about a student having a difficult time, she talks with them and shares with an adult that may know the student to get them support or help get the problem solved. When there is a conflict around her she tries her best to problem solve it and find a resolution — not just in official mediations. She is very active with the Japanese Club, her temple, and club HOPE (Helping Other People Every Day).

Banh has been working hard this year at keeping the peer mediation program alive and has even taken on the task of teaching lessons to the underclassmen. Her role is more behind the scenes and taking care of what needs to be done that people don't usually see or notice her actions. She led students to write chalk encouragement notes on the sidewalk for Bullying Prevention Month, so that everyone could see a positive message when they walked around campus. We are proud to select Banh because she makes the atmosphere at Henry a warm and caring place!

PHHS Girl's Golf 2016

Patrick Henry Girl's Golf team had an incredible season. This year, the girls were led by co-captains, Alison Nguyen and Darla Christensen. One of the team's accomplishments was their outstanding record of 15 wins and one loss, which was a new record for the team.

Nguyen and Christensen, along with fellow varsity players Hilary Mast, Phoebe Nguyen, Madison Simmons, and Laura Peleaz participated in the City Conference on Oct. 10. Alison Nguyen, Chistensen and Mast advanced to match play the following day. Both Alison Ngyun and Christensen advanced to the final 16 players. On Oct. 14, Christensen — who advanced to the final eight — played at Rancho Bernardo Country Club.

The team's on-course accomplishments were astonishing, as many of the players were new to the game of golf. Yet the real success was meeting the team's true goal of personal growth. The team embraced the sport as it focused on respect, truthfulness and moral principles. They took these values to heart, and exhibited them on and off of the course. The team has learned to care about each other's successes, while being gracious with those that they played against. Being a cohesive team was of great importance to them.

Girls' Golf has been coached by Chad Miller for 11 years and he continues to show his devotion to them as he relentlessly supports and recruits for the team. He has been assisted by Russell Christensen for the past few years and has recently been joined by Patrick Henry High School NJROTC instructor, Ron Flaherty. The team would like to sincerely thank Matt Pennington, general manager at Mission Trails Golf Course, who provided a home golf course. He is joined by his staff, who throughout the years has welcomed the team. Jim McFarland has again shown his support by providing the team with uniforms.

This year, in memory of Ai Nguyen, My Loan Vu and Alison Nguyen have continued their generous contribution to the team. The team has also had other supporters: Pat Diaz (Riverwalk Golf Club), Russel Imamura (The Golf Mart), Pro Kids-The First T and Lisa Mast. These individuals have believed in the team and the team members, and without them, this spectacular season would not have been possible. Thank you all again!

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



MEMORIAL SERVICE at ST. Dunstan's 11AM 11/19

MARY GRACE "GRACIE" PONDER

Beloved mother and great friend to all she met; passed away Oct. 17, 2016.

Just shy of 93 years young, "Gracie" died peacefully in her sleep. She is survived by her two sons, Bill and Bay, their wives Krista and Barbara and her grandchildren. After serving in WW2, she earned a bachelor's degree and teaching credentials from Morehead State. She then moved from rural Kentucky to SD with husband and true love, William H. Ponder (deceased). They were married for 65 years.

Besides teaching at Foster Elementary from its inception and orchestrating the first Special Ed class in SD, Gracie was very active in real estate. She thirsted for knowledge especially the wisdom found in poetry. She will live on through us whose lives she touched. Gracie was an active member of St. Dunstan's Church and by her love, compassion and evangelism brought others to Christ. She lived life with a passion and drank deep from the cup.

8 Simple Safety Tips for Online Shopping

Online shopping has become so common with consumers that it's easy to develop bad habits when it comes to protecting your personal information. With the holidays, and holiday shopping fast approaching, now is a good time for consumers to remind themselves how they can stay safe while shopping online.

Whether making purchases on a mobile device or home computer, here are eight tips to keep your personal information protected this holiday season.

1. Use a familiar website. Rather than click on an ad, start at your favorite retail outlet's website.
2. Look for the icon of a green padlock in the URL address bar. It could also appear at the bottom of your browser. This signifies added security.
3. Never buy anything from a site that doesn't have secure sockets layer (SSL) encryption. You'll know if a website has it because it will start with 'HTTPS://' rather than just 'HTTP://'.
4. No online shopping site should ever ask for your social security number or birthdate to do business. Provide as little information as possible to online retailers.
5. Check your accounts regularly, especially during the holidays. Don't wait for your statement to identify fraudulent charges. If you see something wrong, call your bank or credit card company immediately. You may be protected against fraudulent charges.

6. Make sure your devices are up-to-date on their antivirus protection.
7. Be careful where you click. Avoid unknown pop-up ads or ads imbedded in unfamiliar websites.
8. Don't send your credit card information via email or post on social media, even in private messages.

Another way to keep your personal information protected is to make sure your devices are protected. There are several ways to maintain the most up-to-date protection on your computer or mobile device.

1. Lock your device with a password.
2. Be mindful of what you download.
3. Update when prompted.
4. Delete apps that are no longer being used from mobile devices.
5. Disable WiFi and Bluetooth when not in use.
6. Install security software, and update regularly.

Cox customers can stay one step ahead with Cox Security Suite Plus powered by McAfee, a free service included with Cox High Speed Internet. You can protect up to five Windows or Mac OS X computers, Android smartphones and tablets, and Apple iOS iPhones and iPads through each Cox account.

The Security Suite offers virus and spyware protection; vulnerability scanner; firewall; Spam protection; remote locate; lock and wipe feature for mobile devices; CaptureCam that allows mobile devices to email a photo of the person holding a lost device plus the device location; backup; WebAdvisor that verifies links within web browsers; and more!

For more information on online security and the Cox Security Suite Plus, visit [www.cox.com](http://www.cox.com) and search for 'online security' or visit a Cox Solutions Store in your neighborhood today.



Visit a customer service representative at the Cox Solutions Store in Hillcrest today at 1220 Cleveland Avenue, or call (619) 780-0800 for more information on Internet safety.



# Koblenz, Germany

Where the Rhine and Mosel converge

Global Gumshoe

Ron Stern



It would be hard to find a lovelier off-the-beaten-track city to visit in Germany than Koblenz. Ideally situated where the Mosel River flows into the Rhine, this city has a history dating back 2,000 years starting from when it was a Roman settlement. Today, it is a top tourist destination of stunning beauty with a rich history and culture and a thriving culinary scene.

A strip of land marks the confluence of both rivers at the popular Deutsches Eck or German Corner. Visitors can gaze upon the colossal bronze statue of Kaiser Wilhelm I on horseback, triumphantly towering 120 feet above the city and affording grand views from its pedestal.

Another sculpture, a 10-meter pillar located within a fountain in the center of the Görresplatz, depicts the history of Koblenz starting with the Romans at the bottom of the sculpture and moving up through the Crusades, the French Revolution, World War II, and up to present day.

The area along this part of the Middle Rhine region is buzzing with activity. Pedestrians or cyclists (you can bike all the way to Basel, Switzerland.) can explore miles of scenic beauty along the river's banks, but one of the best ways to see this area is to take a riverboat cruise. For as little as €9 (the Euro equals \$1.11 US dollar), you can cruise for around 90 minutes with grand views of the river, which has been designated a UNESCO World Heritage Site. For a little more, you can go further, stopping off at small towns along the way including picturesque Rüdesheim and Boppard.

But that is just for starters.



(above) The picturesque town of Boppard, Germany, is just a short cruise from Koblenz; (left) The Schloss Stolzenfels castle (Photos by Ron Stern)

Along your route, you will see lush terraced vineyards, cruise ships moving back and forth, and some of the 40 or so historic hilltop castles. These include Schloss Stolzenfels, also known as the Neuschwanstein Castle of the Rhine; Martinsburg; and Marksburg, the latter of which is perched majestically above the town of Braubach in Rhineland-Palatinate.

Not to be missed would be the cable car ride to the Ehrenbreitstein Fortress that overlooks the town (€11.80 for the cable car ride and castle visit). The cars float silently over the Rhine and are one of the largest in Germany in terms of capacity, able to transport 7,600 people per day. The fortress, the second

largest in the world, was constructed by the Prussians as part of the area's fortification system between 1817-28. At the top, you can stroll through the passageways, enjoy cultural exhibitions, and have a meal at their Casino restaurant. A local beer called Festungs Bräu is also brewed just for the fortress, and you can enjoy this with a bird's-eye view of Koblenz.

There are a number of other interesting attractions in and around the city. At Kauf-und Tanzhaus (Old Merchants and Dance House), the exterior clock has the face of the Eye Roller, which commemorates the robber baron Johann von Kobern. At certain times of the hour, he also sticks out a red tongue.

Located in the Forum Confluentes building in the city center is the Romanticum. More than a typical museum, this is an interactive, highly imaginative educational center for the entire

Middle Rhine region. You'll find books that speak to you as you pull them off of the shelf, an old-fashioned silhouette theater, a touchscreen that lets you explore a map of the Rhine, and nearly 70 other exhibits.

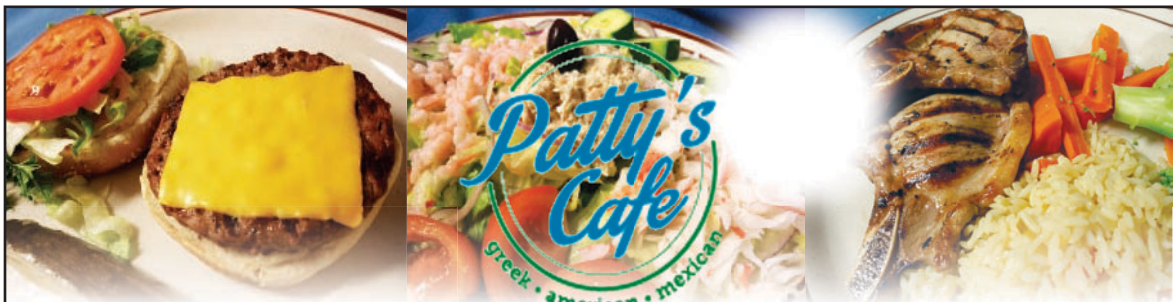
What's even more unique about the Romanticum is that upon entering (€6 for adults, €1 for children up to 12 years of age), you are issued a pass about the size of a credit card. Hold this up to any of the appropriate logos on the displays and the QR code on the card will capture all of the information and store it for your future retrieval on a computer or smartphone. Ingenious? Indeed it is, and you won't find another museum quite like it. Furthermore, this cultural building also houses a library, art museum and tourist information center.

Koblenz has a wide range of shopping opportunities. This includes the modern looking Forum-Mittelrhein with around 80 retail shops and restaurants, and another 130 independent retail establishments or so along Löhrrstraße in and around the downtown area.

Gastronomically speaking, Koblenz is a culinary gold mine. Here, you can find pubs, ice cream and konditorei (pastry shops). In one area, you almost have a side-by-side selection of Indian, Mexican, Italian and Chinese restaurants.

At Baumann Konditorei/Confiserie (confectionery)/Café, you have 200 years of a family-run pastry and confection business. The truffles are made by hand, and this is a great place to relax and have a slice of cake and coffee.

Koblenz is the only city in Germany where you can enjoy



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# Burgundy is the hot color for fall gardens

Gary Jones

The color burgundy seems like it is everywhere when it comes to fall clothing this year. Similar to a trendy fashion design, plant lovers these days have been far ahead of fashion houses in incorporating this color trend.

For several years now, plant breeders have been showing off wine-colored plants that have gardeners drooling. But it is not necessarily the blossoms that are burgundy. In fact, more likely it is the foliage. Descriptions may range from burgundy and merlot to garnet and oxblood. The color is a deep red of varying shades. And no matter what you call it, this deep, saturated color is very much in keeping with the cooler seasons of fall and winter.

Consider the following rich merlot- and garnet-toned plants for your fall garden:

## • Heuchera

Coral bells now come in an amazing array of colors and most are the jewel tones of autumn. Heuchera Frost has silvery leaves with dark burgundy veins. Chocolate Ruffles have leaves that are rich chocolate on top and deep burgundy on the bottom. The extreme ruffling exposes both fall colors at once. On leaves with a rusty merlot, Cherry Cola forms small plants that are perfect for the front of beds and pots.

Naturally, Autumn Leaves are



(l to r) Osteospermum, Crimson Butterfly Guara and Cherry Cola Heuchera (Courtesy of Armstrong Garden Centers)

perfect for autumn. The beautifully rounded leaves are bold red in spring, taupe in summer and ruby red in the fall. Fire Alarm is another heuchera with four distinct seasons of color. This one happens to be bright red in spring, brown red in summer and then turns oxblood in the fall. Fire Chief is a glowing wine-red all year-long. Like rich red leather, Mahogany is a purple overlaid with a silver sheen, turning to garnet in the fall and winter seasons.

It is difficult to leave the excitement of coral bells without mentioning an amazing assortment of other fall

colors—obsidian, copper, orange, cinnamon-peach, gold, silver with striking black veins, gold with red centers and red veining as well as dark purple. Clearly, coral bells are one of the season's great plants.

## • Loropetalum

It is possible to find varieties of this Chinese fringe-flower with purple, almost black, foliage as well as bronzy green. However, the ones in the burgundy-merlot range are Burgundy Blast, Ruby with its very dark burgundy leaves and Ever Red. All three of them form 6-foot shrubs, but can easily be kept smaller, if desired.

These gallon-sized plants make great anchors for fall container gardens.

## • Gaura

This is a favorite water-wise plant and the variety known as Crimson Butterflies has hot pink flowers that seem to float above beautiful wine-colored leaves.

## • Osteospermum

African daisies have been used as common decorative freeway plants because they are tough and can withstand heat. The updated versions are exponentially improved in color and appearance. Look for Burgundy

and Serenity Red, the new, mounding varieties. These will bloom throughout the fall season.

## • Rex Begonia

Rex begonias used to be difficult to find. Due to the craze for unusual and colorful foliage plants, they are now commonly available during all but the coldest months. They thrive best when planted in containers. Although there are other colors in their leaves, Painter's Palette and Ruby Slippers are predominately rich, saturated wine-red.

## • Viola

The Sorbet series of viola is certainly one of the very best cool-season flowers. Sorbets bloom non-stop from early fall until June. And the color range is truly amazing. For comparisons sake, think how tough it is to pick your favorite flavor at Menchie's or Yogurtland. Try choosing from the 42 different types of Sorbet violas with names like Banana Cream and Coconut Swirl. If you are looking for burgundy, there is only one choice: the gorgeous Carmine Rose.

How have you incorporated burgundy into your fall garden? Share a photo or two of your best autumn display with us.

—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@armstronggarden.com](mailto:growingdialogue@armstronggarden.com). ■

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► **Humanity**, from page 2

HFH new home. Everything that goes into a home the organization is building is brand new. Funding from the ReStore helps purchase product and pay administrative and other costs.

The ReStore grossed \$1.4 million in sales last year — 43 percent of all funds raised for HFH. Stockman said San Diego's goal is to be able to fund themselves self-sufficiently, so all of the donations can go directly into the homes being built or repaired. With that in mind, HFH is looking to open five to six new ReStore locations in the next seven years.

Although HFH has a specific mission and does not have the resources to help every person who walks through their doors, they don't send anyone away empty handed. The organization has a myriad of connections to assist those in need. Last year, HFH connected 300 people with counseling and other supportive services of partner organizations.

"We make sure they get a warm handshake with someone who can help," Stockman said.



Pastor Nieto stands in front of his Habitat home in Escondido that was built in the summer of 2014 during Habitat For Humanity's Home Builders Blitz. (Courtesy of Habitat For Humanity)

HFH is continually seeking ReStore donations, monetary donations, and volunteers. Learn more or get involved by calling 619-516-5267 or visiting [sdhfh.org](http://sdhfh.org). ReStore

is located at 10222 San Diego Mission Road in the Grantville and is open Tuesday through Saturday 9 a.m. to 6 p.m. and on Sunday from 10 a.m. to 4 p.m.

—Freelance writer Joyell Nevins can be reached at [joyell@gmail.com](mailto:joyell@gmail.com). You can also follow her blog *Small World, Big God* at [swblog.wordpress.com](http://swblog.wordpress.com). ■

► **Adobe Falls**, from page 1

are being followed.

If there is a site where photos can be published, you can be certain you'll find untold numbers of photos of the wild and colorful graffiti painted on the rocks of lower Falls.

Frost's grad students have talked with many foreign students at SDSU, and discovered that a lot of them actually decided to come to SDSU so they could go to the Falls.

Most of them have accessed the Falls through the tunnel under Interstate 8 from a parking lot at the university. A smaller number have in the past gotten to the Falls from the area along Mill Peak Road running along the north rim of Alvarado Canyon.

None of those routes are legal — they all involve trespassing, either on SDSU property, or the yards and fences of homes along Mill Peak.

SDSU has built a 200-foot fence at the Mill Peak entrance, but that won't really stop the determined ones from getting to the Falls.

Frost has a proposal that would radically alter the conversations about the Falls — actually, two proposals.

"First, the university has to take ownership of the problem," he said.

"There are things that could be done that would actually benefit the school, by allowing access through the tunnel, and charging parking fees in the university lots when they're not jammed with student cars. The parking fees go to the student government, and it'd be a big boost for them. The school would have to reach some agreement with Caltrans about the under-freeway tunnel, which is primarily for drainage during the wet season."

Frost points out something else that other professors helped him find out.

"Due to the drainage over the years, and the amount of topsoil that comes along with storm drainage, the area around Lower Falls has become something of a delta, with deposits of incredibly rich soil that would work well as an urban farming laboratory. It's always greener down there than it is in other areas of the canyon, and that's why."

Spokespeople at SDSU and Caltrans say they're continually working on a solution to the Adobe Falls problem, but have no idea when — or even if — they will find one.

Frost thinks his alternative should be in the mix somehow, and says there are other faculty members agreeing with him.

Will it happen? Who knows?

But while we're waiting for someone to decide, go to your favorite search engine and enter "Adobe Falls."

The colorful pictures alone are worth the look, but I don't suggest taking the hike that all the hiking and trail sites suggest you take.

For now, at least, you'd be trespassing.

And that's illegal.

—Doug Curlee is Editor at Large. Reach him at [doug@sdenn.com](mailto:doug@sdenn.com). ■

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► **Germany**, from page 16

wines from both the Rhine and Mosel regions. There are some 16 family-owned wineries here, some more than 100 years old.

One of the best ways to learn about wine is directly from the grower. At Weingut Karl Lunnebach, you can do just that. Located an easy cab ride from the main part of town, this family-owned winery is situated on the Mosel River. With advanced small-group reservations you can partake in wine tasting as well as authentic regional foods prepared by the vintner's family.

Typically, a three-course meal might feature dishes such as roast port, au gratin potatoes, spaetzle, chicken in riesling cream, and dessert for a price of around €20-25. Or, for €50, you can include wine tasting. You can also purchase a nice bottle of wine for as little as €6.

As you stroll around town, try the cappuccino at K3, located inside the Forum Confluentes. For ice cream, locals visit E Gelosia for some of the best in Germany. You'll be able to tell how popular this place is with lines stretching as far as 200 feet past the cathedral on weekends.

If you end up taking the Rhine cruise, then disembark at the small village of Boppard. There, you will want to make your way to the Konditorei Café Hahn. Another small family business, this is operated by the 80-year-old man, his wife and daughter. The father has been making mouth-watering cakes for 50 years.

Once you arrive back in Koblenz, if you are still hungry



Beers at the Festungsbrau fortress in Koblenz (Photo by Ron Stern)

for lunch or dinner, try Wacht am Rhein right on the water-front. The inside looks like the owner's house with everything from cupboards, couches, trinkets, and whatever else he felt he couldn't live without. But for the best experience, sit outside and enjoy Italian or traditional German cuisine such as sauerbraten in a sour sauce with red cabbage.

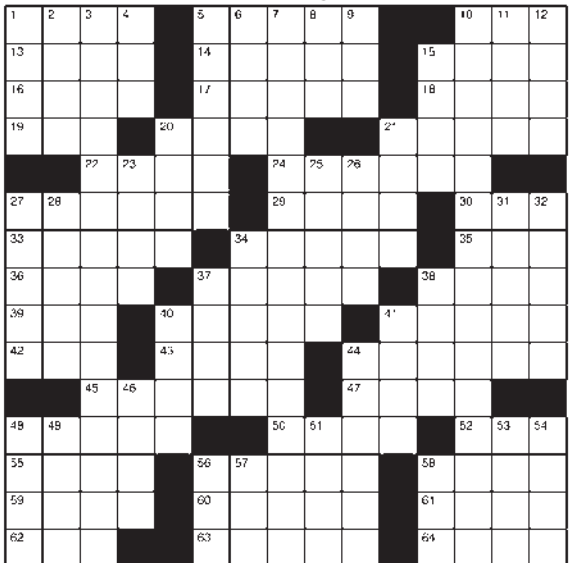
Koblenz is a city to which many people might just give a cursory look while passing through on a river cruise. But, there is much more here that blends the old with the new and that begs for some serious time exploring its rich treasures. However long your visit, however, Koblenz is sure to leave a lasting impression.

Resources  
Historic Highlights of Germany

—Contact Ron Stern at [travelwriter01@comcast.net](mailto:travelwriter01@comcast.net) or visit his blog at [originalglobalgumshoe.blogspot.com](http://originalglobalgumshoe.blogspot.com). This was a sponsored visit, but all opinions are solely the author's. ■

## PUZZLES | ANSWERS ON PAGE 20

### CROSSWORD Sporting Chance



CREATORS NEWS SERVICE By Charles Preston

#### ACROSS

- 1 Bowl or tub
- 5 Schoolroom equipment
- 10 Fasten
- 13 Mountain Indian
- 14 Years
- 15 Sicilian landmark
- 16 Pack
- 17 Was prominent
- 18 Spanish province
- 19 For each
- 20 Go away!
- 21 Degrade
- 22 Battle of Lake
- 24 Of a social division
- 27 Corrupts
- 29 Swiss river
- 30 Proverb
- 33 Plays golf
- 34 the Ball Is Over
- 35 Ivy Leaguer
- 36 Lily family plant
- 37 Given the gate
- 38 rain
- 39 School at Nashville
- 40 Waters down
- 41 Chap
- 42 Illinois Indian
- 43 Tops

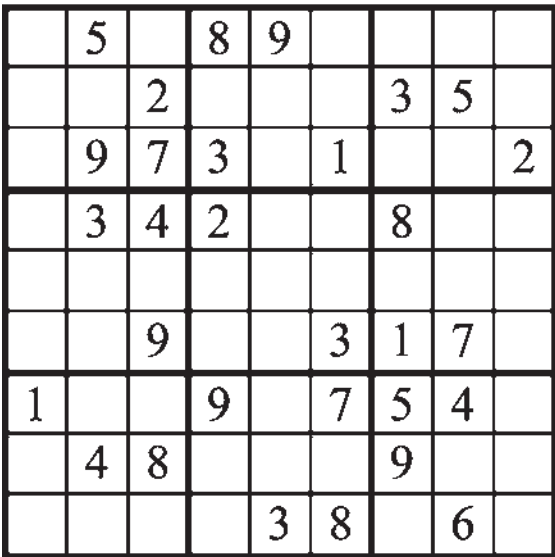
- 44 Lodge lover
- 45 Shakespearean play
- 47 Oklahoma city
- 48 The Red of Courage
- 50 Rapid rodent
- 52 Ferry tract
- 55 Band instrument
- 56 Military unit
- 58 Golden circle
- 59 Tidings
- 60 Had origin
- 61 European capital
- 62 Residence room
- 63 American naval hero
- 64 Campus bigwig

#### DOWN

- 1 Small bundle
- 2 Type of room
- 3 Play football
- 4 Stammer
- 5 Track meet events
- 6 Repeat
- 7 Play basketball
- 8 Understanding
- 9 Compass pt.
- 10 Play baseball
- 11 Biblical oldster
- 12 Lose force
- 15 Exile island

## SUDOKU

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



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**November birthstone – Topaz or Citrine**  
Topaz occurs in a range of different colors from deep golden yellow to sherry pink "Imperial Topaz" and blue. Topaz has been known for at least 2000 years and is one of the gemstones which form the foundations of the twelve gates to the Holy City of the New Jerusalem. Citrine is beautiful yellow quartz named after the French word "citron" meaning lemon. It is hard and durable with bright color and lively sparkle. It varies from pale yellow to rich golden yellow to a dark orange, called Madera citrine.

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

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

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

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

**Blessed Sacrament Church** 4540 El Cerrito Dr, San Diego, CA 92115  
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**All Peoples Church** 4345 54th St, San Diego, CA 92115 Sun: 9am and 11am (619) 286-3251 Robert Herber

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

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Dr. Cuong Nguyen

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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  
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**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



John Kernoski (left) celebrates his 100th birthday with his daughter Grace. (Courtesy of College Avenue Center)

## A minor league legend turns 100

SDCNN STAFF

On Nov. 9, around 50 friends and family gathered at the College Avenue Center for a surprise 100th birthday party for John Kernoski.

The lunchtime celebration had guests enjoying cake, signing a giant birthday card and singing “Happy Birthday,” as well as a fitting rendition of “Take Me Out to the Ball Game.”

Kernoski is a former Yankees Triple-A team player and is the only man still living to have pitched to Lou Gehrig. As a pitcher in the minor leagues, he

once played an exhibition game against the Cardinals where he pitched five innings with a strike-out in each.

“Everybody said that was pretty good for a kid,” he said. He was around 18 years old at the time.

His years in baseball has earned him a Major League Baseball Gold Card, which means Kernoski can attend any baseball game in the country — anywhere, anytime.

And he still has the ability to do so, as his daughter Grace pointed out that he recently got his driver’s license renewed for another five years.

“Guess I’ll just have to live that much longer,” Kernoski joked.■

## News and notes from your County Supervisor

Dianne's Corner

Dianne Jacob

**Taking flight:** I recently joined East County business leaders for a special groundbreaking next to Gillespie Field.

We formally kicked off the first stage of construction for the Cajon Air Center, a planned, 70- acre hub of new hangers and other aviation-related businesses. The massive project is expected to create 1,200 jobs during construction and 440 permanent positions after that.

That’s a huge plus for our East County economy — jobs, jobs, jobs!

Major road improvements near Gillespie are also in the works. The Board of Supervisors last year jump-started funding to improve the Bradley Avenue and state Route 67 interchange.

Construction will be overseen by the state and could start as soon as next year.

**Grand openings:** Ribbon-cutting ceremonies are one of the best parts of my job. It’s great to see so many wonderful projects

opening across our community.

I recently helped cut the ribbon at ceremonies marking the completion of a new track at Oak Grove Middle School in Jamul, an athletic field at STEAM Academy in Spring Valley and new memory care units at Noah Homes in Rancho San Diego, the first of their kind in the state. The county helped fund each project.

**Tapped out:** Help is now available through the county for property owners with dry wells due to drought.

Those who qualify can receive low-interest loans to replace individual water well systems and install temporary water tanks. The assistance is not for landscaping or agricultural needs.

For more information, email the County Office of Emergency Services at readysd@sdcounty.ca.gov or call 858-565-3490.

For more District 2 news, go todiannejacob.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 Jacobs is San Diego County Supervisor for District 2.■

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8	1	2	6	7	4	3	5	9
4	9	7	3	5	1	6	8	2
7	3	4	2	1	6	8	9	5
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WASH	DESKS	SEW
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NEWS	AROSC	OSLO
DEN	DEWEY	DEAN



► **Veteran**, from page 1

Division in support of the Trident Division's attack toward Plzen, Czechoslovakia," Henderson said. "Private First Class Chase's exemplary performance of duty in active ground combat was in keeping with the finest traditions of military service and reflects great credit upon himself, his unit and the Army of the United States."

The Bronze Star Medal is the fourth-highest individual military award and is given for "acts of heroism, acts of merit, or meritorious service in a combat zone," according to the Army's website.

Chase has waited more than 70 years for his.

"Generals got mixed up or something," he said of his long-overdue recognition.

Chase said that he, with the help of family and friends, initiated the process of getting his Bronze Star after he read in a newspaper about another WWII veteran receiving one for similar service. So he contacted Rep. Susan Davis' office and that got the ball rolling for him to get the medal.

Davis said helping recognize service members is not a job duty to her, but rather an honor.

"I was born in 1944 and I often feel when I meet WWII veterans that it was their fight that helped my dad, who was serving in Europe as well, to come home," Davis told the crowd at the Nov. 12 ceremony. "So it is very meaningful to me."

Before the ceremony began, Chase shared a bit of his history in the Army. He was drafted



(clockwise from above) Richard Chase's Bronze Star has his name engraved on the back; black and white photos of Chase during his Army service during WWII were on display at the Allied Gardens ceremony; an Army color guard was present to help celebrate Chase's service. (Photos by Jeff Clemetson)

into the Army when he was 18 after passing all the physical and mental evaluations given by the Selective Service.

"We got a little card, come to the Pickwick Hotel, get on a Greyhound bus and we were going to Camp Levitz and start your basic training," he said. "For somebody who milked cows all his life, when he went in the Army, it was a big change. They start to give you all the orders and learn to follow commands — it was a big change."

In Europe he served in Belgium, Holland, Germany and in Czechoslovakia, and he fought in the Battle of the Bulge.

"It wasn't Sunday every day. We were busy," he said of the fierce battle. "I had a job to do and that's what I did. Uncle Sam says do this, you do that. You follow the orders."

Humble words. Davis offered a more descriptive praise of Chase's service.

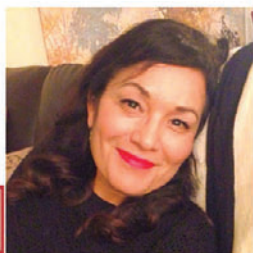
"Your great-great-grandfather 'Papa,' as a young man, walked, ran, crept, crawled, fought and served our nation with distinction on that exact, cold snow covered ground," she said. "He truly is part of the fiber of this brave chapter of our nation's history."

—Reach Jeff Clemetson at [jeff@sdenn.com](mailto:jeff@sdenn.com).



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# A Christmas alternative

Joyell Nevins

The holiday season is upon us. A time for materialism and superfluous shopping, a time for packages overflowing and debilitating cases of the “gimme’s”... but what if there was an alternative? Many churches in the area are offering ways to give and groups to support without partaking in the mall mania.

## Alternative fairs

La Mesa United Methodist Church is one of the churches hosting an “Alternative Christmas Market,” helping several local nonprofits and international organizations.

“Rather than buying a gift card for a restaurant, you can do something that has a long-lasting impact,” Ann Buffington said of the market. Buffington is one of several volunteers that are helping to coordinate the festive event.

The market will feature several booths with agencies ranging from Mama’s Kitchen, which delivers three meals a day at no charge to local men, women and children living with AIDS or cancer (they’ve delivered 8 million meals since their formation in 1990), to the Heifer Project, which provides livestock to families for food and sustainable income. You can buy “gifts” to support the projects in honor of yourself or others.



In addition to being able to purchase charitable gifts, traditional trinkets like jewelry will be on sale at the Alternative Christmas Fair. (Courtesy of La Mesa First United Methodist Church)

“We’re supporting nonprofits that do the grunt work,” Buffington said.

The market also supports the church’s own ministries like their part in the local Interfaith Shelter Network, where they open up the building to the homeless and offer food, showers and clothing, or the international Guatemala Project.

The church sends a regular group to Guatemala to help build stoves in people’s homes for heating and cooking purposes. They bring back items the women have woven to sell at the market. That money goes back to the people of Guatemala.

The Alternative Christmas Market is from 9 a.m. to 12:30 p.m.

on Sunday, Dec. 4 in the church’s social hall. La Mesa United Methodist Church is located at 4690 Palm Ave.

First United Methodist Church of San Diego at 2111 Camino Del Rio South hosts an “Alternative Christmas Gift Fair” as well. Theirs is open during Sunday services on Sunday Dec. 4 and Dec. 11 – 9 a.m., 10:30 a.m. and noon.

First United Methodist also supports both local and international ministries. They have gift options from one dollar, which could buy a notebook for a San Diego inmate through the Kairos Prison Ministries, to \$150, which would provide a well and safe water for a family in southeast Asia through



Volunteers at Mama’s Kitchen; Mama’s Kitchen is one of the non-profit charities participating in the Alternative Christmas Fair. (Courtesy Mama’s Kitchen)

Americans Helping Asian Children.

The gift fair also funds ministries that work with Haitian refugees, local elementary children, ex-offenders, AIDS patients, and women escaping violent relationships. It contributes to the salaries of Methodist missionaries in Tanzania, Palestine, Cambodia, and the Tijuana borderlands. Overall, the fair offers options for 10 local groups and seven different international ministries.

If you can’t make it on a Sunday morning, visit online. The church will offer an online store for the alternative fair that opens Nov. 28 at [fumcsd.org/ChristmasGifts](http://fumcsd.org/ChristmasGifts).

## The Giving Tree

If you still want the shopping hustle and bustle experience while giving back, you can purchase a child’s gift for The Giving Tree at Mission Trails Church.

The church will be collecting Christmas gifts for families in need at Foster Elementary School at Allied Gardens, which lists more than 50 percent of its student population as “socioeconomically disadvantaged.”

The tree will also support families at the special education

school Springall Academy in San Carlos. The academy states it serves K-12 students facing an array of challenges, including learning disabilities, emotional and behavioral disorders and autism, and specializes in serving those with multiple disabilities.

“The families are terrific – they just face some challenges larger than the average family with school-aged kids,” Pastor Kyle Walters said. “So since 2010, we’ve made it a commitment to do what we can to help the faculty, students and families flourish.”

The church event hopes to get gifts such as clothes for elementary school kids, as well as sports toys such as jump ropes, Frisbees, soccer balls, basketballs and footballs. Gifts can be dropped off on Sundays Dec. 4 and 11, and will be delivered to families on Thursday, Dec. 18. The church is located at 4880 Zion Ave. For more information, call 619-582-2033.

—Freelance writer Joyell Nevins can be reached at [joyellc@gmail.com](mailto:joyellc@gmail.com). You can also follow her blog *Small World, Big God* at [sublog.wordpress.com](http://sublog.wordpress.com).

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# Shabbat San Diego’s mega challah bake draws people of all faiths

Sara Appel-Lennon

On Thursday Nov. 10, three San Diego synagogues served as venues where more than 3,000 people convened to prepare challahs to bake at home and savor during Sabbath the following night.

At Tifereth Israel Synagogue (TI) in San Carlos, 560 men, women and children participated. Since TI’s Silverman Preschool caters to children of all faiths, many of the families who joined in the challah-making fun were not Jewish.

“For some of those people, we may be the first, the only Jewish experience they ever have. We want their Jewish experience to be a positive one,” said TI program director, Beth Klareich.

“I think actually it’s really fun. I had heard a lot about it. This is my first time doing it,” said Marisa Nowicki, age 12.

“This is so darn much fun. I know how to make challah but I wouldn’t miss this for anything,” said 81-year-old Sue Braun.

“It’s fun. We like to eat it so I thought we should come and learn how to make it,” said Candace Ginn.

Other venues hosting the challah bake included the Beth Jacob Synagogue in the College Area where 300 women and girls participated and the San Diego Jewish Academy in North County, where 2,000 people prepared challah. Participants mixed the ingredients, kneaded the dough, and formed them into strands to braid.

The program was underwritten by the Mizel Family Foundation. The cost was \$5 per person or \$18 per family.

“[There is] no requirement of observance or knowledge to make the challah,” said Mizel Family Foundation cofounder, Selwyn Isakow. “What’s amazing to me is the level of spirituality and enthusiasm created just by people coming together to perform a tradition.

“This is a time when everybody comes together. [Shabbat San Diego] is for everybody who has an interest in Judaism.”

Shabbat refers to the Jewish Sabbath from sundown Friday to Saturday night. It is a sacred day of rest to unplug from cell phones, social media and work to reconnect with relationships.

Challah is a traditional Jewish braided bread for Shabbat and special occasions. It is made from sugar, salt, water, eggs, dry yeast, oil and flour.

“Shabbat Can Do That” was this year’s theme, to encourage all Jewish people to celebrate the Sabbath by participating in Jewish community events — challah-making, Sabbath meals, prayer services and a concert.

Isakow mentioned that when Rabbi Warren Goldstein started the Shabbat program in South Africa three years ago, it drew 50,000 members of the Jewish population of 75,000.

One year later, after relocating to San Diego from South Africa, Isakow and event cofounder, Robyn Lichter introduced the idea of a community Sabbath celebration. In eight weeks, they met and created the first Shabbat San Diego, drawing 10,000 people — one of the



Barbara Jacobs (left) and Sue Braun at the Tifereth Israel challah bake. (Photo by Sara Appel-Lennon)

world’s largest events.

That same year, 350 cities joined. San Diego staff sponsored the city of Baltimore. Their attendance was 250 in 2014, but skyrocketed to 25,000 in 2015, even surpassing San Diego’s attendance of 15,000.

The Shabbat Project is celebrated in 1,150 cities and more

than 90 countries, including Pakistan and Tanzania, in ten languages.

—Sara Appel-Lennon is a creative writing instructor, children’s author and a former professional clown. Her website is [sara-appel-lennon.vpweb](http://sara-appel-lennon.vpweb).

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Fourth of July concerts like this one from 2010 may soon return to Lake Murray (Photo by Brett Alan, brettalanphotography.com)

► **Fireworks**, from page 1

"It's just great that all these families have an interest in bringing the fireworks back," he said. As they proceed, it's worth remembering that much of this will be in remembrance of well-known and much-beloved community activist John Pilch, who passed away last May.

There is now a clearly defined path for them to follow, and it begins with Cindy Kodama, head of the city's Special Events office.

"There's a lot to it, but it can be done if everybody follows the steps outlined by CEQA, the California Environmental Quality Act," Kodama said. "There are a lot of agencies and departments involved, and they'll all need to sign off on the application in order for this to happen."

"Ideally, we'd like to have everything done and in our hands at least 60 days before the event. There's a 12-page application that has to be done, and an environmental assessment completed. There'll need to be a production meeting with all the relevant agencies involved."

There are a lot of relevant agencies. The list seems daunting, but they all need to sign off: Parks and Recreation, Water, Storm Water, police from both San Diego and La Mesa, San Diego and La Mesa fire departments, the Regional Water Quality Control Board, and any and all private contractors that



(above) Permits to hold fireworks displays over the Lake Murray reservoir are the biggest obstacle for bringing back the annual event (Photo by Don Brennen); The Lake Murray music and fireworks festival was one of the most popular Independence Day events in San Diego. (Photo by Brett Alan, brettalanphotography.com)

may be involved in the fireworks and cleanup.

There will be fees involved for all the various reports and paperwork, but they are not terribly expensive — just numerous.

Dalkamp says the committee plans to go to area businesses and merchants for support for the efforts, selling sponsorships.

"We've already heard from a number of local businesses, saying they'd like to be involved," she said. "We may also try to become a 501(c)(3) nonprofit group, and we're looking at a GoFundMe effort as well. We think there'll be a lot of support as we get closer to the date. We hope to raise \$60-\$75,000 to make the fireworks return a big success."

Dalkamp said they are already off to a good start with a \$15,000 pledge from Stromberg Orthodontics who has come forward as a potential title sponsor, as long as the permits get passed.

The committee wants to make the reborn festival even bigger and better than it was before it went away. That'll take some doing, but they seem up to the task.

For more information on how to get involved in the effort to bring back the Lake Murray fireworks and music festival, or to make a donation, contact Tracy Dalkamp at tracydalkamp@gmail.com.

—Doug Curlee is Editor at Large. Reach him at doug@sdenn.com.■

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# A closer look at our amazing library staff

Kathryn Johnson

Many of our patrons may have noticed a few new faces behind the desk and assisting with programs. We are very fortunate to have some additional staff on board and look forward to introducing them in the next issue. For this issue, however, we thought we would formally introduce some of our long time staff.

Cheryl [last name withheld] has been a clerk with San Diego Public Library for 12 years and has been at the Allied Gardens/Benjamin library for seven of those years. She loves serving our

tight-knit community of library users, especially our littlest patrons. Some of her interests outside of the library include playing piano, attending concerts, watching British television (especially "Doctor Who" and "Sherlock"), drinking tea, overseeing the video prompt ministry at her church, hiking and riding roller coasters. One of her most memorable experiences while working at the library was when she used her CPR/AED skills to aid in the saving of a life of a patron.

Brendan [last name withheld] is a library aide who began his career at the Allied Gardens/Benjamin library over 10 years ago. Prior to this, he worked at an academic library. Brendan enjoys his time with his co-workers as well as working at other branches. He enjoys reading (perfect for working in a library!) and drawing cartoons for library staff. When asked about some of his more interesting library experiences, Brendan spoke of the time a librarian found over \$900 in a donated book; the occasion when a young person informed him that he lost his praying mantis in the library; and the unusual book-marks he has come across such as family photos, a \$100 bill and dental floss.

René Gehr is one of the newer staff at our library and has been with the San Diego Public Library for three years as a library assistant. She, along with fellow city employee, Eric Rife were the recipients of Mayor Faulconer's

2015 San Diego Works Program Award for their idea for the San Diego Public Library, Fine Free Discount Month. She likes to read non-fiction, especially books about art. Many people don't know that Gehr is a professor of art history for San Diego Community College. She thinks the best thing about the Benjamin Branch is the avid readers of all ages. She loves getting good recommendations



René Gehr (left) and Cheryl (Courtesy of Allied Gardens Branch Library)

for her monthly book displays so come visit her with your book recommendations.

Happenings at the library The Allied Gardens/Benjamin Library has a plethora of great programs coming up in the next few months. In December, we will be offering our typical array of adult programs including both Hatha Yoga for adults and Friday Fitness Fun. We also have some fun events lined up for our younger patrons.

One such event will be the Gift Tree starting on Friday, Dec. 1. Since everyone loves receiving gifts and we all appreciate the magic of picture books, we decided to combine the two. Our gift tree will have wrapped library books for young children to check out and open at home. Children will enjoy the surprise of a book they may not have read before or revisit an old favorite. Another event in December will be the Create Your Own Ornament Contest where youth ages 0-17 can design and create their own ornaments to hang on our library trees, the most creative submissions will win prizes.

We have lots of fun programs and events lined up for the New Year so stay tuned to our column. In the meantime, see you at the library.

—Kathryn Johnson is managing librarian of the Allied Gardens/Benjamin Branch library. Reach her at JohnsonKA.gov.■

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San Carlos Friends of the Library annual meeting

Local author Toni Noel was the keynote speaker at the annual San Carlos Friends of the Library general membership meeting. Noel took us down memory lane describing both the early landscape (remember the Walker Scott building?) and the movers-and-makers of San Carlos. As a member of what later became the Navajo Community Planners, Noel was designated to assist city leaders in locating a site suitable for the San Carlos Branch Library; the rest is history. Building committee chair Judy Williams also updated us on the status of the new branch library. The meeting's agenda included the election of the 2017 SCFOL Board of Directors and the introduction of the 2016 SCFOL Life-members Christopher Hotz, David Kotnik, Catherine Orth, and Dr. Ronald and Mickey Zeichick. Their names were added to the honor wall in the Winer Family Community Room & Art Gallery. SCFOL Board Members elected for 2017 were Joan Hayes (president), Evie McGhee (secretary), Jerry Hotz (treasurer), and Members at Large: Ruth



San Carlos Friends of the Library president Joan Hayes (Courtesy of San Carlos Friends of the Library)

Coleman, Bobbi Dennis, Sue Hotz, Roberta Irwin, and Ron McFee. Congratulations to all. SCFOL is looking forward to an active 2017, bringing you the best used book sales which underwrite our branch's programs, equipment, and materials funds. Numbers count. Check out a book or two, attend the programs and join SCFOL. Memberships start at \$5 for seniors and \$20 for families. **Thank you** Becky Green wishes to thank all who brought their photos and memorabilia to the four "San

Carlos Gone By" picture parties. She will be working hard putting it all together at sancarlosgoneby.com, and creating a display to be viewed at the San Carlos Branch Library. If you missed the picture parties or have more to share, Green can be contacted at 619-251-3447 or becky.green1202@gmail.com.

We thank all of the friends of the San Carlos Branch Library who attended the October Souplantation fundraiser.

USS Midway

Nov. 18, 1-3 p.m., Rob Boyd, an "Operation Frequent Wind" participant, tells the story of the role the USS Midway played in giving sanctuary to 3,000 South Vietnamese refugees during the fall of Saigon. This story gives insight to one of the many humanitarian missions performed by our Armed Forces.

Essay Contest

The 20th annual Writing for Literacy, Essay Contest deadline is approaching. Essays must be turned in at the Library before Dec. 16 at 3 p.m. This city-wide contest originated at the San Carlos Branch Library — a dream of SCFOL past-president Jack Winer. Winer's sons annually donate \$500 toward the contest's Grand Prize in memory of their parents. The contest is open to all fourth, eighth, and 10th grade students in the city of San Diego. Applications can be found at bit.ly/2fJchoX or ask your teacher. Four city-wide winners at each grade level will win monetary awards and a laptop computer.

Art Shows

The beautiful mixed media paintings of local artist, Mary Ellen Clapp will continue on display in the Winer Family Community Room and Art gallery until Nov. 30. Her artist reception is Nov. 19, noon-2 p.m.

They're back! Dec. 5, 2016 to Feb. 2, 2017, we are excited to present the beautiful quilt works of the SewMates Quilters. This year, the group is displaying an assortment of individually designed quilts. SewMates is a quilt group formed in 2008 by Barbara Shepard. Several of the participants have been students of Shepard from OASIS quilt classes. SewMates meets monthly in the community room of La Jolla Village Square, and its 19 members are active in many philanthropic projects. Quilts have been donated for auction at The Catholic Worker fundraisers; given to wounded veterans through the Quilts of Valor project; and gifted to the children of deployed service members in cooperation with the Armed Services YMCA's program Operation Kid Comfort. SewMates quilts will be on display daily in the Winer Family Community Room & Art Gallery of the San Carlos Branch Library. Come and meet these lovely ladies at their Artist Reception on Jan. 21, noon-2 p.m. Many of their quilts are available for purchase.

Death Café

Death Café returns Friday, Dec. 9, 2-4 p.m. The Death Café is a safe, agenda-free place to discuss death and life over a cup of coffee and tasty treats. It is not a grief therapy group, just a friendly discussion about death, dying and end-of-life concerns. RSVP at deathcafesd@gmail.com.

Books

Dec. 8, 12:30-2 p.m., the Library Book Club is reading "Circling the Sun" by Paula McLain. McLain's novel is the

story of record-setting aviator named Beryl Markham who gets involved in a love triangle with a safari hunter named Denys Finch Hatton and a woman named Karen Blixen. McLain also authored the classic memoir "Out of Africa." Book Club books are available near the Reserves. Please check them out at the front desk.

New adult and children titles are added to the San Carlos Branch collection monthly. The list of new media, fiction and non-fiction can be found on our website at bit.ly/2eLaVZY. New books are identified by yellow stickers on their spines.

OASIS

Take a break from the holiday rush. Join us Dec. 16, 1-2:30 p.m., for "Jewels in America's Natural Crown—Three National Parks." Mark Carlson sends us on a visual travelogue of three of the most beautiful and awe-inspiring National Parks: Yellowstone, Yosemite, and Crater Lake. Learn about their creation, history and legacy. Please register at the library for this free program.

Youth

City schools are on break the week of Nov. 21, and so is Homework Help at the Library. Tuesdays from 4-4:45 p.m., kids can enjoy Yoga and then Chess from 5-7 p.m.; After School Special is Wednesday from 2:30-3:30; and Pre-K Storytime is Friday from 10-10:45 a.m.

Dates to Remember

Nov. 18, 1-3 p.m.: Tales of the USS Midway  
Nov. 24: Closed for Thanksgiving  
Dec. 2, 1:30-3:30 p.m.: Member's only Used Book Sale  
Dec. 3, 9:30 a.m.-3 p.m.: Used Book Sale  
Dec. 16, 3 p.m.: Essay Contest deadline

—Sue Hotz is board member of and publicity chair for the San Carlos Friends of the Library. Reach her at publicity@sancarlos-friendsofthelibrary.org.■

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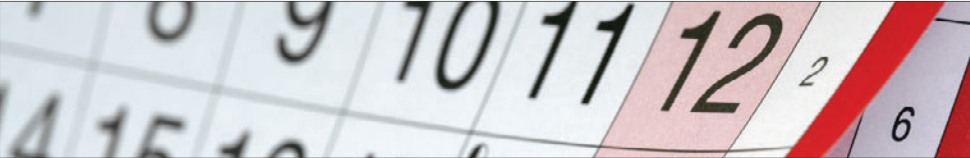
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For these free gardening classes (fees for Make & Take classes), Armstrong Garden Centers will give tips and tricks on various topics and areas of interest. The Mission Valley/Grantville store is located at 10320 Friars Road; there are several other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

Upcoming classes include:

- “Attracting Birds” on Nov. 12
- “Thanksgiving Centerpiece Make & Take” on Nov. 19 (Fee: \$49.99)
- “Santa Barbara Wreath Make & Take” on Dec. 4 (Fee: \$40)

Visit [ArmstrongGarden.com](http://ArmstrongGarden.com) for more information.

**Santee’s annual Holiday Lighting Celebration**  
**Friday, Nov. 18**

The city of Santee will host their annual lighting ceremony from 5:30–8:30 p.m. at the Santee Trolley Square Shopping Center (9884 Mission Gorge Road). Festivities will include a snowflake-making machine and a snow hill for kids to slide down on plastic saucer sleds. There will also be craft booths, local eateries on hand, a bounce house and more. The tree lighting will begin at 6:15 p.m.

**Adjunct Recruiting Event**  
**Saturday, Nov. 19**

Grossmont-Cuyamaca Community College District is holding its first event of this kind with an aim at hiring 300 part-time instructors for both its colleges. The event will be held from 9 a.m.–noon in the main quad at Grossmont College (8800 Grossmont College Drive, El Cajon). Visit [tinyurl.com/tzntgpf](http://tinyurl.com/tzntgpf) to register for the event.

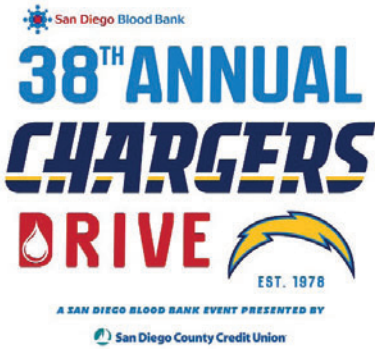
**70th annual Mother Goose Parade**  
**Sunday, Nov. 20**

Once again, this parade will march down Main Street in El Cajon (from El Cajon Boulevard heading eastbound to First Street) starting at 1 p.m. There will be over 100 parade entries including floats, marching bands, local dignitaries and more. Visit [mothergooseparade.org](http://mothergooseparade.org) for more information.



**‘If your heart stops, what happens next?’**  
**Sunday, Nov. 20**

This event sponsored by The Hemlock Society of San Diego will feature Dr. Jim Dunford, the city of San Diego’s Medical Director of Emergency Medical Services and professor in the Department of Emergency Medicine at UCSD Medical Center. Dr. Dunford will discuss Do Not Resuscitate (DNR) and Cardiopulmonary Resuscitation (CPR) orders along with when to call 911 and what DNR jewelry is. This free lecture will be held from 1:30–3 p.m. followed by “Hemlock Chat” from 3–3:45 p.m. at the Scottish Rite Event Center (1895 Camino del Rio South, Mission Valley). Visit [hemlocksocietysandiego.org](http://hemlocksocietysandiego.org).



**38th annual Chargers Drive**  
**Tuesday, Nov. 22**

This annual blood drive is one of the longest-running events by The San Diego Blood Bank and is presented by San Diego County Credit Union. In addition to collecting blood donations all day, the event presents a chance to meet San Diego Chargers players, enjoy entertainment, visit the “Wellness Zone,” and more. The event will be held at the Town & Country Convention Center (500 Hotel Circle North, Mission Valley) from 8 a.m.–5 p.m. Tickets are \$5; blood donors may request a refund after they donate and will also receive a T-shirt, parking validation and VIP wristband for the autograph line. Visit [bit.ly/2fa7T2p](http://bit.ly/2fa7T2p) for more information.

**Thanksgiving celebration**  
**Wednesday, Nov. 23**

The College Avenue Center (6299 Capri Drive, Del Cerro) will be hosting this celebration at noon with a feast of turkey, gravy, stuffing, cranberries and more. The meal will be followed by live entertainment by the Sophisticats. Lunch is a suggested donation of \$4 for seniors 60 and up and \$7 for others. Visit [jfsd.org](http://jfsd.org) for more CAC events.



**Ruffin Canyon Enhancement Planning Stakeholder Workshop**  
**Wednesday, Nov. 30**

The second in this series of workshops will be facilitated by San Diego Canyonlands from 6–8 p.m. in the community room of the Mission Valley Library (2133 Fenton Parkway). SD Canyonlands will continue a planning process for enhancement of Ruffin Canyon including habitat restoration, potential trails, viewpoints and more. Visit [sdcanyonlands.org/cep](http://sdcanyonlands.org/cep) for planning documentation and maps.■

**MUSIC NOTES**

**Peter Puppig concert**  
**Sunday, Nov. 20**

Guitarist Peter Puppig 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](http://mtrp.org).

**Dave Beldock concert**  
**Wednesday, Nov. 23**

Joe Rathburn hosts regular themed, acoustic showcases at Vision: A Center for Spiritual Living, located at 4780 Mission Gorge Place, Suite H in Grantville. This edition will feature performer Dave Beldock performing songs within the theme “give thanks.” Tickets are \$15. Show starts at 7 p.m. Visit [folkeymonkey.com](http://folkeymonkey.com) for tickets.

**Santee Community Chorus concert**  
**Sunday, Dec. 4**

The Santee Community Chorus 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](http://mtrp.org).

**GALLERY VIEWS**

**‘Four of a Kind’**  
**Through Friday, Dec. 2**

Mission Trails Regional Park Foundation is presenting this exhibition featuring four award-winning photographers: Janine Free, Jill Rowe, Kirk Sullivan and Jennifer Wolf. The exhibit will be on display in Mission Trails Regional Park Visitor Center Art Gallery (1 Father Junipero Serra Trail) through Dec. 2. Visit [mtrp.org](http://mtrp.org) for more details.

**Beatles Cartoon Pop Art Show**  
**Friday, Dec. 9–Sunday, Dec. 11**

Ron Campbell, the animator of The Beatles’ “Yellow Submarine” and the director of The Beatles’ Saturday morning TV cartoon series, will be painting, exhibiting and discussing cartoons at Michael J. Wolf Fine Arts (363 Fifth Ave., Suite 102, Downtown). Campbell’s artwork features beloved cartoon characters including Scooby Doo, the Smurfs, the Jetsons and more. Visit [mjwfinearts.com](http://mjwfinearts.com) and [beatles-cartoonartshow.com](http://beatles-cartoonartshow.com) for more information.



**STAGE CUES**

**‘These Shining Lives’**  
**Thursday, Dec. 1–Saturday, Dec. 3 and Thursday, Dec. 8–Saturday, Dec. 10**

This play, directed by Beth Duugan, tells the true story of the women who formed a bond of kinship as they fought the Radium Dial Company in their search for justice and how their sacrifice forged a legacy of better working conditions for future generations. Visit [bit.ly/2efnrou](http://bit.ly/2efnrou) for tickets and showtimes.

**‘Jesus Christ Superstar’**  
**Thursday, Dec. 1–Sunday, Dec. 4**

A concert collaboration between the SDSU Schools of Theatre, Television, and Film; and Music and Dance will be staged in the school’s Don Powell Theatre (5500 Campanile Drive). The popular rock musical by Andrew Lloyd Weber and Tim Rice is known for its unique storytelling from the perspective of Judas Iscariot. Visit [artsalive.sdsu.edu](http://artsalive.sdsu.edu) for showtimes and tickets.

**ON FILM**

**Movies at the College Avenue Center**

**Select dates**

The College Avenue Center (6299 Capri Drive, Del Cerro) will host several movie screenings in the coming months. The screenings starts at 1 p.m. and the upcoming lineup includes:

- “Concussion” on Monday, Dec. 5 and Tuesday, Dec. 6
- “Hologram for the King” on Monday, Dec. 12 and Tuesday, Dec. 13
- “Out of the Past” on Thursday, Dec. 15 (Film forum to follow)

Visit [jfsd.org](http://jfsd.org) for more information.

**Film Forum with Ralph DeLauro**  
**Monday, Nov. 28 and Monday, Dec. 12**

San Diego OASIS () hosts these film forums with a discussion to follow each screening. The upcoming films include “Sing Street” on Nov. 28 – film by Irish director John Carney, follows a Dublin teen (Ferdia Walsh-Peelo) who forms a band in the 1980s in an attempt to win the affections of the mysterious model (Lucy Boynton) he likes; on Dec. 12, the film will be the Coen brothers’ “Hail, Caesar!” starring George Clooney, Josh Brolin and Scarlett Johansson. The class fee is for each is \$12. Visit [oasisnet.org](http://oasisnet.org) to register.■





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*Be thankful that you don't already have everything you desire.  
If you did, what would there be to look forward to?*

*Be thankful when you don't know something,  
for it gives you the opportunity to learn.*

*Be thankful for the difficult times.  
During those times you grow.*

*Be thankful for your limitations,  
because they give you opportunities for improvement.*

*Be thankful for each new challenge,  
because it will build your strength and character.*

*Be thankful for your mistakes.  
They will teach you valuable lessons.*

*Be thankful when you're tired and weary,  
because it means you've made a difference.*

*It's easy to be thankful for the good things.  
A life of rich fulfillment comes to those who  
are also thankful for the setbacks.*

*Gratitude can turn a negative into a positive.  
Find a way to be thankful for your troubles,  
and they can become your blessings.*

~Author Unknown

*From our family to yours, thank you for supporting  
our Ideal Family for over 56 years in the wonderful  
communities of Grantville, Allied Gardens, Del Cerro,  
Mission Trails, San Carlos, and Fletcher Hills.*

During this Fall season, we pause to reflect on the things in our lives that we are grateful for. Our relationships, health, safety, freedom, and successes are all things to be thankful for. We hope that this Thanksgiving you take a moment to slow down and think about the things that enrich your life, whether large or small. Write them down, share your thoughts with a friend or simply ponder these things.

Because of the industry we're in, we're naturally grateful for the things that benefit the homes and lives of our customers - seemingly simple amenities, such as running water, electricity, and a warm home. We're thankful for modern technology and the services we offer that help us feel more comfortable, secure and happy in our homes.

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