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Local
author
explores
the mind
of a serial
killer
Page 26

INSIDE THIS ISSUE

LOCAL NEWS

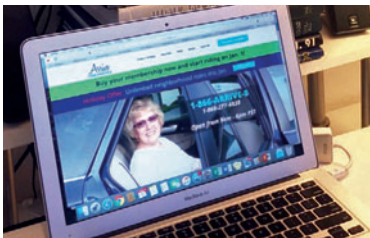
Student housing crunch



Mini-dorms create problems with parking, parties. **Page 2**

FEATURE

Ride-share for elderly arrives



Locals found startup that bridges generation tech gap. **Page 4**

RECREATION

Mysterious ways



Botanists scratch their heads over Mission Manzanita. **Page 22**

GARDENING

Ready them roses



Winter tips on how to get the most out of your spring blooms. **Page 24**

ALSO INSIDE

Politics.....	6
Opinion.....	8
Education.....	14
Health.....	18
Calendar.....	20

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San Diego Community News Network



One step closer for San Carlos Library

An artist rendering of the front of the proposed San Carlos Library (Courtesy of San Carlos Friends of the Library)

Long-awaited facility will still need to come up with funding

Doug Curlee
Editor at Large

We now have a very good idea what the new San Carlos branch library will look like.

We also have a much more uncertain view of when it might look like that.

Architect David Pfeifer showed the drawings and schematics of the long-awaited facility to the Navajo Community Planners at the group's Jan. 11 meeting, and it revealed a 25,000-square-foot library and community center that

has been the dream of library supporters since at least 1995, and probably much earlier.

The basic function of a library is, of course, making books available for the public, and the proposed library will house 72,000 volumes in its shelves.

The library, when built, will offer greatly expanded children's and adult's sections, computer areas with Wi-Fi availability, and plenty of meeting spaces for the many community groups that need meeting space.

There will also be much more parking than is currently available.

In other words, lots of good stuff that every library ought to offer.

"We've been working on this for a few days — about 40 years' worth of days," said former City Councilmember Judy McCarty. "I'm so happy to see this."

That's the good news.

The less-than-good news is no one knows when this all might change from beautiful drawings on a website to shovels turning over dirt.

There are a couple of reasons for that.

One is that the portion of land to be used at Jackson and Golfcrest Drives used to be a gas station, and still

See **LIBRARY** page 3

Area ballpark fields face vandalism, thefts

Jeff Clemetson
Editor

Back in early December, maintenance workers at the Lake Murray Park baseball fields discovered something odd. Someone had started sawing down several trees that were planted near the Rookie and Caps fields that butt up against neighbors' yards.

President of San Carlos Little League (SCLL) Gracie Gagliano called the city to find out why the trees were cut down. The city didn't know anything about it.

In early January more trees were discovered cut down and it became apparent that the baseball fields had been vandalized.

"Those trees provide shade for our families during the season and we were all shocked that they were cut," Gagliano said.

So far, the police investigation has turned up no witnesses and no leads.

"It's kind of a dead end at this point," said San Diego Police Department Community Relations Officer John Steffen, adding that the



Shade trees at the Lake Murray Park ball fields were recently vandalized, the latest in a string of problems at the sports fields. (Photo by David Cooksy)

See **VANDALISM** page 13

Grantville may host more veteran, low-income housing

Doug Curlee
Editor at Large

Affirmed Housing is looking at the northeast corner of Fairmount and Twain Avenues for a multi-story complex of buildings for homeless veterans, special needs populations and low-income families, in the same vein as the company's current efforts with the former Motel 6 on Alvarado Canyon Road.

Affirmed Housing senior project manager John Wurster unveiled the plans at a meeting of the Navajo Community Planners, Inc. (NCPI) on Jan. 11.

Much like the funding for the company's Motel 6 project, local, state and federal funds are available for the construction and operation of the facility.

"There is an increasing demand for such projects as this one. All phases of government are realizing the dire need for these kinds of facilities, and working to make sure they get built and occupied," Wurster said.

Wurster envisions two buildings. One, fronting on Fairmount, will be family housing of one-, two- and three-bedroom apartments for family occupancy. Plans call for 32 one-bedroom, 24 two-bedroom and 24 three-bedroom family apartments. It will be a four-story building.

According to a brochure from Affirmed Housing the building will feature "elevated common area amenities and outdoor space on the second level, with community kitchen, multi-purpose space, and gathering areas oriented toward the west to enliven the space with abundant natural sunlight."

The second building, fronting on Twain Avenue, will be a five-story structure with 40 studio apartments and 40 one-bedroom apartments specifically for homeless veterans. The resident apartment units will average 485 square feet and be equipped with personal kitchenettes and bathrooms. There will be comprehensive support services offered by a third party onsite with expertise in providing for the homeless and low-income vets.

See **HOUSING** page 3

Obviously!

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Mini-dorms face stiff crackdown

College area residents say enough is enough



Mini-dorms, like this one in the College Area, are a cheaper housing alternative for SDSU students but are parking and noise nuisances to the neighborhoods they pop up in. (Photo by Doug Curlee)

Doug Curlee
Editor at Large

Longtime residents of the neighborhoods around San Diego State University are losing their communities to the never-ending need for some sort of housing for SDSU students. Right now, there are more than 800 so-called "mini-dorms" in the College area, and there are fears that these makeshift housing options will spread to other communities, like Del Cerro, San Carlos, Grantville and Allied Gardens.

There have been measures in the past that residents like Rhea Kuhlman hoped would stem the tide of homes being converted to high-occupancy, multi-bedroom houses for students willing to jam into them. Those measures have been less than a roaring success.

Last November, the San Diego City Council drastically stiffened the laws regarding how many people could live in one house.

"It's a step in the right direction" said Kuhlman, who's been in the lead of this fight for decades.

"What we really needed all along is more on-campus housing — more living space created by the university. The school is planning to build more, but that's a slow process."

Many of the mini-dorms house 10 or more people living in tiny, cramped bedrooms, eating when and where they could, all in an effort to avoid the high costs of living on campus. That assumes there would be

on-campus housing available, which there usually isn't.

If it were available, the average cost of on-campus housing is set at \$15,826 for on-campus room and board for in-state students, jumping up to \$18,244 a year for out-of-state students.

The appeal of much cheaper mini-dorms becomes immediately apparent.

To compound the issue, the student population at SDSU is growing. For two years in a row, the college received more than 83,000 undergraduate applications. This is good news for SDSU, which is now ranked 74th among public universities and 146th overall in U.S. News & World Report's America's Best Colleges list due to high application levels and high graduation and continuation rates.

And while SDSU students are excelling academically, it is also in the nature of college students to try to enjoy life as much as they can while going to school.

Unfortunately, that enjoyment all too often involves parties that can be loud and obnoxious, going on at all hours of the evening and night, resulting in mornings with beer cans, wine bottles, and the occasional unconscious partygoer littering the neighbors' lawns the next morning.

This doesn't even mention the near-gridlock on parking places, with cars parked on lawns, driveways, and anywhere else they can be jammed in.

Here is the city's latest effort at a solution — a solution the city of San Diego, through code enforcement

officers and San Diego police officers, will have to try to enforce.

A maximum of six bedrooms for houses on lots larger than 10,000 square feet.

A maximum of five bedrooms on lots smaller than 10,000 square feet.

Parking spots, except for driveways, would have to be located at least 30 feet away from the front of a property.

The hammer is the big increase in fines for violating the new laws.

What used to be a \$2,500-a-day fine will now be \$10,000 a day.

That might get the attention of people who own the mini-dorms.

But renters and landlord groups say this is overkill — that it really does nothing to alleviate the problems of a college without the means to house students who need it.

It remains to be seen just how effective enforcement will be.

The city has very few code enforcement officers, and their days are already full of other violations to be remedied.

The Police Department can and will handle the rowdy party aspects, and write parking citations, but code enforcement is a little outside their line of work.

The 800-plus mini dorms now existing will very likely be grandfathered in, although some may have to downsize considerably.

It's another effort to solve a problem some say cannot be solved.

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

► Library, from page 1



A view of the back of the proposed San Carlos Library (Courtesy of San Carlos Friends of the Library)

might have soil pollution problems that need to be cleaned up before that land can be used for any purpose, other than the makeshift parking lot it now is.

Atlantic Richfield is working to drill another test well on the property. That should answer the questions about pollution, once the county health people and the Environmental Protection Agency give approval.

The money is in the bank to buy that land once all

that is done — about \$2 million.

Judy Williams from Friends of the San Carlos Library is one of the supporters who have been, and will continue to be, active in fundraising efforts.

“We’ve been working all along, knowing this day would come, but we do have a long way to go,” she said.

Yes, they do.

As presented to the NCPI board, the current estimated cost of the new library is just north of \$20 million.

That cost could rise, as construction costs always seem to.

City approvals should present no real problems, as several city councils over the years have said they understand the need for the new San Carlos facility.

The process is underway, finally.

We’ll see how fast it can move from here on out.

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

► Housing, from page 1



(above) The view of the proposed Affirmed Housing complex at Fairmont and Twain Avenues in Grantville; (below) The view from the southeast (Courtesy of Affirmed Housing)

The plans also call for some commercial development in the buildings — perhaps a restaurant or a small grocery operation, and calls for about 90 parking places located below the first level of residential facilities.

It’s all designed to fit within the walkability and connectivity called for in the updated Grantville Community Plan, with access to high-frequency transportation — in this case, the San Diego Trolley stop in Grantville.

The January presentation to the Navajo group was not a formal one, so no approval vote was needed. Wurster said he’ll be bringing it back to the group in the next few months for formal presentation and a public hearing.

One member of the audience at the January meeting said he



wasn’t necessarily against it, but wanted to hear more.

The project has a way to go, but Affirmed Housing seems able to move things along. Its Motel 6 project, which we told you about in November, will shortly go to the San Diego Planning

Commission for its approval.

As these things usually go, that’s an almost unheard-of speed record.

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

11 Critical Home Inspection Traps to be Aware of Weeks Before Listing Your Home for Sale

San Diego - According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That’s why it’s critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether. In most cases, you can make a reasonable pre-inspection yourself if you know what you’re looking for, and knowing what you’re looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help homesellers deal with this issue before their homes are listed, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved.

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-270-1494 and enter 1003. You can call any time, 24 hours a day, 7 days a week.

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Mission Times COURIER

Henry grads launch ride-share for the elderly

Margie M. Palmer

Ride-share services are great — for people who can access them. Lyft and Uber are exclusively app-based, but the reality is that 73 percent of Americans over the age of 65 do not own a smartphone.

In the absence of owning a smartphone, it's been impossible for seniors to access on-demand rides.

Until now. Patrick Henry High School grad Amy Stice said she'd long been searching for a transportation solution for her 92-year-old grandmother, which is how the idea for Arrive came about.

"I was trying to find a solution that would allow my grandmother to feel as if she was still taking care of herself and would get her out of her own car. I was hoping something like Arrive would come to exist, but that never happened," Stice said.

Last summer she got to talking to fellow Patrick Henry grad and longtime friend Elizabeth Legg, and the two decided to create a service that would bridge the technology gap.

Leg said she'd been working in the small business world as an entrepreneur and had already been looking for what would be next.

"I agreed that we should definitely do this because the idea made a lot of sense. We were both committed to getting it going," Legg said. "I felt there were a lot of independent elderly grandmothers who could use this service."

How it works

Arrive is a members-only concierge service that helps to connect seniors to Lyft and Uber. It's currently staffed by Stice and Legg and it serves as an intermediary between the rider and established on-demand ride services.

For a bronze plan, members pay a one-time sign-up fee of \$30, and a \$5 monthly membership fee and each ride costs \$3 over the cost billed by the ride service. Arrive maintains detailed records on each member, including their favorite destinations, so ordering a ride is easy and members never need



Arrive founders Amy Stice (left) and Elizabeth Legg both attended Patrick Henry High School. (Courtesy of Amy Stice)

to worry about looking up addresses in advance of requesting a trip.

The silver plan costs \$50 per month and get unlimited access to an Arrive concierge, four neighborhood rides — and ride that is five miles or fewer — a month and no sign-up fee. The gold plan offers to additional neighborhood rides.

"During our initial conversations with our users, we help them build out a profile and they can add in destinations that they regularly visit," Legg said. "That way, when they call in, they can say 'I want to go to the doctor's office' and based on early conversations, we already have that information saved. They don't need to worry about finding the address or telling the driver where to go."

The toll-free concierge line — 1-866-ARRIVE-8 — is open from 9 a.m. to 6 p.m. Pacific time, seven days a week. Arrive is able to dispatch rides in any market served by Uber or Lyft, and they're even able to help members schedule rides in advance. Every dispatched ride is monitored by an Arrive concierge.

"We're handling the technology on behalf of our members and we provide them unlimited access to our concierge line," Stice said. "We're using Lyft and Uber to dispatch and watch the rides. We monitor all the rides and we handle the billing."

As for Stice's grandmother? She's among those who are giving the company praise.

Her son frequently helps her with transportation, she



Like all great tech startups, Arrive has humble beginnings, like its "Oakland closet-turned-office" call center. (facebook)

said, but when he travels out of town, getting around has been a challenge.

"[Arrive] was very easy to use and I'm sure I'm going to use it again," said Allied Gardens resident and Arrive member Louise Bergseid. "They phoned from the curb when they got here so I didn't have to stand outside in the cold and they dropped me right at the entrance to the store. I think this is a very good service and think a lot of older people who don't drive will use it."

For more information on Arrive Ride Services, visit arriverides.com.

— 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. ■

NEWS BRIEFS



Heather Fine is here to serve your advertising needs. (Photo by Jeff Clemetson)

Meet Mission Times Courier's new advertising representative

Heather Fine has joined San Diego Community News Network as an advertising consultant representing the Mission Times Courier.

She will visit clients to help them increase customer pull and customer awareness for individual businesses through advertising in both the print and digital versions of these newspapers.

Fine described herself as a very client-oriented consultant, tailoring advertising programs for each individual business.

"I always give them the best advertising program to suit their budget," she said. "I'm always willing to see them in person, to give them the best customer service available," she said.

Fine has 23 years of advertising experience. She most recently worked as an advertising representative at the Smart Shopper in Lake Havasu, Arizona. Before that, she was an advertising representative at Fine Community Phone Books in Chino, a family-owned business.

Beyond her experience, Fine points to persistence as one of her top characteristics. She emphasized her eagerness to build solid business partnerships with her clients as well as understanding them on a personal level.

"I love meeting people and building relationships,"

she said. "My clients kind of become family. I learn about their children, their pets. I enjoy getting to know them and their business."

Fine explained that she doesn't mind going the extra mile to help her clients succeed by increasing customers and expanding sales through advertising.

"I learn about their business and what makes them successful. I try to help them become more successful," she said. "They know they can contact me anytime, even the weekends."

She explained that the field of advertising seemed an unlikely career to pursue when she was younger. She was working in the front office for the phone book company when one day she was sent on a sales call. Although she was frightened, her first experience was a success.

"I was thrown into sales," she said. "After that, it just came naturally to me."

Fine, who now resides in Pacific Beach, has three grown children, Derek, 26; Natalie, 23; and Haley, 21.

While Fine represents the Mission Times Courier, she is also able to arrange advertisements for businesses in the other papers of the San Diego Community News Network: La Mesa Courier, Mission Valley News, San Diego Downtown News, San Diego Uptown News and Gay San Diego.

Businesses may contact Fine by email at heather@sdenn.com or by calling 619-519-7775, ext. 107.

NCPI seeks candidates for board

Applications are currently being accepted for interested candidates who wish to serve their communities on the board of the Navajo Community Planners, Inc. (NCPI).

NCPI is the duly authorized planning group that reviews and provides recommendations on all land-use issues to the San Diego City Council.

See NEWS page 5

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► NEWS, from page 4

Any resident, business owner and/or property owner in the communities of Allied Gardens, Del Cerro, Grantville and San Carlos may run for a spot on the board. In addition to the residency requirement, candidates must also have documented attendance to at least two of the last 10 meetings, prior to the February regular meeting preceding the election. The election will be held on Wednesday, March 8 at 6:30 p.m. at the Tifereth Israel Synagogue, 6660 Cowles Mountain Blvd.

Residents interested in voting for new or current board members must attend the March 8 meeting in person and sign in with proof of residency — valid photo ID, a property tax bill, utility bill or valid current business license will be accepted.

For more information about the board and to download a copy of the application to become a candidate, visit navajoplanners.org.



San Diego Foundation offers scholarships

The San Diego Foundation has announced that hundreds of scholarship awards are available for San Diego students pursuing their dreams of higher education. The 2017-2018 Common Scholarship Application is available online now until Feb. 1, 2017 at 2 p.m.

The Community Scholarship Program, the largest in the region outside of the university system, provides a variety of scholarships to high school students, current college students, graduate students and adult re-entry students. Since 1997, the program has awarded more than \$26 million to thousands of students.

“According to U.S. Census data, 35.7 percent of San Diegans 25 and older have a bachelor’s degree or higher,” said Kathlyn Mead, president and CEO of The San Diego Foundation in a press statement. “While many individuals choose to enter the workforce immediately, we want to give everyone the opportunity to pursue higher education if they so choose. The San Diego Foundation Community Scholarship Program strives to ensure the cost of college is not a limiting factor to academic success. Thanks to philanthropy, we are making higher education more accessible and attainable for all San Diegans.”

Using one online application, students can access more

than 100 types of scholarships for the 2017-2018 academic year, with awards generally ranging from \$1,000 to \$5,000. Awards are granted to four-year universities, two-year colleges, graduate, or trade/vocational schools.

The Common Scholarship Application can be accessed at bit.ly/2iEBwtX. For more information about the scholarship process, please contact scholarships@sdfoundation.org.



The San Diego Blood Bank thanked the Mission Times Courier for supporting the Chargers Drive on the scoreboard at Qualcomm Stadium. (Courtesy of San Diego Blood Bank)

Chargers fans bleed for their city

Apparently Chargers fans literally bleeding for their

team wasn’t enough for owner Dean Spanos to keep the Bolts in San Diego. Perhaps the people of Los Angeles will do the same, but it is unlikely that they will be able to match the generosity of San Diegans.

On Nov. 22, over 900 Chargers fans participated in Chargers Drive 38 and donated 825 units of blood to the San Diego Blood Bank. Prior to that day, San Diego Chargers fans also donated blood from Nov. 6–21 as part of Chargers Mania where anyone who donated blood received a voucher for a T-shirt and a VIP wristband for an autograph line at the Nov. 22 blood drive event.

All together, the blood drive had over 5,200 donors and collected 4,860 units of blood for San Diego hospitals. In all 38 years of the Chargers Drive, over 73,000 pints of blood have been delivered to local hospitals during the critical holiday time when demand is up and supply is low.

“The blood bank typically sees a drop in donations over the holidays — the Chargers Drive helps our supply,” said San Diego Blood Bank CEO David Wellis in a press statement. “The real heroes are the donors and we can’t thank them enough.”

Hear that, Spanos? San Diego Chargers fans are heroes. Good luck with finding that in Los Angeles.

See NEWS page 21

Need “Home Safety Tips” For Seniors?

Darren Williams, P.T., Cert. M.D.T., A.T.P.
Physical Therapist “In-Home” Specialist
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7676 Jackson Dr # 4, San Diego, CA 92119
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Get your copy of a unique and easy to read guide entitled “Home Safety Tips” completely free from me to you! According to the CDC, more than one third of adults 65 and older fall each year in the United States and 20%-30% of them suffer injuries that decrease mobility, decrease independence and increase their chance of life threatening complications. I have written this important guide to help provide peace of mind and safety strategies for those concerned about safety within the home, whether for themselves or elderly family and friends. My guide includes advice on safe access, potential hazards to avoid, easy home modifications, simple changes to routines and gentle activities to perform that can be implemented straight away to reduce the risk of falling and remain safe at home. There are limited copies of my free “Tips” guide available, so please contact me on the phone number below as soon as possible. I will personally send it out to you the next business day. The “Home Safety Tips” guide can help you or your loved ones by increasing confidence with mobility and independence and hopefully allow you to live at home longer.

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A conversation with Rep. Susan A. Davis

Congressional Watch

Andy Cohen



The calendar has mercifully turned to 2017, leaving behind a tumultuous 2016 that will go down in history as one of America's most trying, troubling — a year that politically was certainly one of the most shocking, for better or worse, in American history.

Few can argue that 2016 brought about a turning point in the political culture of the United States. Where that turning point will lead us is anybody's guess.

With Donald Trump set to occupy the White House, and Republicans maintaining control of both houses of Congress — albeit by slimmer margins — the country's political drift is poised to take a significant rightward shift. This places our national government at particular odds with California, the largest state in the Union with the sixth largest economy in the world.

While Republicans control Washington, D.C., Democrats are in total control of California, holding every statewide elected office and regaining supermajorities in both houses of the state Legislature.

Caught in the crossfire is California's congressional delegation, where 41 out of 55 representatives (including our two senators) are Democrats. That

includes Susan A. Davis (D-53), who was just reelected to her ninth term in Congress.

We sat down with Rep. Davis, for a conversation on an array of topics, to get her perspective on what she thinks is in store for (at least) the next two years, particularly as it pertains to San Diego. Following is the first of a two-part feature based on that interview.

As an elected member of Congress, Davis said that her (and her office's) role is as an advocate for the community; that they "deliver for people" the federal services that are available to them.

"We make sure that when people call that we're here to help them," Davis said. "When people come to us, they're usually pretty desperate. People don't start off with their local member of Congress. It's not the first place they go to get help, particularly here in San Diego, where we have strong numbers of people on Social Security and Medicare. We know that that's critically important."

In the aftermath of the 2016 election, California (and to a lesser extent, New York) has come under attack from the national political establishment, particularly the conservative wing. For many, the election served as a rebuke to our values, which are seemingly at odds with the national electorate.

In 2012, for example, Californians voted specifically to raise taxes on the wealthiest residents and to raise the

state sales tax, which spread the burden across the board. Since then, California's economy is as strong as it has ever been.

Trump and Republicans, however, ran and won — nationally — on the opposite message.

"We have to share our story," Davis said when asked about the disparity, adding that it's important to "make the case" about what's worked in California.

Regarding how her colleagues in Congress view the Golden State, Davis said that it depends on whom you ask.

"A lot of people see us for the innovation state that we are and I think that they would like to see that in their own states," she said.

Still, there's a tangible animosity toward California that has spread across the country. Again, Davis said, we have to talk about what has worked for us.

"The other thing that we have to share with the rest of the country is 'where would you be if you didn't have California?'" Davis mused. "Think of all the things California has given you. Take them all out of your house. You don't want any California products? People would be kinda lost."

She has a point.

Consider that California has been the center of the tech boom over the last two decades. Cell phones — Apple and their iPhone in particular — were developed in California. Google, Facebook, Twitter, many of the wines that



Rep. Susan A. Davis (Courtesy of Library of Congress)

people drink, the food that they eat, much of which also comes from here.

California, she said, has also been at the forefront of climate research, immigration reform and other important issues.

"We've also been at the forefront of addressing equal rights," she said.

Davis said other communities across the country are looking for ways to improve their economic standing, and that California is in a strong position to provide advice based on our experiences here.

"We have to share what we have here, but we also have to be supportive of all the other contributions that are being made across the country," she said.

As she previously mentioned, California has led the way on climate change policy. That position would seem tenuous with Republicans in control of Congress and Trump set to occupy the White House.

The state can, she said, protect against a national rollback of climate and environmental protections.

"But the legislature and the governor have to be on the same page," she said.

And they are.

"There are also some things that they're not going to be able

to roll back and we have to hold them accountable," she said, referring to the expected efforts to roll back progress made during the Obama Administration on the environment and climate change.

"[We need to] be very public. People are going to be looking to us [Congress] to be very clear about what real and what's not" when assertions are made in contradiction to scientific evidence.

With regards to the military, which is critical to the San Diego economy, Davis said she disagrees with Trump's assessment that today's military is "depleted" and "not capable of facing the most dire crisis since World War II."

Davis — along with Scott Peters (D-52) and Duncan Hunter (R-50) — sits on the House Armed Services Committee.

"We are certainly prepared to do whatever would be needed today," she said. "Where the readiness can be better is further down the chain," such as in the FBI and Homeland Security.

More research and development in cybersecurity is needed in order for the U.S. to be "prepared on several fronts," she added.

Locally, Davis said the military feels good about the last budget that was passed through the National Defense Authorization Act (NDAA).

"Our job is to make sure what we are spending money on is appropriate," she said. "A lot of that area is in readiness, but there are areas where we can do better."

"We can't ignore the institutions that made them prepared," such as education, she said.

Stay tuned to hear more from Rep. Davis in next month's column.

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

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Environmental heroes headline February meeting



Linda Armacost and Jeff Benesch

On Wednesday, Feb. 1, just 10 days into the President Trump era, local Democrats will hear an all-star forum discuss the steps we need to take to resist the attack on our climate goals, our clean air and water, and our ongoing transformation to renewable energy sources. Who best to create opportunities and action plans than the executive director of the Climate Action Campaign? Or the newly elected San Diego City Councilperson from District 9? Or the executive director of San Diego Coastkeeper? Representatives of SD350.org and the Sierra Club will also join our panel.

Why our urgency to sound the alarm and expose and resist what is likely to be in store for the next four years in the environmental community?

Trump's nominee to head the Environmental Protection Agency is noted climate change denier Scott Pruitt. And Trump is expected to name Congresswoman Cathy McMorris Rodgers to head the Interior Department. She is noteworthy for claiming that Al Gore "deserves an 'F' in science." And let's not forget that Trump's choice for Secretary of State is none other than the head of the largest oil company in the world, Rex Tillerson. It's plain to see that our new president has little regard for ending our dependency on oil, coal, tar sands, and other fossil fuel sources.

Our February meeting is the second in our series we are calling "Write, Advocate and Resist: 48 months of learning to cope and overcome the already



(l to r) San Diego City Councilmember Georgette Gomez, sanDiego350.org founder Masada Diesenhouse, San Diego Coastkeeper executive director Matt O'Malley and environmental attorney Nicole Capretz (Courtesy of La Mesa Foothills Democratic Club)

dire Trump administration." Trump's inauguration coincided with the lowest approval ratings of any modern incoming president. His appointments to executive positions on his staff and his cabinet are a group of unqualified, inexperienced and self-serving individuals who have little in common with the people or departments they are intending to lead, a veritable who's who of reactionary and far-right thinkers beholden to the fossil fuel industry and climate change deniers.

On the other hand, our environmental heroes are long-time advocates and scholars, the best and brightest in their fields.

Nicole Capretz is an environmental attorney with 20 years of as an energy and climate policy advisor for local governments and the nonprofit sector. Nicole was the primary author of the city of San Diego's groundbreaking, legally binding 100 percent clean energy Climate Action Plan adopted in late 2015. She now serves on the San Diego's Climate Action Plan Implementation Working Group, as well as the city of Solana Beach's Climate Action Commission.

District 9 City Councilmember Georgette Gomez has some serious environmental chops herself. She was associate director of Toxic Free Neighborhoods for the Environmental Health Coalition, and is well-known as a community organizer who has fought for many environmental issues.

Matt O'Malley is the executive director of San Diego Coastkeeper. He joined Coastkeeper in January of 2014 as legal and policy director, where he leads the advocacy work of the organization and protects the water bodies of San Diego County by utilizing local,

state; and national laws and regulations; and through community engagement.

Having represented environmental groups in the federal, state, and local arenas, O'Malley has experience in areas such as: the Clean Water Act and NPDES permits; land use and growth management laws; CEQA; the Endangered Species Act; ground-water, soils, and sediment remediation; and environmental justice, to name a few. He currently chairs the Legal Committee and is a board member of the California Coastkeeper Alliance.

Masada Diesenhouse is a repeat visitor to La Mesa Foothills Democratic Club (LMFDC) and founder of SanDiego350.org, a very active climate action advocacy group. 350.org is an international environmental organization encouraging citizens to action with the belief that publicizing the increasing levels of carbon dioxide will pressure world leaders to address climate change and to reduce levels from 400 parts per million to 350 parts per million.

350.org takes its name from the research of Goddard Institute for Space Studies scientist James E. Hansen, who posited in a 2007 paper that 350 parts per million of carbon dioxide in the atmosphere is a safe upper limit to avoid a climate tipping point.

Brian Elliott works locally for Congressman Scott Peters but also chairs the Political Committee for the local chapter of the Sierra Club. He worked for the California Democratic Party as the environmental organizer on Congressman Peters' 2014 re-election effort and was an advocate for local clean energy as the campaign organizer for Climate Action Campaign, and is now serving in Peters' district office.

Moderator Davin Widgerow is an environmental lawyer whose work is focused on toxic contamination remediation. Until recently, he headed the Steering Committee for Sierra Club San Diego, which is tasked with coordinating club projects, activities, finances, and administration. He also served as chair

of the Political Committee, which engages political candidates and environmental activists to further Sierra Club's conservation efforts.

LMFDC meets on the first Wednesday of each month at the La Mesa Community Center, 4975 Memorial Drive, starting at 6:30 p.m.

LMFDC is now holding our 2017 membership drive. For \$30 per year, members enjoy 12 general meetings featuring outstanding speakers and programs, our monthly newsletter, weekly updates of news you can use, special events and camaraderie with fellow progressives. Join us now to learn more about the current threats to our democracy and the future of our planet. Be sure to visit our website at lamesafoothillsdemocraticclub.com or friend us on our Facebook page.

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

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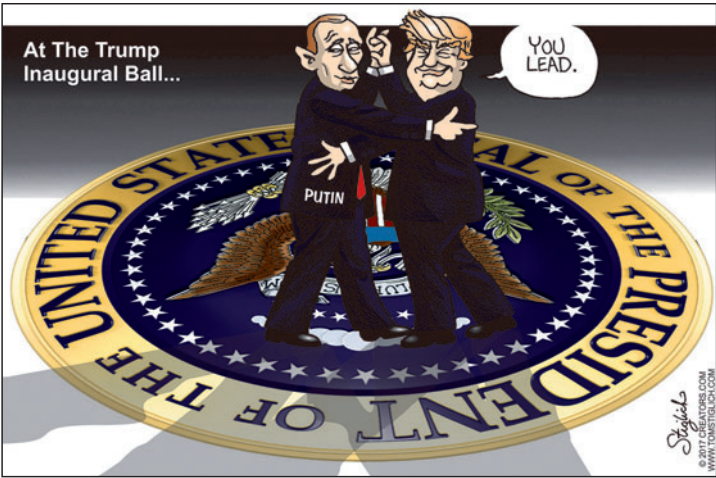
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San Diego's economic trends to follow in 2017

Dan McAllister

Changes in the local economy impact every San Diegan, and it can have a large effect on what happens at the San Diego County Treasurer-Tax Collector's Office (TTC). Here are some of the biggest economic trends we at the TTC tracked through the third quarter of 2016 that could affect you, too.

San Diego County's unemployment rate declined to 4.7 percent in September and remained below that of Los Angeles (5.2 percent) and Riverside (6.5 percent) counties, California as a whole (5.3 percent), and the nation overall (5 percent). The rate declined 0.1 percent year-over-year as local nonfarm payrolls grew by 30,700 workers, or 2.2 percent. Private sector gains drove much of the employment growth, accounting for 24,100 new jobs, although the government sector also added 6,600 workers.

Within the private sector, the educational and health services industry posted the best performance, adding

7,600 jobs since September 2015, or a 3.9 percent increase. Most of these new positions were in health-related fields, indicating a core segment of our innovative local economy remains strong.

Other industries with significant year-over-year growth included professional and business services (plus 7,200 jobs), leisure and hospitality (plus 6,100 jobs), trade, transportation and utilities (plus 2,100 jobs), and financial activities (plus 1,700 jobs). Other than healthcare, specific subsectors that outperformed were architecture and engineering, administrative and support services, and restaurants.

The University of San Diego's Index of Leading Economic Indicators remained virtually unchanged during Q3. The Index hit its highest level in almost 10 years in April, but has since declined slightly as local construction activity has slowed. Still, modest economic growth is expected for the region over the near term.

The reduction in building permits highlights a primary

area of concern for the local economy over the next few years: a lack of affordable housing supply. SANDAG estimates the region will need to add about 325,000 housing units by 2050 to accommodate demand, or about 12,000 per year just to keep up with population growth. The last year in which permits reached that level, however, was 2005. Even worse, the vast majority of permits are issued for properties only upper-income residents can afford. Just 7 percent of units approved in 2015 were valued below the median County home price.

Real estate values have risen to a point where over 70 percent of area residents cannot afford to purchase a median-priced home. These same residents have also been squeezed by rising rents.

Average rents are up 32 percent since 2000, despite median wages falling 2 percent. Clearly, this issue needs to be addressed to attract and retain the best workers, including millennials.

Nevertheless, it should be noted that San Diego



Dan McAllister

County's median sales price in September of \$569,000 is still lower than in other parts of Southern California, such as Orange County, and far below average prices in the Bay Area. However, prices locally are rising faster than in most other areas, indicating the lack of supply is affecting our market.

— Dan McAllister is San Diego County Treasurer-Tax Collector. You can reach his office online at sdtreastax.com, or by calling 619-595-5231. ■

LETTERS

Wrong neighborhood

Re: "Letters: No MAD" [Volume 22, Issue 12 or bit.ly/2hr4Eos]

Hello. I'm writing to let you know of an error. Plus, I'm writing to let you know how much your error irks me.

I tore from your most-recent copy of the Mission Times Courier the offending words (highlighted below).

The Temple Emanu-El is located in the city limits of San Diego, within the community of San Carlos. Ask me how I know? Well, I'm a San Diego native, age 63, and I've been around a bit. Also, I used to live on the street, Whelan Drive, in the early 1970s that butts up to the back parking lot of said temple. (I lived there long before the temple was built.)

In no way is Capri Drive considered Del Cerro. It never has been, and it never will be, Del Cerro.

Maybe soccer moms will be impressed that they are sending their children to a private, costly school in "Del Cerro" when they send them to the temple? Perhaps by having ownership of that, it



The Derkatz family enjoys a hike in Mission Trails. (l to r) Kenny, Roddy, Rick, Isabell, Ana and Victoria (Courtesy of Rick Derkatz)

will comfort them (snob-wise) to offset tuition (i.e. bragging rights)?

Real estate agents trying to inflate a home's asking price — selling homes in Allied Gardens (my neighborhood for the last 15 years) — also pull this cheap trick. They advertise a home for sale in "Del Cerro" when in fact it's on Waring Road, for example, which is clearly not Del Cerro.

Del Cerro is the high hill and maybe immediate surrounding areas such as where the fire station and St. Therese Catholic Church are

located and possibly as far as Patrick Henry High School.

Del Cerro is not San Carlos. Del Cerro is not Allied Gardens. Del Cerro is not Fletcher Hills. Del Cerro is not El Cajon. Del Cerro is not La Mesa. Del Cerro is not El Centro. You get the picture.

I intensely dislike this stretching of the truth. It's deceptive, cunning and a bald-faced lie. Shame on you for printing such a falsehood.

Del Cerro is for rich snobs. Allied Gardens and San Carlos are defined areas and neither are Del Cerro. Neither!

Get a clue and get it correct next time, pplease.

P.S. I hope the rich snobs have to pay the up-charge taxes. They can well afford it.

— Suzanne Ross, Allied Gardens

[Editor's note: We regret not catching the error in Mr. Josephs' letter to the editor. We usually print letters as close to the original way they come in to us and Del Cerro was the designation the author gave for Temple Emanu-El's location.]

A holiday hike

Re: "A peak experience" [Volume 21, Issue 11 or bit.ly/2j8zQt5]

I just had my son Kenny and his family out for the Thanksgiving holiday. Kenny is in the Air Force and stationed at Canon Air Force base in Clovis, New Mexico. He went to Gage Elementary, Pershing Junior High and graduated from Patrick Henry. He is also an Eagle Scout from Troop 959.

I had told him about the 5 Peak Challenge going on at the Mission Trails Park and he wanted the whole family to do it while they were here. As you can see by the picture we all made

See LETTERS page 9 →

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

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Judy
McCarty



Summer Stephan is a Chief Deputy District Attorney in San Diego County and the recipient of several awards for her prosecutorial work. She will be the keynote speaker for our Tuesday, Feb. 14 meeting of the Navajo Canyon Republican Women Federated (NCRWF) at The Brigantine in La Mesa.

With the ballot approval legalizing recreational marijuana use in California, she is prepared for additional ramifications of marijuana use in California and the effect it will have on our citizens (users and non-users), law enforcement, and the state.

We look forward to learning how this new law will impact our community. Check-in time for the 11 a.m. meeting is 10:30 a.m. A full-course luncheon will be served at noon, followed at 12:30 p.m. by our speaker. Cost of the luncheon meeting is \$25 and reservations are required. Please RSVP to NCRWF99@gmail.com (RSVP in the subject line) or call 619-990-2701.

Once again, NCRWF placed first among 43 different Republican Women Federated clubs in San Diego County for the number of hours NCRWF



San Diego County Deputy District Attorney Summer Stephan (Twitter)

members volunteered to community service and also for the hours contributed to political activities in 2016.

We are very proud of our efforts to improve our neighborhoods and contribute to service clubs, while at the same time "giving our all" for Republican policies and candidates. We are gratified by our club's growth and this recognition but even more so by the results. We'll enjoy the inauguration Jan. 20.

For more information on all our activities, visit us at navajocanyonrnf.org and also like us on Facebook. Our membership drive for 2017 has just begun, and we'd love to have you join us!

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

► Letters, from page 8

it — including his wife Anna, daughters 12-year-old Victoria and 6-year-old Isabella and even his new son, 6-month-old Roddy. We had a blast. If there is any way you could put the picture in Mission Times Courier, it would make his day. (Also his daughters' day).

— Rick Derkatz, San Carlos

Between a rock and a ...

My family and I have lived in San Carlos for 33 years. Every day we look at our beautiful Cowles Mountain. For 33 years I have observed a beautiful, huge rock on Cowles Mountain. This rock faces Golfcrest Drive next to Mission Trails Park.

At first this rock was just standing tall. As time passed, I noticed that this rock had split right down the middle. Now, half the rock is slanted.

My concern is for our Golfcrest neighbors. If the rock slides, where will it land? Will the rock fall into the canyon below it, or will it keep rolling and fall across the Golfcrest yards?

— Dolores Valadez, San Carlos

R.I.P., San Diego Chargers

It was a gloomy day in January of 2017 when San Diego Chargers bolted town with their Chief Dean.

Now, the Spanoses were filthy rich, packing two billion clams, but they skipped town to Carson to piggyback the Rams.

They didn't wave or kiss their fans goodbye as their Jets soared away, like an Eagle or a

Seahawk, from the egg-throwing fray.

After 55 years in town how could they Steel away? All the leaves were Brown on such a cloudy day.

And what forced these Buccaneers, these cheapskates to jump ship? Mission Valley Qualcomm Stadium was no longer hip.

They wanted to build a "convadium" downtown. But the rise of Bills and loss of tailgates made the people frown.

Dean rode the City Council like a Cowboy breaks a Colt. He tried to raid the city's coffers like a Giant dolt.

As their tears poured down, a winter storm, San Diego said goodbye, lighting Chargers gear on fire, the flames rising to the sky.

Sad and hurt and angry, fans shouted to the news: "Dean, that Lion bastard! We can't bear his Cardinal abuse."

"Slinking off like a Jaguar or a Panther in the night, he's a Titan of Vikings, it is just not right."

So now the morning after, as tears and rain subside, Chargers fans now realize we have something to decide.

Redskins, Broncos, Dolphins — fish? Or Bengals, Texans, Falcons — birds? 49ers? Patriots? Saints? Are these not merely words?

As for the San Diego Chargers, the chapter is now shut. Quoth the Raven, "Nevermore," so we'll heal the deepest cut.

And as our handsome Mayor Kevin said in his State-of-Town address, San Diego did not lose the team; they lost the town that's best.

— Patty Mooney, San Carlos ■



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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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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San Carlos Area Council News

Mickey Zeichick



Our next San Carlos Area Council (SCAC) meeting will be Wednesday, March 1, 2017, at 6 p.m. in our branch library at 7265 Jackson Drive. Our meetings are open to the public. Speaker to be announced.

Our speakers at the Jan. 4 meeting were Toni Noel, a top literary author and one who knows a lot about our San Carlos area, and Dennis Brown from RSVP.

Noel is preparing a valuable collage of pictures and articles regarding the history of San Carlos. SCAC will be contributing to this endeavor.

to this 501(c)(3) organization, please make your check payable to "Lake Murray Fireworks" and send it to:

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If you exercise at the LA Fitness center on Navajo Road, and are enrolled in the Kaiser Permanente Senior Advantage Plus, Kaiser will pay for your membership under the "Silver and Fit" program. I asked when the pool will reopen and while they do not have an answer, they did say they won the arbitration and the strip-mall owner needs to provide a working indoor pool.

I still have no clue on what is going on with the former

Blockbuster building at the corner of Navajo Road and Lake Murray Boulevard (next to McDonalds).

January 2016, I made a New Year's resolution for us to become even closer to our siblings. I would email, text, chat, or visit with them more often, and to do this while we are all in relatively good health. I chatted with my oldest sister every morning on Facebook Messenger. We chatted about our respective plans for the day.

In December, on our way out of town, we stopped

for a short visit. While on vacation, I came down with bronchitis — but my sister got pneumonia. Within a week, she was in the hospital and 10 days later passed away. We visited with her three times when she was in the hospital and had some laughs.

So, I say to each of you, keep your friends and family close; never take for granted that there will always be another tomorrow. The phrase, "work less and smell more roses" is doubly enforced.

New Year's Day, we hosted a Pajama Brunch for some of our friends. Everyone was encouraged to bring a set of "new" pajamas which would be donated to the County of San Diego Foster Youth program. I am delighted to say many people did not bring one set of PJs but brought more. The PJs have been donated and all brunch attendees thought this was a clever and worthwhile thing to do. It doesn't take a lot of imagination or work to do something good for others — but it makes us feel very good when we do!

— Mickey Zeichick is president of the San Carlos Area Council. For questions or to be added to the Interested Persons List, reach her at mrzeichick@gmail.com. ■

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District 7 Dispatch

Scott Sherman



Last month, I had the great honor of being sworn into my second term to serve District 7 on the San Diego City Council. I am proud to continue serving the area that I have lived in nearly all my life.

Working together, we have accomplished a lot these past four years. Some achievements I am most proud of include:

- Approval of the River Park Master Plan.
- Building one of the largest skate parks in the state of California in District 7.
- Reopening of the Kumeyaay Campgrounds at Mission Trails Regional Park.
- Opening of several new parks throughout District 7.
- The passage of the Urban Garden Ordinance that helps bring fresh produce to food deserts.
- The Charter School Permitting Reform measure which makes it easier for schools to open in the community.

Focusing on the future, the most pressing issue that our region faces is the severe housing shortage. San Diego County's median home sale price has risen to over \$500,000 – the highest in over a decade. The



The soon-to-be-opened Linda Vista Skatepark will be one of the largest in California (Courtesy of City of San Diego)

average rent in San Diego is over \$1,700 a month!

The high cost of housing forces families to make the painful decision to relocate and seek more affordable areas to live. In fact, recent studies have shown that San Diego has the smallest population of millennials choosing to live in our region. The housing crisis we face today is literally stealing away the next generation of leaders and innovators that could lead our city into the future.

In the near future, my office will be releasing proposals to begin fixing this severe problem. I will be focusing on measures that will streamline local regulation and cut

red tape to encourage more building.

Together we can work together to help District 7 remain a beautiful place to live. As we begin a new year, I want to hear from you about your priorities or issues that are affecting our neighborhoods. Please contact my office at 619-236-6677 or email me at ScottSherman@SanDiego.Gov.

— Councilmember Scott Sherman represents the District 7 neighborhoods of Mission Valley, Allied Gardens, Grantville, San Carlos and Del Cerro on the San Diego City Council. ■

News and notes from your County Supervisor

Dianne's Corner

Dianne Jacob



Insurance break: Some rural landowners became eligible for lower property insurance rates starting Jan. 1, thanks to improved fire protection ratings.

Many parcels in these communities are expected to be eligible: Boulevard, Campo, Deerhorn Valley, Dehesa, Descanso, Dulzura, Harbison Canyon, Jacumba, Jamul, Lake Morena, Pine Valley, Potrero, Santa Ysabel, Shelter Valley and Tecate.

For more information, contact your insurance company or the County Fire Authority at 858- 974-5999.

The better fire protection ratings reflect the county's efforts to beef up services across the region. The county has invested more than \$400 million since 2003 in improved fire and emergency services.

Game over: While I will miss the Chargers players and their contributions to the community, all I can say to Mr. Spanos is good riddance.

He betrayed San Diego fans and that's something a lot of us won't ever forget.

I think we now have an opportunity to turn the Qualcomm Stadium site into a regional attraction we can all be proud of, with perhaps a world-class entertainment and sports complex, facilities for San Diego State and park space to make the most of its riverside location.

A new term: Sheriff Bill Gore recently did me the great honor of swearing me in for a historic seventh term.

I am deeply grateful for the trust that East County voters have placed in me over the years. I will continue to do all I can to live up to that trust.

I've also been named the 2017 chairwoman of the Board of Supervisors. I'm scheduled to deliver the annual State of the County address on Feb. 1. Contact my office for details.

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

— Dianne Jacob is County Supervisor for San Diego County's District 2. ■

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News from the Allied Gardens/ Grantville Community Council

Shain Haug

During the Jan. 7 week-end, we took down the lights on the flyover bridge and the decorations at the Zion Avenue/Waring Road triangle. We hope that they brought you some pleasure and happiness, maybe a moment of relief from the tensions and anxieties of the season.

The next Allied Gardens/Grantville Community Council town hall meeting will be held on Tuesday, Jan. 24 at 7 p.m. at the Ascension Lutheran Church. In addition to reports from city agencies, we will be joined by Jose Reynoso, the president of the College Area Community Council (CACC). This council has extensive experience in the matter of mini dorms, residences that have been converted to high occupancy for college students. Reynoso will speak to the problems imposed on the community by those residences and how the CACC has dealt with the issue. As the population of San Diego State University increases and as more students seek housing near the school we can expect the problem to migrate to Allied Gardens and Grantville. We need to be prepared. He will also address our common interests in control of the homeless population and the impact that these folks have on our neighborhoods.

While we are talking about the homeless situation,

the Regional Task Force on the Homeless is doing their periodic count of the homeless on Jan. 27. The task force needs volunteers. Visit rtfh.volunteerhub.com for more information and to sign up to help.

At this town hall meeting, we will solicit your membership on the AGGCC board of directors. Your skills are much desired by the community. The officers of the board of directors will be nominated.

Planning for the improvement of the Alvarado Creek littoral between Waring Road and Mission Gorge Road has begun in earnest. The city's development group will conduct public forums and workshops the first of which will be on Feb. 15, the location and time of the event to be determined. We will keep you advised of the Community Council activities by way of the monthly article in this newspaper, our newsletter, Nextdoor.com, and Twitter at @SanDiegoAGCC. Contact us if you need help in accessing these sources of information.

On March 28, the town hall meeting speaker will be John Wurster of Affirmed Housing, the organization that is converting the Motel 6 on Alvarado Canyon Road to a residence for homeless military veterans and that plans to build a similar residence at the corner of Fairmont Extension and Twain Avenue. The council feels that these new

neighbors, the conditions at the properties, what they may bring to the area, and what we can do to support the goals of the ventures are of critical interest to the community.

The board of directors meets on the first Monday of each month at 7 p.m. at the Ascension Lutheran Church. Our next meeting will be on Feb. 6. We have a lot ahead of us in 2017 and there is a place for you in this organization.

One last and very important word. I want to express our appreciation to two stalwart members of the Community Council who have made and are making a most substantial commitment to our neighborhood. Julie Stollenwerk, the secretary, and John Kunkel, our treasurer, prepare the minutes of our board and town hall meetings, take care of our correspondence, see to our finances, organize and publish our newsletter, and are always there for every activity we undertake. Much of the strength of the council arises from their leadership, commitment, and tireless efforts. Our thanks for all they do for our community.

— Shain Haug is the president of the Allied Gardens/Grantville Community Council. Reach him at agccshain@yahoo.com. Suggestions for town hall meetings and council action will be much appreciated. ■

News from the Del Cerro Action Council

Jay Wilson



The development of the 26 homes proposed by the ColRich Company on the east side of College Avenue and south of Del Cerro Boulevard continues to work its way through the city's Development Department.

Opposition to the project remains high and virtually everyone in Del Cerro cannot comprehend why the city is allowing the ingress and egress to be from College Avenue, just south of the Chevron Station. The city's Fire-Rescue Department has been asked to comment on how they would propose to provide emergency service to the complex from Fire Station 31 in Del Cerro. The closest U-turn for southbound traffic on College Avenue, once you pass Del Cerro Boulevard, is Lindo Paseo which is one block north of Montezuma Avenue in the College Area. We hope to have additional information at the Jan. 26 meeting of the Del Cerro Action Council, held at 7 p.m.

at Temple Emanu-El.

Also at the meeting will be a presentation by Lisa Lind, a senior planner for the city of San Diego, who is the project manager for the Grantville Trolley Station/Alvarado Creek Enhancement Study. This study is the first step in resolving the ongoing flooding issue of the Alvarado Storm Drain/Creek. The city is seeking input from residents within the Navajo Community to help guide consultants and city staff in designing a viable solution. The target date for completing this initial plan is September or October of this year.

The study was financed by the city of San Diego and a major grant from SANDAG. When this study is complete, which will include a basic design for the Alvarado Storm Drain/Creek, the total project will be considered 30 percent complete. This will allow the city to apply for state and federal grants to fund the actual reconstruction of the Alvarado Storm Drain/Creek.

With completion of the total project, redevelopment of

a major portion of Grantville can commence which will allow for the realignment of Alvarado Canyon Road; to eliminate having it dump on to the westbound off-ramp from Interstate 8 to the Fairmount/Mission Gorge interchange.

We have also asked for a member of the Friends of Del Cerro to provide an update on the status of their proposal to establish a maintenance assessment district in Del Cerro.

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



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► **Vandalism,** from page 1

estimated damage to the vandalized trees was valued at around \$5,000.

Steffen urges any witnesses or anyone with any information about the vandalized trees to contact him by phone at 858-495-7971 or by email at JMSteffen@sandiego.gov.

Part of a larger problem

The vandalism at Lake Murray Park is just the latest in a string of problems that local sports fields have experienced over the last several years. And it wasn't the first time trees were the target.

President of Patriots Baseball Nancy Hemmings said its ballpark, Shira Field, had an incident in which someone also cut a tree down for firewood in early December.

"Our outfield butts up against the Mission Trails Golf Course and so there's a little corner back in there where someone came in and they cut a tree down," she said. "They had left it there over night, they cut it up into small pieces and when I came back the next day it was gone."

Trees aren't the only things being stolen from the Patriots.

In mid-summer of last year, a storage container was robbed of a cart used to drag the infield, the drag itself was also stolen, as well as a pitching machine.

"They initially broke into the snack bar trying to see if there was anything there they could take," Hemmings said. "The only thing they got out of there was an old laptop computer, but they did take our slushie machine and we found it later in the day stored in the bushes."

"The storage container door was damaged during the robbery and insurance won't cover that," Hemmings said. "Our season is starting here in another month or two and without the equipment, it just really puts us in bad shape."

Other issues the Patriots have experienced at the ball field include damage from skateboarding on the metal grandstands; graffiti on fencing; drug deals in the parking lot; people committing sex acts in the dugouts and stands after hours; and cars that spin donuts in the dirt parking lot.

"The biggest problem we have is we just invested a large amount of money from a county grant to upgrade the playing field," Hemming said. "We did an all new sprinkler system and an all new infield that we laser leveled and everything. We posted signs asking people to please stay off the field and they did good — until about a month ago."

"Now, all of a sudden, they're getting on the field again and they're tearing everything up. We feel that the field is not being respected as it should be by the community," she said.

SCLL is also victim to people disrespecting their parks. Gagliano said that the Minor League field's scoreboard is constantly being broken into so much that it is now almost never locked.

"There's lots of drug paraphernalia found there, lots of condoms," she said. "It's just horrible because we've got our kids going through there and we're always asking the parent volunteers to watch what's in there and remove what they can."

Other sports organizations have been victims of theft as well.

"As I watch the news, this has happened all over San Diego; a lot of it seems to be in South Bay this year," said Terry Cords, president of Crusader Soccer and also chair of the San Carlos/Lake Murray and Allied Gardens recreation councils.

"It's happened to us over the years," he said. "Probably five or six years ago, Crusaders had a bunch of our goals taken. They stole them for the scrap aluminum and it probably cost us about \$1,000 to replace them."

The Navajo Girls Fastpitch Softball league, which also uses fields in Lake Murray Park, experienced a recent theft when a small John Deere cart vehicle was stolen. It was later found in La Mesa after it ran out of gas and was returned by police.

"The only reason why they were able to get it back to Navajo was because Navajo

had their sticker that said 'Navajo Fast Pitch' on the cart, so the police contacted the city," Gagliano said.

What can be done

Preventing theft and vandalism at sports fields is easier said than done because youth sports leagues have little money to afford security patrols and merely locking up the equipment doesn't seem to be working.

"I'd say there's always a risk [of theft]," Cords said. "Most of the sports leagues have storage containers — they're the old at-sea storage containers, 20-foot and 40-foot containers, and they're locked with pad locks. I've learned that pad locks keep honest people out; they don't keep dishonest people out."

Gagliano has another idea to keep dishonest people out.

"I wish we could have lights there because it is super dark," she said, while admitting that it would be an uphill battle to get them. "None of the neighbors like the idea of lights."

Hemmings said there has been a degree of carelessness with keys to snack bars and storage containers, leaving them in plain site during weekend tournaments that have hundreds of out of the area visitors to the field who might have nefarious intentions while visiting.

"We, as a league, have to do something a little bit better, I believe, to secure

the property," she said. "The police do the best job they can to monitor [the field] but they have their hands full as well."

One of the most important preventative measures is for the leagues to report every act of theft and vandalism to the police so they know where to beef up patrols, Officer Steffen said.

"It's all based upon where we see the crimes occurring, so if people aren't reporting them we don't know there's an issue," he said. "If you see something, you have to say something and then we can handle the situation."

Community members can also help by treating the fields with respect, keeping pets on leashes while using the fields and cleaning up their trash. They can also make donations to leagues to help pay for damaged and stolen equipment.

"We operate on the bare minimum, but we do this because we're trying to provide a positive opportunity for these 13- and 14-year olds — trying to teach them values, respect and all this while they play the game of baseball," Hemming said.

To donate to Patriots Baseball, visit their GoFundMe page at gofundme.com/ShiraField. To donate to the San Carlos Little League, visit their website at sancarloslittleleague.com.

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



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Patrick Henry High School News

Elizabeth Gillingham

PHHS admission process for incoming freshmen begins

Incoming freshmen forming the class of 2021 are beginning the articulation process to Henry. Students attending Lewis or Pershing — no matter what neighborhood they live in — will automatically matriculate to Henry High School. Parents and students are invited to attend an information presentation called the Henry Showcase on three different occasions to help accommodate busy schedules.

The first showcase will be Jan. 31 at Henry High School in PHAME! (our new performing arts center) at 6 p.m. Two additional showcases will be held Feb. 9 at Pershing at 3 p.m. and at Lewis at 5 p.m.

On April 5, incoming eighth-graders from both schools will be invited to Patriot Day which includes tours by Henry Link Crew Members and an ASB-led Welcome Rally featuring many performing groups and students sharing vital information about becoming a student at PHHS. Students who attend other schools are welcome to join us and more information will be posted on our website.

New student enrollment will begin at the end of March. Students from outside districts or schools (attending charter, private, or from out of state), please call our main office to set up a registration appointment. The sooner students register, the better for elective options and availability of special classes. For parents and students who are unsure, please feel free to join us on the first Wednesday of every month at 10:45 a.m. in the main office for a student-led tour of PHHS!

PHHS Circle of Friends Club Winter Wonderland Dance



(Courtesy of Patrick Henry High School)

On Friday, Dec. 9, the students from Patrick Henry's Circle of Friends Club invited friends and family to enjoy an evening of food, games, singing, dancing and fun at their annual Winter Wonderland Dance. Special thanks to the members of Ascension Lutheran Church in Allied Gardens for, yet again, allowing the club to use their facility for this special evening. The student officers worked hard to arrange a wonderful evening for all of the members and the result of all their work was a great night enjoyed by all.

See PHHS page 15

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► PHHS, from page 14

PHHS Student of the Month

It is with great pleasure that we offer Madison “MJ” James as our Student of the Month for December. MJ is a senior and has been a shining example for others to follow since she started at Henry.

She has been a varsity softball player every year as the starting pitcher and began attracting college recruiting scouts to her during her sophomore year. Last year, she had an injury that put her on the bench, and when the team made it to the CIF Playoff finals at UCSD, she was proudly sitting on the bench cheering every player to “come home” or “make that play count” throughout the game. She exemplifies great sportsmanship in critical situations and is a true pleasure to have on our campus.

“MJ is a positive, motivated, and great communicator,” said sign language teacher Jennifer Ronco. “Madison is sought out by all levels as a partner and group-mate and is the first person to volunteer to pair with the student who needs the most help and/or attention. She challenges all students that are at her level, increasing the sign language fluency for the lot of them. Conversely, Madison is the student most likely to get a reticent or low-skilled signer



Student of the Month Madison “MJ” James (Courtesy of Patrick Henry High School)

to take a risk through her patient listening skills and gentle prodding to assure that it is the students' own idea that is being articulated. MJ is wonderful.”

She is also noted for being in the Circle of Friends where

she eats lunch with the moderate-to-severely handicapped students staying far beyond the organized time blocked out for it. The students are wild for her and we appreciate her amazing leadership and caring personality.



(l to r) Kalos Chu, Amanda Martin, Kaylianne Chaffee, and Anthony Jaynes (Courtesy of Patrick Henry High School)

PHHS students visit Benchley Weinberger Elementary

To support music in education, former students from Benchley Weinberger Elementary returned to their school to perform for the fourth- and fifth-grade students.

“The students did an excellent job with their performance and our kids were thrilled with the selection of music,” fifth-grade teacher Mrs. Armstrong said. “It was a perfect balance of contemporary music and

classical. Junior Kalos Chu is a natural leader. He was able to capture the attention of the fourth- and fifth-grade students with his explanation of the musical program; lead a question/answer session; and share how being a part of the orchestra has had a positive influence on his life.”

Benchley Weinberger principal MC Patton was also impressed with his alumni students.

“Thank you and your team so much for making it possible for Kalos Chu, and friends, to return to Benchley Weinberger each year and play the violin for us,” he said. “It is a pleasure for our students and a thrill for us adults to watch him and the other musicians grow and improve each year. Congratulations!”

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

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DINING OUT IN SAN DIEGO

Frank Sabatini Jr.





An iconic seafood restaurant to close its doors (Courtesy of Anthony's Fish Grotto)

The longstanding **Anthony's Fish Grotto** perched along the Embarcadero will officially shutter Jan. 31. The establishment, which opened as a 16-seat diner at Downtown's Old Ferry Landing in 1946, moved to its current location in 1965. But in a Port of San Diego bidding process for redevelopment, it lost its lease to The Brigantine Inc., which will reportedly modernize the space with a fresh restaurant concept.

In commemoration of Anthony's final month on the waterfront, the restaurant plans on conducting free raffles for dinners at its La Mesa location (9530 Murray Drive) and may also offer throwback prices on signature dishes, such as the revered clam chowder. 1360 N. Harbor Drive, 619-232-5103, anthonyfishgrotto.com.



Seared ahi at 57 Degrees (Photo by Russ Kindom)

Locals and their friends or family members arriving into town via San Diego International Airport are entitled to a glass of beer or wine at half off the regular price at **57 Degrees** if they show their boarding passes at the bar. Located in Middletown, the spacious establishment also recently introduced several new fall-winter dishes by New Orleans native, Esteff DeFelice. They include fried green tomatoes, sesame-crusted seared ahi, PEI mussels, and house-made chocolate mousse. 1735 Hancock St., 619-234-5757, fiftysevendegrees.com.



A tasting room for spirits in Mission Gorge (Photo by Jason Swinford)

South Park resident Jason Swinford has added a 400-square-foot tasting room and bottle shop to his Mission Gorge distillery, **Swinford Spirits**, which produces whiskey, gin and vodka. The latter is contained in self-infuser bottles, allowing consumers to flavor the vodka with spices, fruits and teas. The tasting room allows visitors to consume onsite a total of 1 1/2 ounces of the spirits (either straight up or in cocktails). It's open from noon to 7 p.m., Tuesday through Saturday, and noon to 5 p.m. on Sundays. 5980 Fairmount Ave., 844-933-7465, swinfordspirits.com.



Bacon and cr me fraiche pizza at the new Pi Bar (Courtesy of Blue Ridge Hospitality)

Blue Bridge Hospitality, which operates **Liberty Public Market** in Point Loma, has reconfigured its anchor **Mess Hall Restaurant** to accommodate three new concepts: a fast-casual food and drink area called **Mess Hall Bar**, the **Grape Smuggler Bar** featuring wine and tapas, and **Pi Bar**, which specializes in rectangular Roman-style pizzas. The market, which opened in March, is currently home to 30 vendors. 2820 Historic Decatur Road, libertypublicmarket.com.



The interior of Primos Public Corner (Facebook)

San Diego-based Primos Management has opened **Primos Public Corner**, a full-service restaurant and bar in Mission Valley's **Fenton Marketplace**. The company operates more than 20 fast-casual eateries under the name **Primos Mexican Food**, although this is its first large-scale establishment, said chief marketing officer James Quijano.

In addition to a wide selection of Baja-style cocktails and craft beers, the food offerings include everything from mole french fries and bourbon-Sriracha flautas to New York strip tacos and fire-roasted chile rellenos. 2401 Fenton Pkwy., Suite 104, 619-684-5777, primosp.com.



Welcome back, New Orleans Creole Caf ! (Photo by Frank Sabatini, Jr.)

After an eight-month closing, Mark W. Bihm and his husband Humberto Villegas, reopened their **New Orleans Creole Caf ** in Old Town in December. The tucked-away restaurant, which occupies two historic structures for a dining

room and kitchen, received permanent foundations and new wiring and drainage systems. In addition, the buildings have been repainted, new corbels were added, and the dining room's front porch was expanded.

"The property is back to its 1860s glory," Bihm said, adding that new pasta dishes will be added to the menu, and he will soon begin bottling and selling the restaurant's Cajun-style barbecue sauce, which originates from a family recipe. 2476 San Diego Ave., 619-542-1698, neworleanscreolecafe.com.



Chef Javier Plascencia is parting ways with two local restaurants. (COurtesy Alternate Strategies)

Famed chef Javier Plascencia announced on Jan. 3 that he will leave his executive chef positions at **Bracero Cocina de Raiz** in Little Italy and **Romesco** in Bonita, where he gained media accolades over the years for his creative fusions of Baja-Mediterranean cuisine. Plascencia oversees several establishments in Mexico, including the acclaimed Mision 19 in Tijuana's vibrant Zona Rio District.

A statement he released said in part: "Going into the new year, I will be taking time to focus on my restaurants in Tijuana, Valle de Guadalupe, as well as a new project I have in the pipeline in Todos Santos, Baja California Sur."

— Frank Sabatini Jr can be reached at fsabatini@san.rr.com. ■

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Weight-loss belly balloon: Is it right for you?

Dr. Julie Ellner

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

One of the reasons why people hit a weight-loss plateau is because dieting alone increases chemical hunger. This is a way to relieve the hunger and be successful without surgery or drugs.

In this 10-minute procedure, I insert a deflated silicone balloon through the patient's mouth into the stomach with an endoscope. Once inserted, it is inflated with sterile saline. Inflated, the balloon is about the size of a grapefruit about one third the size of the stomach. This creates a feeling of fullness and helps patients moderate food intake. The procedure is performed under IV sedation, so the patients go home right away, with a profound sense of fullness.

After six months of using the balloon to learn successful behaviors and losing

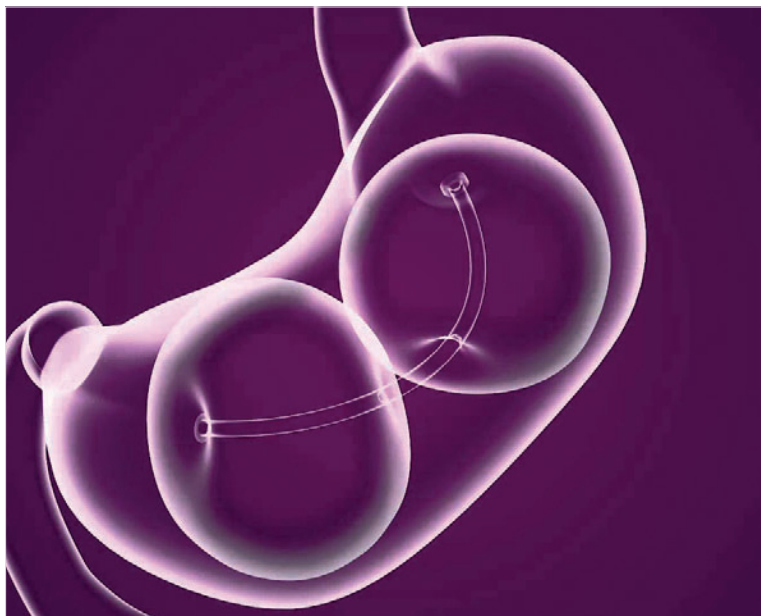


Dr. Julie Ellner

the weight, the balloon is removed. Patients continue with another six months of follow-up with me, as I help them stay on track with their new behaviors to maintain their weight.

Most weight is lost in the first three months, but because the gastric balloon stays in for six months, patients have more opportunity to learn the right amount of food to eat to maintain their new weight, or even lose more weight.

The balloon has been available for almost two decades outside of the U.S. and has proven successful in over 80 European and other countries. For millions of people who want to lose weight without surgery, it gives them the boost they need.



A weight loss belly balloon is a surgical approach to weight loss. (Stock image)

The balloon is gaining in popularity because it helps those who are overweight, but don't qualify for or don't want surgery. For years, it has been those stuck in the middle – needing to lose more weight than can be accomplished with dieting, but not heavy enough to need surgery – who had no viable options. The balloon helps bridge the gap between diet failure and major surgery.

The FDA has approved the balloon for those with a Body Mass Index between 30 and 40. However, many people in the lower weight categories, wanting to lose up to 50

pounds, receive the balloon and are extremely successful. I consider all applicants carefully, on a case-by-case basis.

I will be hosting a free seminar for those who want to learn more on Feb. 6, 6 p.m., at 5555 Reservoir Drive, Suite 203, San Diego 92120. RSVP by phone to 619-286-7866 or 800-258-2723, or online at BellyBalloonDoctor.com or AlvaradoHospital.com.

— Dr. Julie Ellner, M.D. is a bariatric surgeon who works with Alvarado Hospital and specializes in weight loss. ■

Don't get stuck with Medicare late fees

Greg Dill

This past holiday season, I found myself in line at the airport counter, waiting to check a bag prior to a flight to visit family and friends. The gentleman in front of me got frustrated when the customer agent said he had to pay more to check a bag because he hadn't paid for it online beforehand.

I could relate to his irritation since I'd had a similar experience years ago. But I was late for my plane and hoped the situation would be remedied soon. After talking to a manager and reviewing the terms of the ticket purchase, the man paid the extra fee. The rest of us in line sighed quiet relief as the clock ticked down to our departure times.

The gentleman's reaction made me think of a Medicare beneficiary I encountered a while back. He'd decided not to enroll in Medicare Part B, which helps pay for doctor fees, outpatient treatment, and

See MEDICARE page 20 —>



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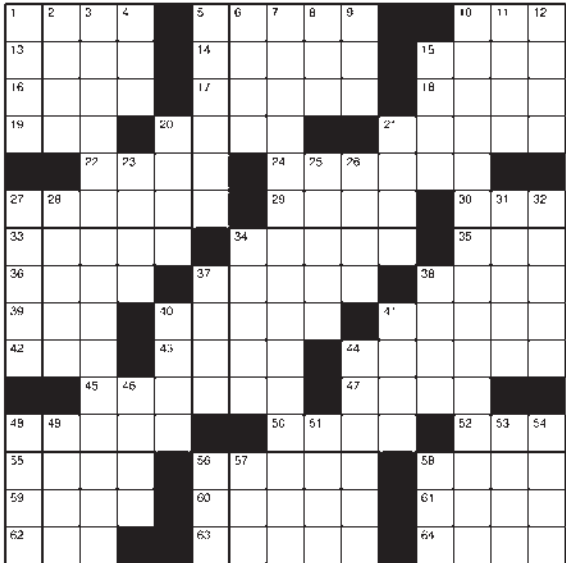
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PUZZLES

ANSWERS ON
PAGE 20

CROSSWORD Sporting Chance



CREATORS NEWS SERVICE

By Charles Preston

ACROSS

- 1 Bowl or tub
- 5 Schoolroom equip-ment
- 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

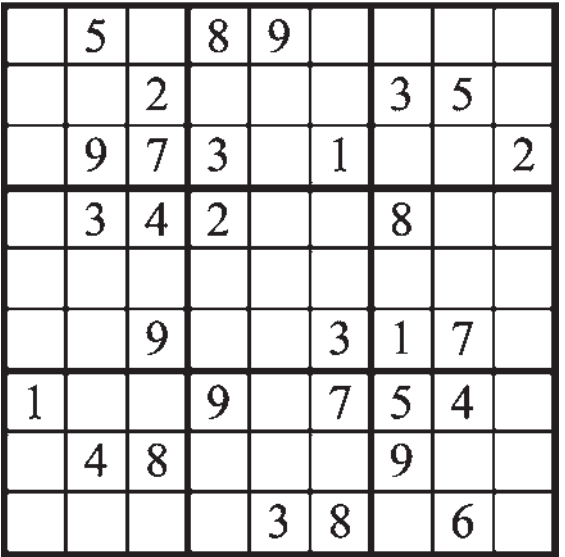
- 44 Lodge lover
- 45 Shakespearean play
- 47 Oklahoma city
- 48 The Red ____ of
Courage
- 50 Rapid rodent
- 52 Fenny tract
- 55 Band instrument
- 56 Military unit
- 58 Golden circle
- 59 Tidings
- 60 Had origin
- 61 European capital
- 62 Residence room
- 63 American naval hero
- 64 Campus bigwig

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
- 20 Wrongoings
- 21 But, in Berlin
- 23 Ceremony
- 25 Is worthy of
- 26 In a huff
- 27 Minor quarrels
- 28 See 47 Across
- 31 Similar
- 32 More extensive
- 34 French river
- 37 Deceive
- 38 Et ____; and others
- 40 Harness part
- 41 Study strenuously
- 44 New ____
- 46 Periods
- 48 Spy James
- 49 Busy as ____
- 51 Church section
- 53 Earthen jar
- 54 Stupid one
- 56 No-good guy
- 57 Mining product
- 58 Fuel carrier

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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For those born in January you are not limited in your choice of birthstone colors. Garnets are a group of gemstones that are available in a rainbow of colors, to match every personality. Women and men's jewelry looks great when set with Mozambique garnet, the dark red variety. If you love green Tsavorites from Kenya, are bright and intense rivaling emeralds. If earth tones are your favorite Spessartite garnets range from yellowish orange to reddish orange. The Rhodolite garnet is named for the rhododendron flower and is a beautiful cranberry color. Garnets are a gemstone that can be easily worn every day to enhance your business and casual wardrobes.

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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
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Chabad of East County (Jewish) jewishec.com (619) 647-7042 Rabbi Rafi Andrusier
Del Cerro Baptist Church 5512 Pennsylvania Lane, La Mesa, 91942 Sunday Traditional Service 8:30 a.m. Contemporary Service 11:00 a.m.(619) 460-2210 Web Site www.dcbc.org Pastor Dr. Mark S. Milwee
Fletcher Hills Presbyterian Church 455 Church Way, El Cajon 92020 8:30 a.m. 10:00 a.m. Rev. Dr. Kevin Womack
Young Israel of San Diego 7289 Navajo Road, San Diego, CA 92119 619-589-1447 Rabbi Chaim Hollander
Lake Murray Community Church 5777 Lake Murray Blvd., La Mesa, CA 91941 9:00 a.m. 10:50 a.m. Pastor Nathan Hogan

► Medicare, from page 18

preventive-care services, when he was first eligible. At the time, he declined his Part B benefits, he was in good health. He rarely saw a doctor, didn't take prescription drugs, and never had been admitted to a hospital. Part B carries a monthly premium (about \$109 for most people in 2017), and the man didn't think he should pay for something he didn't need.

Several years later, his health declined and he wanted Part B. He signed up in March but learned that his coverage wouldn't start until July. And since he waited five years to enroll after he was initially eligible (and didn't have job-based insurance during that time), he discovered that he'd have to pay a late penalty equal to 50 percent of his monthly premium.

He was very surprised, to say the least. He reached out to Medicare to reduce the penalty, but unfortunately we couldn't do anything to help. When the beneficiary turned down Part B five years earlier, he signed a document explaining the penalty and the potential for higher costs. He now must pay this surcharge on his Part B premium for as long as he has Part B.

Why does Medicare have such penalties?

Like private insurance, Medicare spreads its costs across a "pool" of insured people that includes both those who are healthy and those with medical problems. Late-enrollment penalties are meant to ensure that people join the risk pool when they're healthy, not just when they get sick. Thus, premiums paid by healthy people help offset the costs of those with illnesses, keeping the program's overall expenses as low as possible for everyone.

Late-enrollment penalties can add up. Your Part B premium may go up 10 percent for each full 12-month period that you could've had Part B



Greg Dill

but didn't sign up for it. (You don't usually pay a late penalty if you defer Part B while you're covered by employer insurance.)

So please remember: If you don't sign up for Part B when you're first eligible, you may have to pay the late penalty for as long as you have Part B.

Late penalties also apply to Medicare Part A, which covers hospitalization. Although the vast majority of people with Medicare don't pay for Part A, those who do must sign up when they're first eligible or face a potential penalty.

You can also get hit with a penalty for late enrollment in Medicare Part D, which helps pay for prescription drugs. The way it's calculated is more complicated than Part B, but this penalty can add up, too. For details, see the "2017 Medicare & You" handbook, mailed to every person with Medicare in the fall. It's also online at bit.ly/2gNVrsM.

— Greg Dill is Medicare's regional administrator for Arizona, California, Hawaii, Nevada, and the Pacific Territories. ■

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Graphic titled 'MEDICARE PENALTIES ?' and 'MEDICARE DEADLINES'. It features a man looking confused with his hand on his head, surrounded by text: 'Part A', 'Part B', 'Part C', 'Part D', and question marks. The graphic is framed by 'MEDICARE HEALTH INSURANCE' banners.

(Stock image)

SUDOKU & CROSSWORD PUZZLE ANSWERS FROM P. 19

Sudoku grid and crossword puzzle answers. The crossword answers are listed in two columns: Across and Down.

ACROSS
1. 9 2 8 3 4 5 7 6
2. 7 3 6 5 2 1 8 4 9
3. 8 4 5 7 6 3 2 1
4. 6 7 1 3 4 5 6 8 2
5. 3 2 4 6 8 7 1 9 5
6. 5 6 8 9 1 2 4 3 7
7. 2 8 9 1 5 3 7 6 4
8. 6 5 3 4 7 9 2 1 8
9. 4 1 7 2 6 8 9 5 3

DOWN
1. N A B C D E F G H I
2. J K L M N O P Q R
3. S T U V W X Y Z
4. A B C D E F G H I
5. J K L M N O P Q R
6. S T U V W X Y Z
7. A B C D E F G H I
8. J K L M N O P Q R
9. S T U V W X Y Z

► NEWS, from page 5

Local real estate companies merge

Starting in home sales over three decades ago, Chip Brent and Rob Northrup used just the MLS Book, a paperback volume as thick as the phone book, to help their clients locate homes — no cell phones, computers or internet.

The two experienced brokers have now combined forces and have merged their prospective companies — San Diego Properties and Best Homes Team — into one.

By partnering, the service they provide clients “will increase exponentially,” Brent and Northrup stated in a press release. And although the pair have been working in real estate since the days of marketing through print advertisements, they both have embraced changes to their industry.

“The internet has changed everything for the better,” Brent said. “The public access to available properties, with photos and virtual tours, has only improved our ability to serve.”

Merging now under the Best Homes Team banner, the marketing power San Diego Properties offers clients is multiplied ten-fold, according to the press statement.

Brent partners with his wife Dale and is joined now by their son Loren who spent years as a professional chef. “There’s nothing like the restaurant humming with happy customers and a great product being put on the table,” Loren said.

“Nothing but the best” has been Loren’s mantra, now applying the same dedication to home sales.

For more information on San Diego Properties and Best Homes Team, call 619-992-9121 or visit sandiegoproperties.us

Nominate a nurse

School nurses take care of children’s boo-boos and tummy aches while they are away from their parents during the day. And now there is a way to give back and take care of them for a change.

Pfizer, the maker of Children’s Advil, Children’s Robitussin and Children’s Dimetapp, recently launched a contest to find America’s Greatest School Nurse.

Until Feb. 23, parents can nominate their favorite school caregiver. One nurse from each 50 states and Washington D.C. will be chosen as finalists and each will receive \$500. Then from March 27 to April 16, people from across the country will vote for their favorite of the 51 nurses who they think is most deserving the title.

The title winner will also be rewarded a trip for themselves and up to three guests to a continental U.S. destination of choice for eight days.

For more information and to nominate a school nurse, visit americasgreatestschoolnurse.com.

San Carlos apartment complex has new owners

Terra at Mission Trails Apartments, located at 7707 Mission Gorge Road, has a new owner.

CBRE Group Inc. announced the sale of the apartment complex on Jan. 6. PUR VDF Apartments, LLC, who was represented by CBRE, sold the housing complex to Mission Gorge Rd, LP for \$20 million.

Built in 1977, the 90-unit asset underwent a major renovation in 2010 and is situated on 3.44 acres. The property features studios, one-, and two-bedroom units, with



The pool at Terra Mission Trails Apartments (Courtesy of CBRE Group)

an average floorplan of 671 square feet. The community has resort-style amenities, including a pool, hot tub, sauna, resident lounge, BBQ area and a new state-of-the-art fitness center.

“Terra at Mission Trails is a great property, residents have instant access to the city’s best recreational destinations and a quick commute to major employment centers in any direction,” CBRE representative Jim Neil said in a press statement.

Terra at Mission Trails Apartments is located in the residential neighborhood of San Carlos, 5 miles east of Mission Valley’s shopping, dining and entertainment destinations. Mission Trails Regional Park is a half-mile away, with hiking, biking and other numerous outdoor activities. The property has excellent drive-by

visibility along Mission Gorge Road and residents are centrally located near

major employment centers of Mission Valley and Kearny Mesa. ■

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A botanical mystery at Mission Trails Park

Audrey F. Baker



Among our most spectacular winter blooms is Mission Manzanita.

Its 0.3-inch flowers appear December to February, ranging from milk white to rose-pink and blending to yellowish tones at the open end. Prodigious urn-shaped flora assemble in small clusters near branch ends. When moist, these mini-mission bells broadcast opalescent hues. Bearing the strongest color of the flower, sepals often show bright red.

Spring transforms blooms into drupes (berry-like fruits) interplaying red against green, eventually aging into a glossy dark red to near black quarter-inch berries with little flesh, and large stone. Plants often retain last year's fruit.

Mission Manzanita presents elliptically oblong, glossy, dark green leaves with a light felt-textured underside. As leaves age, their margins curl.

This slow-growing evergreen boasts multiple trunks. Ancient specimens can grow to 20 feet. The smooth, color-washed bark is tawnier than other manzanitas, showing little reddishness. Enwrapped branches project mystic imagery.

All manzanitas are in the Ericaceae (Heath) family and, with one exception, are members of the Artostaphylos genus. Mission Manzanita (*Xylococcus bicolor*) is that exclusion. Dubbed the “fake

manzanita,” it is the sole representative of the genus *Xylococcus*. The genus name comes from the Greek word for “wood berry,” and herein lies its main distinction. Its seeds are encased in a rock-hard stone. The species name, *bicolor*, references the leaves.

Its native range is limited and mostly confined to San Diego County with overlap into northern Baja with restricted strands in Orange, Riverside and Los Angeles counties, and Santa Catalina Island.

Amid Mission Trails Regional Park's southern mixed chaparral communities, Mission Manzanita resides principally on protected north-facing slopes and ridges, among other broad-leaved sclerophyllous plants (Laurel Sumac and Toyon), and on south-facing slopes where Chamise, speckled by Chaparral Candle (*Yucca whipplei*), dominates our landscapes. In both situations, the understory is fairly sparse.

Growing below 3,500 feet elevation, this sun worshipper requires sunny slopes with fast draining soil, and is aided by rocky conditions that reduce moisture loss and keep its roots shaded. A great place to view Mission Manzanita is along Kwaay Paay Peak Trail.

You may spot a California thrasher probing its understory for insects, spiders and other invertebrates or competing with scrub jays to feed on berries. Hummingbirds nectar from its flowers. Many animals use it for cover. Branches act as framework for a variety of nesting birds.



A Mission Manzanita in bloom with a white floral cluster (Photo by Audrey F. Baker)

Most who pause to enjoy the Mission Manzanita's beauty do not realize they are viewing an enigma. Its life cycle remains secret. Historically, chaparral environs have not been vigorously studied. Even the question, “Has anyone ever found a Mission Manzanita seedling in the wild?” could not be answered.

Residents of chaparral require a strategy to combat fire's devastation. Plants have three options — re-sprouting from a burl (underground roots), seeds cued into germination by fire's effects, or the ability to employ both techniques.

While naturally occurring seedlings remain obscure and fire consumes most its seeds, Mission Manzanita is presumed to survive only through burl re-sprouting.

Rick Halsey, director of the California Chaparral Institute (Escondido) and frequent MTRP guest lecturer is among local scientists and layman delving

into “Manzanitan mysteries.” In 2004, he and colleagues began investigating the elusive seedlings, seeking to answer why a prodigiously seed-bearing plant does not appear to produce new wild plants.

When experiments at San Diego State could not resolve how these seeds germinate, Halsey sought to identify a missing element in the equation, a specific cue to signal germination.

Halsey's hypothesis is based on a mutualistic relationship. A key resident of our coast and foothills, the now extinct California Grizzly Bear, bore a passion for berries. Scarification (the weakening/opening of the seed coat), through the process of Grizzly mastication or ingestion and expulsion, could serve to trigger germination.

May, 2008 provided a “Eureka!” moment in manzanita research. Scientists and volunteers converged on Balboa Park to conduct a “Bio-Blitz.” The 24-hour marathon event to locate

and identify as many plants and animals as possible turned up unexpected results. Jon Rebman, curator of botany at the Natural History Museum, discovered Mission Manzanita saplings in Florida Canyon!

Examinations at numerous sites in San Diego County beginning at Peñasquitos Canyon in January 2015 led to multiple seedling discoveries. While conditions of soil, sun and leaf litter varied, a unifying factor was a weather cycle of August and September rains, followed by wet December that maintained moist soil conditions.

Since these findings, no seedling found under mature plants have survived beyond a year. The mystery of the plant's natural reproduction process remains. Existing plants continue to survive by their ability to re-sprout from basal burls. Like the beauty of its bloom, the enigmatic qualities of Mission Manzanita continue to intrigue.

— Audrey Baker is a trail guide at Mission Trails Regional Park. Reach her at audlbaker@gmail.com. Check the Mission Trails Regional Park Events Calendar published here or at mtrp.org. Call 619-668-3281 for more information on the park's free offerings and opportunities to learn more about natural Southern California. 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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News from the Mission Trails Regional Park Foundation

Jay Wilson

The Mission Times Courier is adding a new feature to their coverage of Mission Trails by including a special monthly calendar of park activities. There will also be more in-depth articles about things to see and do in the park, like the following about Mission Trails' eight-legged friends written by one of our own park rangers.

Spooky, crawly arthropods?

With winter upon us, what better way to get in the spirit than to visit Mission Trails Regional Park, the "hostess with the most-ess!" Get up close and personal to a naturally made spiral or funnel web that might have a cool spider on it eating and sucking the juices of its prey that's already dead — hopefully.

Want to see bats? We got them, too! Just a bit after sunset, be sure to look up and you just might see some cute bats flying overhead. Our local bats are insect eaters, while other types of bats eat fruit, pollen, nectar, small animals, fish and even blood. Don't worry though, I've yet to hear of one trying to eat a human.

Still, there's something in the park even cooler than bats — tarantulas. Tarantulas live in warm habitats around the world, ranging from rain forest, desert and scrubland. Most tarantulas are found in South America but

you won't need to book a flight to South America to see them.

Instead, donate some of that money you're going to save on airfare to the MTRP Foundation and head on over to the park. Our local tarantula (in the genus *Aphonopelma* and family *Theraphosidae*) can vary from black, to grey, to brown. Although tarantulas are for the most part nocturnal, you might get lucky and see one during the day.

There's no need to be afraid of tarantulas; they are fairly docile and tend to mind their own business. However, if threatened, they will rear up on their back legs and expose their fangs. When seriously threatened, most tarantulas will use their hind legs to flick the barbed "urticating" (irritating) hairs from their abdomen into the eyes of would-be attackers, such as birds, snakes, rodents, other tarantulas and the Pepsis wasp — also known as the "tarantula hawk." Don't become another attacker. Always keep in mind that although they pose no serious threat to humans, tarantulas do have venom and can bite.

During the fall mating season, a mature male ditches his burrow in search of true, happy, endless love. Not really. They just want to find a receptive female to mate with. Male tarantulas may walk for a significant amount of time to find a female, but the neat part is that this is when people are most likely to come upon a tarantula. When a male finally finds a female by scent, he approaches the entrance to her burrow and taps



Tarantula (Courtesy MTRPF)

(like a true gentleman should) on the thin strands of web that lead into her burrow. If a willing female is drawn to the male, she will exit the burrow and the mating will commence.

However, the male doesn't stick around, because if the female is hungry, she may make her baby's daddy her next meal. I like to call this the "two-for-one special." Females live longer than males and can live up to 25 years, whereas males only live up to eight years. A good time and place to see a tarantula here is at dusk around the grasslands, so be on the lookout.

— MTRP ranger Araceli Dominguez

Music and Art in the Park

The concerts listed on the calendar include a special concert on Tuesday, Jan. 31, at 2 p.m., featuring the Quartet Luminoso, which is comprised of a cello, a viola, a violin and a clarinet.

The current art show "Mission Trails Mixed" features six local award-winning artists presenting a variety of media. Their show will be in the Visitor Center Gallery

through Feb. 3.

The next show features acrylic and mixed media art by award-winning artist Kathryn Gail Ackley; it will be shown Feb. 4 through March 3.

Donate and get involved

Any day of the year is a perfect time to donate to the Mission Trails Regional Park Foundation and continue supporting its goals to educate, preserve and project one of San Diego's unique natural

environments. Visit mtrp.org and click the "Donate" button. While you're on our website, make sure you are registered to receive the MTRP e-newsletter to keep up with all the news and activities at the park. Our e-newsletter is free, and your email address is secure.

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

RECREATION EVENTS AT MISSION TRAILS

[Editor's note: for arts and music events at Mission Trails Regional Park, see our Arts Calendar on Page 23.]

- Jan. 22 — Guided Nature Walk, 9:30 a.m. from Visitor Center; Family Discovery Walk, 3 p.m. from Visitor Center
- Jan. 23 — All programs are free
- Jan. 25 — Trail restoration, 9 a.m. at East Fortuna; Guided Nature Walk, 9:30 a.m. from Visitor Center
- Jan. 28 — Park beautification crew, 8:30 a.m. at East Fortuna; Nature Walk, 8:30 a.m. at Kumeyaay Lake Campground; Guided nature walk, 9:30 a.m. from Visitor Center; Birding Basics class, 1 p.m. at Visitor Center
- Jan. 29 — Guided Nature Walk, 9:30 a.m. from Visitor Center
- Feb. 1 — Trail restoration, 9 a.m. at East Fortuna; Guided Nature Walk, 9:30 a.m. from Visitor Center
- Feb. 3 — All programs are free
- Feb. 4 — Wildlife tracking walk, 8:30 a.m. from Visitor Center; Mountain Bike with a Ranger, 9:30 a.m. from West Sycamore; Guided Nature Walk, 9:30 a.m. from Visitor Center
- Feb. 5 — Nature Walk, 8 a.m. from West Sycamore; Guided Nature Walk, 9:30 a.m. from Visitor Center
- Feb. 8 — Trail restoration, 9 a.m. at East Fortuna; Guided Nature Walk, 9:30 a.m. from Visitor Center
- Feb. 11 — Habitat restoration crew, 8 a.m. at Kumeyaay Lake Campground; Guided Nature Walk, 9:30 a.m. from Visitor Center; Discovery Table, 10 a.m. at Visitor Center
- Feb. 12 — Guided Nature Walk, 9:30 a.m. from Visitor Center
- Feb. 15 — Trail restoration, 9 a.m. at East Fortuna; Guided Nature Walk, 9:30 a.m. from Visitor Center
- Feb. 18 — Guided Nature Walk, 8 a.m. from Kumeyaay Lake Campground; Trail improvement crew, 8 a.m. Kumeyaay Lake Campground; Guided Nature Walk, 9:30 a.m. from Visitor Center; Star Party, 5:30 p.m. at Kumeyaay Lake Campground



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Pruning prepares rose bushes for a healthy start

Gary Jones

Pruning and planting roses are pretty easy to do. They are such hearty plants that you cannot really hurt them. If you want your roses to get off to a healthy start in 2017, then consider taking some simple steps now to enjoy a great year of growing.

It is good to have a few helpful tools on hand before you start. Gauntlet gloves, leather gloves with leather arm protectors, are highly recommended when working with roses and rose bushes. A sharp and clean pruner, such as hand clippers, is a must for getting the best results. For large stem roses and large bushes, long-handled pruners are ideal.

To successfully prune roses, there are a few simple ideas that you will need to understand and follow.

The purpose of pruning roses is straight forward: roses bloom on new growth, so cut back the old wood (last spring's and summer's growth) to encourage lots of new, flower-producing stems. Remember that roses are shrubs that grow rather unevenly, so the beginning of the calendar year is the best time to reduce the shrub size and balance the shape. Small, twiggy growth should be removed because it will never produce flowers. Damaged or diseased branches should also be removed. Reducing the shrub by 30 to 50 percent is the goal. Removing all the leaves will help keep unwelcome bugs and diseases from overwintering.

Established rose bushes are quite indestructible—they can be pruned to within six inches of the ground and be just fine. But there is one critical rule of success: make all cuts just above a leaf or leaf node—ideally one that faces away from the center of the shrub. If cuts are made below the node, then you will very likely get dieback, which is when the stem begins to turn black and die—often all the way to the ground. Location awareness of the cuts you make will help to avoid this mistake.

Planting roses can bring such joy to so many people, especially the person planting them. The selection of roses



(clockwise from top left) Winter is the time to prune rose bushes; White Iceburg; Della Reese; Carol Burnett; Burgundy Iceburg; Tahitian Sunset; Just Joey (Courtesy of Armstrong Garden Centers)

at nurseries is largest at the beginning of the year and they are easily planted while dormant, or not actively growing. It also means they have been pruned and leaves have been removed. Dormant roses planted during January and February begin to send out new roots into the surrounding soil and will burst forth with new growth and flowers come spring.

Rose varieties add a sense of excitement and beauty to things. The climbing rose Eden has huge, old-fashioned roses of pale pink and cream. Eden Pretty in Pink is a climber with vibrant, rich pink cabbage roses. Anna's Promise is part of the "Downton Abbey" rose

series. It has unique coloring: golden petals blushed warm pink with a glowing bronze reverse. Heavily flowering Doris Day is a pure golden yellow rose with a strong spiced fruit fragrance.

The rose named for Neil Diamond recalls his textured voice with deep pink flowers irregularly mottled and splashed with white and has an intense, sweet fragrance. Ketchup & Mustard, introduced a couple years ago, is still in demand for its striking, bright red flowers with an intense yellow reverse.

Roses live a long time in the garden, so make sure to prepare the soil well. Dig a hole twice the width of the container as well as one and a half times

the depth. Amend the soil with an organic rose planting mix and Sure Start fertilizer, following the directions on the bags.

Remove the container and set the rose so that the soil level of the container matches the garden soil level. Fill in around the root ball, firming the soil. Make a trough of dirt around the rose to hold a couple of inches of water. Water everything thoroughly. Keep the soil moist until the rose leafs out, then reduce watering after that.

Armstrong Garden Centers is offering community gardening classes in January to highlight rose pruning and planting. No

registration is required for these free classes. Visit armstronggarden.com/pages/classes/ for more information.

— 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. ■

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Benjamin Branch Library news

Kathryn Johnson

Book Sale

Are you an avid reader? Do you love to read while traveling? If so, the Friends of the Benjamin Library Book Sale is coming up at the end of this month. Stock up on well-priced books to have on hand for when you run out of library books or for when you take a trip and don't want to risk losing a library book. The book sale is Saturday, Jan. 28 starting at 9:30 a.m.

Danielle and the machine

Over the past several articles, I have introduced readers to our wonderful staff. This month, I would like to introduce two of our newest arrivals — Danielle, our new Youth Services Librarian and Nigel, our self-checkout machine.

Danielle is a native of San Diego and has worked with the library for almost 16 years. She came to our branch in October for a newly created part-time position. So far, she is enjoying our community and states that “patron and staff are wonderful.” She is enjoying getting to know the library and the community we serve. When not doing story times or coming up with creative programs for kids and teens, Danielle enjoys watching movies and reading, of course! She is also a big theater fan and loves it so much

that she completed her BA on the subject.

Several weeks ago, Danielle was presenting a story time and got to know a young patron who knows exactly what she wants.

“On this particular day, they were making monsters in honor of Halloween and I had decided to pass out holiday-themed stickers to all the kids,” she said. “When I got to this one little girl (I would say she was around 3) and her grandmother, I asked her if she wanted a sticker. She looked at me and said, ‘When I’m done crafting.’ Her grandmother and I looked at each other and burst out laughing. So I left her to her crafting, after she had finished her monster she came over to show me and said, ‘I’ll take my sticker now.’ It was a very fun and funny moment in story time and I can’t wait to add many more memorable moments to my collection.”

Many of our regular patrons have already had the pleasure of meeting Nigel, our self-checkout machine. At the moment, Nigel can check out a stack of materials that have RFID tags inside. These Radio Frequency IDs make it so there is no longer a need to scan the barcode. In addition to this skill, Nigel is also able to renew your materials, show you what you have checked out and how much you may owe. In the future, Nigel will become

even smarter and be able to accept credit/debit payments, make book recommendations, offer digital books to check out from the CloudLibrary and inform patrons about our programs. If only he could make coffee!

With all that Nigel can do, many patrons have asked what library staff will now do. The good news is that we will be able to offer more in-depth help at the desk such as making book recommendations and assisting with reference and research. We will also be able to get out into the community more and provide more programming.

Speaking of programming

On Tuesday, Feb. 14 at 6:30 p.m., we have the perfect program to show yourself a little love. The Healthy Adventures Foundation will present on the topic of healthy living on a budget. Learn tips and tricks to eat, live, exercise and be healthy while still being budget conscious. Everyone is welcome to join us for this free program.

As always, please feel free to share your programming suggestions, ideas and comments with me and the staff. Libraries are doing amazing things to connect with the community and help those in the community connect to each other. So, if you would like to see a Bridge Club, Crotchet Circle, Book Share, Coloring for Relaxation, Family Movie



The self-checkout machine at the Allied Gardens Benjamin Brach Library has been affectionately named “Nigel.” (Photo by Jeff Clemetson)

Night, Personal Finance Lecture or Basic Bicycle Maintenance program, we would love to hear about it! See you at the library.

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

Scripps Welcomes Internal Medicine Physician Yulia Okhotina, MD



Yulia Okhotina, MD

“My mission as a doctor is to help my patients achieve the best quality of life possible.”

Now providing primary care at Scripps Clinic in Mission Valley, Dr. Okhotina specializes in geriatrics, rheumatology and diabetes management. She speaks English and Russian.



Scripps Clinic, Mission Valley
7565 Mission Valley Road, Suite 200
San Diego, CA 92108

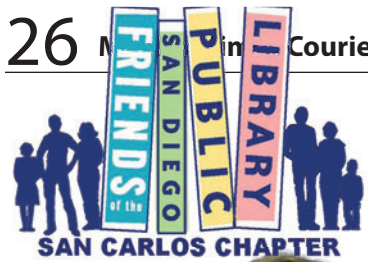
Offering expert primary and pediatric care, on-site specialty services, on-site lab and radiology services. Free parking.

Hours
Monday–Friday, 7 a.m.–7 p.m.
Saturday, 8 a.m.–noon

Scripps.org/MissionValley



Call 858-240-2801 to make an appointment or for more information.



Sue Hotz



Memberships

San Carlos Friends of the Library (SCFOL) annual memberships must be renewed each January; \$5 for seniors and \$20 for a family. Become a Life Member for a one-time donation of \$250.

All SCFOL members presenting their membership card can make purchases at the limited monthly pre-Used Book Sales held in the Community Room from 1:30–3:30 p.m. the day before our huge first–Saturday Used Book Sales. Members also receive discounts at the Central Library’s Library Shop.

SCFOL memberships, donations, and book sale revenues purchase programs, equipment and materials for our library. Join on line at bit.ly/2jgttaT or pick up a membership envelope at the library. Include your email address and we’ll update you on library events.

Thank you one and all

Our patrons are the best! Thank you for using our services. Numbers count and your patronage helps make our library a center for community activities. Let David Ege know what we can do for you.

News form the San Carlos Friends of the Library

David Ege has been our managing librarian now for a whole year! Thank you, David, for your support of SCFOL and your jumping into many of the community’s activities in addition to the library’s full schedule of programs. Your help in the design phase of our new branch library has been invaluable.

Erin Moore, you are the most awesome youth services librarian ever! Thank you, Erin, for your welcoming smile and the exciting selection of youth programs.

We thank our entire library support staff: librarian Mary Brandt; library assistants Mimi Labrucherie and Sarah Hendy-Jackson; library clerks Tim Mountain, Zelia Thompson, Mekhaela Jackson and Stephanie Kern; and library aides Sheila Rudolph, Bonnie Cameron, Megan Reed, Renee Brower, Sarah Bayne, Tiana Wright, Jordan Kauffman, and Jon Riley for their tireless and gracious help to us and our patrons.

We again thank those who support the library by volunteering their time either with SCFOL or the library; those who donate and purchase books at SCFOL Book Sales; and those who donate their treasure.

We appreciate the support and assistance of San Diego’s library director Misty Jones and deputy director of support services Sheila Burnett; City Councilman Scott Sherman’s office; project officer Cynthia

Meinhardt, architect David Pfeifer and his associates at Domusstudio; Navajo Community Planning Group; and the SCFOL Building Committee members. They have inspired us in our quest for a new San Carlos Branch Library. Thank you one and all. My sincerest apologies if I’ve forgotten anyone.

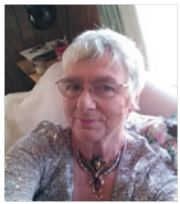
New branch library plans

We hope that many of you were able to attend the Navajo Community Planning Group’s January meeting where David Pfeifer, principal architect at Domusstudio, shared the updated plans for our new San Carlos Branch Library. Pictures and information about the proposed design may be seen on our website at bit.ly/2ih5uEm.

Artists

In the Winer Family Community Room & Art Gallery, there is still time to see the Quilt Show by SewMates, which continues through Feb. 2. We thank them for gracing the gallery throughout the holidays.

Feb. 7–March 2, Hazel Ross (Waters), Mary Harrison, and Skip Mills will be presenting “...and Now for Something Completely Different...” They will be showing experimental



Hazel Ross

works of art using both unusual and common materials used in unusual ways — a very interesting show. Ross (Waters) is known for her unique pieces and teaching classes in how to create her collages. She will demonstrate her techniques on Saturday Feb. 18, noon–2 p.m.

OASIS

Jan. 20, 1–2:30 p.m., “San Diego Invites the World.” The 1915 Expo that put San Diego on the map created the nation’s largest urban cultural park, promoted Southern California as a land of optimism and opportunity, and fostered internationalism. While the Exposition appeared to be beautiful and well-governed, an underpinning of conflict and compromise brewed under the surface. Dig deep into the park’s past as Gabe Selak reveals the tumultuous history of Balboa Park! To register, call 619-527-3430.

Books and authors

Feb. 9, 12:30–2 p.m., the library’s Book Club selection is, “The Boys in the Boat,” by Daniel James Brown. The story of nine working class Americans boys galvanized the attention of millions of Americans with their epic quest to win gold in rowing at the 1936 Berlin Olympics. Books are available near the Reserves; check out at the front desk.

Jan. 27, 2–3 p.m., San Diego author Greg Fournier describes his research that culminated in his book, “Terror in

Ypsilanti — John Norman Collins Unmasked.” Between 1967 and 1969, Collins, a serial killer, stalked the



Greg Fournier

campuses of universities in Michigan seeking prey. Collins was arrested, tried, and convicted of the strangulation murder of Karen Sue Beineman. Other murders attributed to Collins never went to trial and became cold cases. Fournier’s book tells the stories of the other victims, recreates Collins’ trial and time in prison.

Adults exercise your mind and body in 2017

Mondays, 9:30–10:30 a.m.: Tai Chi; 1–5 p.m.: Craft Circle.

Tuesdays, 2:30–3:30 p.m.: Chair Yoga (come early, limited to 25 participants).

Wednesdays, noon–2 p.m.: Spanish Conversation Café.

Thursdays, 10–11 a.m.: e-Reader Clinic; 2–3:30 p.m.: English Conversation Café.

Second and fifth Saturdays, 9:30–10:30 a.m.: Meditation

Youth special events

Wednesday, Jan. 25, 2:30–3:30 p.m.:

“San Diego Symphony Storytime.”

Popular children’s tales will be read — accompanied by music provided by Jeremy Kurtz-Harris, principal bass of the San Diego Symphony Orchestra, followed by a brief Q&A session. Best for ages 3–10, but fun for all!

Wednesday, Feb. 8, 5:30–7 p.m.: “Valentine’s Gingerbread Houses.” Decorate your very own Valentine’s gingerbread house! All materials will be provided. Registration required; call 619-527-3430. All ages welcome.

The holidays are over — all recurring youth activities have resumed.

Kids’ science: Challenge Island

Jan. 25, 4–5:10 p.m.: “Challenge Island,” ages 7–12. Kids will create a spiral “Anaconda Squeeze Ride” using common household materials. Challenge Island encourages creativity, critical thinking, and social skills while instilling a love of science and engineering. Registration required; call 619-527-3430.

Dates to remember

Feb. 3, 1:30–3:30 p.m.: SCFOL member-only Pre-Book Sale (don’t forget your membership card)

Feb. 4, 9:30 a.m.–3 p.m.: Monthly Used Book Sale

Feb. 14: Happy Valentine’s Day

Feb. 20: Closed, Presidents’ Day



Jeremy Kurtz-Harris (Photos courtesy SCFOL)

Families Using Smart Tech for Pet Care

According to the American Pet Products Association, 65 percent of U.S. households own a pet of some kind. Whether they’re cats, dogs, reptiles or birds, families enjoy having a pet in the home. Feeding, caring and walking pets are often the first form of responsibility for kids and everyone enjoys the unconditional love, companionship and spunky personalities offered by furry, scaly and feathered friends. And animal owners are using technology in some surprising ways to show their love and appreciation – from using nanny cams, to leaving Animal Planet on the TV, to spending more money on pets than on friends, according to a recent study conducted by Cox Homelife. Here are some highlights of the study, are you doing any of them?

Make pets comfortable while home alone:

- 58% adjust the thermostat.
- 57% leave out toys.
- 80% leave on lights.
- 40% turn on the TV or radio.

Use a pet sitter, then checking on the pet sitter:

- One in three pet owners reported they would be more likely to use a pet

sitter if they could monitor their activity though home automation technology.

- 75% of pet owners ask for a pet sitter when leaving pets at home alone for extended periods of time.
- Pet owners said they use home automation technology to check when the pet sitter visited, how long they stayed, watch what they did while they were at the house, make sure the dog is safely in its kennel, and ensure they locked the door behind them when they left.

Buy smart technology for pets

There are many ways technology can improve peace of mind and quality of life for pets. Dog and cat owners differ on which technologies they’d consider buying:

- Automatic food and water distribution: 32% of dog owners versus 46% of cat owners.
- GPS tracker: 36% of dog owners versus 25% of cat owners.
- Video monitoring system: 32% of dog owners versus 26% of cat owners.

- Smart collars to monitor vitals: 13% of dog owners versus 11% of cat owners.

Spend a lot on pets:

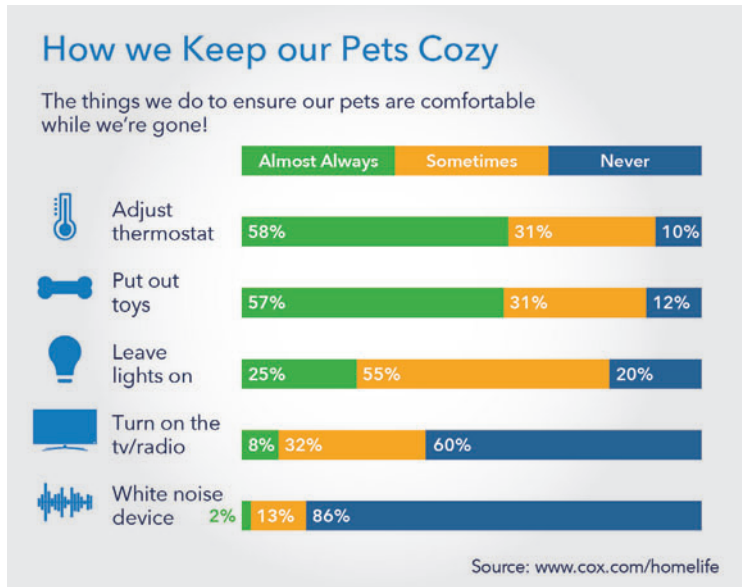
Pet owners spend more money on gifts for their pets than for their friends and work colleagues.

- One in five pet owners spend at least \$100 on their pets each month.

It’s evident that pet owners love their pets. And while video monitoring of pets is a perk of having a home monitoring and automation

system, it also provides peace of mind for the entire household. Cox Homelife’s state-of-the-art security and home automation technology can not only safeguard your home and its contents, but also provide warning of potential damage caused by weather events such as the heavy rains and flooding and monitor for flooding, smoke and carbon monoxide, in addition to a host of other customizable features.

For more information, visit cox.com/homelife.



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



FEATURED EVENTS

JAN 20 - JAN 22 Lunar New Year Festival 2017

Friday-Sunday

Celebrate the Lunar New Year, Tet and the Year of the Rooster at Qualcomm Stadium, 9449 Friars Road. Lion dance troupes will be on-site throughout each day. Thirty-thousand zodiac charms will be given away while they last. Open Friday 5-10 p.m.; Saturday and Sunday 10 a.m.-10 p.m. Admission is \$5 for adults and \$4 for kids; children ages 2 and under are admitted free. A free carnival ride is offered for each ticket purchased. Anyone born in a Year of the Rooster will be admitted for free. Free parking. Visit lunarnewyearfestival.org.



FEB 2 San Diego Regional Chamber of Commerce Anniversary Thursday

The San Diego Regional Chamber of Commerce will celebrate its 146th anniversary in what could be the year's largest networking event, 5-7 p.m. in the San Diego Marriott Marquis and Marina Grand Ballroom, 333 W. Harbor Drive. The keynote speaker is business visionary Derreck Kayongo, founder of the Global Soap Project and CEO of the Center for Civil and Human Rights. Mayor Kevin Faulconer will also provide his perspective on the state of San Diego business. Individual member ticket costs \$175; \$350 for non-member ticket. Visit bit.ly/2jlqStv.

FEB 8 'All About Eyes' Wednesday

Macular degeneration, glaucoma, cataracts and diabetic retinopathy are some causes of senior-related vision loss. "All About Eyes: What You Need to Know About Age Related Eye Conditions" will take you on an educational journey. Learn from Vickie Zimmerman-Fox, M.A.S.P., field service manager, Braille Institute, 10 to 11 a.m. at the Sharp Health Plan office, 8520 Tech Way. Registration required. Call 800-827-4277 or register at www.sharp.com.



FEB 11 Cheer, Dance, Tumbling and Spirit! Saturday

Patrick Henry High School will host its third annual Cheer/Dance Showcase featuring schools from around the county such as Serra, Santana and Steele Canyon high schools. The event will be held from 6:30 a.m. to 2 p.m. in the Patrick Henry High gym, 6702 Wandermere Drive. Admission is \$5 at the door. Contact Terri Clark, cheer advisor, 619-977-7540.

FEB 11 Rowdy's Run Dog Walk-a-Thon Saturday

Southern California German Shepherd Rescue (SCGSR) is hosting its first annual Dog Walk-a-Thon, starting at 8:30 a.m. at Lake Murray, 5540 Kiowa Drive. Named in honor of Rowdy, SCGSR's 2016 rescue ambassador that passed away recently. The purpose is to raise funds to save the lives of the many pups that will be placed in shelters after the novelty of Christmas puppies wears off. To register, visit socialrescue.org.

FEB 16 'Death and Dying from a Positive Perspective' Thursday

Modern medicine has prolonged human life and old age has taken on a new meaning, offering both the challenge and the opportunity to choose how we approach our inevitable demise. "Death and Dying from a Positive Perspective with Lindsay Wagner" is a monthly five-session series exploring age and death. The series runs through June. Starts at 12:45 p.m. in the College Avenue Center, 6299 Capri Drive. For more information, call 858-637-3270 or visit bit.ly/2jl1Ef7. ■

MUSIC NOTES

JAN 23 Classical Concert Pianist Sam Rotman Monday

Sam Rotman, an internationally acclaimed classical pianist, will perform at Faith Community Bible Church, 2375 Center Place. Rotman is an alumnus of Julliard School and specializes in the works of Beethoven. The concert begins at 7 p.m. and admission is free. Visit bit.ly/2ju5tko or samrotman.com.

Concerts at Mission Trails Park January and February

The public is invited to a series of free concerts at Mission Trails Park, 1 Father Junipero Serra Trail. The lineup includes:

- Sunday, Jan. 29, 3 p.m., Courtly Noyse, Medieval music and lyrics
 - Tuesday, Jan. 31, 2 p.m., Quartet Luminoso
 - Sunday, Feb. 5, 3 p.m., jazz pianist Yuko Maruyama
 - Sunday, Feb. 12, 1 p.m., San Diego Native American Flute Circle
 - Sunday, Feb. 19, 3 p.m., JAMB, base clarinets
- Visit mtrp.org.



Yuko Maruyama (maruyamajuko.com)

Music at College Avenue Center February performances

College Avenue Center presents musical performances at 6299 Capri Drive. The lineup includes:
Friday, Feb. 3, 12:30 p.m., High Society Jazz, Dixieland/New Orleans' style Jazz
Friday, Feb. 10, 12:45 p.m., Dean Ratzman, popular music classics
Visit www.jfssd.org.

GALLERY VIEWS

FEB 4 - MAR 3 'Amended Reality' Saturday -Friday

The Mission Trails Regional Park Foundation presents "Amended Reality," an exhibit featuring works by artist Gail Ackley, in the Mission Trails Regional Park Visitor Center Art Gallery, 1 Father Junipero Serra Trail. Ackley is interested in local shore birds. Her paintings also present elements of landscapes, as well as pieces drawn from family photos that communicate universal themes about relationships. The public is invited to an opening reception from 1 to 4 p.m., Feb. 4. The center is open daily from 9 a.m. to 5 p.m. Admission is free.



'A New Path' by Gail Ackley (Courtesy MTRP)

'Kaleidoscope: Designing Unity' Now through the end of February

The artwork of College Area resident Jonelle Crowder is featured in two student art shows with work created in honor of Black History Month. Titled "Kaleidoscope: Designing Unity" and sponsored by Rolando-based Platt College San Diego School of Digital Media Design, the show is comprised of creations in graphic design, water color, ink and photography. Crowder's pieces are on exhibit at the Mission Valley Branch Library, 2133 Fenton Parkway, and the Vista Branch Library, 700 Eucalyptus Ave., Vista. Visit bit.ly/2jlHbXz

STAGE CUES

JAN 30 'Inside the Actor's Process: Ensemble' Monday

Grossmont College's Theatre Arts Department takes its 11th annual "Inside the Actor's Process" production to 15 high schools throughout San Diego County, Jan. 30-March 22, as part of an effort to expose teen audiences to the finer points of stage performance. High schools can schedule a free performance by calling 619-644-7234. Although "Inside the Actor's Process: Ensemble" will tour local high schools, Stagehouse Theatre performances at Grossmont College on Feb. 3 and 4 at 7:30 p.m. and Feb. 4 at 2 p.m. are open to the public. Tickets are \$10 and can be purchased at the box office; online at bit.ly/2jkPToP, or by calling 619-644-7234.

FEB 13 'The Love Hurts Cabaret 2' Monday

Encore Vocal Ensemble presents "The Love Hurts Cabaret 2" in a one-night-only special event of musical theater that will take place inside the MOXIE Theatre, 6663 El Cajon Blvd. Featuring songs all about love, Encore's singers will enchant the audience with a variety of solos, duets and group numbers. Tickets are \$10 in advance at bit.ly/2jk-ToeJ or \$15 at the door; raffle prizes available. Visit encorevocalensemble.org.



ON FILM

Movies at the College Avenue Center Mondays and Tuesdays in January

The College Avenue Center (6299 Capri Drive, Del Cerro) will host two movie screenings in January. The showings start at 1 p.m. on Mondays and Tuesdays and the lineup includes: "Captain Fantastic" on Monday, Jan. 23
"Mr. Church" on Monday, Jan. 30 and Tuesday, Jan. 31
Visit bit.ly/2jl1Ef7. ■



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4 Tips to Help You Stay Cozy & Comfortable this Winter

The cooler weather has many of us running to our thermostats to turn up the heat. If you want lasting comfort, a properly installed and sized central heating system is what you need to keep you cozy this winter.

1. FURNACE TYPES

Furnace technology has advanced so that you now have several choices for achieving temperature control. Getting the comfort level you desire in your home can be accomplished in several ways:

Single-Speed Furnaces have improved greatly over the years, however they are still louder and have temperature swings more than other models.

Two-Speed or Two-Stage Furnaces allow for more gentle heating and longer cycles to even out heat and allow your home to heat up gradually. Besides the air getting warmer, the walls and furniture will also heat up so you feel more cozy in your environment.

Variable-Speed or Modulating Furnaces bring incredibly consistent comfort. This system is also very quiet because air flow is slowed down and regulated. You will save on your heating and air conditioning bill with this technology. These units are truly wonderful for those who want the best.

2. DUCT WORK

Duct work plays a major role in delivering overall comfort. Poor engineering, age, damage or even rodents are some factors that can cause problems with your duct work. Deteriorated ducts may result in loss of system efficiency, poor indoor air quality and inconsistent temperature control inside the home. Properly designed duct work is sized so each room is delivered with its fair share of air. This is also known as *Air Balancing*. When achieved you can go from room to room and not feel any changes in temperature.

3. THERMOSTAT

Placement: Proper thermostat placement is essential in getting an accurate temperature reading. The ideal location is near the return air so it senses the return air temperature. Avoid thermostat placement near an exterior door, window, lamp, supply air register or direct sunlight.

Power: If your thermostat goes blank, you may need to change the batteries. Some thermostats are battery-powered while others are hard wired. Typically there are just a few steps required to change the batteries on your thermostat: removing the faceplate, swapping out the batteries and gently snapping the thermostat back in place.

4. REGISTERS

Bar style or wide louver room supply and return air registers are the optimal choice, as they allow air to freely pass through and be directed into the room. Other factors that influence your home's ability to retain heat in your home are insulation, dual pane windows, window coverings and weather stripping around doors.

Real comfort isn't achieved from doing just one thing right - it requires many components done right, working together to bring you efficient, affordable and year after year satisfaction. Ideal's heating and cooling specialists are ready to help you achieve the home comfort you want!



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