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San Diego Community News Network



The Lake Murray Fireworks and Musicfest committee: (l to r) Owen Dahlkamp, Melissa DeMarco, Gil Koury, Tracy Dahlkamp, Diane Sipe, Robert Hotz, Jay Wilson, and Brandy Kern (Photo by Jeff Clemetson)

FINAL FUNDING PUSH

July 4 event still
short of its goal

Doug Curlee
Editor at Large

The on-again, off-again saga of Fourth of July fireworks at Lake Murray are apparently back on again, but there are “ifs” involved.

The fireworks went away in 2012, after a 2011 lawsuit against them was filed by an environmental group upset about setting off fireworks over water — especially over water that is to become drinking water.

Since then, all of those legal questions have been answered, the lawsuit has been resolved and now the road is clear to once again put on the popular event.

“We’re good to go legally”, said Tracy Dalkamp, the leader of the effort to reinstitute the afternoon-long music festival and fireworks show.

“What the big ‘if’ is now is, can we raise the money to make it the event we want to put on for the community? We want to put on a day’s entertainment of music, food, refreshments and everything else such a party needs to have to be a success. What we *don’t* want to do is just have a 15-minute fireworks display and

call it good. Right now, we’ve raised enough money to take care of a few expenses, but we’re way short of what we need to put on the full afternoon.”

There are a number of fees the organizers need to take care of — things like the bill for police and fire and public safety officials to be there from both San Diego and La Mesa. There’ll be port-a-potty rentals to pay for, and a host of other expenses. Paying bands who play will eat up a lot of money.

As of this writing, the committee has raised a little over \$20,000 for the effort. That’s

See FIREWORKS page 4 →

Development proposals dominate NCPI meeting

Doug Curlee
Editor at Large

The April 12 meeting of the Navajo Community planning board has been hearing this plan, in one form or another, longer than anyone currently on that board can remember.

It’s the plan that would build homes — in this case, 24 of them — in what is generally considered a gully along the east edge of College Avenue from Interstate 8 west.

In this incarnation, it’s called the ColRich residential project, and the proposal has drawn the ire of Del Cerro residents for many years. The number of proposed homes there has been reduced from 28 to 24, but it’s not making the Del Cerro people any happier that way.

The main stumbling block is that no matter how the Marburn Corporation developers lay the plan out, there is still only one possible way in and out of the area, and that plan makes it impossible to access or egress the area without at least one illegal

See NCPI page 11 →

Local distiller makes inventive splash into growing market

Frank Sabatini Jr.

Jason Swinford is banking on the day consumers will demand locally made spirits, much like they do craft beer.

The trend has actually begun in niche circles around the globe, which is why he made the leap from food truck operator to budding distiller three years ago. More recently, he added a 400-square-foot tasting room to his Grantville-based business, Swinford Spirits, which produces artisan gin, plus vodka contained in self-infuser bottles, and Canadian whiskey he imports and enhances with toasted quinoa and organic ginger.

A resident of South Park, Swinford took an interest in making spirits through a course at Downslope Distilling near Denver and started experimenting with techniques when returning home. He previously owned Recess, a food truck from which he sold salads, burgers and sandwiches.

“I probably made about 100 gallons of gin at first that was absolute garbage. I had to throw it away,” he said.

“Regardless what you’re taught in the courses, you have to get right in and start doing it.”

After persistent honing, he launched the distillery at 5980 Fairmount Ave., across the parking lot from Home Depot, and introduced a trio of brand-ed spirits to the local market.

His crisp Foxlore Gin (90 proof) is crafted with orange and lemon peel, as well as a touch of licorice root. As with his other two products, no sugar is added.

“Gin is the fastest growing spirit category in the world — up 14 percent globally,” he notes. “People who normally hate it are blown away when drinking this straight.”

Consumers become the flavor drivers when it comes to his 80-proof Lingo Vodka, which is made with organic wheat from northern Italy and distilled six times. It’s sold in BPA-free Tritan bottles with “infuser baskets” affixed to their wide screw caps.

Swinford has a patent pending on the bottle design, which allows drinkers to infuse the vodka with everything from cinnamon and jalapenos to citrus, berries, roasted garlic or



Jason Swinford at a still in his production room (Courtesy of Swinford Distillery)

even bacon for making deluxe Bloody Marys. But there are limits.

“I screwed around once with Skittles and it was gross,” he quipped.

Swinford’s Lumberjack Lily Whiskey (84 proof) is nutty and intriguingly spicy while maintaining the classic, light body of its Canadian pedigree. The quinoa and ginger in the recipe tamps down the masculine, smoky overtones inherent to the whiskey. Hence,

he named it with the hopes of captivating the reported one-third of whiskey drinkers who are women.

“Whiskey is always marketed to men, and often with misogynistic messages. So with the words ‘Lumberjack’ and ‘Lily’ in the name, it makes people stop and think.”

When purchased from the tasting room, which doubles as a retail shop, both the whiskey

See DISTILLER page 13 →

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Growing a community of writers in San Diego

Cynthia **Robertson**

San Carlos resident Kristen Fogle has in mind to make San Diego a bustling writers community. As the new executive director at San Diego Writers, Ink, she has taken giant steps in doing that, including transforming a \$100,000 budget of a struggling organization to almost \$300,000 a year.

Herself a writer, Fogle first came to San Diego Writers Ink, located in Pt. Loma's Liberty Station, in 2013 as interim executive director.

"I was growing programming and just kind of stepped into the role. I'm fortunate; it's been an amazing, sometimes difficult, ultimately rewarding challenge," said Fogle, who used to live in Los Angeles.

Before Fogle took the helm at SDWI, she was editor of several college entertainment publications. She reviewed many products, attended events and interviewed celebrities like Taylor Swift and the Kardashians.

"It was an interesting niche to fall into, a lot of fun," said Fogle, adding that she also did some freelance writing and editing as well as theater work.

In the last several years at SDWI, Fogle has tripled the number of programs, including classes and critique sessions. Outreach with different organizations has become a staple of Fogle's improving the programs of SDWI.

One of her favorites, she said, is a quarterly Day of Art with our neighbors The San Diego Brain Injury Foundation.

"It's free for their members, and thanks to our Drusilla Campbell Scholarship Fund, I am able to pay artists to teach; I lead the writing portion and donate my time.

"Art, writing especially, is so important for these survivors; I would love to expand this program as it's just so

rewarding — for them and me," she said.

Writers, Ink, to Fogle, is a resource anyone can tap into, at any level of writing. If someone is interested in a genre, Writers, Ink, the organization can direct that person to a group, a class, or a reading, and possibly connect with an instructor for a one-on-one.

"It's really a place to explore curiosity, even as a newbie. Maybe especially if you're a newbie," she said.

At the top of her list for fun outreach and fundraising is the Blazing Laptops event, scheduled for May 21. This is the organization's 10th year of this all-day write-a-thon when people devote a full day to writing in the SDWI spaces.

During the Blazing Laptops, one room is labeled quiet for people to work on fleshed out projects, and the other is the prompt room, where a guest instructor gives a writing prompt every hour. It costs \$150 to participate, which includes breakfast and all-day coffee. There is also a raffle and a silent auction during the day.

"We are trying to raise \$20,000 this year," Fogle said.

The Blazing Laptops event is the major fundraiser for Writers, Ink.

"I want Writers, Ink to evolve into what its members want. If that's more classes and workshops, that's what they'll get. If it's readings, outreach with other orgs, or other events, maybe that's where the organization will go. No matter what that looks like specifically, my goal is to keep serving writers," she said.

As Fogle's own personal goal, she would like to see more Writers, Ink sponsored programs in libraries.

"I love our city and county libraries, and I think it's important that everyone has the ability to tell their stories," she said.

In helping to develop San Diego's writing community,



San Diego Writers, Ink executive director **Kristen Fogle** (Courtesy of Writers, Ink)

Fogle has also reached out to the San Carlos library, and will be teaching a memoir writing workshop in the fall. She is also hoping to do a free drop-in writing group as well.

"My vision includes making San Diego a place where artists can live without working five jobs or having their rent increase substantially every year," she said.

When Fogle is not working at Writers, Ink, or on many of her own writing and theater projects, she enjoys her time at home in San Carlos. She hikes Cowles Mountain, which she can see from her window. She also walks Lake Murray and Mission Trails Park.

For a quick smoothie, she goes to Pure Press, and for tasty Mexican food, she goes to Cotijas. She also does brunch at the Trails, and lunch or dinner at Basil Thai.

"I love this neighborhood. People who are from here think it's so far from Downtown and the other neighborhoods west of us, but they're all about 15 to 20 minutes. Coming from Los Angeles, this is the shortest commute ever," said Fogle.

For more information about San Diego Writers, Ink, and the Blazing Laptops event, go to sandiegowriters.org.

—Cynthia Robertson is a San Diego-based freelance writer. Reach her at c1g2robertson@gmail.com. ■

How Owners Lose Thousands When Selling Their Homes

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

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

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

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Drunk driving re-enactment teaches valuable lesson

Karen **Ronney**

On March 21 and 22, approximately 1,200 Patrick Henry juniors and seniors witnessed the Every 15 Minutes program on campus to create awareness about drinking and driving and the impact of alcohol-related traffic collisions. The program was co-sponsored by California Highway Patrol and the California Office of Traffic Safety, along with local support.

"Every 15 Minutes was created in the 1990s to change the alarming statistic that someone in the United States dies or is seriously injured in an alcohol-related accident every 15 minutes," said Joseph Amador, captain of the San Diego Fire Department. "Since its inception, drunk-driving awareness has improved that statistic

to approximately every 52 minutes.

"A drunk-driving accident is no accident. You have a choice. Make a better one."

Patrick Henry was one of 150 schools to receive this grant in California. The year-long set up secured support from multiple agencies including police, the fire department, paramedics, hospital, coroner, funeral home, court, lawyers, jail facilities, students, parents and school administrators. About two dozen students were selected to play the roles of teen drivers, passengers, witnesses and the "walking dead," the latter representing people killed by drunk driving every 15 minutes. The entire event was filmed for next-day viewing.

On March 21, two previously crashed cars were set up

See **DRIVING** page 22 →



Students act as "dead" victims of a drunk driving accident during the 15 Minutes program at Patrick Henry High School. (Courtesy of Karen Ronney)

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► Fireworks, from page 1

a nice little total, but it would pay for very little. Despite the enormous generosity of those major donors, the operational budget the committee has come up with to do the festival the right way is \$76,000.

There has been pretty good support from businesses and companies in the San Carlos-Del Cerro-Allied gardens area so far, and more is hoped for. There are several levels of business sponsorship. Star sponsors who donate \$500 will appear on the event website and receive a certificate of sponsorship.

Liberty Sponsors who donate \$1,000 will, in addition to the same rewards as the Star Sponsors, also be promoted in print materials, be verbally recognized at the event and promoted on social media.

Freedom sponsors who donate \$2,500, get all the same perks as the other levels plus a space at the festival to place a large banner near the music stage and a space for company presence. American sponsors who donate \$7,000, get all the perks as the other sponsors plus a VIP viewing area and a reserved parking space.

Major donors so far include Stormberg Orthodontics (who is the title sponsor for the event), FBS Property Management, Precision Concrete Designs, High Dive San Diego and Windmill Farms and Life Deck. Other major donors include Orchard Supply Hardware and Ideal Plumbing.

Although business sponsors are starting to come in, unless a more substantial amount is raised in the fairly near future, the whole effort may be doomed, or at least scaled back dramatically.

"I wouldn't be comfortable signing anything just hoping the money will come in to make those checks good," she said.

She believes people will come through with donations to make up a lot of the shortfall, because a lot of people have really

missed the Fourth of July at the lake, and will be willing to help guarantee its return.

But heartfelt faith and belief isn't negotiable at the bank.

Volunteers are going through the communities, passing out fliers with return envelopes asking people to donate, which has so far raised around \$3,000. And on April 22, local sports is getting in on the donation action.

"The board at San Carlos Little League and Navajo Softball have unanimously agreed to donate 50 percent of the [Lake Murray ball-field] snack bar earnings from this Saturday,

April 22 to the Lake Murray Fireworks and Musicfest event," wrote San Carlos Little League president Sheila Gigante in an email to festival organizers. "It's also closing day for Navajo so we expect it to

be pretty crowded at the lake. We will also plan to put collection jars on the counters for anyone who's not interested in buying at the snack bar."

There are also other ways to contribute. The website, lakemurrayfireworks.org, offers a form to make your donation, and there is a GoFundMe page at gofundme.com/lakemurrayfireworks. All donations are tax deductible and are processed by the San Carlos Lake Murray Recreation Council.

Where all this will wind up is an open question right now. The committee will meet again in mid-May to assess where they stand with the effort.

That may be the pivotal decision time.

No one is quitting on this — the fireworks were always popular in the past, and they may be again. But the final decision will be up to the result of that constant obstacle:

Show me the money.

For more information about the event, visit lakemurrayfireworks.org.

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



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Guest editorial

Bridging the foster care gap

Jeff Wiemann

[Editor's note: May is National Foster Care Awareness Month. This article previously ran in the San Diego Union-Tribune.]

In my work supporting San Diego families who foster, there's a lot to feel good about. Every day I see children thriving in stable, safe and loving environments while their biological parents are given needed time to get their lives back on track. Families who open their homes to children in need find the rewards are immense. When my family fostered a baby boy, we absolutely fell in love with him – and went through an experience as a family that has forever strengthened our bond. Sadly, there is a very real problem in the San Diego foster care system today. We have a crisis-level shortage of families volunteering to care for children in need. The unfortunate reality is when the San Diego County Department of Child Welfare calls us at Angels Foster Family Network, we are only able to meet the needs of one in three young children. This is heart-breaking on many levels. First and foremost, these infants

and toddlers need help. Second, when they do not receive the care they need, our whole community pays the price. Placing infants and toddlers in stable, safe and loving environments supports healthy brain development and teaches them how to form healthy attachments to other humans. Later in life these healthy attachments allow them to succeed academically, socially and become productive adults. The opposite holds true as well and seriously impacts our communities. I understand why most are hesitant to foster children. Many believe their heartache will run too deep when it is time to say goodbye. It is one of the toughest things to do, but every foster parent I've met will tell you the same thing: It's worth it. A foster mother I spoke with recently dabbed tears from her eyes as she talked about the toddler she cared for who had been reunified with his biological family. She said she would do it all over again just for the chance to connect with her foster son. The only thing greater than the pain of loss is the joy of making a positive life-long difference for a child in need. Many fail to realize parents who foster often stay connected

with the children they have cared for. The ability to create and sustain positive relationships with the biological families occurs because of the extensive training and support we provide. Our expert staff and diverse group of foster parents have seen it all, and share their wealth of knowledge generously so that no one ever has unanswered questions or faces challenges alone. Assuming a child is somehow responsible for their placement in the system or a threat to others are two of the biggest misperceptions I encounter. Let's be clear, the actions of the parents are the sole reason a child is placed in foster care. Second, some foster children have challenging behaviors as all have been traumatized. You would be too if by the age of 6 weeks, you had figured out that none of your basic needs would be met no matter what you did. I vividly remember first meeting my foster son and touching his hand and finding it cold — a sure sign of the depth of trauma he had already endured. The first few weeks in our home, he was expressionless. He didn't cry. He didn't coo. He didn't smile. He was conserving his energy because previously any expression on his part resulted

in no action by the adults in his life. All of our families are educated in the trauma-informed model of care, providing them the ability to look beyond the immediate behaviors to discover the root cause. In our case, getting him on a regular schedule of eat, play, sleep did wonders. In a few weeks he was back on track. It is amazing how resilient young children are and how quickly they recover once they are in a stable, safe and loving environment. Atrocities about fostering make the news headlines and are great stories for television. Far more common are the success stories I see every day. As a parent who has fostered I know it is not easy and not for everyone. However, as a community we must address the shortage of families who will foster and not doing so only pushes the challenges and costs to the next generation. By sharing more information about the need and realities of fostering, I hope others will consider volunteering to follow the path of my family. If not, there are many other ways to support the needs of children in foster care and all are appreciated. —Jeff Wiemann is the executive director of Angels Foster Family Network. Visit AngelsFoster.org for more information.■

LETTERS

Thank you and shalom
Re: "Beloved rabbi retires"
[Volume 23, Issue 2 or bit.ly/2mkbFJl]
I want to thank you for writing such a kind, beautiful and generous article about my retirement and years of service to Tifereth Israel Synagogue. I

was also surprised and pleased to find it placed so prominently on the front page. I deeply appreciate the time you took interviewing and meeting with me and members of my community. I also loved the photos you included. Your article truly reflected my thoughts about my tenure at the congregation and the work that I do. Many

members of my congregation, community and neighborhood saw it and told me that they had a greater appreciation of the work that I do because of your research. My children all asked for copies of the article and I was happy to provide them for friends and family who live in my neighborhood. We will always treasure them.

Thanks again for spending so much time making sure the article was perfect. I am deeply in your debt. If there is ever any way in which I can be of assistance to you, I hope that you will not hesitate to ask. —Rabbi Leonard Rosenthal, Tifereth Israel Synagogue■

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

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Help bring back Lake Murray Fireworks and Musicfest

District 7 Dispatch



Scott
Sherman

After several years in hiatus, the San Diego Lake Murray Music Fest and Fireworks Show is once again returning this year on July 4.

For those unfamiliar with the once popular Independence Day event, the festival was a linchpin for the Navajo community where residents came together to visit, enjoy the festivities, and watch a beautiful fireworks show. The event was important to bringing the community closer together.

The committee in charge of organizing the return of the festival has worked extremely hard in pre-planning and securing the permits necessary to hold the event. However, they still need help raising money to ensure its success. While July 4 is

still three months away, funds are desperately needed now! The committee needs support from the community to meet its fundraising goals of \$76,000.

The music fest and fireworks show will be held at Lake Murray Community Park in San Carlos. The fireworks can be seen throughout the Navajo community, from La Mesa to Del Cerro and beyond.

If possible, please consider supporting the return of this exciting event that has meant so much to this community in the past. With your help, we can make it a great event yet again! Residents can donate at the organization's fundraising account at the following link: gofundme.com/lakemurrayfireworks.

Thank you for your support!

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



Notes from your County Supervisor

Dianne's Corner



Dianne
Jacob

Pioneer path: A long-held dream of re-opening the historic Stowe Trail to the public is finally becoming a reality.

MCAS Miramar has agreed to make the scenic path, which skirts the eastern edge of the air base, accessible again. Those wishing to hike or bike along the trail must obtain a permit. For more information, go to the "Resources" section at miramar.marines.mil.

I started working with military officials in 2001 to reopen the trail – and with our hiking and biking community before that. A big thank you to Marine Corps Col. Jason Woodworth and the San Diego Mountain Biking Association.

San Diego's earliest pioneers created the Stowe Trail in the 1800s. It's so important to our history that the White House in 2000 designated it a "Millennium Trail."

Helping our most vulnerable: I've teamed up with Supervisor Kristin Gaspar, Sharp Grossmont Hospital, Grossmont Healthcare District,

Alzheimer's San Diego and others to help seniors who end up in crisis.

We're developing a model for Alzheimer's patients that start with the call for help and ends with in-home services.

Too often, seniors who suffer from dementia end up in a hospital bed or a jail cell when steering them to services might be the best option.

The effort is an outgrowth of The Alzheimer's Project, the county-led initiative to find a cure and help families struggling with the disease.

Parks and recreation: With my full support, the Board of Supervisors recently moved to tackle the policy and financial hurdles for building and maintaining parks.

Parks keep our communities healthy and whole – and building and maintaining them is one of the county's core responsibilities.

We've aiming to make our awesome park system even better!

—Dianne Jacob is San Diego County Supervisor for District 2. For more District 2 news, visit diannejacob.com or follow her on Facebook and Twitter. To reach her, call 619-531-5522 or email dianne.jacob@sdcounty.ca.gov.■

Beware of Home Inspections Pitfalls Before You Put Your Allied Gardens, San Carlos, Del Cerro & Fletcher Homes for Sale

Allied Gardens, San Carlos, Del Cerro & Fletcher Hills-

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 homeseller's 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 1-866-220-9502 and enter 1003. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to learn how to ensure a home inspection doesn't cost you the sale of your home.

This report is courtesy of Moore & Sons Realty BRE #01990368. Not intended to solicit buyers or sellers currently under contract. Copy right © 2016

10 Myths Surrounding Reverse Mortgage Loans.

Confused by reverse mortgage loans? Who can you trust? It is very important to get the facts to make a truly informed decision about this financial product. There is so much misinformation and outdated facts surrounding reverse mortgages that it makes it feel difficult to navigate. "There is in general, a lot of confusion about reverse mortgages," says Stacy Canan, assistant director of the Consumer Financial Protection Bureau's Office for Older Americans.

The benefits can be wonderful, so it is critical to truly discover what is "urban myth" and what is fact. So, we did the research for you and have found 10

Reverse Mortgage Myths that persist, along with a few other critical things you need to know if you are considering a reverse mortgage loan now or in the future.

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Election hijacking proof discussed at next meeting



Linda Armacost and
Jeff Benesch

Recent news reports published in the Huffington Post and BuzzFeed, and appearing on many network news programs including “The Rachel Maddow Show” on MSNBC, alluded to Russian hacking and manipulation of the 2016 presidential election, decidedly in favor of Donald Trump’s campaign. During the heat of the primary campaign, several website administrators of Bernie Sanders’ Facebook sites, including John Mattes (who was a Bernie supporter at our springtime Bernie/Hillary forum) noticed a disturbing trend. Many posts and posters, hundreds of them in fact, were originating in Eastern Europe.

John Mattes is an attorney, former San Diego city councilman, and veteran award-winning investigative journalist who spent many years with XETV and other local news outlets, as well as stations in Miami and Los Angeles and ABC World News. He’s been based in San Diego since 2002 and runs The Investigative Guy website.

Mattes first suspected outside interference in the campaign when he detected strange posts from Eastern Europeans on Bernie Sanders support



John Mattes will discuss the evidence he discovered of election tampering by foreign nationals during the Democratic primary. (YouTube)

Facebook pages. The posters had no profile or ties to Sanders but had started dozens of faux-Sanders groups. The users, who Mattes suspected were plants, posted only vicious anti-Hillary Clinton stories from U.S.-based websites, but were strangely all located in Albania and Macedonia.

In early September, Mattes alerted several investigator friends with a list of the suspect sites he had uncovered. Digging deeper, Mattes uncovered dozens of anti-Hillary websites all hidden behind private registrations or addresses in Macedonia. Posts from the suspect websites were flooding Sanders’ media and online platforms nationwide in October with anti-Hillary posts claiming Clinton was to be indicted, or had a stroke, or was involved in human trafficking.

Come late October, Mattes shared his findings.

“What is most disturbing is that the Macedonia stories worked to directly help Trump,”

he told BuzzFeed. “The stories targeted Sanders supporters, creating doubts about Hillary among a key voting bloc.”

Buzzfeed reported that Mattes thought this was part of a concerted effort to suppress the votes of Sanders’ supporters in order to help Trump win the election. “Some [of the Sanders supporters] are newly-energized Democratic voters,” he said, “If you have the ability to suppress and poison the well and reduce participation, that’s a win.”

After the election, Mattes expanded his investigation into the potential role of Russian tampering with the election. His findings were included in a story in the New Yorker titled “Trump, Putin and the New Cold War.” Mattes’ investigation then was profiled in Huffington Post and The Raw Story, and now has reached numerous other publications.

In March, Mattes’ assertions were proven correct when the former director of the NSA testified that Russia had employed more than 1,000 trolls to plant anti-Hillary disinformation on Sanders social media platforms. Currently, he is continuing this investigation, and working to spread his findings across the U.S. and the globe.

Mattes will present his latest findings at the next meeting

of the La Mesa Foothills Democratic Club on May 3 at the La Mesa Community Center, 4975 Memorial Drive.

Also appearing at the meeting is Nathan Fletcher who will talk about what we can do locally to counter Trump (particularly on voting rights and ballot access) and give an update on efforts to bring deported veterans home.

Fletcher is a father of two boys, a UCSD political science professor, former Marine and former State Assemblyman. He is also involved in several political groups like Organizing for Action, the Public Policy Institute of California, the Aspen Institute Global Alliances Program, the Truman National Security Project, the World Economic Forum Global Agenda Council on Human Rights and is a delegate for the California Democratic Party.

The meeting begins with social activities at 6:30 p.m., followed by the presentations at 7 p.m. All members and guests are welcomed.

Please check out our future events and pictures of our last ones on our website at lamesafoothillsdemocraticclub.com or like us on Facebook.

—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. ■

Carl DeMaio to speak on fighting tax increases



Judy
McCarty



Our May 9 luncheon meeting of the Navajo Canyon Republican Women, Federated will feature Carl DeMaio, the government-reform host of his own daily radio show on NewsRadio 600 KOGO. He will present his strategy to repeal the new car tax and gas tax recently enacted by Democrats in the California Legislature.

According to DeMaio, the typical California family could end up paying \$350 to \$700 more per year under these new tax hikes! There goes workers’ new minimum wage increase.

This will certainly hold the interest of our NCRWF members and guests who resist having government take money from citizens’ pockets to put in the government coffers – especially without any accountability of how it will be spent.

See DEMAIO page 10 —————>

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We lost a good man

Doug Curlee
Editor at Large

When local politician and Navy pilot Jim Ellis died on April 10 at the age of 88, his passing inspired tributes in various media because he was the kind of man you could respect.

In the course of my time as a television reporter in San Diego, I ran across a lot of politicians I could say that about. I also ran across a lot of politicians about whom that could never be said.

I like to think that Jim sort of respected me as well. We talked now and then about past experiences we'd had. Jim was a highly decorated Naval Aviator and what he learned becoming one seemed to bleed over into civilian life.

We were probably as good friends as a politician and a reporter covering him were likely to ever be.

Jim stayed behind the controls of a plane long after he took off the uniform, often flying his own plane back and forth between San Diego and Sacramento.

He actually gave me a ride once. I was heading up to Northern California to see my mother in Lodi and he was kind enough to drop me off in Stockton, not far from the family home.

He was a great pilot, quick and sure in his moves in the cockpit. He had a great airplane — a Beechcraft Bonanza. They fit well together.

En route, we talked some about politics. Jim was a Republican, and a conservative one in a time when that meant something.

“Are you one of those commie liberals we always see?” he asked me.

He was joking and we both knew it. After all, I had come to San Diego from San Francisco, where the “commie liberals” have seemingly always been in power ... still are, I suppose.

As I got to know him better, through covering him, I saw that Jim was a man who'd talk to you — would tell you what he was thinking on an issue and why he was thinking that.

He was a somewhat low-key guy who knew what he didn't know, and who got things done without yelling and screaming.

When politics began to lose his interest — after serving District 7 in the City Council; after serving in both the State Assembly and State Senate — he quietly walked away from it, rather than try to stay in office doing something he no longer cared about. Some of his accomplishments during his time in office include helping establish the regional park that became Mission Trails and getting State Route 52 started.



Former District 7 city councilmember and longtime Allied Gardens resident Jim Ellis (Courtesy of Carol Ellis)

He also served one term on the Agricultural Labor Relations Board, appointed by Gov. George Deukmejian.

Some of the old instincts eventually tried to kick in and Jim ran for his old senate seat in 1992, but lost to the late Lucy Killea.

Then he came home for good.

He and Carol Bentley, who once ran his San Diego office and then became his wife, settled in Mission Beach after living in Allied Gardens for many years.

“We had 20 wonderful years married,” Carol told me. “He was the best.”

I'd have to agree.

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

► DeMaio, from page 9

We invite all to attend and learn how to get involved in overturning these tax hikes! The meeting will take place at The Brigantine restaurant in La Mesa. Check-in time for the 11 a.m. meeting is 10:30 a.m. A full-course lunch will be served at noon with DeMaio's talk following at 12:30 p.m. Cost is \$25 and reservations are required. RSVP to NCRWF99@gmail.com (put “luncheon rsvp” in the subject line) or call Marjie at 619-990-2791.

Our April evening meeting was a lot of fun as expected with the Road Show, Live Auction (two free weekends in Las Vegas were awarded), great dinner with guests, Lady Liberty, Uncle Sam and Donald Trump.

A great crowd of men and women heard our former state party chairman, Tom Del Beccaro, talk about the vital importance of a restored economy, reconciliation in America, sanctuary cities, etc. So, a fun but purpose-filled evening for conservative Republican women who want to make a difference.

The swearing in of new citizens will take place at San Diego's Golden Hall on April 26 and May 24 and members of NCRWF will be there to register them as new voters, too.

Our June 13 meeting speaker will be Wendy Patrick, special operations at the District Attorney's office. July and August are dark for meetings at The Brigantine, but we will



Radio personality and former San Diego City Councilmember Carl DeMaio will be the featured speaker at the May 9 meeting of the Navajo Canyon Republican Women, Federated. (Facebook)

start back up in September with Brett Winterble, KFMB 760 radio personality.

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

San Diego's District 7 lost a true friend and strong leader on April 10 with the death of our former City Councilmember, Jim Ellis. Jim served in the early '70s before being elected to the state Assembly, and then to the state Senate.

Many of you will recall that Jim, along with Supervisor Dick Brown, and citizen Dorothy Leonard, established the concept of a regional park

(which later became Mission Trails Regional Park), and that Jim also created the Friends of Rte. 52 that worked for years to get that highway started by taking their ironing boards into the nearby communities and gathering signatures.

We have all benefitted from his leadership and extend our deepest sympathy to his family and to his wife, Carol Bentley Ellis, who also served as an elected state Assembly member.

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

► NCPI, from page 1

U-turn on or around Del Cerro Boulevard.

Marburn spokesman Seth Dorros admits this, and pleaded for help from the community.

“Look, we know the access is a problem we haven’t yet solved,” he said. “We’re asking you, the community, to help us figure it out. Please propose some solutions. Any ideas you have would maybe help.”

Dorros got a lot of suggestions, but none of them offered any help for the developers’ problem.

Del Cerro Action Council President Jay Wilson says he can’t understand how it even got to this point.

“I can’t believe the city’s traffic people would even think about agreeing to this. They never have before,” he said.

Maureen Champion echoed that concern.

“This would just create a major choke point in our area — we just don’t want this in our area.”

Rosemary Ghosn said it would disrupt life in Del Cerro.

“How do I get home every day, if this happens?,” she asked. “Even now, it’s almost too hard to get to Windmill Farms. This would make it impossible.”

There wasn’t even a formal vote on approval of the project at the April 12 meeting — that happens next month. But, given the fact that most of the planning board expressed the same reservations the Del Cerro residents did, the final vote result isn’t at all hard to predict.

SoccerCity

More than a little skepticism was expressed about the other big issue of the night — again, this was informational, and won’t be voted on until a future meeting.

But what was supposed to be a brief informational presentation about the proposed SoccerCity redevelopment plan for the Qualcomm Stadium property in Mission Valley, instead turned into a bit of an argument.

FS Investors representative Nick Stone pointed out the financial benefits of the city selling the property to his group to build SoccerCity, and all the tax revenues that would accrue to the city when the development of stadium, housing, offices and retail properties are built and up and running. It was a breakdown to talking points of the 55-page ad the SoccerCity folks ran in the Union-Tribune some weeks ago.

The audience, though, had concerns that have been expressed elsewhere before, specifically about the role, if any, of the San Diego State Aztec football program.

Stone could only say: “We’re still talking with State.”

Terry Cords, a planning group member and a mover and shaker in youth soccer in San Diego, loves the idea, but is more than a little worried about the execution of it.

“Reading this 55-page ad tells me that once the deal is done, you folks are in total control, and we have nothing to say about it,” Cords said.

There wasn’t a real understandable answer to that.

Joe LaCava, a community activist and leader of a



Del Cerro residents are opposed to the proposed ColRich development along College Avenue. (Courtesy of ColRich)

group called Public Land, Public Vote that is opposed to the SoccerCity development, said the idea of Mayor Kevin Faulconer setting the price for the Mission Valley land is ridiculous.

“That land is city-owned property, and something that big should never be sold without a public vote,” he said.

Nick Stone assured that there will be one, and he couldn’t stop it if he wanted to.

“We know the City Council will not just approve the sale — it’ll be on the special election ballot in November, and we’ll go from there,” Stone said.

Other business

In other action on a busy night, Liliana Caracoza of the San Diego Housing Commission reported that her commission would like input from taxpayers on how to



The proposed SoccerCity development for the Qualcomm Stadium site would include housing, a park, soccer stadium, retail and commercial buildings. (Courtesy of FS Investors)

spend the \$74 million the commission has in its 2017-2018 budget.

She also needs those comments by April 26.

And keeping the roster up to date, Matt Adams was re-elected planning group chairman, with Jon La Raia as vice chair, and Rich Burg as secretary.

After this meeting, they may be asking themselves again why they wanted those jobs.

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

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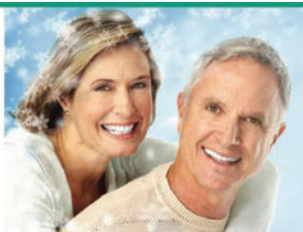
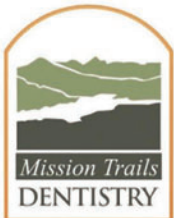
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► Distiller, from page 1

and gin sell for \$29 per bottle. The vodka, with its built-in infuser, is \$22.

By state law, customers can purchase up to three bottles (to go) per day. Those dropping in for tastings are served a maximum of 1.5 ounces per person, per day. They can be sampled in \$6 flights or in crafty cocktails for \$8 each.

Slowly but surely, the Swinford label is gaining traction offsite. The products are currently distributed to 30 retailers throughout San Diego County — in liquor stores, restaurants, bars and markets. They include Bully’s East in Mission Valley, Pardon My French in Hillcrest, Spike Africa’s Fresh Fish Grill & Bar downtown, and Stump’s Family Marketplace in Ocean Beach.

Swinford has relied partly on social media to increase his branding. He also participates



(l to r) Swinford’s vodka, whiskey and gin (Photo by Frank Sabatini Jr.)

in events held by the San Diego Distillers Guild and offers his modernly appointed tasting room free of charge to local businesses seeking a space to hold private events and parties.

“What’s really exciting about the local distilling scene is that there’s a lot of

camaraderie within it, just like there is in the craft beer scene,” he said.

“We’re a niche group and people are still learning the differences between a distillery and a brewery. It’s important to make something that is both craft and accessible at a reasonable price point. I’m creating spirits because this is where the market is headed.”

Swinford Spirits is open from noon to 7 p.m., Wednesday through Saturday, and noon to 5 p.m. on Sundays. For more information, call 844-933-7465, or visit swinfordspirits.com.

—Frank Sabatini Jr. is the author of “Secret San Diego” (ECW Press) and began his local writing career as a staff writer for the former San Diego Tribune. Reach him at fsabatini@san.rr.com.■



Craft cocktails such as this gin rosemary fizz are served in the tasting room (Courtesy of Swinford Spirits)

Sycuan breaks ground on hotel expansion

Jeff Clemetson
Editor

Sports celebrities, radio personalities and business and community leaders from across San Diego County joined tribal elders and leaders of the Sycuan band of the Kumeyaay Nation on March 28 to break ground on a new hotel expansion for the Sycuan Casino.

Tribal chairman Cody Martinez introduced the new expansion with a brief history of the casino and what it has brought to Sycuan and the surrounding communities.

“It is with great, great excitement and pride that we are making this investment, not just on behalf of the tribe, but on behalf of our team members and our customers, we are taking Sycuan to the next level,” Martinez said as he revealed a 3-D video rendering of what the new hotel will look like. Guests at the groundbreaking were also able to take a virtual reality tour of the new facility using VR goggles that immersed them in 360-degree views of the hotel drawings.

Sycuan’s next level is an expansion that includes a 12-story hotel tower with 300 rooms and suites; a full-service spa and fitness center with sauna facilities and exercise equipment; an 11,400-square-foot conference and event center; an expansion of



An artist rendering of the 12-story hotel expansion currently under construction at Sycuan Casino. (Courtesy of Sycuan)



60,000 square feet of new gaming areas that will house 2,500 new slot machines and 80 table games; new bars and restaurant options, from casual to fine dining; and a resort-style pool area, complete with a lazy river. In total, the new expansion will be around 500,000 square feet. The \$226 million expansion’s grand opening is slated for 2019.

And the casino expansion wasn’t the only news announced at the groundbreaking event.


“So, everybody’s wondering, ‘What about the golf course?’ Well its day is yet to come. There will be a plan for that as well, however we are launching today that we are going back to [the name] Singing Hills Golf Resort at Sycuan,” Martinez said as he revealed new logos for the casino and golf resort.

For more information about Sycuan Casino, visit sycuan.com.

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



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**PATRICK
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High School

Patrick Henry High School News

Elizabeth Gillingham

Boy's Baseball Team wins Lion's Tournament



The Patrick Henry Varsity Baseball Team (Courtesy of PHHS)

Congratulations to PHHS Varsity Baseball Team who were named the Champions of the Division 6A 2017 Lions Invitational Baseball Tournament held at West Hills High School in Santee.

After playing in a semi-final match beating Steel Canyon, they came up on top in the finals beating Point Loma 5-2 in a very competitive game. Go Patriots!■

Henry team national finalists in cyber competition

A local team of Henry students traveled to Baltimore, Maryland, April 3–6, to compete in the CyberPatriot IX National Finals Competition.

Since 2009, CyberPatriot's National Youth Cyber Defense Competition has challenged teams of two to six students to harden simulated computer systems and resolve real-life cybersecurity situations faced by industry professionals. The competition provides students hands-on experience securing computer networks while exciting, educating and motivating them toward careers in cybersecurity and other STEM fields.

Led by Senior Naval Science instructor Ron Flaherty, the PHHS National Finalist team is one of 12 All Service Division teams to advance from a pool of over 2,000. Members include captain Liam Weinfurtnr and Daniel Khuu, Quinn Razak, Parker Frye, Amy Nguyen and Anne Nguyen.

The CyberPatriot competition consists of two high school divisions, with public, private and home schools competing in the Open Division and Junior ROTC units, Naval Sea Cadet Corps and Civil Air Patrol squadrons competing in the All Service Division, as well as a Middle School Division.

In all, more than 4,400 teams registered to participate in CyberPatriot IX. Registered teams



(l to r) Quinn Razak, Amy Nguyen, team captain Liam Weinfurtnr, Daniel Khuu, Parker Frye and Anne Nguyen (Courtesy PHHS)

represented all 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, Canada and U.S. Department of Defense Dependent Schools in Europe and the Pacific.

Following two preliminary rounds in November and December, CyberPatriot IX teams were categorized within their divisions as Platinum, Gold or Silver Tier teams, with Platinum Tier teams representing the highest scoring teams and the only teams eligible to advance all the way to National Finals. During an additional two elimination rounds, the Henry team demonstrated the teamwork, critical thinking skills, and technical

knowledge necessary to distinguish itself from other Platinum Tier teams and win its coveted National Finalist spot.

During the competitions, teams competed to defend virtual networks and mobile devices from a professional aggressor team. The National Finalists also faced off in three additional competition components: the Cisco Networking Challenge, the Leidos Digital Forensics Challenge and the Facebook Cybersecurity Challenge. These extra challenges exposed competitors to new elements and skillsets of the many career opportunities available to them.■

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Speech contest winner, Student of the Month

After a member of the Sunrise Optimist Club gave a presentation inviting students to participate in an oratory contest, senior Margaret Poltorak entered and worked with PHHS teacher Mr. Mark Frerichs, who generously gave of his time to coach her on her speech.

Several hundred students across the city were invited to participate in the contest and the field was narrowed down to seven contestants. Five students gave speeches to the club on March 14 at Marie Callender's, during their monthly meeting. Poltorak, was one of three finalists earning a certificate and medallion.

In addition, Poltorak happens to also be Kiwanis Student of the month for March. Out of all of our students of the month, Poltorak received the largest push from the faculty at Henry, demonstrating what an outstanding recipient she is for this award.

Teacher Taunya Robinson wrote the following in her recommendation letter:

"From now until eternity, what we define as an

overachieving Patriot will have to be defined by all the things that Margaret Poltorak has done for our school. She's truly an inspiration to her classmates, staff members, and community here at PHHS.

"Margaret deserves respect from everyone because she embodies the 'Golden Rule' of how to treat others. Besides being the backbone to our Peer Mediators program, she's active in drama — starring as Ursula in this year's production of 'The Little Mermaid,' is a leading member of the Improv team; has joined the Academic League team; plays lacrosse like a boss (also field hockey but I couldn't make anything rhyme with it); is still actively a part of her Girl Scout troop; and is just an overwhelming bright presence to be around. Did I mention she also finds the time to be a part of this year's



Margaret Poltorak
(Courtesy PHHS)

WASC committee and has no problem voicing her opinion or thoughts with all the staff and parents involved?

"She entered my AP Psychology class a few weeks after everyone else because she transferred from Ms. Haff's class due to other schedule changes. Margaret jumped right in and made herself a part of our community. Within a week, she was partaking in a rap battle to prove why

the medulla oblongata was the most important part of the brain. Margaret has also dedicated herself to the course by coming in for extra help when needed, stopping by on a regular basis to discuss the material, and keeping her table mates accountable for reading assignments.

"Margaret will be attending Ohio State University and is bound to continue with her path towards excellence!"■

X The TXT

San Diego Allstate agency owner Mark Silverstone and students at Patrick Henry High School raised community awareness of the dangers of distracted driving by hosting an X The TXT event on March 17.

ASB students spent their lunch period encouraging teen peers and school faculty to pledge not to text and drive. Students and adults alike pledged by placing their thumb print on an "X The TXT" banner and received a "TXTNG KLLS" affinity thumb band and "TXTNG KLLS" bracelet to wear that serves as a daily reminder of their commitment to drive without cellphone distractions.

Those who pledged not to text and drive also learned startling facts about the dangerous and potentially deadly habit:

- Texting makes us 23 times more likely to crash.



Students learned about the dangers of texting and driving at the X the TXT event. (Courtesy of PHHS)

- It's the equivalent of driving after drinking four beers.
- It takes drivers' eyes off the road on average of five seconds per text. At 55 mph, that's like driving the length of a football field without seeing the road.

Silverstone said that the problems of distracted driving

are preventable and the goal of the X The TXT program is to equip teens with the information they need to make good choices while driving or when they are a passenger in any car. They will become the ambassadors to bring safe-driving messages to their classmates and to their parents and community.■

A Bridge For Kids Essay winner

Zhenyao Cai, a senior from Patrick Henry High School, won the fifth annual A Bridge for Kids Essay Contest and a \$500 third place prize. Cai's essay bested over 250 entries from students at over 20 high schools throughout San Diego County and was judged to make the top 10 by a panel of 10 local judges.

A Bridge for Kids is a non-profit organization that is dedicated to the raising and distribution of funds to underprivileged teens in need, through a child sponsorship program. The essay contest was open to any student who wanted to submit an original essay of 750 words or fewer

describing their thoughts on the following topic: What is the biggest challenge you have had to overcome? How did you overcome it and how did that affect your life?

A panel of volunteers judged the essays and the winners were picked based on the creativity, originality, clarity and overall impact of the essay. President and founder of A Bridge for Kids, Michael Nance, awarded Cai with a letter and gave the specifics about the scholarship. Cai's essay highlighted the process of migrating from China to the United States and how he learned English and excelled over time.



(l to r) Michael Nance, Zhenyao Cai and Elizabeth Gillingham (Courtesy of PHHS)

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

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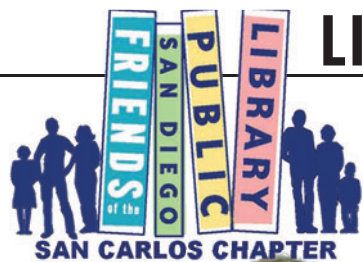
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LIBRARY

Upcoming events at the San Carlos Library

Sue Hotz



Free Comic Book Day

Wonder Woman turns 75 this year! Americans were first introduced to comics in 1842, but the Golden Age of comics didn't begin until the publication of the first comic books in 1934 and the 1938 introduction of Superman. Who is your favorite superhero?

Twenty-three years ago, comic book enthusiasts declared the first Saturday of May to be National Comic Book Day. Special edition comic books are annually published for the day's event and distributed for free. This year, it falls on May 6, the same day as our monthly Used Book Sale.

Annually, Ron McFee, our Used Book Sale Chair, assists in the distribution of thousands of these free comic books at San Diego Branch Libraries. Stop by the library and pick up your free comic book. Purchase a few other books at our book sale and check out our Comic Book Day special events inside the library.

Essay Contest winners

Three of our local Essay Contest winners were chosen to represent the San Carlos area at the city-wide level. They are fourth-grader Willow Carter from Erin Keegan's Dailard Elementary class, and eighth-graders Caroline Beal from Brad Endicott's, and Abigail Hayes from Chastain Foulk's Pershing Middle School classes.

Four city-wide, grand-prize winners at each grade level will each receive a monetary award and a laptop computer. One \$500 prize in memory of Jack and Carolyn Winer will be awarded for Best Overall Essay. City-wide winners will be announced on April 27, 6:30 p.m., at the Balboa Park Club. Good luck to all!

Artists

Stephen Smith's Artist Reception will be a hard act to follow. Looking dapper in his tuxedo, Smith's gracious presence complimented his Four Gentlemen Asian Brush-paintings. We thank him for his beautiful show.

April 5 to May 4 in the Winer Family Community Room & Art Gallery, Roz Oserin will be displaying her watercolor, oil and acrylic paintings. If you like what you see, they are available to own. A portion of all art sales from our artists' shows is donated to SCFOL.

May 8–June 1, paintings by Rachael Retz, a 40-year resident of San Carlos, will be on display. Retz began taking a variety of art classes almost 60 years ago, but eventually became a self-taught watercolorist after checking out a "how to paint with watercolors" book at the San Carlos Branch library.

Retz loved to create paintings from the photos of places that held meaning for her and her husband, Michael. Macular degeneration has stolen her vision,



Author Ken Kuhlken will discuss his new book "California Stories: Living in the Shadow of Chandler and Hearst" as well as his Tom Hickey crime novel series, which includes "The Good Know Nothing." (Courtesy of SCFOL)



and now Alzheimer's, her memories. We thank Retz's daughter, Teresa Dalton, a teacher at Gage Elementary School, for introducing us to her mother's paintings.

In our Art Gallery on May 20, noon–2 p.m., at her Artist Reception, join Retz's six children, 14 grandchildren and extended family and friends in the celebration of Retz's creative and spunky spirit.

Speakers

Travelers, don't miss the April 21, 1–3 p.m. Road Scholar presentation by Jill Swaim. Road Scholar, the not-for-profit leader in educational travel for adults since 1975, offers 6,500 educational tours in all 50 states and 150 countries. Until 2010, Road Scholar was known as Elderhostel.

Books and authors

The Library Book Club selected "Summer Island" by Kristin Hannah for their May 11, 12:30–2 p.m. discussion.

Are you a lover of California history and a good mystery? April 28 at 2 p.m., native San Diegan, award-winning novelist, creative writing professor, ball player and guitarist Ken Kuhlken talks about "California Stories: Living in the Shadow of Chandler and Hearst."

Kuhlken is the creator of the Tom Hickey crime novels that are set between 1926–1979. The Hickey novels weave the history of early California into the riveting tales of detective Hickey's crime-fighting adventures, leaving the reader both entertained and enlightened about California's early days. The Hickey novels include, "The Biggest Liar in Los Angeles," "The Good Know Nothing," "The Venus Deal," "The Loud Adios," "The Do-Re-Mi," and "The Vagabond Virgins."

OASIS

May 19, 1–3 p.m., learn about "Assessing Your Assets: Reverse Mortgages Explained." Is a reverse mortgage right for you? Learn how you can receive tax-free income from your home with no monthly loan payments. Other options include a lump sum payment, monthly payments, or a line of credit. Get the straight answers for all your questions from licensed reverse mortgage specialist Owen Coyle.

Who Hatches?

The Who Hatches? Scavenger Hunt began April 1. Pick up an entry form; find the 12 eggs that are hatching in the library; write the name or draw a picture of the creatures you find; and submit your correct entry by April 29, to be eligible for a \$25 gift card raffle.

Nature adventures

May 17, 2:30–3:30 p.m. our weekly After School Special program will be our third Nature Adventure. Learn about "Things with Wings" presented by Mission Trails Regional Park's trail guide Linda Hawley, Ed.M. Examine specimens, read books, sing songs, and make crafts. It's fun for all ages.

Theater at the library

Stacey Wein, director of Literature Comes to Life, introduces children to drama. Every child gets to participate in her hands-on, fast-paced, fun workshops. Kids ages 7 and up put on costumes, read parts from a script, learn to use voice expressions to enhance the story, and develop confidence in reading aloud. For the April 26, 4–5 p.m. session, kids will act out "Chicken Little" and more. Please pre-register for this popular class by calling 619-527-3430.

May 3, 2:30–3:30 p.m. join us for a storytelling show using a storybox, also known as "kamishibai." This is a traditional Japanese art form in which a storyteller reveals a series of illustrations while narrating a story and providing sound effects. In celebration of Children's Book Week, we are presenting "The Enormous Crocodile," by children's author, Roald Dahl. This program is presented by Write Out Loud, and appropriate for ages 4–9.

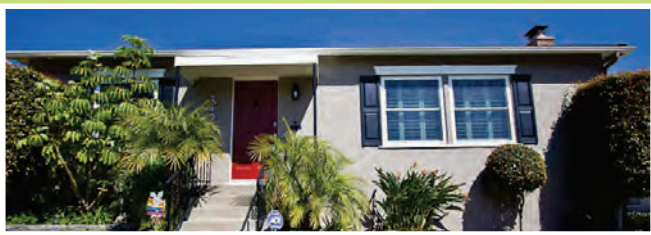
Dates to remember

It's SCFOL Annual Memberships renewal time.
May 5, 1:30–3:30 p.m.: Friends of the Library only, Used-Book Pre-sale
May 6, 9:30 a.m.–3 p.m.: SCFOL Monthly Used Book Sale
May 6: Free Comic Book Day

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

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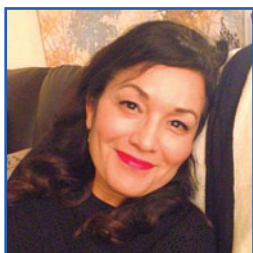
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Allied Gardens/Benjamin Branch Library news

Kathryn Johnson

Friends celebrate local essayists

The Friends of the Allied Gardens/Benjamin library coordinated the local 20th annual Student Essay Contest at the branch. The contest was open to all students in fourth, eighth and 10th grades who are served by the San Diego Public Library. This year's contest had 171 entries that the Friends group read through and discussed before selecting the winners.

St. Therese Academy, Hearst Elementary, Nazareth School and Foster Elementary all participated. The winners are:

- Fourth grade — Charlotte Collins, from Ms. Eides class at Hearst Elementary; Sophia Damato, from Ms. Ascroft's class at St. Therese; Kyle Doan, from Ms. Grindstaff's class at Hearst Elementary; Alexandria Hulse from Ms. Paquette's class at Nazareth School; John Savvides from Ms. Sullivan's class at Hearst Elementary

- Eighth grade — Maria Dominguez from Ms. Cornish's class at St. Therese Academy; Diego Florance from Ms. Valenti's class at Nazareth School

A celebration, sponsored by the Friends, was held at the library on Tuesday, April 4. Each student read his/her essay and received an award as well as a certificate from Councilman Scott Sherman. The two overall winners, Diego Florence and Charlotte Collins will go to the next level where grand prize winners will be announced

during a ceremony later this month at the Balboa Park Club.

Congratulations to the Allied Gardens/Benjamin Library Essay Contest winners and thank you to their parents and teachers!

Book sale

The Friends of the Allied Gardens library will have their book sale on Saturday, April 29 starting at 9:30 a.m. Book lovers are invited to join us for this shopping extravaganza of well-priced reading material. Please tell your friends.

Inspirational local artist

The Allied Gardens/Benjamin Branch Library is proud to feature abstract paintings by local artist George McDonagh.

McDonagh, now 64 years old, has been a resident of Allied Gardens since 1954. He was selected by the National Down Syndrome Society as the "National Face of Aging and Down Syndrome." Visit our display cases to see George's vibrant artwork and learn more about his inspiring life story.

Storytimes

Ever want to visit the library in your pajamas? Well, here is your chance: In April, we are introducing our new Pajama Storytime! It will take place the last Tuesday of every month at 6 p.m.

Don't forget to join us for our other wonderful storytimes: Baby Storytime Mondays at 10 a.m.; Toddler Storytime Tuesdays at 10 a.m.; Preschool Storytime Thursdays at 10:30 a.m.; and Yoga Storytime the first and



(l to r) front row: Kyle Doan, Alexandria Hulse, Gavin Zavala, Sophia Damato; back row: Maria Dominguez, Charlotte Collins, John Savvides, Diego Florence. (Courtesy of Allied Gardens/Benjamin Branch Library)

third Fridays of the month at 10 a.m.

Mad Science is coming

On Saturday April 22 at 10:30 a.m., please join us for a very special program hosted by Mad Science called Spin, Pop, Boom!

Learn about crazy chemical reactions, the amazing properties of acids and bases and the greatness of gravity. Discover the forces that act on roller-coasters as we simulate what happens when they spin upside down. See combustion in action as our roaring exothermic reaction lights up the stage.

We'll also create a colorful chemical reaction rainbow as we introduce acids and bases. In our finale, brave volunteers will help activate an enormous erupting foam volcano!

Don't forget to come in and check out our new flower display, just in time for spring. See you at the library!

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

Help your child breathe easier this spring

Scripps Health

After a very wet winter, spring is in full bloom – and for children with environmental allergies, that may mean itchy noses, watery eyes, congestion and other allergy symptoms. Allergic rhinitis, which is more commonly known as nasal allergies, is extremely common in children. According to the American Academy of Pediatrics, nearly 50 percent of kids age 6 to 18 are sensitive to one or more allergens in the environment.

Allergic rhinitis is part of a family of atopic disorders that includes asthma, eczema and other allergic conditions.

"Often, allergies, asthma and eczema are interrelated and can run in families," said Shaun Berger, M.D., a pediatrician with Scripps Clinic Rancho San Diego. "You want to control your asthma and allergies so they don't control you."

Nasal allergies don't happen all of a sudden. Rather, they develop over time; the body becomes sensitized through multiple exposures to a given allergen. While spring may be

a prime time for allergens to bloom, many people experience nasal allergies year-round. Grass and molds are among the most common allergens.

Symptoms of nasal allergies may resemble a common cold symptoms, such as a runny or itchy nose, watery eyes, sneezing, congestion and a scratchy throat. However, allergies do not cause a fever, and their symptoms often persist for weeks or months.

Without treatment, allergies can lead to other health problems. Chronic or long-term congestion in the airways and nasal passages can make it difficult to breathe, which can affect sleep quality; tired kids may be more irritable and less attentive in school. In kids with asthma, nasal allergies may also trigger attacks. Fluid buildup in the ears can cause stubborn infections, decreased hearing, slowed speech development or language delays.

Allergens exist indoors, as well. Dust mites, for example, infest pillows, mattresses and bedding, so it can help to wash bedding weekly in hot water, and get dust mite-proof encasements for mattress and pillows. Stuffed animals,

another dust mite magnet, can be washed in hot water or put in the dryer for 30 minutes once a week.

A saline nasal rinse, available over the counter, can be used daily to rinse nasal passages. Be sure to follow the directions closely and use distilled water, not tap water, to mix the saline solution. Pre-mixed saline nasal sprays are another option.

If you suspect your child has allergies, your pediatrician can help relieve symptoms.

"Treatment is often a multi-pronged approach that depends on the individual and what they have already tried," Dr. Berger said. "There are things you can do to control your exposure, but often patients are beyond that and need some type of medication."

Talk to your pediatrician before using any medications, even over-the-counter, to make sure you're using the right treatments for your child.

—"To Your Health" is a column by the physicians and staff of Scripps Health. For more information, please visit scripps.org/sdenn or call 619-319-9379.■



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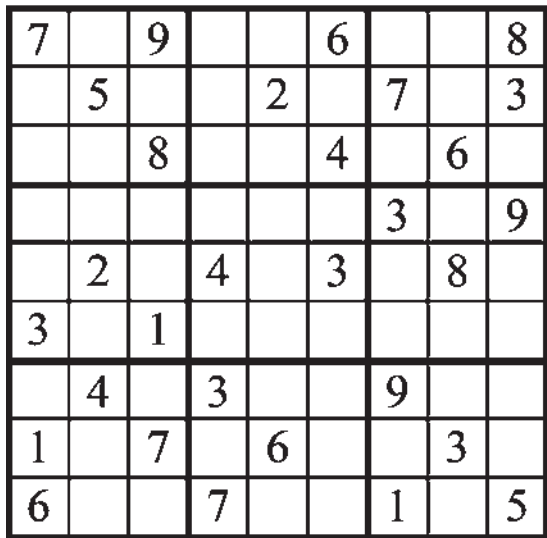
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PUZZLES

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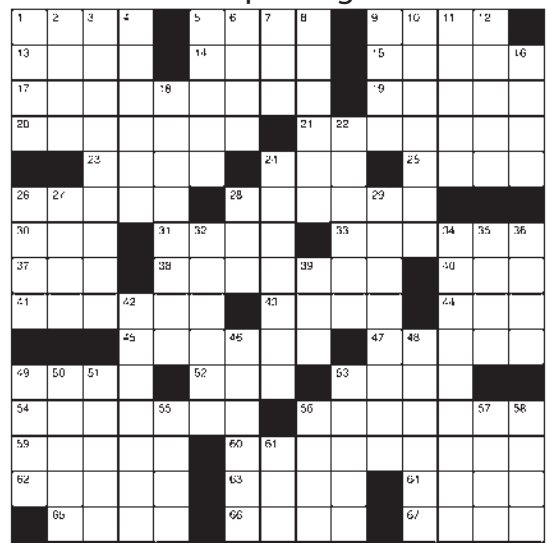
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Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process elimination to solve the puzzle.



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37 New Guinea port
- 38** Ineffectual
40 Wallop
41 Zealous
43 Noun suffixes
44 Before
45 Views
47 Monsters
49 Asian land
52 ManXs name, for short
53 Withered
54 Tacks on
- 56** Bombards
59 Luster
60 ____ of: ob-serves
62 Inasmuch as
63 Shakespearean role
64 Jog
65 *Fait accompli*
66 This: Sp.
67 Lawmakers: abbr.
- 9** Disable
10 Western U.S. Native Americans
11 Ill will
12 Harasser
16 CastorXs mother
18 Busybody
22 *Dernier cri*
24 Tarnished
- 26** Soft drink
27 Armadillo
28 Social insect
29 Ropers
32 Belgian port
34 Consequently
35 Ireland
36 Highways: abbr.
39 Letter
42 Intrinsic nature
46 Snuggle
- 48** Vouchsafes
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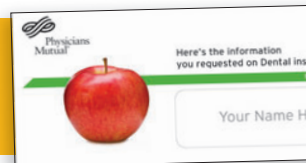
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Butterfly bonanza at Mission Trails Regional Park

Audrey F. Baker

Eighty percent of our region’s rainfall occurs between December and March, bringing an annual average of around 10 inches. The series of winter rains that began in mid-December and peaked with the deluge of Feb 27, has brought copious spring growth to Mission Trails Regional Park. Trail Guide Bill Edwards recently described our lush and green environs as “a frenzy of new growth.” The San Diego River’s branches and pools remain luxurious with mosses and algae. Park-wide, blooms are bountiful and new growth aggressive.

Who is better suited to welcome the opulence of flowering than the park’s butterflies?

Butterflies fall into two superfamilies — true butterflies (*Papilionoidea*) and skippers (*Hesperioidea*), and are testament to the diverse and imaginative creativity of Mother Nature. Similar to birds, male butterflies are more colorful.

The diminutive ¾- to 1-inch Acmon Blue (*Plebejus acmon*) occupies a wide-range of coastal foothill habitats, boasting a long flight period (February–November) and many broods. In its early broods, females show blue. Later, female offspring are predominantly brown.

Males consistently delight park visitors with velvety-blue fore- and hindwings that display narrow black margins accentuated with white fringe. The hindwings are further embellished by an orange

band above its margins. In the closed-wing position, an Acmon male masks its iridescent blue, showing only white with black spots and orange hindwing banding.

In the butterfly world, plants divide into two simple groups — food/host plants for caterpillars, and nectar plants for the adults.

In the Acmon’s sphere, deerweed (and related species), locoweed, and California buckwheat (*Eriogonum fasciculatum*) host their caterpillars. Buckwheat additionally provides energy for the grownups to meet their singular butterfly goal, reproduction. (Duties associated with meeting, mating and making are demanding.) Find this “blue” amid roadside weeds with patchy open dirt areas.

Responding to the lack of parental supervision characteristic of butterflies, Acmon Blue caterpillars have developed a mutualist relationship with ants. Ants afford the larvae protection and are compensated by harvesting the honeydew their growing charges exude.

Our sage and chaparral communities are enlivened by the Mormon metalmark (*Apodemia mormo*). Also buckwheat enthusiasts, “MMs” employ *Eriogonum* for both food and nectar. The ¾- to 1 ¼-inch aerialists are a kaleidoscope of orange, black, brown and white, and have huge green eyes. The eggs are flattened pink spheres that mature into purple.

From March to November, Mormon metalmarks can be viewed profiling potential mates. Close, long

observations can also be gained as they indulgently nectar on butterweed.

Their caterpillars have an interesting adaptation. As night feeders, restful days are spent sheltered in leaves tied by silk.

Representing the other superfamily of butterflies, the skippers, the energetic funereal duskywing (*Erynnis funeralis*) is a frisky, rapid flying, bouncing butterfly with a heavier body build and wide head. It also displays another hallmark that separates its kind from the true butterflies – less coloring.

At 1- to 1¾-inches, the funereal bears a dark, somber coloration. Hindwings display a white edge against almost black wings, broken by translucent spots and brown patches at mid forewings, producing a dusty appearance.

This spread-wing is very watchable, perching with its wings fully extended. Varied habitat choices and many broods allow frequent viewing from February to October.

The lifecycle begins on deerweed (*Lotus scoparius*) and pea family members (*Fabaceae*) and evolves into favorite nectaring choices of sunflowers, yerba santa and black sage (*Salvia mellifera*). Find it in open or disturbed areas, or sipping moisture and minerals from moist mud.

Like time, butterflies are fleeting. The bramble hairstreak (*Callophrys dumetorum*) exemplifies the adage. A denizen of coastal sage scrub and chaparral to the desert’s edge, it debuts in February and bids adieu at April’s end. Its flight-time is coordinated with the bloom of its food plants, deerweed,



(clockwise from top left) Acmon Blue, Bramble Hairstreak, Funeral Duskywing and Mormon Metalmark (Photos by Gerry Tietje)

wild lilac (*Ceanothus*), and the duo-acting (food and nectar plant) buckwheat.

Producing one brood annually, the species overwinters as pupas, hiding in leaf litter at the base of its food plants.

Iridescent bright lime-green wings, balanced with medium brown, give a camouflage effect when poised on a plant.

The bramble is definitely calendar conscious. Described as the “emerald jewel,” its populations fittingly peak around St. Patrick’s Day. They often frequent roadside plants. To view the 7/8- to 1 1/8-inch “green hairstreak” this season, you’ll have to scramble to see the bramble!

Mission Trails Regional Park is home to over 150 butterfly species. We wish you happy year-long sightings.

—Audrey F. Baker is trail guide at Mission Trails Regional Park. Check the MTRP events calendar published here or at mtrp.org or call 619-668-3281 for more information on the park’s free trail guide-led nature walks 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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April 22 – Park Beautification Volunteer Crew, 9 a.m. (KLC); Guided Nature Walk, 8:30 a.m. (KLC); Guided Nature Walk, 9:30 a.m. (VC); Earth Day Concert 3 p.m. Amphitheater

April 23 – Canyoneers Walk, 8:30 a.m. (KL); Guided Nature Walk, 9:30 a.m. (VC); Family Discovery Walk, 3 p.m. (VC)

April 26 – Fortuna Trail Restoration, 9 a.m. (EFS); Guided Nature Walk, 9:30 a.m. (VC)

April 28 – Stars at West Sycamore, 7 a.m.

April 29 – Guided Nature Walk, 9:30 a.m. (VC); Birding Basics, 1 p.m. (VC)

April 30 – Canyoneers Walk, 8:30 a.m. (WS); Guided Nature Walk, 9:30 a.m. (VC); Free Concert – Yale Strom, 3 p.m. (VC)

May 3 – Guided Nature Walk, 9:30 (VC)

May 6 – Wildlife Tracking Walk, 8:30 a.m. (VC); Mountain Bike Confident, 9 a.m. (WS); Guided Nature Walk, 9:30 a.m. (VC)

May 7 – Volunteer Work Crew, 8 a.m. (WS); Guided Nature Walk, 9:30 a.m. (VC); Free Concert – Danny Green, 3 p.m. (VC)

May 10 – Guided Nature Walk, 9:30 a.m. (VC)

May 12 – Stars at Mission Trails, sunset (KLC)

May 13 – Guided Nature Walk, 8:30 a.m. (KLC); Guided Nature Walk, 9:30 a.m. (VC); Discovery Tables, 10 a.m. (VC)

May 14 – Guided Nature Walk, 9:30 a.m. – Kumeyaay Games (VC)

May 16 – Lake Murray Walk & Talk, 9 a.m., Boat docks at Lake Murray

May 17 – Guided Nature Walk, 9:30 a.m. (VC)

Have fun at Mission Trails, all activities are free!

VC = Visitor Center; KLC = Kumeyaay Lake Campground; EFSA = East Fortuna Staging Area; OMD = Old Mission Dam; WF = West Fortuna 92124; WS = east end of Stonebridge Parkway 92131

Mission Trails Regional Park Foundation news



Kiwanis One Day
Once a year, Kiwanis clubs and their sponsored youth groups join together and do a work project on a day designated by Kiwanis International as a day of global community service.

For Kiwanis One Day this year, the Kiwanis clubs of Division 21, including the Grantville-Allied Gardens club, joined with their sponsored youth groups — middle school Builders Club, high school Key clubs, college-age Circle K clubs and other volunteers — to work together on April 1. The site was Mission Trails Regional Park and the project was restoring the natural habitat along a section of the San Diego River. Kiwanis Club members from Grantville-Allied Gardens, Tierrasanta, Kearny Mesa, Clairemont Hills, and Torrey Pines were present.



Kiwanis Club members from throughout the area opted to help clean Mission Trails Park for their day of service called Kiwanis One Day. (Courtesy of MTRPF)

Represented were young people from the Lewis Middle School Builders Club, Patrick Henry Key Club, and a good number from Serra High Key Club. Also, there were quite a few volunteers from the SDSU Circle K Club. —submitted by Richard Orr

Photo contest
As you explore the wonders of Mission Trails, stop and take a unique picture and enter it into our 25th annual Amateur Photo Contest, which is sponsored this year by San Diego Family Magazine. Check our home page for all the information about the contest, which ends May 31. There are several categories and age brackets for children, teenagers and adults.

Explore Mission Trails Day
Mark your calendar! The 15th annual Explore Mission Trails Day is Saturday, May 21 from 9 a.m. to 2 p.m. This year, all the activities will be held at the East Fortuna Staging Area at the west end of Mast Boulevard.

Day camps
There are four Summer Day Camps for children ages 6 to 12 at the MTRP Visitor Center. Each week-long session will meet Monday through Friday from 10 a.m. to 2 p.m. June 26-30. River Camp runs July 10-14. Creepy Crawley Camp runs July 24-28. Nocturnal Creatures Camp Nature Detectives Camp runs Aug. 7-11. Each camp is \$125. Register for all four at \$100 per camp. See our home page for more information.

Throw an event at MTRP
For information about having an after-hours event at the Mission Trails Visitor Center — such as a wedding, retirement party, celebration of life, birthday party, anniversary, or fundraiser — contact the Maggie Holloway at the MTRP Foundation by phone at 619-668-3280 or by email at mtrp@mtrp.org. —Jay Wilson is executive director of the Mission Trails Regional Park Foundation. Reach him at jwilson@mtrp.org■

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► SCAC, from page 21

At our July 5 meeting, our speaker will be Wade Aschbrenner of Altus Schools, the newest Charter School in San Carlos at the former Blockbuster location.

Altus Schools are tuition-free, public-option schools with open enrollment and year-round courses. Teachers are committed to providing a personalized and rigorous academic experience for each student and are trained to work on specific student needs. Students and parents commit to working closely with the teachers. Teachers are actively involved with students and families, engaging with parents on a weekly basis through formal meetings, home visits, phone calls and emails. ■

► DCAC, from page 21

the city's traffic engineers denied the development with an ingress/egress from College Avenue. At one time, the property owner purchased a home on Marne to allow ingress and egress from Marne. This was denied because when the homes along Marne were built by the same property owner, the property owner put in a stipulation that what is now referred to as the ColRich property would not have an ingress/egress from Marne. It was the property owner who landlocked the property, not the city. The traffic has certainly increased in the past 20-plus years.

Remember, if you lived in the proposed complex and

would drive to Windmill Farms to shop, to return home, you would have to drive down College Avenue, crossing I-8. The first legal U-turn will be at Lindo Paseo and College Avenue, which is just one block north of Montezuma. In addition to the vehicle safety, the question of emergency response is another concern. Whether there is traffic backed up on northbound or southbound College Avenue, or a fire engine from Engine Company 31 in Del Cerro, there is a real dilemma. How will the fire engine go from southbound to northbound College Avenue attempting to enter the ColRich property?

Following a vote by NCPI in May, ColRich will schedule a hearing with the Planning Commission. The reality is the city and the Planning Commission are very supportive of in-fill projects.

Dr. Eric Frost will also provide an update on Adobe Falls. He informed on April 13, that the fence recently installed by SDSU was vandalized over the weekend of April 8-9. A portion of the fence near Mill Peak was painted on the side facing I-8. At the time this article was submitted, SDSU was taking steps to paint out the graffiti. Some additional work on solving some of the problems at Adobe Falls has been done by Dr. Frost, his students, and two engineering professors. It will be a good update.

There will also be an update from the organization working on establishing a Maintenance Assessment District in Del Cerro.

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

► Driving, from page 3

in the school's parking lot. Then the sound of a loud "car collision" was sent through the school's PA system. Juniors and seniors assembled around the vehicles and watched the drama unfold. Four students "acted" injured or dead from the accident. The "drunk driver" was dazed behind the wheel, and his passenger was injured and unconscious. The other driver was trapped in her seat, and later discovered to be paralyzed. Her passenger was thrown through the windshield and "died" on impact. Ten "walking dead" students stood around the cars each holding gravestones with their names, birth and death dates.

Next, two student witnesses called 911 to trigger a whirlwind of activity. Police and the fire department arrived to assess the scene. A yellow tarp was placed over the "dead" student on top of the hood. The Jaws of Life were used to extract the injured passenger. An ambulance took two students to the hospital. The drunk driver went through field sobriety tests. He failed and was arrested in front of his peers.

Patrick Henry students returned to class while participants experienced real-life consequences. They visited the hospital, morgue, mortuary and the mock trial at the court house, where Superior Court Judge Robert

Amador sentenced the driver to 26 years and four months in prison. Afterward, the group went to an overnight retreat in Pine Valley where they wrote letters to their parents: "Dear Mom and Dad, today I died and I never had the chance to tell you..." Parents of participants wrote similar letters to their children.

On March 22, a somber assembly was held in the gym, and a casket was placed next to the podium representing "death from drunk driving." Results revealed the accident led to two deaths, one paralysis and a long prison sentence. Selected student participants and parents read their letters. Words of wisdom followed from police, a respiratory therapist, a judge and fire captain, as well as from those who have lost loved ones from drunk driving. The video was played capturing every detail from start to finish.

"There are two faces you don't want to see, me and the police," said Jeramiah Martinez, a respiratory therapist from Sharp Chula Vista Hospital, who volunteered his services. "This is your opportunity, don't squander it. Go and do great things."

—Karen Ronney is a San Diego-based freelance writer, accomplished tennis coach and player and mother of Patrick Henry student Julia Ronney. ■

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FEATURED EVENTS

“Madras Maiden” flights and ground tours

APR 22 **APR 23** **Saturday and Sunday**

Take flight on a WWII B-17 “flying fortress” bomber! The “Madras Maiden” aircraft will be open to the public and available for flights. The flight is 45 minutes with 30 minutes in air. Tickets are \$419 for Liberty Foundation members and \$450 for nonmembers. Proceeds benefit the Liberty Foundation. Gillespie Field Airport, Main Terminal, 1960 Joe Crosson Drive. Call 918-340-1243 to schedule a flight, or visit libertyfoundation.org for information.



(Photo by Jeff Clemetson)

San Diego-Fire Rescue and Red Cross Blood Drive

APR 26 **Wednesday**

Meet the fire chief, snap a selfie and save a life! Stop by Fire Station 45 to donate blood. The fire chief, San Diego Padres Pad Squad and the Friar will all make guest appearances. All blood types welcome. Bring two forms of identification. Schedule an appointment with sponsor code FS45 through the Red Cross Blood Donor App, online or by phone. 9 a.m.–3 p.m. at Fire Station 45, 9449 Friars Road, Mission Valley. Visit redcrossblood.org or call 1-800-733-2767.

Cuyamaca College Spring Garden and Butterfly Festival

APR 29 **Saturday**

One festival, all the fun! The Spring Garden and Butterfly Festivals will merge this year for a joint event. Family-friendly event with face painting, butterfly releases and more for kids. Wine tasting offered for adults. Free admission and parking. 9 a.m.–3 p.m. at Cuyamaca College, Visit bit.ly/2pQb83S.



(Courtesy of Cuyamaca College)

Yom Ha'azmaut: Israel Updates and Insights

MAY 2 **Tuesday**

Celebrate Israel's Independence Day with Jewish Family Service. Elliot Nahmias of The American Israel Public Affairs Committee (AIPAC) will speak about the current happenings in Israel. 12:45 p.m. at The College Avenue Center, 6299 Capri Drive. Visit bit.ly/2pPTBZx.

AmpUp! Walk to End Bladder Cancer

MAY 6 **Saturday**

Walk for BCAN! Help Bladder Cancer Advocacy Network fundraise for and increase awareness of bladder cancer. Registration begins at 8:30 a.m. and walk begins at 9:30 a.m. Refreshments provided. Lake Murray, 5540 Kiowa Drive. Visit bit.ly/2pQbdEQ.

Brain Heath with Pat Mosteller

MAY 8 **Monday**

Pat Mosteller will speak on brain health and how to improve it. Mosteller is a brain fitness instructor at the College of the Emeriti, SDCCD. 12:45 p.m. at The College Avenue Center, 6299 Capri Drive. Visit bit.ly/2pPTBZx.

Mother's Day Celebration with Classic Divas Variety Show

MAY 12 **Friday**

Music, dancing and mothers! Celebrate Mother's Day with lunch and entertainment by Classic Divas. Lunch will begin at 12 p.m. and the variety show starts at 12:30 p.m. The College Avenue Center, 6299 Capri Drive. Visit bit.ly/2pPTBZx.

Uses of Marijuana for End-of-Life Care

MAY 21 **Sunday**

Join Hemlock Society of San Diego for a discussion to learn how and why Cannabis works in the treatment of pain. Free. 1:30–3:30 p.m. at Scottish Rite Event Center, 1895 Camino del Rio South. Visit bit.ly/2kIUipF.■

MUSIC NOTES



Paul Galbraith (Courtesy SDSU)

Paul Galbraith concert

APR 24 **Monday**

Grossmont College World Arts and Culture Committee presents a concert featuring classical guitar innovator Paul Galbraith. Free and open to the public. 7 p.m. at Grossmont College's recital hall, Building 26, Room 220. RSVP to Anthony.cutietta@gcccd.edu and contact della.elliott@gcccd.edu for details.

Cinco de Mayo 2017 Concierto in the Park

MAY 5 **Friday**

Celebrate the holiday with a family-friendly concert. Music performed by Jarabe Mexicano with SDSU Jazz Ensemble, SDSU Symphonic Band & Wind Ensemble, and City Heights Mariachi. Free event. 6–7 p.m. at Balboa Park Organ Pavilion, Pan American Road East. Pre-concert food trucks at 4 p.m. Visit bit.ly/2petbog.

Cuyamaca College's 9th annual Coyote Music Festival

MAY 6 **Saturday**

Enjoy a family-friendly Coachella alternative featuring six live local bands, ranging from folk to alternative rock. The event will also have food trucks and vendors. Free parking. Lawn chairs allowed. Noon–4 p.m. on the Grand Lawn at Cuyamaca College, 900 Rancho San Diego Parkway. Visit coyotemusicfest.com.

Free Concert Series

APR 22 **MAY 7**

The Mission Trails Regional Park Foundation presents at least two free concerts each month. All concerts begin at 3 p.m. and are performed at the Visitor Center, 1 Father Junipero Serra Trail. Donations for the musicians are appreciated.

Upcoming concerts are:
Saturday, April 22: Earth Day Musical*
(*See more in STAGE CUES)
Sunday, April 30: Yale Strom, Klezmer music
May 7: Danny Green, jazz keyboard

GALLERY VIEWS

Cuyamaca College Student Fine Art & Graphic Design Exhibition

APR 27 **MAY 19**

Support college artists and stop by the Annual Spring Art Exhibition. Free admission. The exhibit is open 9 a.m.–5 p.m. Monday through Friday. Communication Arts B Building, East Wing, Third Floor at Cuyamaca College, 900 Rancho San Diego Parkway. Visit hbit.ly/2pepWgg or call 619-660-4027 for details.



‘Birds’ by Chris Witnik (Courtesy of MTRP)

‘Natural Instinct’ Art Exhibit

APR 29 **MAY 20**

Mission Trails Regional Park Foundation will display photographer and mixed-media artist Chris Witnik's exhibit "Natural Instinct." Free admission. The exhibit is open 9 a.m.–5 p.m. at MTRP Visitor and Interpretive Center, 1 Father Junipero Serra Trail. Contact Vicky DeLong at 619-286-1361.

Art Street

APR 22 **Saturday**

This new event will feature 50 artist booths and an interactive art installation in the College Area Business District. Music, comedy, spoken word and dance numbers will also be performed in the Social Tap parking lot at 4800 Art St. 10 a.m.–7 p.m. Visit CollegeAreaBID.com for details and updates.

STAGE CUES

Grossmont College's ‘Entrances & Exits 2017’

APR 20 **APR 22**

Grossmont College Dance Department presents their annual faculty choreographed and student-performed dance concert. Tickets \$15 at the door. 7:30 p.m. at the Joan B. Kroc Theatre, 6611 University Ave. Call 619-644-7766 for details.



(Photo by Ken Jacques)

‘The Full Monty’ at SDSU

APR 20 **APR 22**

SDSU School of Theatre, Television and Film present the musical comedy "The Full Monty" directed by Stephen Brotebeck. Rated R for nudity. Thursday, Friday and Saturday at 7:30 p.m. and Sunday at 2 p.m. in SDSU's Don Powell Theatre. Tickets \$15–17. Visit bit.ly/2peGUv2.

‘Dryad: Eco-folk Musical in One Magical Act’

APR 22

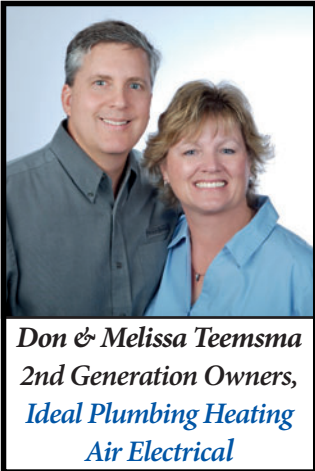
Join Jon and Sabine Sherman on Earth Day for the world premiere of their musical full of eco-folk, tree-friendly songs. Free admission. Bring a cushion for amphitheater seating. 3 p.m. at Mission Trails Regional Park Amphitheater. Call 619-668-3281 for details.■



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STEP 1: PLAN

In the excitement of getting started with your bathroom remodel, it can be easy to get carried away in the accessories, colors and fixtures. It's important to start with the fundamentals – the planning stage. Now is the time to measure, plan and research. Think about if you'd like to keep the toilet in the same location, or if you'll need to move it out a bit to allow for a shower door swing. Most tubs are 60 inches wide, which is a good size for a shower. For shower depth, you should aim for about 34-36 inches from the tile wall to the future shower door. Code requires keeping 15 inches of room from the center of the toilet to the shower glass. This space helps to avoid feeling crowded.

STEP 2: SELECT YOUR SHOWER FIXTURES

There are hundreds of shower fixtures to choose from. Knowing what you want ahead of time can make the decision process easier. You'll want to think about:

- Single-handle versus double-handle faucet options
- Incorporating a hand-held fixture in the shower
- Material and Finish: chrome, stainless steel, nickel, brass or bronze
- Warranty of the fixtures

STEP 3: TILE AND GROUT OR WALL PANELS

Ideal works with a variety of manufacturers and price ranges. Whatever your choice, you'll want to make sure the materials are installed properly.

Larger Tile Formats Versus Smaller Tile Formats

Larger tile is easy to clean but it can be slippery. If you're thinking of putting larger tile in the floor of your shower, bring a sample home and test it out. This will give you a sense of how slippery it really is. Shower pan tile should be 1" x 1" or 2" x 2" for good traction. Larger 3" x 3" or 4" x 4" can be used, but be careful! It can be slippery and should always be non-glazed or honed stone.

STEP 4: WATERPROOFING AND DRAINAGE

Properly sealing the shower floor from water leaks will help protect your home from problems associated with water leaks, like wood rot, drywall damage and mold. Hot mops are prepared onsite and are the best way to waterproof the shower pan. A standard drain may not be sufficient to stand the test of time. To ensure your shower remodel lasts for many years, select a high quality and durable drain.



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