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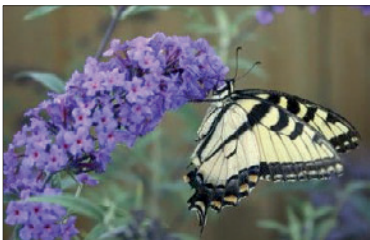
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San Diego Community News Network



Trash from homeless encampments along the San Diego River in Grantville brought out volunteers for an ongoing effort to clean the area. (Photo by Doug Curlee)

Massive effort underway to clear homeless camps

Doug Curlee
Editor at Large

Even people who are used to seeing things like the homeless encampment behind Home Depot in Grantville on the bank of the San Diego River say they've never seen one worse.

It's been there quite a while, and authorities say it was more than a homeless spot. They say it may have hidden a stolen bicycle ring that ran for a couple of years.

Grant Luna, an attorney who lives just downstream at the Mission Playmor apartments, says he knows it's been there at least that long.

"There has been stuff stolen from our complex on an ongoing basis," he said. "We've all lost bikes, barbecues, tools. Anything that can be carried away has been."

Home Depot had tried repeatedly to fence the area off, but fences are pretty much

See **CLEANUP** page 4

Little movement on NCPI budget priorities

Doug Curlee
Editor at Large

Every year about this time, Navajo Community Planners, Inc. (NCPI) compiles a list of badly needed projects in the Navajo area.

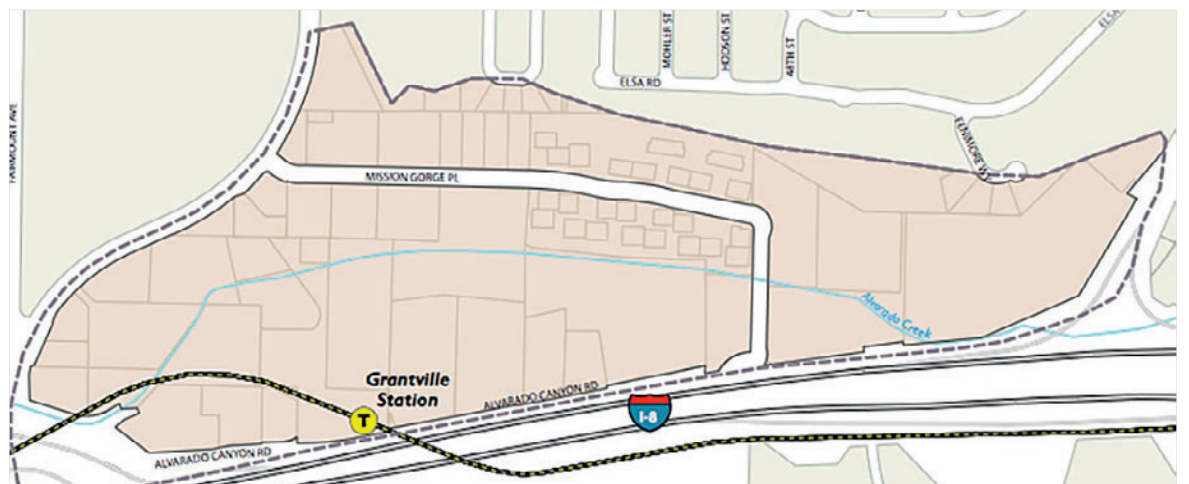
The planners do this because, every year about this time, the San Diego City Council is in the throes of figuring the budget for the coming fiscal year.

There is always hope that, somehow, needed projects will pop up in the budget. Once again this year, it appears those hopes are not going to be realized.

The NCPI listed four needed projects that have been under consideration for years.

At the top of their list are two projects that are at least still breathing — the design and resolution of the Alvarado Creek storm water and flooding issues, and the realignment of Alvarado Canyon Road.

The Alvarado Creek matter is under planning and design consideration now, with community meetings and workshops designed to get consensus about how to go about it, along



A map of the study area for the Grantville Trolley Station/Alvarado Creek enhancement project (sandiego.gov)

with the study about redevelopment around the Grantville Trolley stop.

City Senior Planner Lisa Lind heads up this effort, and she said they're getting good information and looking ahead. The planning should be completed by September, which will put the project at the 30 percent done level — the level of completion that will allow the city to apply for state and federal grants to help pay for construction.

"But I don't see anything coming up in this year's [city] budget," Lind said. "We're not really ready for the money yet.

It's a long process, and we'll just have to see what happens once we get through the planning and design work."

Part of the problem with these efforts is that there are other agencies and interests involved. The Metropolitan Transit System owns part of the Alvarado Creek route; CalTrans is involved to a degree with the work around the freeway areas; the Regional Water Quality Control Board has oversight. There are also a number of private property owners who have to be considered as well.

Getting them all on the same page is a major effort.

A more complete update on where the project is in the process will be presented at the June NCPI meeting, Lind said.

The Alvarado Canyon Road realignment is somewhat simpler, in that it's basically a city project that will move the road from 380 feet east of the Fairmount Avenue and Camino Del Rio North intersection to the Fairmount Avenue and Mission Gorge Road intersection. The project calls

See **PRIORITIES** page 10

A different kind of business

Grantville company makes jewelry ... out of bullets

Doug Curlee
Editor at Large

Who would ever think someone would pay money for a necklace composed of a .50 caliber cartridge?

An increasingly growing number of people will, apparently.

That's why Grantville-based Bullets2Bandages is now a fast-growing enterprise offering all kinds of military-oriented gifts and useful items that were once heavy military ammo.

It's also why a number of lesser known, but equally important military-related charities and foundations get

increasing amounts of donations from the company.

It all began several years ago when two Naval Academy graduates came home from combat overseas and finished their military commitment.

Eric Spalding and Cole Evans might think of things a little differently than most military people, but that's understandable — they were both EOD officers, the people who disarm or blow up enemy bombs and improvised explosive devices.

One day, Evans posted a picture of a decommissioned cartridge that had fallen out of his old bulletproof vest. People started asking, "where can I

get one of those?" Spalding and Evans figured, "well, why not from us?"

From there, it wasn't a long step to figure out how to polish and shine old .50 caliber cartridge casings, and they were off to the races.

Spalding and Evans also enlisted fellow academy grad and former Marine officer Eric Montgomery as a partner to help oversee the Grantville production facility.

"It kind of surprised us at first — but we got over it," Montgomery said. "The more we did it, the more different and diverse products we dreamed up and tried out. There are all kinds of used military items that can be converted into things people will buy, for any number of reasons. One of our biggest sellers now are beer bottle openers. The expansion of local craft breweries means there is again a demand for good old-fashioned beer bottle openers, and they're not hard to make."

It goes on from there.

"One of the first markets for our cartridges was, interestingly, gifts from groomsmen and ushers at weddings. We can and do laser-engrave anything you want on the casing," Montgomery said. "It beats buying your groomsmen a really ugly necktie they'll never wear."

There's really a never-ending source of empty cartridges.



Bullets2Bandages partner Eric Montgomery at the engraving machine used to customize .50 caliber bullets into gifts. (Photo by Doug Curlee)



(clockwise from top left) Beer bottle openers with custom engraving; Cufflinks made from bullet ends; Ammo cans repurposed into gift boxes; Not just for groomsmen, Bullets2Bandages also offer gifts for bridesmaids as well. (Bullets2Bandages.com)

The government likes to recoup a little money from all those bullets the military shoots in training every day. Montgomery says there are several auctions every year his company can bid on.

In sum, it's a growing business that will probably continue to grow as long as America has a military and people who identify with that military.

Part of that identity is giving back to people who served in America's armed forces, which is why Bullets2Bandages has a charitable component to its business model.

"We donate about 15 percent of our profit to charities and foundations that don't really register with the public, because they aren't big, organized efforts," Montgomery said. "Many of them don't even have paid staff to go out and hustle money. Some of them are founded and operated by people still on active duty somewhere. They need the help, and we're here to give them some."

In fact, the first foundation the guys started contributing to is the Travis Manion Foundation.

That one is close to the heart. Travis Manion was Eric Spalding's classmate and best friend at the Naval Academy. Manion fell to a sniper's bullet in Iraq.

Some of the other charities Montgomery mentioned are the Marines Special Operations fund, 31 Heroes, the Marine Recon Foundations and the Wingman Foundation.

You may not have heard of them, but the people who benefit from their efforts certainly have.

The Bullets2Bandages product line expands all the time and the best way to see what they have is by visiting their website: Bullets2Bandages.org

It's worth a look — you'll be surprised.

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

Survey Shows "Made in America" Resonates with Small Business Shoppers

Seventy one percent of respondents would spend more money if small businesses only sold U.S.-manufactured items

An overwhelming number of Californians visit a local small business at least once a week, with slightly more than a quarter (27%) patronizing small businesses twice a week. According to the 2017 Cox Business Consumer Pulse on Small Businesses, only seven percent of California survey respondents don't visit any type of small business in an average week.

Consumers may have a stronger sense of familiarity with the small business owners and employees who work in those businesses, according to the findings. However, survey respondents selected convenience and local support as the top reasons they go the "Main Street" route. When selecting their top three reasons for shopping and supporting small, the run-down ranked as follows:

- Convenience - 69%
 - Local support - 65%
 - Greater customer service (than a large business) - 52%
- Other key findings from California respondents included:**
- When it comes to shopping small, the price apparently doesn't have to be right as only 14% of respondents said "more competitive pricing" was a top reason for supporting small business.
 - Californians showed that technology can play a role in enhancing the customer experience at small businesses. Forty four percent picked free and reliable WiFi as the preferred technology to enhance the customer experience at small businesses.
 - Eighty-one percent of surveyed consumers responded that shopping/dining at small businesses makes them feel like they're supporting the American workforce and economy.
 - More than 70% of California consumers would also spend more money at a small business if that small business supported a positive social or environmental cause and 59% think small businesses should openly promote the causes they support.



Be sure to visit one of the many small businesses in your neighborhood during National Small Business Week and beyond.

- Small businesses don't need to stay open on the holidays to compete with their big business competitors. Only 25% of consumers think small businesses should stay open on the holidays, with the other 75% giving this a frosty 'no' vote.
 - Consumers would overwhelmingly continue to support a small business owner if he or she voted differently than them. Only 18% of respondents would stop supporting a small business if they knew the owner voted differently from them. At the same time, 35% of consumers would stop supporting a small business if they knew the owner was vocal on social media about his/her political leanings or preferred candidate.
- More details on the 2017 Cox Consumer Pulse on Small Businesses are at <http://www.coxblue.com/cox-business-consumer-pulse-survey-2017/>. Follow Cox at @CoxCalifornia or @CoxBusiness on Twitter and join the conversation using #GoSmall to share the results with your network.

About the 2017 Cox Business Consumer Sentiment Survey on Small Business
The 2017 Cox Business Consumer Sentiment Survey on Small Business was a blind survey conducted in March 2017 among nearly 1,900 consumers across the following 14 states: Arizona, Arkansas, California, Connecticut, Florida, Georgia, Kansas, Louisiana, Nebraska, Nevada, Ohio, Oklahoma, Rhode Island and Virginia. The margin of error for the survey is plus or minus three percent.

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Teaching compassion and curiosity for animals

Del Cerro-based group offers a wild experience

Cynthia **Robertson**

Put kids with animals, teach something about them, and a sense of compassion and curiosity in the creatures of the world will grow. That is what Zovargo does, a unique educational animal program created by Del Cerro residents Amanda Plante and Larry Miller.

Plante, a Navy veteran, works with Miller bringing the programs to schools, scout troops, libraries and private events throughout Southern California.

On May 12, Plante and Miller brought some giant hissing cockroaches, a rosy boa snake named Gabe and a couple of white tree frogs to San Carlos-based Girl Scout Troop #3793. Nearly a hundred girls showed up at the Girl Scout Headquarters in Balboa Park for an evening of fun with singing and making s'mores around a fire pit — and for getting face to face with these animals.

The girls were eager and curious to touch and pet the cockroaches. “Don’t worry, you won’t find these cockroaches in your kitchen,” Plante said. “These live only in Madagascar.”

The rosy boa named Gabe also received a lot of loving attention from the girls, who reached out their hands to the snake, allowing it to glide around their arms.

“The rosy boa is a constrictor, which means it squeezes its prey. But we’re too big to be its prey. We’re their friends,” Plante said.

The Zovargo mission

“We aim to touch the heart and teach a love for all animals from bugs to birds, all while helping attendees discover what they can do to help protect animal habitats and become conservation stewards,” Plante said.

Plante and Miller both came up with the name Zovargo by incorporating three words that describe the organization: *zo* for zoo, *var* for varsity and *go* for the movement toward conservation.

All of the animals of Zovargo are ambassadors for their own species, even the giant hissing cockroaches. They have very important jobs to do as nature’s recyclers as they help clean up the forest floor in Madagascar.

The tiny Italian quail showcases the relationships between people and these birds because people raise quail for eggs and meat, much like chickens.

The cute little frogs known as Pacman Frogs are ambassadors for all frogs. Kids fall



Amanda Plante (right) shows Girl Scout Troop #3793 members how to handle a rosy boa. (Photo by Cynthia Robertson)

in love with the little frogs as Plante and Miller explain how important it is to help protect frog habitats. They are also instructed not to touch frogs because their skin is so sensitive.

Plante has always loved animals big and small. Zovargo began from a desire to incorporate all the feathered, furry, scaled, and crawling walks of life into an animal conservation program San Diego.

“After all, it’s the big, small, and even a little scary creatures that make our planet so great,” she said.

A lifelong love of animals

Plante grew up in the Midwest on a small farm and she always had many different pets surrounded by corn, bean fields, and farms with lots of livestock.

“One of my fondest memories of having animals at a young age was when I received my first two rabbits. I was 8 and they were my world,” said Plante.

Not only did Plante faithfully feed her beloved rabbits, she also began breeding and showing rabbits at the local fair.

Even when Plante was on active duty in the Navy, she took a part-time job at a pet store just so that she could clean the cages and be around animals. In 2014, she went to “Zoo School” through the Association of Zoos and Aquariums and completed a certificate course in Conservation Education.

Miller has also had a long-standing unique relationship with animals. “Coming from a family that would go out of their way for any stray animal; the concepts of care, rescue, and rehabilitation for all animals was ingrained as a



Bindi the Bearded Dragon (zovargo.org)

core value of mine as a young child,” he said.

As a motivated advocate for conservation, Miller had always hoped for a way to connect with the world and give back to the planet.

“I must admit, I would never have thought I would be doing the work that I do now with Zovargo if it wasn’t for Amanda. As a founding partner of the organization I began working on the concept, design, and support in logistics since the idea was first mentioned and brought to light,” he said. Miller works as an IT Solutions Integrator by day and spends all of his spare time in the support of many activities of Zovargo.

“Zovargo is the ideal platform that allows me to combine my skills and devotion to conservation awareness,” Miller said.

For more information about Zovargo, visit zovargo.org.

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



Giant Madagascar Hissing Cockroach (Photos courtesy of zovargo.org)



Edgar the Pacman frog



Zovargo's Italian quail, Zeta

How to Sell Your San Diego Home Without an Agent

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

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

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► Disaster, from page 1

made to be defeated in situations like this one.

In an effort to stymie the homeless and trash problem, volunteers from the San Diego River Park Foundation organized a cleanup of the area. The event got underway early in the morning of April 26, and the people there to start the cleanup were staggered by the amount of cleanup that was needed — not to mention staggered by the reeking smell of the place.

District 7 Councilmember Scott Sherman was stunned by what he saw.

“I didn’t realize it was this bad,” he said. “I didn’t know it was this intense.”

Getting it started wasn’t a snap.

Although the 1-acre site is in the city of San Diego, the land is really under the jurisdiction of the California Fish and Wildlife Service. Once that agency was on board, the work could start in earnest.

It proved to be a backbreaking job.

River Park Foundation CEO Rob Hutsel couldn’t believe how much needed to be done.

“Our best estimate is that we’ll take 100,000 pounds — 50 tons — of trash and garbage out of this site before we’re done,” he said. “We’ll fill 20 of those large dumpsters — maybe more.”

The job was so immense that a second cleanup was scheduled for May 17. Around 40 volunteers from the San Diego River Park Foundation’s River Rescue Team, with support from the Department of Fish



(l to r) Regional Water Quality Control Board executive officer David Gibson and San Diego River Park Foundation CEO Rob Hutsel overseeing the effort (Photo by Doug Curlee)



Volunteers haul a load of trash from a homeless camp to a dumpster during a cleanup along the San Diego River in Grantville. (Photo by Doug Curlee)

and Wildlife and the California Regional Water Quality Board. Their goal was to fill at least four 40-yard dumpsters with an estimated 25,000 pounds or more of trash and begin repairing the area’s riparian habitat.

During the recent floods, Hutsel can only guess at how much damage was done to the water as the rains flooded the encampment. There’s no telling how much dangerous material leaked into, or was thrown into, the San Diego River.

One very interested — and upset — person at the cleanup effort was Dave Gibson, executive officer of the Regional Water Quality Control Board.

“What people don’t know, but should know, is that encampments like this use the San Diego River as an open-air toilet, and this puts dangerous human pathogens in the river,” he said. “You can compare it to what happens when there’s flooding in the Tijuana River valley down south. Human waste carries dangerous pathogens that can sicken people all along the river route, all the way down to our beaches. People can die from the effects of those waste products. And we know this is far from the only such problem along the river route. We don’t really know how many such encampments there are, and we need to find out and do whatever is necessary to put a stop to it.”

That will be hard and expensive, to do. Gibson said he has talked to every city in the region that has water flowing through it, and more or less put them on notice. He knows it’s hard to do, because it involves the homeless problem everywhere.

Gibson has an arrow in his quiver he really doesn’t want to use, but it’s there if all else fails — mandatory abatement orders. He doesn’t want to have to issue them and considers them a weapon of last resort. But the power is there.

As the April 26 cleanup got underway and River Park Foundation volunteers started digging in, San Diego police where there to roust out any people still staying there, and offer help if wanted.

Colin and Dawn, a couple who didn’t want last names used, said they didn’t see any sort of bicycle chop shop there.

“I’ve been here better than two years, and I would have seen it if it was going on, and I didn’t,” Colin claims. “People need places to live — to survive. This may not be much, but it was all we had.”

Of the 20 or so people believed to have been living in the encampment when the cleanup started, most simply packed up and left for wherever. Two actually went to jail on outstanding warrants.

Colin and Dawn may have been luckier. The Police Department Homeless Outreach Team offered them a trip to a shelter, and storage space for their belongings.

They huddled and talked about it for several minutes, and finally decided to accept the offer.

It makes you wonder how many other such encampments there might be along the path of the San Diego River.

There’s no exact number, but the best guess is ... many.

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

NEWS BRIEFS



Del Cerro artist wins prize

On May 11, La Victoria brand salsa held an exclusive dinner party and art contest in celebration of the company’s 100th anniversary.

Five San Diego artists were chosen as finalists in the art

competition and \$10,000 was distributed among the top three winners. Del Cerro artist Weston Riffle took third place in the competition and won \$1,000. Artist Gregg Visintainer won the \$7,500 grand prize and Stephanie Clair won \$1,500.

For the contest, the artists were tasked with creating an original piece that showcased a “modern West Coast lifestyle,” while also incorporating the La Victoria brand.

The dinner party also featured music by The Verigolds and food prepared by La Jolla chef Christine Rivera of Galaxy Taco.



Donate to the San Diego Follies

Christian Community Theater (CCT), which is based in El Cajon, is looking for donations to be used in a silent auction at a fundraising luncheon to benefit the “San Diego

See BRIEFS page 5

► **NCPI**, from page 1

Critics of the project say that inconvenience would tempt residents to make illegal, and dangerous, turns out of the development onto busy College Avenue. They also noted the inaccessibility of emergency vehicles to the development because of the awkward entrance.

During his presentation, ColRich representative Seth Dorros admitted that the entrance portal was not ideal, but it was the only option. He pointed out that the entrance is placed where there was adequate visibility for cars pulling out of the development.

Dorros also hailed the design of the mid-century modern homes as being “consistent with the community character” of Del Cerro. He also said that the small scale of the project — only 24 homes — is why the city traffic study showed the traffic impact to be “less than significant.”

“In general, the architecture I think is great; I like it for Del Cerro,” said Doug Livingston, NCPI board member representing Del Cerro. “I’m not even concerned about the amount of traffic that it would be adding to the community, the amount of traffic is negligible. It’s the egress and ingress and the impact that it puts on the community that is my main concern.”

Livingston said he normally supports infill development projects but described the ColRich proposal as developing a “leftover piece of land that wasn’t planned well back in the ’50s when the area was originally planned” that lacks good access.

NCPI Del Cerro representative Lance Grucela brought up a concern over whether the project fits in the community plan. Specifically, he quoted where the community plan said

developments should be avoided on steep slopes or canyons.

“That’s exactly what this land is,” he said, adding that the project was only being considered because it is on one of the only empty parcels left in the Del Cerro area. “And that’s not a good enough reason.”

Charlene Owen was one of a small group of Del Cerro residents who spoke out against the project. She said she visited the local fire department to ask about accessibility to the proposed development.

“[The main engineer] said the first means of entering this property would be going in the wrong way or driving into oncoming traffic lanes at the intersection of Del Cerro Boulevard and College Avenue,” Owen said. “If that’s not an option, he said we’ll get there eventually by making an emergency U-Turn by the freeway ramps, but he said it would be brutal to manage this.”

Following public comments, Grucela motioned for the board to vote against supporting the project, seconded by Livingston.

Before casting his vote to oppose the motion, Grantville representative John LaRaia urged support of the ColRich project. He cited the fact that the property is zoned for up to 52 units, and if this project failed, a higher-density proposal “could be dropped on your lap” and be much worse for Del Cerro.

LaRaia was joined by NCPI president Matt Adams as well as board members Dan Smith and David Hardy, but the remaining four members sided with Grucela and Livingston to deny support of the ColRich project.

Of course, the NCPI vote is only advisory and an upcoming vote by the city planning department may have a different outcome.

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



An artist rendering of the proposed ColRich development in Del Cerro (Courtesy ColRich)

► **Briefs**, from page 4

Follies,” an annual production that showcases the talents of San Diego’s seniors.

The luncheon will take place June 4 at the Southwest Yacht Club, 2702 Qualtrough St., in Point Loma. All the proceeds from the fundraiser will go to the production of the “San Diego Follies” — the committee and cast are all volunteers. CCT is a nonprofit organization and all donations are tax deductible. Efforts to provide promotional considerations will be given to donors in the production’s advertising and all donors will be recognized at the show itself.

This year’s “San Diego Follies” will be held June 22–25 at the Lincoln Performing Arts Center, 4777 Imperial Ave., San Diego.

For more information on donating to the Follies, contact Bonnie Deming at 619-609-6028 or bonniedeming@cox.net.

Henry student wins laptop

Patrick Henry High School student Olivia Buchanan was one of 40 winners of the annual Laptop Scholarship Contest put on by the Metropolitan Transit System (MTS). Buchanan received her new computer at a ceremony at the 12th & Imperial Transit Center on Thursday, May 11.

More than 165 students from 53 different high schools entered the contest to win a Dell-Inspiron 2-in-1 13.3-inch convertible touch-screen notebook computer.

See **BRIEFS** page 10 →

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Guest editorials

California should adopt single-payer health care

Sen. **Toni Atkins**

On May 4, the Republicans in the U.S. House of Representatives were finally successful in voting to repeal the Affordable Care Act (ACA). It is yet unclear whether the Senate will pass the repeal bill and replace it with their own bill, but we'll have to be ready. There are also things the president can do to reduce funding for health care in California that don't require legislation. We must continue to be vigilant.

The ACA isn't perfect, and it's had some problems in other states where insurance companies have pulled out of health care exchanges, but on balance, it's been a success story in California. Thanks to the ACA, roughly 5 million more of our residents have obtained health insurance — either through the Covered California health care exchange or through the ACA-provided expansion of Medi-Cal.

In San Diego County, more than 350,000 people have obtained health coverage through Covered

California subsidies or expanded Medi-Cal. That's approximately 11 percent of our county's population added to the ranks of the insured in the last few years.

Statewide, our uninsured rate has fallen to a record-low 7.1 percent. The ACA has been good for our residents, and we need to protect and defend it.

But as we do, we're going to do the work to improve upon it. My goal is to ensure that *everyone* in California has access to quality health care. As I said at Assemblymember Todd Gloria's health care town hall meeting at UCSD on March 25, the ACA is a floor, not a ceiling.

With my colleague Senator Ricardo Lara, I have introduced SB 562, the Healthy California Act. The bill would create a single-payer, universal health care system in California. What that means is that the state serves as everyone's insurer — the state pays the providers for medical services.

In addition to providing universal coverage, the

goal is to reduce overall health care costs as we streamline the system. I think we can do it.

Make no mistake, this will take a lot of hard work, and it will take time. The idea behind single-payer is simple, but the health care system is complex. There are many stakeholders, and they'll all have valuable input to provide. We'll listen to everyone and create the system that works the best.

I believe health care is a right. Just as we have a right to a basic education, or to be protected by police officers and firefighters, we have the right to preventative medical care.

Healthy Californians will create a healthy and prosperous California. I'm going to work hard and do my part to help make it happen.

—Sen. Toni Atkins represents San Diego's District 39 in the California State Senate. Reach her office by phone at 619-645-3133 in San Diego, 916-651-4039 in Sacramento, or visit the District 39 website at sd39.senate.ca.gov/. ■

Now is the time to get rid of Obamacare

Rep. **Darrell Issa**

[Editor's note: This op-ed first ran in the San Diego Union-Tribune on May 11]

If your roof sprung a leak, you wouldn't wait for it to collapse before making repairs. Such is the dilemma we encounter in our health care system. The Affordable Care Act is on the brink of total failure, crumbling under the pressure of its

canceled plans, skyrocketing premiums, burdensome regulations, and sea of broken promises.

We have limited time left to act and save millions from the consequences of its wreckage.

This [month], the House of Representatives approved legislation that begins the process repairing the damage "Obamacare" has done to our health care system. I supported the bill because it is was a first-step, and our

best shot, to make good on the commitment I've made to deliver real relief from Obamacare's tax hikes, rising premiums, and ever-dwindling options for care.

Just take a look at the numbers.

This year in California, monthly health insurance premiums will increase by an average of 13 percent on the state's exchanges

See **OBAMACARE** page 7 →

LETTERS

Fireworks only, please

Re: "Final funding push"
[Volume 23, Issue 4 or bit.ly/2qvz2mg]

In your April 21 edition, Editor at Large Doug Curlee wrote a good and very informative article about Tracy Dalkamp and her committee's efforts toward the 'Final Funding Push' for bringing back a July 4 fireworks display to Lake Murray this summer.

While I understand Ms. Dalkamp's desire to fund a complete day of entertainment for the community, to continue to deprive it of the fireworks display which we have long been missing these past five years, solely because she thinks it should be an "all or nothing" day-long, publicly funded event seems incredibly selfish on her part.

I'm hoping someone at your paper can get that word back to her, loud and clear. [Editor's note: The Lake Murray Fireworks and Musicfest is not a publicly-funded event. It is funded by private, tax-deductible donations.]

The \$20,000-plus, which Ms. Dalkamp already has in hand, is a nice sum and would easily pay for a beautiful fireworks display.

The event doesn't need to be turned into yet another chaotic, loud, overly-commercialized, day-long "street fair" in order for it to be an enjoyable time. I believe the locals are getting rather tired of having all of our annual traditions turned into that sort of teeming, impersonal fiasco, anyway.

Our community is simple and family-oriented — and we like it that way. What we really want is a nice, old-fashioned day at the lake, picnicking with our friends and family as we look forward to a fireworks display after sunset. That's about it.

If a band is needed, which I don't believe any are, why not see if the Patrick Henry High School Marching Band, or other local high school bands, would be willing to donate some patriotic play time in the afternoon leading up to the event?

Many of the other venues around the county all tune in to the local radio stations (for free) after dark for fireworks-accompanying music. We all used to do that at past events, too. Can't we continue that cost-saving tradition? It would save a bundle. And we'd still be getting what we really want — and what we're actually donating for — the fireworks.

So, to Ms. Dalkamp and whomever else is running the Lake Murray fireworks fundraising show, I hope you will know that, while we do appreciate your vision, we hope you will not be so driven and single-minded in it that you will not also have a workable (and more budget-friendly) "Plan B" option on standby, that will still allow you to open the park to the community for the day, regardless of whether you entertain us, or we entertain ourselves in the hours leading up to what we hope will be a wonderful fireworks display.

I thank you for the opportunity to voice my opinion.

—Anna Covington, San Carlos ■

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

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Del Cerro Action Council news

Jay Wilson

Good news, Del Cerro! By a 6-4 vote on May 10, the Navajo Community Planners Inc. (NCPI) supported the motion to deny the ColRich project. This followed a vote by residents at the April 27 meeting of the Del Cerro Action Council (DCAC), where the vote was 30 against and five in favor of the project. Remember, votes by the DCAC and NCPI are only advisory votes to the city.

The primary concerns with the project continue to be emergency response times and the ingress and egress into

the development from College Avenue.

The next step for ColRich is a presentation and vote by the Planning Commission and ultimately a vote by the City Council. You can view all the stipulations the city required from ColRich, as well as the date of the hearing when it is announced at delcerroactioncouncil.org. The public will have an opportunity to testify during the hearing, which will be held in City Council chambers on the 12th floor of the city administration building. Take the trolley, it stops in front of the building.

With all the vocal opposition to the project, I was

surprised that only six people showed up to testify in opposition of the ColRich project. As a point of clarification, councilmembers cannot state their position on an item that will come before the City Council. Residents may share their concern or support for the project with councilmembers by letter, email and/or phone call.

Another item of key importance is the SoccerCity proposal to replace Qualcomm Stadium in Mission Valley. In April, the SoccerCity developers presented their proposal to the NCPI. At the May meeting, the NCPI Board voted unanimously to send a letter

to Councilmember Sherman expressing their desire that if the petition supporting SoccerCity qualified, it should be brought to a vote of the people and not be decided by the City Council.

Lisa Lind, the city's senior planner for the Navajo Community, also gave a brief update at the NCPI meeting on the status of a plan to solve the flooding issue that has plagued the businesses along Mission Gorge Place and adjacent to the Alvarado Storm Drain. The plan is moving forward and is expected to be completed by September. When the plan is complete, the project to fix the flooding issue will be at the 30 percent level. This will allow

See DEL CERRO NEWS page 11 →

► Obamacare, from page 6

created by Obamacare. Nationwide? Premiums have risen an average of \$5,000 a year. These increases force families to pay more and get less, in part, from the litany of Washington mandates and regulations, but also because the law never addressed the underlying causes of the rising costs of health care in the first place.

These problems have only compounded as competition continues to be pushed out.

This year, three of the nation's largest health insurers announced they would no longer participate in Covered California. Aetna, Humana, and UnitedHealth all announced they will be pulling out of California's health care exchanges, deciding that even with billions in government subsidies and a backstop bailout for losses, providing coverage under Obamacare's mandates still didn't make much financial sense.

The side effects are a doozy: less choices for patients, and less competition to drive down prices.

Outside of California, the numbers are even worse. In more than one-third of the country, Americans no longer have any choice at all in their insurance provider, since only one insurer is now left to offer coverage on their state's exchanges.

What protection do you have, really, when there's no insurance left to buy? Yet, that's exactly where Obamacare is headed, unless we act soon.

Across California, and the country, families are rightly concerned about the future of their health care. These families are exactly why we're working so hard on reform.

For years, constituents have approached me, sent me letters, spoken to me at town halls, and told me story after story about how Obamacare has negatively impacted their lives, and why it needs to be repealed. Standing by and doing nothing simply isn't acceptable. Yet, even as we've moved forward with repeal, we've constantly worked to protect the most vulnerable among us.

Despite what some have said, the plan we've passed

explicitly prohibits insurance companies from denying access to health coverage for those with pre-existing conditions and, furthermore, empowers states to find new and innovative ways to bring down costs for these populations.

Take, Maine for example. In 2011, the state's individual insurance market was being pushed into a death spiral as insurers continued to drop out and premiums continued soaring, so the state's leaders decided to try something new. Maine created an "invisible" high-risk pool to provide support for individuals with pre-existing conditions (they called it "invisible" because, unlike other states, it didn't remove individuals with pre-existing conditions from the traditional insurance market or even charge higher premiums) and relaxed its premium rating rules.

The result of this innovation? Patients of all ages saw premiums come down as much \$7,000 a year. As premiums decreased, more people enrolled in the market -- bringing down prices even further -- and ultimately saved the state's insurance market from near collapse.

Maine's unique approach worked because states -- not DC bureaucrats 3,000 miles away -- know best how to meet the needs of their people. Supporting more of this local, fresh thinking is a key part of our plan and what we need to invest more in if we're going to bring down costs for everyone.

Washington's top-down approach has failed. As the bill heads to the Senate, it will undergo many improvements and I'll continue my fight to strengthen it even further. But the choice we have now is simple. We can stand by idly and watch health care get more expensive and less accessible, or we can take action now. For years, we've promised to repeal Obamacare and put patients back in the driver's seat of their health care.

Now's our chance to deliver.

—Rep. Darrel Issa is the US Representative for California's 49th Congressional District and a Senior Member of the House Judiciary Committee.■

How to Sell Your Allied Gardens, Del Cerro, San Carlos, Fletcher Hills, Grantville Home Without An Agent And Save the Commission

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

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

Like other "For Sale by Owners", you'll be subjected to a hundred sales pitches from agents who will tell you how great they are and how you can't possibly sell your home by yourself. After all, without the proper information, selling a home isn't easy. Perhaps you've had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their homes themselves. But don't give up until you've read a new report

entitled "Sell Your Own Home" which has been prepared especially for homesellers like you. You'll find that selling your home by yourself is entirely possible once you understand the process.

Inside this report, you'll find 10 inside tips to selling your home by yourself which will help you sell for the best price in the shortest amount of time. You'll find out what real estate agents don't want you to know.

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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.

Before you make any mortgage decisions call and get a copy of this FREE report entitled "10 Myths many surrounding Reverse Mortgage Loans" To order your FREE copy of this report call toll free 1-866-220-9502 and enter 2001. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to find out what myths you need to know!



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Celebrate the San Diego River

Rob Hutsel

The San Diego River Park Foundation continues to grow as one of our region's largest environmental nonprofits dedicated to taking local action. Most people know it for its efforts to organize the community to remove trash from in and along the San Diego River. Some also know about its efforts to conserve open spaces in the upper reaches of the river's watershed.

In May, the organization switches gears a bit to host a celebration of the San Diego River and invite people to come explore different nature opportunities and other fun experiences.

2017 will be the 14th edition of San Diego River Days. This year, the River Park Foundation features 35 free activities over a two-weekend period — May 12–14 and 19–21.

The idea for San Diego River Days came from Glenn Torbett and the Friends of Ruffin Canyon as a member of the San Diego River Coalition, a collection of groups and organizations with a common interest in the San Diego River. The event was initially conceived as a day-long celebration of the San Diego River so people could learn about the dozens of organizations which are part of the coalition.

The San Diego River Park Foundation took the lead on the very first River Days and it has grown ever since.

I have been part of every River Days and it is a real neat opportunity to experience the river with some very experienced people to guide you. The hikes, bike rides and walks provide some insight that participants may not normally receive. There are also some fun and unique events, too. This year is no exception. Besides our organization, there are dozens of other groups hosting events, and they

are an important part of the River Days story.

Hikes to remote areas in the headwaters, bike rides, native plant workshops, guided river trail walks, river cleanups, habitat restoration events, and more! Some of the events include:

- San Diego River Days kick off at Dog Beach in Ocean Beach in partnership with Friends of Dog Beach and the San Diego River Park Foundation.

- A petting zoo, pony rides, river crafts and other activities at and hosted by the Mission Valley Branch Library.

- The Backpackers' Swap Meet at the Grantville location of A-16.

- A huge river cleanup near Fashion Valley.

- Dr. Norrie Robbins will lead a Geology and Ethnobotany Guided Discovery at Mission Valley's San Diego River Garden.

- And last, but certainly not least, on Sunday, May 21, river-lovers will join at Bottlecraft Liberty Station for a San Diego River Days happy hour from 1–4 p.m.

The best way to receive additional information about the activities is to visit sandiegoriver.org.

Next year, even more activities are planned. Of course, this event isn't possible without its sponsors who underwrite some of the costs to host this free event. My thanks to sponsors Think Blue San Diego, Civita and Sudberry Properties, KPBS, and San Diego Metropolitan Credit Union. Any businesses or organizations who are interested in supporting or being part of next year's River Days are encouraged to contact the San Diego River Park Foundation.

We hope to see you at River Days!

—Rob Hutsel is CEO of the San Diego River Park Foundation. Reach him at rhutsel@sandiegoriver.org.■

Notes from your County Supervisor

Dianne's Corner

Dianne Jacob



East County, naturally: My fellow county supervisors recently joined me in signing off on plans for the long-awaited Santa Ysabel Nature Center.

The 6,000-square-foot attraction is due to start construction next year on the Santa Ysabel Preserve near state routes 78 and 79. The center will be the first of its kind in rural San Diego County and will showcase our beautiful backcountry!

Home sweet home: Your county government is moving to create more affordable housing for seniors.

We recently approved spending \$4.5 million towards the construction of two housing complexes, including a 62-unit development planned for Ramona. The units will be for low-income seniors 55 and older.

There is an incredible need for projects like these because the cost of living continues to go up, along with the number of seniors on fixed incomes.

Plus, our senior population is skyrocketing.

Cool Zones: Summer is almost here, along with dangerously high temperatures. In recent years, the hot weather has come earlier and earlier — and forecasters expect 2017 to be hotter than average.

Stay ahead of the heat by checking out one of the 115 Cool Zones across the county. They include libraries, community centers and other places where seniors and the disabled can get a break from hot weather.

It's important to remember that a lot of folks don't have air-conditioning. And if you are older or disabled, heat-related illnesses are more likely to strike. A Cool Zone can be a lifesaver.

Where are they located? Look for a blue, diamond-shaped window decal with a polar bear on it. Or go to coolzones.org.

—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.■

Wendy Patrick featured at next Republican Women meeting



Judy McCarty



Our June 13 luncheon meeting of the Navajo Canyon Republican Women, Federated (NCRWF) will feature Wendy Patrick, Deputy District Attorney, whose current assignment in the Special Operations Division is handling such sensitive issues as threat assessment; cutting-edge investigation and the use of social media; the methodology of sexual predators; and stalkers and how to increase public awareness and protect the community.

NCRWF members believe it's important to educate ourselves on the dark side of the human condition even under the sunny skies of San Diego. By being able to recognize the red flags,

we can help protect our families and our community.

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 Ms. Patrick's talk following at 12:30 pm. Cost is \$25 and reservations are required. RSVP (with "luncheon RSVP" in the subject line) to NCRWF99@gmail.com or call Marjie at 619-990-2791.

Our May meeting drew a packed crowd eager to hear how we can join Carl DeMaio's effort to repeal the new Democrat gas tax and car tax and save our fellow Californians hundreds of dollars. We were delighted to welcome a surprise guest, Rep. Duncan Hunter, and hear a candid report on the partisan fighting in Washington, D.C.

July and August are "dark" for meetings at The Brigantine, so we will take a break from politics and enjoy registering voters at the Del Mar Fair and the Santee Street Fair and other civic activities. We will start



Deputy District Attorney Wendy Patrick

back up September 12 at The Brigantine with Brett Winterble, a KFMB 760 radio personality.

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

—Judy McCarty is publicity chair for the Navajo Canyon Republican Women, Federated and a former San Diego City Council member. Reach her at jhmccarty@cox.net. ■

Local professors to highlight Dem meeting



Linda Armacost and Jeff Benesch

The June 7 meeting of the La Mesa Foothills Democratic Club (LMFDC) will feature a veritable who's who of leading San Diego experts in the political ramifications of executive orders dealing with our economy and the environment. Furthermore, we'll learn from a leading local expert about dark money and its effect on our elections.

Associate professor of economics at the University of San Diego Alan Gin is perhaps the most visible of local economists and is author of the University of San Diego's monthly Index of Leading Economic Indicators for San Diego County. We look forward to his commentary on the current unethical business dealings of the Trump administration; the proposed federal budget; the effect of the newly House-passed health bill on middle class families; the rolling back of various Obama-era financial initiatives; the proposed dismantling of consumer, economic and banking protections; the new era (and many consequences) of wealth building for the investment class under Trump; and many other informed and fascinating opinions. One of Gin's key interests is the business environment in Asia, and China trade in particular. Could this be more timely?

Those who attended the recent Climate March on the San Diego Bayfront most certainly heard from Jeffrey Severinghaus, professor



(l to r) Alan Gin, Jeffery Severinghaus, Matt Strabone (Courtesy LMFDC)

of geosciences at Scripps Institution of Oceanography (SIO). He was sounding the alarm at the drastic measures taken by the Trump administration in rolling back recently enacted advances to combat global warming. We also hope to hear how Severinghaus views Trump's assertion that climate change is a Chinese-perpetrated hoax, and how the layoffs at and dismantling of the EPA will affect research like that taking place at SIO. And what of our proposed pull-out from the Paris Climate Agreement? These answers and much more from concerned climate scientist Jeffrey Severinghaus.

Also presenting will be non-profit attorney Matt Strabone who is a 2018 challenger to controversial County Assessor Ernie Dronenburg. He will not only enlighten us about special-interest influence in our electoral process, but also alleged shady dealings in the Assessor's Office. Strabone is the owner of Strabone Law, a practice specializing in the representation of nonprofits, campaigns, and small businesses. He has counseled numerous campaigns for office at the local, state, and federal levels as well as a number of ballot measure committees. He has also provided guidance to President

Obama, national party committees, and state and county Democratic parties.

LMFDC meets the first Wednesday of each month at the La Mesa Community Center, 4975 Memorial Drive in La Mesa. We start each meeting at 6:30 p.m. with a social half hour, with snacks, salads, desserts and beverages provided by the club and members, and begin our business meeting and speakers program promptly at 7 p.m. We conclude with public announcements and other notes and adjourn at 8:30 p.m.

We welcome all members and guests to each meeting, and remind you that this is a great time to join LMFDC for as little as \$30 per year. Join your many progressive activists from San Carlos, Del Cerro, the College Area, La Mesa, Allied Gardens, Santee, Mt. Helix, Casa De Oro, and many other close by East County communities.

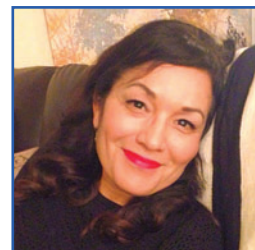
Please view our website for info on our participation in the La Mesa Flag Day Parade and other great local events at lamesafoothillsdemocraticclub.com and like us on Facebook.

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



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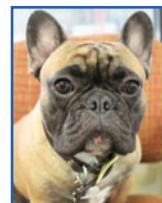
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Maria, Kathy, and Marty

JUNE BIRTHSTONES - Alexandrite, Pearl and Moonstone

The month of June actually has claim to three birthstone choices, alexandrite, pearl and moonstone. Alexandrite is a variety of chrysoberyl with an unusual color-change from red to green. Legend tells us that Alexandrite was discovered in the Ural Mountains of Russia, on the birthday of Czar Alexander II. While natural alexandrites are very rare, there is now a beautiful lab created alternative as well.

Pearls are one of the few organic gems formed from living organisms. Akoya pearls are cultured in salt water in Japan. South Sea Pearls are from Tahiti and are usually larger than 10mm. Pearls come in a variety of beautiful colors from white, cream, pink, blue, gold and black. Fresh water pearls are also farmed and come in a variety of shapes and colors. Some are very close to round.

Moonstone is a variety of feldspar and has a billowy cloud like appearance and can exhibit a beautiful "rainbow" effect.

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► Priorities, from page 1

for building a structure over the existing concrete drainage channel, removal of some pavement, and traffic signal modifications.

The project carries an estimated \$19 million price tag.

David Smith of El Dorado Properties, one of the private parties involved with both projects, said he's happy about the fact that both projects are still alive, but wonders why the law governing developer impact fees cannot be used in the very area — Grantville — where they were collected in the first place.

"Since 1988, about \$3,700,000 in developer impact funds have been spent throughout the district. Of that, only \$128,000 has been spent in Grantville," Smith said. "Wouldn't it make more sense to spend some of that money to jumpstart Grantville projects that would only bring in more developer fees?"

A case could be made for that, but the law doesn't allow it.

There is some good news for the realignment project. Councilmember Scott Sherman's director of outreach Liz Saidkhanian announced at the May NCPI meeting that the city has set aside \$1 million to start developing a plan to complete the project. The money is a drop in the bucket, considering the total price tag,



One of the proposed realignment plans for Alvarado Canyon Road (sandiego.gov)

but without it the city would have a hard time convincing other agencies, such as transit or state agencies, to help fund it.

There were actually four projects on the NCPI's wish list. The final two might have an even a harder time getting funds from the city given the well-aided budget constraints.

The Pershing school joint-use facility in San Carlos, which has an estimated cost of \$7.6 million — \$6.5 million of which are unfunded; and the demolition and replacement of the Allied Gardens Recreation Center, with an estimated price tag of \$10.6 million. Dollars. Both projects are now on the shelf, with no immediate plans active.

You can look up the financing plans for these projects on the city's website, and the problem is obvious. At the bottom of the project descriptions is a box, showing where the funding for each comes from.

On all of them, you'll see the word "uniden." That's short for "unidentified funding source."

What that means is, "We don't have the money to do this, we don't know where the money is going to come from to do it, and we don't know when the money will come."

Hard words, but that's how it works — or doesn't work.

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

► Briefs, from page 5

Students in grades nine–12 wishing to compete were required to submit an advertising campaign strategy aimed at attracting new MTS Trolley and bus passengers. Students had to define a target audience, message strategy and create an original poster ad design with a slogan.

As a bonus, two of the winning advertisements will be displayed at an MTS bus shelter.

"These students are very creative. The advertising campaigns focused on important issues to San Diego transit such as helping the

environment, realizing cost-savings and tourism promotion," said Harry Mathis, MTS board chair, in a press release. "We appreciate the partnership with Coca-Cola and the San Diego County Office of Education to help promote this contest and make it a success. It's a great learning experience for the students."

Foster program moves to Grantville

Just in time for May's National Foster Care Month, a local organization that supports foster youth — Just in Time for Foster Youth (JIT) — has moved its headquarters to 4560 Alvarado Canyon Road, #2G, off Mission Gorge Road. JIT describes

the new location as "youth-friendly" and praised its easy access to the Grantville Trolley Station in a press release.

JIT helps foster youth achieve self-sufficiency and well-being after they "age out" or leave the foster care system. The goal is to provide a community of caring adults, offering consistent, long-term help so the young adults can thrive and enjoy productive, satisfying lives.

"It's unimaginably difficult for young adults forced to leave the foster care system at age 18 without a safety net. Just in Time for Foster Youth is that safety net," said Executive Director Don Wells in a press release. "We're excited by the possibilities of supporting our participants to become more confident, capable and connected in their new environment."

The move consolidated multiple former workspaces in Old Town, bringing youth services, volunteer engagement, investor stewardship and administration under a single roof. The new building also offers more space for larger workshops and additional room to house donations for My First Home.

"We're looking forward to designing an environment that welcomes foster-care youth from the time they walk in the door to their 27th birthday," Wells said. ■



Just in Time executive director Don Wells (Courtesy JIT)



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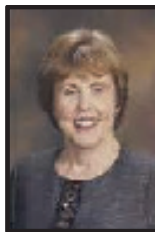
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Help save trauma patient lives by giving blood

The American Red Cross

During Trauma Awareness Month in May, the American Red Cross urges eligible donors to help ensure lifesaving blood is available for patients with traumatic injuries and other serious medical needs by donating blood or platelets.

According to the National Trauma Institute, trauma accounts for approximately 41 million emergency department visits and 2.3 million hospital admissions in the U.S. annually.

“A single car accident victim can need as many as 100 units of blood,” said Nick Gehrig, communications director, Red Cross Blood Services. “In trauma situations, when there’s no time to check a patient’s blood type, emergency personnel reach for type O negative red blood cells and type AB plasma.”

O negative red blood cells and AB plasma can be transfused into any patient, regardless of blood type, making donors with these universal blood types an important part of the Red Cross trauma team. Less than 7 percent of the population has type O negative blood, and only about 4 percent of the population has type AB blood.

Platelets may also be needed to help with clotting in cases of massive bleeding. Because platelets must be transfused within five days of donation, there is a constant — often critical — need to keep up with hospital demand.

“As a trauma surgeon, I know that a readily available blood supply can mean the difference between life and death for patients in the most serious situations,” said Dr. Gregory J. Jurkovich, board chair, National Trauma Institute; fellow, American College of Surgeons; and professor and vice chairman, Department of Surgery, University of California Davis Health. “Blood products can only be provided by generous donors, so I urge you to roll up a sleeve and help save lives.”

In 2014, donated blood helped save Ethan Moser’s life after his personal watercraft collided with the boat carrying his family. He suffered massive blood loss due to a severed femoral artery and other serious injuries. Moser received 160



The Red Cross is holding blood drives across San Diego County for Trauma Awareness Month. (Courtesy The American Red Cross)

transfusions of blood and blood products.

While his recovery continues, Moser remains grateful to the generous donors who provided the blood he received.

“I’m here simply because there was enough blood available to replenish what I lost,” he said. “You never know when an accident’s going to happen, so please donate today to be sure blood is available for those who will need it.”

Blood and platelet donors of all types are currently needed. Those who come out to donate blood or platelets by May 14 will have a chance to win one of three \$1,000 gift card shopping sprees from GiftCertificates.com. Donation appointments can be scheduled by using the Red Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767).

Donation opportunities in San Diego

May 20: 7:45 a.m.–2 p.m., Kearny Mesa Blood Donation Center, 4229 Ponderosa Ave. Suite C

May 22: 12:45 p.m.–7 p.m., Kearny Mesa Blood Donation Center, 4229 Ponderosa Ave. Suite C.

May 23: 12 p.m.–6 p.m., Rancho Penasquitos Library, 13330 Salmon River Road.

May 24: 1 p.m.–7 p.m., Vons, 13255 Black Mountain Road.

May 25: 11 a.m.–5 p.m., Bay Pointe Apartments, 3866 Ingram St.

May 26: 7:45 a.m.–2 p.m., Kearny Mesa Blood Donation Center, 4229 Ponderosa Ave. Suite C.

May 27: 7:45 a.m.–2 p.m., Kearny Mesa Blood Donation Center, 4229 Ponderosa Ave. Suite C.

May 28: 7 a.m.–7 a.m., Kearny Mesa Blood Donation Center, 4229 Ponderosa Ave. Suite C.

May 30: 11 a.m.–5 p.m., Alvarado Hospital Medical Center, 6655 Alvarado Road.

How to help

Eligible donors can learn more, find a donation opportunity and schedule an appointment by using the free Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767). A blood donor card or driver’s license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood donors can save time at their donation appointment by using RapidPass to complete their pre-donation reading and health history questionnaire online, on the day of their donation, prior to arriving at the blood drive. To get started and learn more, visit redcrossblood.org/RapidPass and follow the instructions on the site.

—The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation’s blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or cruzrojaamericana.org, or visit us on Twitter at @RedCross.■

► Del Cerro news, from page 7

the city to apply for state and federal grants to pay for constructing the solution to the flooding. The flooding fix will ultimately allow the redevelopment of Grantville in the area adjacent to the trolley.

Under public comment at the NCPI meeting, the status of replanting the Del Cerro Median west of College Avenue was a point of discussion and was addressed by Liz Saidkhanian, the director of community outreach for Councilmember Scott Sherman. She reiterated that SDG&E has been very slow in resolving the matter and has known since August that they need to replant the median back to its original condition

prior to constructing their new high-pressure gas line. She emphasized that Councilmember Sherman has expressed his frustration to city staff as well.

As part of the public comment, Del Cerro resident Dick Burson reiterated that he attended the Allied Gardens Rec Council meeting to share his frustration over the long delay in rectifying the situation and lack of action by SDG&E — and as an example, he held up a 4-foot high weed he had removed from the median. Saidkhanian stated that SDG&E is finally working on a contract with Aztec Landscape to replant the median and maintain it for 25 months.

Another SDG&E project related to the gas line appears as a road that begins at the

bottom of Navajo Canyon (near Waring Road) and runs up the hillside at the west end of Del Cerro. This project now has an update. The “road” is the result of the SDG&E gas line going up the hill. The state would not allow SDG&E to revegetate the area with propagated plants, but required them to use seeds. It is hoped that the recent rain will help to germinate the seeds.

The next DCAC meeting will be on Thursday, July 20, at 7 p.m. at Temple Emanu-El. Updates on items of concern will be posted on our website at delcerroactioncouncil.org.

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



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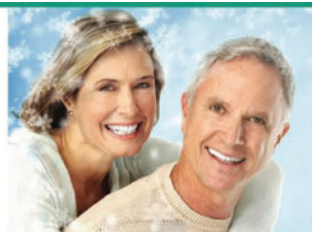
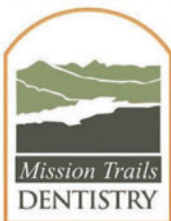
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Dining under the gaze of a movie legend



The Longhorn Bar & Grill qualifies as a museum to the late actor John Wayne. His machismo persona occupies nearly every square inch of wall space from the front of the house to past the lengthy bar and into a second dining room named after him.

It's an insane collection of small and life-size photographs, posters, paintings and statuary amassed by the late Gilbert Ambrose, a devoted fan of The Duke who purchased the establishment shortly after it was founded in 1968.

Its current owners, Paul Bernhardt and his wife, Bettyann, have maintained the quirky flair of the business since buying it six years ago, although they've made a few minor upgrades and menu revisions since then.

They added a front patio that is both dog- and smoking-friendly, and also installed additional flat screens throughout the place. In remodeling a wall section in the John Wayne room, they unloaded some of the imagery and sent it into storage. Although with copious amounts of it still hanging, longtime customers have hardly noticed.



The John Wayne room (Photos by Frank Sabatini Jr.)

double cheese, bacon and a garish of two fat onion rings.

Fairly new to the menu are fried spicy green beans, a quasi-healthy starter featuring red chili flakes embedded into the crispy batter. My companion gleefully paired them to a bottle of Guinness, served with his choice of a chilled or room-temperature glass — a gracious amenity that I rarely see offered by our local servers and bartenders.

We also devoured a plate of cheesy bacon tots, yet another recent addition to the appetizer menu that smothers the barrel-shaped spuds in electric-yellow cheese sauce, bacon and brined jalapeno rings.



Cheesy bacon tots

"I thinned it out a little because it was on the verge of overwhelming," said Bernhardt, acknowledging that the imposing collection is intrinsic to Longhorn's history, not to mention priceless.

Known formerly as Longhorn Café, Bernhardt changed the name to "Bar & Grill" to better reflect its identity as a drinking establishment famous for its burgers. He also upped the number of beer taps from three to nine, and created a cocktail menu that includes Kentucky mules, pomegranate mimosas and a blueberry-peach "white gummy bear" made with vodka and schnapps.

Burgers are available in 10 varieties, including a basic half-pound "longhorn" and a quarter-pound "shorthorn." The list also features a patty melt, chili burger and The Duke, which gives you a bursting dose of cholesterol via double meat,

It's precisely the classic bar grub you come here for.

"We don't do anything too fancy, but what we serve we try to do it well," Bernhardt stated humbly while pointing out that the crunchy coleslaw and sweetish potato salad we chose with our sandwich entrees are house-made.

Seated in a cherry-red banquet at the ankles of Wayne towering over us from a gigantic photograph, we proceeded to an albacore tuna melt and turkey Reuben. Both were served on buttery,



Turkey Reuben with house-made potato salad

grilled rye bread and commendably messy; the tuna because of its mayo dressing and juicy bits of sweet pickle, and the Reuben from its decadent slathering of Thousand Island.

Then came a pair of classic fish tacos (priced at \$2.50 apiece

on taco Tuesdays). Though scant on white sauce, we found the battered, fried cod to be moist and flakey. Better yet, the white corn tortilla shells — probably flash fried — teetered uniquely



Fried spicy green beans

between soft and crispy when chomping into them.

Other menu items include salads, chicken wings in several flavors, fish and chips, a grilled veggie sandwich, and an 8-ounce top sirloin dinner that includes fries and a choice of soup, salad or coleslaw for only \$11.50.

In addition to limited desserts, which equate to a root beer float, chocolate sundae or vanilla ice cream, you get a side of John Wayne trivia no matter what you order. The menus spotlight a few factoids about the Western movie star, whose rugged and inescapable presence at Longhorn is sure to pique your interest if only for the time it takes to slug down a beer, and regardless if you're a fan or not.

Note: The Longhorn Bar & Grill serves breakfast from 9 a.m. to noon on Saturdays and Sundays, select holidays "and whenever we darn well please," as stated on the menu.

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

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**PATRICK
HENRY**
High School

Patrick Henry High School News

Elizabeth Gillingham

Student of the Month

Kiwanis student of the month for April was Noah Leach.

Noah is a senior at Henry and is most remembered for his many roles played on the stage at PHHS, both in choir and drama productions. However, in the classroom he has also made his mark as noted by the many different teachers who nominated him.

Teacher, Ms. Terri Clark, stated in her recommendation letter:

"I would like to send out a plug for Noah Leach. A lot of what he does is for choir and drama; however, I believe he has been an excellent student in all of his other classes as well. Noah always volunteers to go above and beyond. He sees a need and works to fulfill it while encouraging other students to join him in a cause."

He is a natural leader whom his younger peers are prone to follow. He does whatever he is asked to do and most of the time he does so cheerfully. He is always respectful with adults. He is creative and thinks outside of the box to solve problems or to present other or improved options. He initiates ideas and projects and works to follow through with those plans. He spends much time outside of class thinking through how to improve his class and what he can contribute.

It is almost as though whatever Noah touches turns to gold. He is enthusiastic and truly cares about succeeding in whatever he chooses to do. He is a committed young man."

Choir director, Ms. Kristin Love stated:



Student of the Month Noah Leach (Courtesy PHHS)

"He is solid academically, focused and on task, willing to help anyone who needs it. Beyond that, he is so creative and pulls together seriously professional looking outfits. I feel like the world will know his name. His school spirit is strong, he's involved, he was an awesome Ursula in 'Little Mermaid.' I am so curious to see where he will go and what he will do — I think he will do great things!"

He is a quiet sort of leader, where his accomplishments (and great spirit day outfits!) seem to stem from a genuine desire to push himself, rather than for the sake of seeking others approval. But it is that sort of trait that can make the best leader — he doesn't have to look behind him to see whose following — his eyes are facing forward on his next goal!"

Noah is off to San Diego State next year and has been accepted into their theater program. We are very excited to see where his career will take him next!

Henry wins \$1,000 for recycling efforts

Congratulations! Henry High was the runner-up winner in the High School category of the 2016-17 EDCO Recycling Challenge!

To help reduce waste and increase recycling awareness at our schools, the San Diego Unified School District once again teamed up with EDCO, our waste and recycling service provider, to bring you the 2015-16 EDCO Recycling Challenge. There were cash prizes for the schools that divert the most waste while increasing recycling efforts.

All schools that receive waste and recycling services through the district contract with EDCO were automatically registered to compete in the challenge. A baseline of existing services was set for each school based on a pounds-per-student calculation for waste disposal and recycling. The criteria for awards were based on a combination of school recycling and waste reduction efforts (overall waste diversion rate).

Special thanks to our POS (Plant Operation Specialist), Cathy Murphy who helped us win by ordering several new blue bins around campus to make it easier for students to separate their trash.

PHHS Model United Nations Club



(l to r) Kalos Chu, Daniel Khuu, John Fernandez, Phoebe Nguyen, Malcolm Wilson, Jonny Phan (Courtesy PHHS)

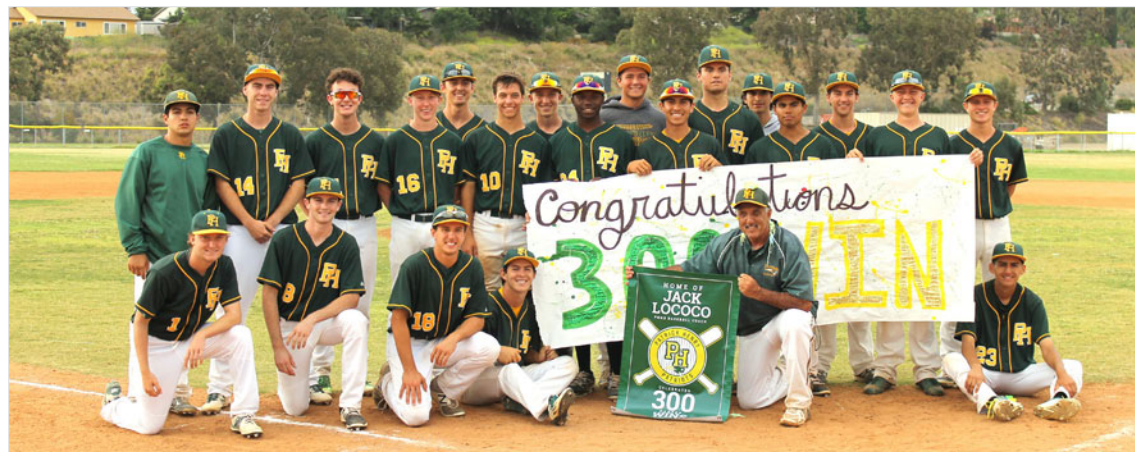
The PHHS Model UN Club sent a team to compete in the annual TritonMUN Conference held at UCSD, representing Russia in committees such as the UN Forum for Indigenous Peoples, and the UN Security Council.

After two days of fervent debate on international issues, competing against over 300 students from schools all over Southern

California, the team won Best Delegation out of all of the competing schools. In addition, Jonny Phan and Daniel Khuu won honorable mentions in their respective committees, and Kalos Chu won Best Delegate in his committee, the UN Human Rights Council.

They hope to return next year to repeat their resounding success!

Coach Jack Lococo earns 300th win



Coach Lococo and the Patrick Henry Varsity Baseball team pose with a banner celebrating the coach's 300th win. (Courtesy PHHS)

Congratulations to Coach Jack Lococo who celebrated his 300th game win while coaching Varsity High School Baseball at Patrick Henry High School in less than a dozen years.

Jack Lococo started as a head junior varsity walk-on coach in 1996 for Henry,

assisting former head coaches Blivens and Michael Williams with the varsity program as well. In 2003, principal Pat Crowder hired Lococo to teach in the engineering program, making him a full-time teacher at PHHS. In 2005, Lococo was asked by Williams to take the head coach reins where

he began collecting his wins over what would be the next 12 years.

Lococo was also named as the PHHS Athletic Director in 2010, providing direct guidance and support for over 20 different sports, hiring new

See PHHS page 15 →

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SUDOKU & CROSSWORD PUZZLE ANSWERS FROM P. 18

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

ONE	SIX	SEVEN	THREE	TWO	FOUR	EIGHT	NINE	FIVE
NINE	FOUR	SIX	THREE	TWO	ONE	EIGHT	FIVE	SIX
THREE	SIX	FOUR	NINE	ONE	TWO	EIGHT	FIVE	SIX
SEVEN	THREE	SIX	FOUR	NINE	ONE	TWO	EIGHT	FIVE
FOUR	NINE	ONE	TWO	EIGHT	FIVE	SIX	THREE	TWO
TWO	ONE	EIGHT	FIVE	SIX	THREE	TWO	ONE	EIGHT
EIGHT	FIVE	SIX	THREE	TWO	ONE	EIGHT	FIVE	SIX
FIVE	SIX	THREE	TWO	ONE	EIGHT	FIVE	SIX	THREE
SIX	THREE	TWO	ONE	EIGHT	FIVE	SIX	THREE	TWO

► PHHS, from page 14

coaches, supervising games, and putting on countless professional development opportunities and meetings to ensure a safe and competitive program for everyone involved.

Lococo's favorite coaching memories include: taking his students in 2005 to the CIF Championship game; playing at Petco Park in 2014; and coaching with his two sons, Johnny and Anthony. On April 27, 2017, against Serra High School, the Patriots came out on top marking the coach's 300th victory as a Patriot.

Principal Gillingham was on hand to present a banner to Coach Lococo that will be hung on our fences to signify this amazing achievement. The students helped him celebrate by dumping an ice cooler of water on his head as tradition dictates in many sporting events and continued with a silly string attack as well.

On May 18, 2017, Lococo celebrated his last senior game with the Patriots and the city recognized him through a proclamation from Mayor Kevin Faulconer declaring May 18 as "Jack Lococo Day" in honor of his tremendous contributions to our program at Henry.

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

Alumni Association golf tournament needs you

Elizabeth Gillingham

The Patrick Henry High School Alumni Association is excited to announce its sixth annual Patrick Henry High School Alumni Association Golf Tournament and Reunion BBQ for its 41,000 alumni that will take place on Monday, Nov. 6, 2017 on the two 18-hole courses of Admiral Baker Golf Course & Clubhouse.

The event — anticipated to be a sell-out — will include:

- An exceptional golfing experience and complimentary gifts for the first 250 registered participants.

- A wonderful BBQ dinner (anticipating over 400 attendees).
- PHHS band and cheer-leader performances.
- A scholarship and awards banquet.
- Entertaining silent and live auctions.
- A raffle.

PHHS hopes that you and/or your organization will consider supporting this year's tournament through your participation, underwriting sponsorship, or by providing a tee prize, a raffle or a live or silent auction item(s).

Our goal is to raise \$60,000 to benefit these programs and facilities:

- Senior Night Scholarship Awards.
- Patriot athletics.
- Patrick Henry arts, media and entertainment programs.



- Engineering & Design Academy.
- Other projects at the school.

All donations are tax deductible to the extent provided by law. This is a 100 percent volunteer effort. All net proceeds, overseen by the PHHS Alumni Association, Inc. board of directors, will directly benefit programs and facilities at the school.

To date, the Alumni Association has raised over \$500,000 through this event and the generous donations made. During this current school year, at the request of the administration, the Alumni Association donated new basketball backboards on all outside courts, replacing the nearly 50-year-old metal boards originally supplied at the school; new headsets to be used during gameday by the football team coaches; and equipment and uniforms to other Henry sports.

The Alumni Association also arranged and financially supported the donation of more

than \$200,000 worth of nearly new furniture to outfit the 40-plus offices of the school's Main Office and Counseling building and ordered 38 new Dell PCs and 22-inch monitors to replace the 10-year-old units in the Campus Computer Lab — a facility utilized by the entire faculty and student body.

The new PHAME theater and performing arts classroom complex is now in use and is gorgeous! Thanks to a roughly \$35,000 investment from the Alumni Association, the new PHHS Alumni Conference Room is a state-of-the-art facility that will support parent communication and instructional needs in small group settings for years to come. This 12-by-24-foot room has leather seating for 14 people and is outfitted with wireless audio and video conferencing equipment, a PC, a wall-mounted iPad (as an A/V controller), and a 70-inch Sharp Aquos touchscreen LED Smart Board (allows viewing of theater programs, TV, laptop presentations, and writing on the screen via laptops or manually with a special writing pen).

The main wall of the room provides the backdrop for our initial class of 20 PHHS Alumni Hall of Famers with portraits and name badges listing their many achievements. The main thought behind the Hall/Wall of Fame is to serve as inspiration to the current student body as well as share the rich history

of the school to the community through some of its honored graduates. A side benefit is that at least two of these honorees have given in excess of \$65,000 to the Alumni Association since then. Please visit our website at PatriotAlumni.org or contact Kevin Carlson at kcarlson@missionjanitorial.com for additional information.

To help or get involve, you can: Encourage your friends/fellow alumni to register with the Alumni Association.

Send a check or go online at patriotalumni.org/registration.htm to sign-up now for our Nov. 6, 2017 event. A fun time is guaranteed only if you attend.

Become a sponsor, and share your business/organization with other Patriots at patriotalumni.org/sponsors.htm. You will be listed in the Tournament Program and on our website for at least a year.

Donate a silent or live auction item for our Nov. 6 event. This year, we will be using Gesture bidding software which will enable online bidding to all interested parties whether you're able to personally attend or not.

Send a donation to our 501(c)(3) nonprofit organization. It's tax-deductible (consult your tax advisor for details) and we will make great use of it as we have very low administrative expenses and no paid staff.

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

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Concerts, classes, programs, art at the Allied Gardens Library

Kathryn Johnson

Introduction to Drawing for older adults

June 8, 15, 22, 29
3:30–5:30 p.m.

Learn to see like an artist during this four-week course, exploring a variety of approaches to representational drawing. Practice basic strategies for developing accurate drawings brought to life through a strong emphasis on learning visual language as it relates to line, composition, value, and basic perspective. This class is designed for beginners, as well as those who want to deepen their practice.

Library pre-concert

Are you and the little ones planning on attending the free First Friday concert on June 2? Receive free parking and enjoy a family-friendly show before the concert, starting at 5 p.m. in the library.

Children and their caregivers are sure to have a rocking good time dancing to one of our favorite bands — Hullabaloo. In fact, we might have too much fun to keep it indoors, so bring a blanket if we take the fun outside.

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 third Fridays of the month at 10 a.m.



The League of Extraordinary Scientists and Engineers will host a program on Tuesdays. (Twitter)

Summer Reading

This year we will have a summer reading program for kids, teens and adults. This year's Summer Reading theme is "Read by Design." Just like last year all you need to do is sign up either online or with us here in the branch and you are reading to start reading! Once you read 10 books, you get a bag

of fabulous prizes to take home. So be sure to get the whole family signed up starting June 15.

Science at the Library

Each Tuesday at 2:30 p.m. throughout the summer, we will also be having some great science programs. Starting on June 20, The League of Extraordinary Scientists and Engineers bring LIFE-CYCLES to LIFE during a 40-minute interactive presentation. They will bring tadpoles, frogs, beetles, mantis and more.

We teach how everything alive has a life cycle and how those life cycles are connected: seeds to plants, babies to adults, and eggs to butterflies. We discover how scientists explore, discover, journal and share information to better understand our planet. We observe differences to compare and contrast, for example between chrysalis and cocoons. Then they allow all of the students to come up close and explore.

Emerging ceramic artists

During the month of May, the Allied Gardens/Benjamin Branch Library is highlighting a selection of contemporary and traditional ceramics by students from the San Diego City College Art Program. Featured artists include Tom Andrews, Sandra Bryant, Victor Robinson and



Children's music duo Hullabaloo will perform at the library before the First Friday concert in the park. (Facebook)

several members of San Diego City College Clay Club.

Exhibit ends May 30.

New visions of familiar landscapes

"Views from Miller Mountain: Photography of Brian Miller and Tim Mountain" electrifies our community room with vivid HDR photography during May and June.

Brian Miller was first inspired by his father who is a photographer and an accomplished artist. He studied advanced and commercial photography at Southwestern Community College and his photos of local labor rallies and events have been published throughout the community for over 20 years. When he's not taking photographs, he can be found in the garden with his grandchildren or brewing his own beer. Today, Miller's

photography focuses primarily on landscape and still life which is the theme of the current exhibit. His lush flowers and vibrant scenes refresh the spirit!

Tim Mountain reveals a deep appreciation for nature (no doubt influenced by his B.A. in geography from SDSU) in his photographs of our local terrain. Stop by and see if you recognize the view! Mountain's photographs also reveal something extrasensory. He explains that, with HDR, "you can get closer to the way 'YOU' actually saw the scene at the time you took it" and, as he says, "you can make an image say 'Wow!'"

Mountain and Miller are both long-time members of Pacific Paranormal Investigations (a local group that investigates paranormal activity). Indeed, these landscapes capture moments when internal and external realities collide. Stop by to meet the photographers at a reception on Saturday, May 27, noon–2 p.m. in the Allied Gardens/Benjamin Branch Library Community Room.

We look forward to seeing you at the library!

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

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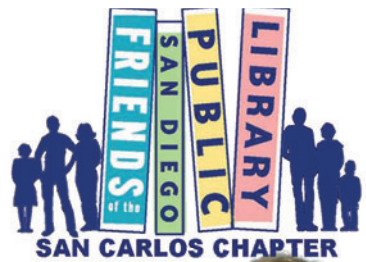
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Sue
Hotz



Congratulations, Caroline Beail

City-wide winners of the 20th annual Writing for Literacy Essay Contest were announced April 27, at the Balboa Park Club. Pershing Middle School student Caroline Beail was one of this year's four city-wide, eighth grade winners.

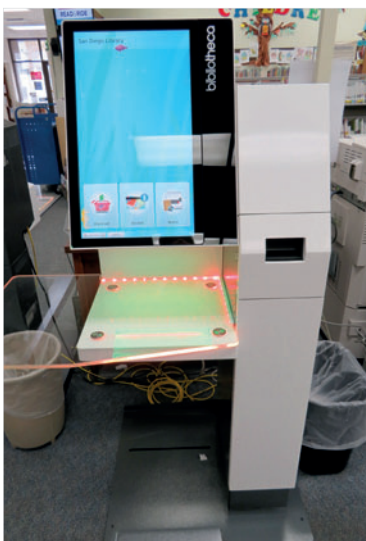
Essayists were to write on what book they thought would be worth saving. Beail chose "To Kill a Mockingbird," as the one book she would save if all other books in the world were to be destroyed.

Winning is not new for Beail; as a fourth grader at Dailard Elementary, she was a city-wide winner in the fourth grade division.

Congratulations to all of the participants, their parents and teachers.

San Carlos Branch temporary closure

The completion of the installation of the radio frequency identification (RFID) system at the San Carlos Branch Library will take place between Monday, June 12 and Friday, June 23. The Branch



The library's new radio frequency identification (RFID) machine
(Courtesy SCFOL)

will be closed during that time and will reopen on Saturday, June 24.

During the closure, our staff will be converting all branch materials from bar-code to RFID tags. The new machines will allow patrons to self-check-out materials in 27 different languages, and will soon also allow them to pay their library fines. Unlike barcodes, RFID tags do not have to be in a specific position for the machines to read them. The system frees up the library staff to assist patrons in all aspects of library services.

During the closure, you may continue to return your materials to our branch using the outside drop slots and boxes. Items you have placed on hold before June 23 will be extended for two weeks after reopening (until July 8). Please place book sale donations in marked bags or boxes and place them on the provided cart or bench by the left-side library entrance. July Book Sale sorting will continue during the closure.

Email addresses

If you haven't been receiving email reminders about upcoming events, we may not have your current email address. Sign up in person at the library or on the SCFOL website home page.

Thank you San Carlos Area Council

The San Carlos Friends of the Library (SCFOL) wish to thank the San Carlos Area Council (SCAC) for their generous contribution to the San Carlos Branch Library. SCAC directors presented the check to SCFOL President Joan Hayes at the April 26, 2017, SCAC directors meeting.

Artists

Through June 1, paintings by self-taught Rachael Retz, a 40-year resident of San Carlos, will be on display in the Winer Community Room & Art Gallery. Join Retz's family at her Artist Reception on May 20, noon–2 p.m. We thank Retz's daughter, Teresa Dalton, a teacher at Gage Elementary School, for introducing us to her mother's paintings.

There will be no June artist exhibit.

Books and speakers

June 8 at 12:30–2 p.m., the Library Book Club is

discussing the 2016 One Book One San Diego selection "Waiting for Snow in Havana," by National Book Award-winning author, Carlos Eire. In 1962, at the age of 11, Eire was one of 14,000 Cuban children brought to the U.S. without their parents as part of Operation Peter Pan. He is now a professor of religion and history at Yale University.

May 26, 2–3 p.m., long time Del Cerro resident Dr. Paul Erickson, will share his mother's memories of riding on the Orphan Train from New York to Missouri in 1901, at the age of 4.

Between 1854 and 1929, about 250,000 orphans were moved by train from New York City and relocated to live with families in the Midwest and West. Two organizations founded during this period, the Children's Aid Society and the New York Foundling Hospital (founded by the Sisters of Charity of St. Vincent de Paul) arranged for the placement and transportation of orphan children.

Dr. Erickson will discuss how these placements were made. Dr. Erickson is both a historian and educator, receiving his Ed.D from USC. From 1963 to 1986, he was a professor of psychology in the School of Education at SDSU. His wife taught at Lewis Jr. High. Their two sons live in San Carlos. Please join us to hear about this little known piece of American history from this charismatic nonagenarian.

OASIS

May 19, 1–3 p.m.: Owen Coyle will help you "Assess Your Assets: Is a Reverse Mortgage Right for You?"

June 9, 2–3 p.m.: In the first of this three-part Healthy Habits series, Brandon Harding discusses the "Skinny on Fat: Reducing Fat in Your Diet." Come learn more about how foods high in fat sneak into our diet and effective ways to reduce them, without sacrificing flavor!

Youth activities

Congratulations to 7-year-old Dailard Elementary student, Justin. His name was drawn from the 98 participants who submitted correct answers to our April "Who Hatches?" SCFOL sponsored scavenger hunt. Justin won a \$25 Book Store gift card.



Pershing Middle School 8th grader Carline Beail was one of the winners of the city-wide Writing for Literacy Essay Contest. (Courtesy SCFOL)

Literature Comes to Life

May 31, 4–5 p.m., Stacey Wein, director of Literature Comes to Life, introduces children to drama. In honor of Asian Pacific American Heritage Month, kids from the audience will be invited to act out scenes from the book, "The Empty Pot," by Demi. All ages are welcome. Luxurious costumes will be provided.

Summer Reading Program

The city-wide Summer Reading Program (SRP) runs from June 15 through Aug. 15. This year's theme is "Reading by Design."

Due to San Carlos Branch's RFID update-in-progress until June 24, our kick-off youth special event will happen on Wednesday, June 28 at 2:30 p.m., when Michael Rayner's Variety Show makes your whole family laugh with his unique stunts using burgers and parasols!

For the complete list of SRP activities and the June through August parade of kid summer fun, click on the "In a NUTSHELL" article on our website under "Youth Activities-Special Events."

Dates to remember

May 29: CLOSED, Memorial Day
June 2, 1:30-3:30 p.m.: Friends of the Library only, Used-Book Pre-sale
June 3, 9:30-3 p.m.: SCFOL Monthly Used Book Sale
June 12-23: CLOSED San Carlos Branch, RFID upgrade
June 24: RE-OPEN
June 28, 2:30 p.m.: Michael Rayner's Variety Show
June 15: Summer Reading Program begins City-wide

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

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PUZZLES ANSWERS ON PAGE 14

SUDOKU

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

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

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CROSSWORD Gumshoe

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
17				18					19			
20			21			22		23				
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34				35			36	37				
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53	54	55				56				57	58	59
60				61		62				63		
64				65						66		
67				68						69		

CREATORS NEWS SERVICE

By Charles Preston

- ACROSS**

1 Ask payment

5 Anjou and bosco

10 Italia's capital

14 Caliente, Mexico

15 Eject

16 The rainbow

17 Not short

18 Family member

19 Grocery holdall

20 Police roundup

DOWN

1 Hairless

2 Stravinsky

3 Moon goddess

4 Slow one

5 Symbol of patient wifehood

6 Way out

7 Mimic

8 Right-hand page

9 26 Across, e.g.

10 French cuisine term
- 22 Wrestles

24 Feel unwell

25 voice

26 With 30 Across, immortal detective

30 See 26 Across

34 Possessed

35 Scheme

37 Attain

38 Ambition

39 Lineament

11 Spoken

12 House pests

13 Questions

21 Nothing

23 Supply

25 Hockey players

26 Bundle

27 Beauty shop offering

28 Senior

29 Silent one

31 Large parrot
- 41 Heart, in anatomy

42 Lend

44 Ancient Persian

45 In good health

46 Litter of pigs

48 Examined again

50 Exchanges

52 One of the Gabors

53 Token

32 French school

33 Tatter

36 Without covering

39 Displeased look

40 Party people

43 Storehouse

45 Ling or other erica

47 Biographer of 26 Across

49 Climber
- 56 Pitcher plant

60 Near East country

61 Move crabwise

63 Man's castle

64 bean

65 Willow

66 Undisturbed

67 Distribute

68 Exigencies

69 Tear

51 Equilibrium

53 Unexciting

54 New York's Canal

55 Nursery word

56 Decamped

57 Travel far and wide

58 So be it!

59 Await completion

62 Small cube

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San Diego Community News Network

Hiking Climber’s Loop at Mission Trails Regional Park

Audrey F. Baker

If you are up for a short-distance, quick-elevation-gain hike that works the muscles, affords panoramic views of Mission Trails Regional Park and displays a broad sampling of the season’s flowering plants, consider Climber’s Loop Trail. Rated as difficult and moderately-trafficked, the 1.2-mile trek doubly serves as a gateway to the west-facing Kwaay Paay mountain rock climbing area.

Hiker be warned! This trail is a mélange of steep and narrow places and not suitable for the casual hiker. Sections are described as an “intense climb.” Some spots have a 30 percent-plus gradient. Be prepared to use all fours when traversing certain rock patterns or scrambling over the fair-sized boulders that form portions of the path.

Fortunately, amid this rugged terrain are break spots to catch your breath and take in scenic splendor that include

eye-catching blooms and incredible vistas. You’ll want to take your camera along. Views of the Fortuna Mountain Ridge to the west are spectacular. You can visually track segments of the San Diego River traversing Mission Gorge and take in unique perspectives.

Just 1/3-mile from the Visitor Center, down the main road that runs through the park (Father Junipero Serra Trail), the southern trailhead for Climbers Loop is on the right side. Seventeen switchbacks characterize the zig-zag pattern of this challenging trail as it leads toward the towering vertical columns of Monzogranite (Adamellite) that dominate Kwaay Paay Mountain.

After the hairpin section, the trail turns left, transitioning into a lateral segment that passes under three rock climbing staging areas, dubbed Middle Earth, Limbo, and Main Wall. Here, rock climbing enthusiasts with proper safety gear prepare for their ascent. If your timing is right, there’s the

added bonus of watching the rock climbers do their thing.

Your route reaches a crest of 407-foot elevation at Main Wall, then begins your descent. Going “downtown” will be somewhat easier as you face nine less angular switchbacks before arriving at the North Trail Head, just a 0.21-mile from your ascent point.

Here’s a sampling of the botanical wonders seen along Climber’s Loop Trail.

Lilies abound. The lavender-hued Splendid Mariposa Lily (*Calochortus splendens*), rises up to two feet to find its place in the sun and beckons a look into its deep bell-shaped flower bowl. There you’ll find an intricate pattern formed by dark anthers and feathery glands. The brown fringed and freckled Weed Mariposa Lily is another coastal mountain beauty. It intrigues with candy yellow petals.

The area is flush with flat-topped clusters of taxi-yellow Golden Yarrow (*Eriophyllum confertiflorum*). Also contributing to the “yellow fever of bloom” are the California and the San Diego Sunflower.

Interspersed is Owl’s Clover (*Castilleja exserta*). This little trickster defends itself with a hairy stem and thread-like leaves. A hemiparasite, it takes some nutrients from the roots of other plants, commonly native grasses. Look for its purple-red flowers, reminiscent of clover, forming a dense spike atop of the plant’s branches. Chalcedon Checkerspot butterflies may lead your eye straight to it.

Enticing Heart-Leaved Penstemon (*Keckiella*

cordifolia), the renown hummingbird attractant, is well adapted for its role in nature. With a six-month bloom period, the wide-mouthed narrow tubular flowers broadcast siren-like colors from orange to deep scarlet and droop at a comfortable angle, creating hummer heaven. With no landing platform and only weak nectar guides, most insects discretely bypass its offerings.

Growing on rocky slopes, slabs and boulder facings where adequate soil has accumulated in crevices, Lady Fingers (*Dudleya edulis*) agilely performs its own balancing act, and symbolizes the hard-scrabble life of this edgy chaparral terrain. The graceful succulent features light green, pencil-thin, Medusa-like leaves. Blooming into July, its branching terminal clusters bear up to 10 or more pointed white flowers with yellow-green centers tinged in deep pink. As summer progresses, the fingertips turn orange or red.

The bountiful flowerings of chaparral-defining Chamise (*Adenostoma fasciculatum*) are begging for attention. Expect to see blooms through June. A neighboring shrub, Spiny Redberry (*Rhamnus crocea*) wows with delightfully small



Mountain climber Deborah Jude with dog Ladybug and partner Zachary Bright (not pictured) ascend the Climber’s Loop Trail. (Photos by Audrey F. Baker)

bright red berries drooped against miniature leaves on spiked branches.

The list goes on. It’s all part of the grand experience, enjoying nature’s offerings.

—Audrey F. Baker is a 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. ■



Lady-Fingers (*Dudleya edulis*)



Splendid Mariposa Lily (*Calochortus splendens*)

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

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

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

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

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Mission Trails Regional Park Foundation news

Jay
Wilson



Explore Mission Trails Day

“Connecting with Nature” is the theme for the 2017 Explore Mission Trails Day which will be held on Saturday, May 20 at the Mission Trails Regional Park East Fortuna Staging Area.

This popular event features free guided nature walks and talks and programs throughout the park, including live animals and special programs for children.

There will also be free pony rides beginning at 9 a.m. The pony rides operate until 2 p.m., but the line will close at 12:30 p.m.

There will also be a mini mountain bike track presented by the San Diego Mountain Bike Association, a climbing wall, crafts for children, and many Discovery Stations.

Amateur Photo Contest

You are encouraged to enjoy the park and pause to take that special picture to be entered into our Amateur Photo Contest. Take advantage of all the spectacular wildflower blooms and spring growth provided by the winter rains and warming weather.

Children 12 and under are encouraged to participate; they will be judged separately.

Entries will be accepted through May 31. Reception

and awards will be held at the Visitor Center on Sunday, June 25. The photos will be displayed from June 17 until July 14.

The two ways to enter the contest are: (1) deliver mounted photos to the Visitor Center or (2) submit digital photos online.

Check our home page at mtrp.org and click on “Explore Mission Trails Day” for more information!

Summer Camps

This summer, there are four fun and educational day camps at Mission trails, held Monday through Friday from 10 a.m. to 2 p.m. for ages 6 to 12.

- June 26–30 - River Camp
- July 10–14 - Creepy Crawly Camp
- July 24–28 - Nocturnal Creatures Camp
- Aug. 7–11 - Nature Detectives Camp



Jerusalem cricket. (Photo by Wendy Esterly)

Enjoy exploring our park and learn all about the fascinating plants, animals, and bugs that live in Mission Trails. The programs focus on science, natural history and more.

Each week-long day camp is \$125 per child (\$100 per camp if you sign up for all four). Go to “More News” on our home page (mtrp.org) for more information.

Our Unearthly Earthling: Friend or Foe

—by Robin Hampton, trail guide

Grisly images flew through my head the first time I saw a Jerusalem cricket. I just knew that this “whatever it was” might be a throwback to its midcentury predecessors. It brought to mind the dreaded underground monster in the 1990 sci-fi film “Tremors.” A few fact checks later, I discovered I had nothing to fear.

Stenopelmatus fuscus, the species living in Mission Trails Regional Park, possesses a few common names: “potato bug” (the potato bug, not a true bug, is uncovered when potatoes are dug up); “old bald-headed man” and “skull insect” (supposedly Native American terms); and “niño” or “niña de la tierra” (child of the earth). As to its most familiar common name, a couple of websites suggest that in days past, when people spotted



Explore Mission Trails Day features, pony rides, a mount bike track and learning booths. (Photo by David Cooksy)

the cricket for the first time, they’d yell out the expletive “Jerusalem!”

Related to katydids, grasshoppers, and, of course, crickets, an adult can be 1 ½ to 3 inches in length. They burrow underground (and under rocks and logs) feeding at night on living and dead organic matter, insects, and roots. A large humanoid head, powerful jaws, and massive legs provide the strength to move it through soft soil to look for food and build tunnels. They’ll bite hard if threatened; they are neither poisonous nor will they attack.

This cricket is solitary. You won’t hear it chirp like its cricket kin. It can’t leap or fly or run fast, and it is not a garden pest. To entice a female, the male will drum its large abdomen on the ground. Being

nocturnal this creature succumbs to predators that also prowl at night: skunks, coyotes and foxes, owls, bats, and many others.

Our “child of the earth spends” much of his time doing his part to recycle natural materials and aerate the soil. True, he’s got enemies and many times they win in the end. But he has admirers in us and then we, in turn, can pay it forward to others. Suddenly the ugly anti-hero doesn’t look so bad. Come to think of it, I believe I have a new twist on the title of the cricket/worm story. What do you think of “Beauty and the Beast”?

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

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EVENTS AT MISSION TRAILS PARK

- May 20** – Guided Bird Walk, 8 a.m. (KLC); Explore Mission Trails Day, 9 a.m.–2 p.m. (EFSA); Guided Nature Walk, 9:30 a.m. (VC); Guided Twilight Walk, 7 p.m. (KLC); Star Party, 7:30–10 p.m. (KLC)
- May 21** – Guided Nature Walk, 8 a.m. (WS); Guided Nature Walk, 9:30 a.m. (VC)
- May 24** – Fortuna Trail Restoration Crew, 9 a.m. (WF); Guided Nature Walk, 9:30 a.m. (VC)
- May 26** – Stars at West Sycamore, 7 p.m. (WS)
- May 27** – Guided Nature Walk, 8:30 a.m. (KLC); Guided Nature Walk, 9:30 a.m. (VC); Birding Basics Class, 1 p.m. (VC)
- May 28** – Guided Nature Walk, 9:30 a.m. (VC); Family Discovery Walk, 3 p.m. (VC)
- May 31** – Fortuna Trail Restoration Crew, 9 a.m. (WF); Guided Nature Walk, 9:30 a.m. (VC)
- June 3** – Wildlife Tracking Walk, 8:30 a.m. (VC); Mountain Bike Confident, 9 a.m. (WF); Guided Nature Walk, 9:30 a.m. (VC)
- June 4** – Guided Nature Walk, 9:30 a.m. (VC)
- June 7** – Fortuna Trail Restoration Crew, 9 a.m. (WF); Guided Nature Walk, 9:30 a.m. (VC)
- June 9** – Stars at Mission Trails, 8 p.m. (KLC)
- June 10** – Habitat Restoration Crew, 8 a.m. (KLC); Guided Nature Walk, 8:30 a.m. (KLC); Guided Nature Walk, 9:30 a.m. (VC); Discovery Table, 10 a.m. (VC)
- June 11** – Guided Nature Walk, 9:30 a.m. (VC); San Diego Native American Flute Circle, 1 p.m. (VC)
- June 14** – 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 = West Sycamore, east end of Stonebridge Parkway 92131

News from the Allied Gardens/Grantville Community Council

Shain Haug and Tommy Thornton

SoccerCity public forum

Our next Allied Gardens/Grantville Community Council (AGGCC) Town Hall Meeting will be on May 23 at 7 p.m. at Ascension Lutheran Church at 51st Street and Zion Avenue.

A presentation will be made by The Goal San Diego Committee, representatives of the group proposing to redevelop the Qualcomm Stadium site by bringing MLS soccer and a mixed-use community to Mission Valley. The developers have turned in over 112,000 petition signatures that are expected to qualify an initiative relative to this project. In June 2017, they will ask the San Diego City Council to place the initiative on the November 2017 ballot for voter approval.

In summary, the plan calls for conversion of public land to a privately developed, mixed-use project that will include a river park, MLS stadium, residences, businesses, and public athletic fields.

Everything about the proposed development, from financing through the lease/purchase, to completion, is complex at many levels. At our May 23 forum, the developer will explain all aspects of project, will answer your questions regarding this use of the property, and will give you the information you need to inform your vote.

This presentation will not be in the form of a debate, the AGGCC does not have the expertise to conduct such a forum. You will be given the opportunity to submit written questions that an AGGCC representative will direct to the developer's representatives.

RSVP presentation

Our July 25 town hall meeting will feature a presentation by the San Diego Police Department's Retired Senior Volunteer Patrol (RSVP). You have seen these folks on patrol in our neighborhood. This will be a chance to find out more about their mission and to consider joining this important civic organization.

First Friday concerts

We are just a few weeks away from this year's inaugural First Friday concert in the park at the Allied Gardens Recreation Center. The summer concert series kicks off June 2 with a performance by High Tide Society, a "yacht rock"-style band. The entertainment begins at 6 p.m. and ends at approximately 8 p.m.

These events are for the enjoyment of all generations of the family — lawn chairs and picnics are encouraged.

Here is a list of the performances this summer:

June 2: High Tide Society (yacht rock)
July 7: Popvinyl (seven-piece band with a twist of hits from the '70s, '80s and present)
Aug. 4: Classic Buzz (classic rock)



Yacht rock band High Tide Society kicks off the First Friday Concert series on June 2 at the Allied Gardens Recreation Center. (Facebook)

Sept. 1: Morgan Leigh Band (country pop)
Oct. 6: TBD

New AGGCC board members

On May 1, we installed Megan Gould and Lisa McCleave as members of the AGGCC board of directors. Their talents and energy will be much appreciated by our community.

Our most sincere thanks

Marilyn Reed moved to our neighborhood 28 years ago. She joined in the efforts of the Allied Gardens/Grantville Community Council when the organization led the effort against the Kaiser Permanente medical waste disposal incinerator. She served as president and vice president of the council for extended periods.

Reed continues to be member and recently took over responsibility for the Holiday Festival and the holiday decorations on the triangle and fly over bridge. She is serving her third term as an Allied Gardens representative on the Navajo Community Planners, Inc. where she is treasurer and representative to the Mission Trails Citizens Advisory Board. She worked on the Grantville Stake Holders Committee during the development of the master plan for that area. All this while raising three children and working full time.

Look around your neighborhood. Much of the good and wholesome environment that surrounds us is the result of her commitment. Marilyn, thank you so very much.

Board of directors meetings

The AGGCC board of directors meets on the first Monday of each month at 7 p.m. at the Ascension Lutheran Church. Our next meeting will be on June 5. The public is welcome.

—Shain Haug is the president of the Allied Gardens/Grantville Community Council. Reach him at aggccshain@yahoo.com. Suggestions for town hall meetings and council action will be much appreciated. Tommy Thornton is a member of the council and a member of Allied Gardens Community Events, the organization that produces the concerts.■

San Carlos Area Council news

Mickey Zeichick

Our next San Carlos Area Council (SCAC) meeting will be Wednesday, July 5 at 6 p.m. at the San Carlos Branch Library at 7265 Jackson Drive. Our meetings are open to the public. Our speaker is "to be announced."

Our May 3 speaker was Ms. Jeanne Bauer who gave us insight from the concept to actualization of the San Carlos Community Garden. After years of looking for a site, the San Carlos Methodist Church approached the Springall Academy located at 6460 Boulder Lake Ave. and were successful in negotiating the use of a portion of the southwest corner of the property they lease from the San Diego Unified School District.

The Springall Academy serves kindergarten through grade 12 and is an amazing school for learning-disabled children. At Springall, the whole student is considered — their physical and emotional needs are met as well as their academic needs — and the garden has been integrated into a portion of their curriculum.

In just a few short years, this garden has flourished with leasing plots for \$100 a year and an easy commitment of a few hours a month. The San Carlos community has embraced this endeavor.

The garden is a beautiful and serene place to go when you want to relax and is open weekend mornings to the public. Plot C-1 — the SCAC plot — is thriving because of the incredible work of Luciano Emanuele, gardener extraordinaire. Most likely, if you visit the garden you will see Mr. Emanuele, and if there are vegetables to be picked, he will do that and give them to you.

July 4th Fireworks and MusicFest

SCAC is a proud supporter of the return of this popular event to Lake Murray.

If you would like to make a financial donation to this 501(c)(3) organization, please make your check payable to "Lake Murray Fireworks" and send it to:

Lake Murray Fireworks
C/O SCAC
Attn: Tracy Dahlkamp
PO Box 19246
San Diego, CA 92159

Thank you Nextdoor users

When life hands you lemons — make lemonade. Due to a mishap in the layout process of the Mission Times Courier, my April column was significantly different than I had submitted. But sometimes things just go

awry. You can read the unabridged version of my submitted article at bit.ly/2qky1zH.

The printed version of my article left out an important section on a program to donate suits and dresses for Patrick Henry High School's proms. So, I took a brief walk, came back to my computer, and did the next best thing — I posted the missing section of my article on Nextdoor.com.

The response was immediate and wonderful. Within 10 days, over four dozen beautiful prom dresses, two tuxedos, and two suits, along with ties, were collected. Arrangements were finalized to have flower corsages made. A few neighbors volunteered to take some students shopping for their prom attire. This project was a big success.

My husband and I, and the principal and staff at PHHS were overwhelmed by the generosity of clothes, and time that was so openly given.

A great, big thank-you to all of you. A special thank-you to Dawn Marino, who year after year puts this wonderful program together. When life gives you lemons — make lemonade.

Fraud alert

This can happen to any or all of us. Be on the alert.

The State Controller's Office has received inquiries from the public reporting the receipt of generic postcards or official-looking emails or letters with instructions to contact a private attorney, investigator, asset locator, heir finder, etc., or pay upfront fees for help with recovering lost property for them or a family member. You have the right to obtain your unclaimed property without fees or lawyers by working directly with the State Controller's Office staff or a company you previously did business with.

Make San Carlos healthier

I think we all can agree that walking is good for us, but as we age even the slightest hill presents a challenge. We need to walk and we need sitting and resting areas. Sectionalized park benches would provide a place to sit and catch our breath. If you agree, let me know and let's see if we can get some resting areas.

Thank you to Keils' Food Store for putting the Kiwanis MMQ (Miracle Mile of Quarters) for Rady's Childrens Hospital on the checkout counter.

—Mickey Zeichick is president of the San Carlos Area Council. For questions, comments or to be added to the "Interested Persons" list, reach her at mrzeichick@gmail.com. SCAC encourages San Carlos residents to join Nextdoor.com. SCAC dues are due each May 1 but accepted anytime.■

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Attracting pollinators to your garden

Gary Jones

Bees, butterflies and other insects go about their quiet work with little appreciation. But without them, our gardens would be a lot less colorful and yield fewer fruits and vegetables.

In order to increase the presence of pollinators in our backyards and reap their benefits, plants that provide nectar and pollen need to be added to your garden. Nectar is loaded with sugars and is the pollinators' main source of energy, while pollen provides necessary protein and fats.

Perennials and shrubs are the best sources of pollen and nectar. Seasonal flowers, or annuals, are generally not good sources, due to hybridization which has made most of them sterile or very low in pollen and nectar. It is wise to have a wide variety of plants to provide a

range of flowers, or pollinator food, through the growing season. Native plants are among the best for attracting bees.

The French style of kitchen gardens with flowers interplanted among vegetables and herbs is a perfect way to attract pollinators and increase your edible harvests. This type of garden is gorgeous, too. If planned well, there is no reason to hide your vegetables. Combine them with pollinating flowers and celebrate the abundance of color and produce.

There are many perennial flowers to plant during spring that will be highly attractive to bees, butterflies and other insect pollinators. Lamb's ears, salvia, Russian sage, lavender, coneflower, cerinthe, *Aster x frikartii*, *Agastache*, gloriosa daisy, bidens, *Centaurea*, sedum and ice plant are some of the most beautiful.

Many herbs are great for pollinators like basil (do not

remove the flowers), borage, oregano, spearmint, hyssop, lavender, rosemary and thyme. Heirloom varieties of herbs and vegetables are more likely to attract pollinating insects.

Flowering shrubs that butterflies and bees love include bluebeard (*Caryopteris*), Mexican orange (*Choisya ternata*), privet, orange jessamine and Pride of Madeira. Citrus trees of all kinds attract pollinators.

Many California native plants are highly attractive to pollinating insects. Among the best are California wild lilac, wild buckwheat, California poppy, coyote mint, coffeeberry and native penstemons. Native plants have been shown to be four times more attractive to native bees than exotic flowers.

There are a few annuals that do have abundant pollen and nectar, including natives clarkia and gilia, cosmos, common sunflower and sweet alyssum.

These tips will help to maximize success in attracting butterflies, bees and other pollinators:

If pesticide must be used, use the least toxic, and follow the directions. Do not use when temperatures are above 90 degrees, nor should you use on plants that butterfly caterpillars feed on.

Plant several colors of flowers. This helps pollinators find the flowers. Bees are especially attracted to blue, purple, violet, white and yellow flowers.



A Monarch Butterfly on Lantana flowers (Photos courtesy of Armstrong Garden Centers)

Plant flowers in clumps of one species. This will attract more pollinators than individual plants scattered around. Ideal clump is four feet in diameter.

Include flowers of different shapes. There are 4,000 species of native bees in North America—of all sizes and with different tongue lengths. Various sizes and shapes of flowers will attract various pollinators.

Have a diversity of plants and flowers during all seasons. Most pollinators are generalists and this will accommodate all types.

Plant where pollinators will visit. Most prefer sunny spots with shelter from strong winds.

Plant white Dutch clover in your lawn. This will attract dozens of pollinators and fix any nitrogen issues in your lawn.

Plant larval host plants. For example, milkweed is vital to

the larval stages of Monarch butterflies.

Leave open patches of mud if possible near fountains or faucets. Ground-nesting bees need these areas for homes or building materials.

Provide a water source.

Provide nesting sites. Collections of reeds or holes drilled in blocks of wood provide great nesting sites.

Put a flower pot on every porch. The more plants that are available, the healthier our pollinators will be. This is especially important in densely populated, new housing areas.

For any pollinator or other growing questions, feel free to send them to me at growingdialogue@armstronggarden.com.

—Gary Jones is chief horticulturist at Armstrong Garden Centers, which has locations on Friars Road and Morena Boulevard among others.■



Pollinators like bees are attracted to perennial flowers like lavender.



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Knee Pain Solutions

THURSDAY, MAY 25

Learn the latest advances in solving your knee pain while your enjoy dinner with our doctor. Dr. James Bates will discuss the common causes of knee pain, non-operative solutions and the latest advances in technology for those who are considering surgery. The lecture will highlight robotics-assisted knee replacement that combines a robot's precision with a surgeons' expertise for superior outcomes.

Thursday, May 25, 6 p.m.
Gordon Biersch Restaurant, Mission Valley
Seating is limited; pre-registration required.

Register at (800) 258-2723 or online at AlvaradoHospital.com
(click on Event/Seminar registration tab)



FEATURED EVENTS

MAY 20 15th Annual Explore Mission Trails Day
Saturday
This free all-ages event offers guided tours, live animal exhibits, crafts for kids, rock wall climbing, as well as nature talks and programs throughout the park. 9 a.m.-2 p.m. at East Fortuna Staging Area, Mission Trails Regional Park. Visit bit.ly/2qoB6Na.

MAY 20 TierraFest
Saturday
This Arts & Crafts Fair features a parade, barbecue dinner and fireworks. Shopping, games and activities will also be offered. Free and family-friendly. 9 a.m.-3 p.m. at Tierrasanta Town shopping complex, 10633 Tierrasanta Blvd., Tierrasanta. Call 858-573-2648 or email amyhall@san.rr.com.

MAY 21 Uses of Marijuana for End-Of-Life Care
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, Mission Valley. Visit bit.ly/2kIUipF.

MAY 25 'Life Begins at 70'
Thursday
Alan Mindell, motivational speaker and writer, will talk about leading a fulfilling life after 70 years old. 12:45 p.m. at the College Avenue Center, 6299 Capri Drive, Del Cerro. Visit bit.ly/2pPTBZx.

MAY 28 10th Annual Sophia's Cookies for a Cure
Sunday
Enjoy cookies and lemonade for a good cause! Sophia's Cookies for a Cure will sell homemade goodies to benefit the Leukemia and Lymphoma Society. Donations strongly appreciated. Activities include live music, raffles, a jump house, face painting and a cardboard arcade. 11 a.m.-2 p.m. at 6821 Rolando Knolls Drive, La Mesa. Visit bit.ly/2qsZdui.



(Facebook)

MAY 29 W.O.W. Potluck Picnic
Monday
Celebrate our military with W.O.W.! Join Widows Or Widowers Club for a potluck picnic to honor military personnel and veterans. Bring a dish to share. No glass containers. Water, plates, utensils and coffee provided. 2-6 p.m. at Big Rock Park, 8125 Arlette St., Santee. Contact wowsd.org.

JUNE 6 12 13 Free blood pressure screenings
Tuesday and Monday
Three free blood pressure screenings will be offered by the Senior Resources Center of Sharp Grossmont Hospital. No appointment necessary. Open to the public. Contact 740-4214.
• Tuesday, June 6: 9:30-11 a.m. at Peninsula Family YMCA, 4390 Valeta St., Point Loma.
• Monday, June 12: 11:30 a.m.-1 p.m. at War Memorial Building, 3325 Zoo Drive, San Diego.
• Tuesday, June 13: 9:30-11 a.m. at William C. Herrick Community Health Library, 9001 Wakarusa St., La Mesa.

JUNE 10 41st Annual Spaghetti Dinner
Saturday
Join Allied Gardens Optimist Club for their 41st annual fundraiser, full of pasta, gift raffles and positivity. Vegetarian and take-out options offered. 5-7:30 p.m. at St. Andrews Episcopal Church, 4812 Glen St., La Mesa. Contact Patricia Reese at 619-583-1594.■

GALLERY VIEWS

MAY 19 - MAY 31 Cuyamaca College Student Fine Art & Graphic Design Exhibition
Friday, May 19 - Wednesday, May 31

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 bit.ly/2pepWgg or call 619-660-4027 for details.

MAY 21 - JUNE 16 'Where We Wander' Art Exhibit
Sunday, May 21 - Friday, June 16

Mission Trails Regional Park Foundation will display the work of four award-winning artists: Kendra Francis, Ellen Parry, Julianne Ricksecker and Pamela York. Free admission. A reception will be held on Sunday, June 4, 1-4 p.m. 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.



"Near San Javier" by Ellen Parry (Courtesy MTRP Foundation)

JUNE 14 Current Photo Exhibits at MOPA
Wednesday
Gain an insider's view while learning about the current photo exhibits on display at the Museum of Photographic Arts. 12:45 p.m. at College Avenue Center, 6299 Capri Drive. Visit bit.ly/2jl1Ef7.

MUSIC NOTES

MAY 21 - MAY 26 Grossmont College Concerts
Sunday - Friday

Grossmont College presents four student performances in May. Most events will be held at Grossmont College, 8800 Grossmont College Drive.
Sunday, May 21: "Jazz Night" of student jazz improvisation at 6 p.m. Building 26, Room 220. Tickets \$5-10. Visit bit.ly/2pHUpUX.
Monday, May 22: Jazz and Afro-Cuban Ensembles' performance from 7:30-9 p.m. Building 26, Room 220. Tickets \$5-10. Visit bit.ly/2pHsq7T.
Wednesday, May 24: Grossmont Guitar Ensemble performance. Time TBD. Building 26, Room 221. Free admission. Visit bit.ly/2pHOOO9.
Friday, May 26: Symphony Orchestra's "Americana" performance from 8:30-10 p.m. This event off-campus at St. John of the Cross Catholic Church, 8086 Broadway. Tickets \$5-10. Visit bit.ly/2pHObnI.

MAY 24 - MAY 31 PHAME events at Patrick Henry High School

Patrick Henry High School presents two student performances in May.
Wednesday, May 24: Choir Spring Concert from 6-8 p.m. Contact Kristin Love at klove@sandi.net for tickets.
Wednesday, May 31: Choir and Instrumental Concert from 6-8 p.m. Contact Matt Kalal for tickets at mkalal@sandi.net.

MAY 19 MAY 26 JUNE 2 JUNE 9 Live Music at College Avenue Center

Center
The College Avenue Center, 6299 Capri Drive, occasionally presents live musical performances. All concerts start at 12:30 p.m.
Upcoming concerts:
Friday, May 19: High Society Jazz Band - Dixieland and Gypsy Jazz
Friday, May 26: Lou Fanucchi on accordion
Friday, June 2: Tony De Torre singing
Friday, June 9: Sing-along with Andrew Ladmer

JUNE 11 San Diego Native American Flute Circle

Sunday
San Diego Native American Flute Circle performs a free concert the second Sunday of each month at The Mission Trails Regional Park. 3 p.m. at the Visitor Center, 1 Father Junipero Serra Trail. Visit bit.ly/2pI4jpk.

STAGE CUES

JUNE 10 - JUNE 18 Star Repertory's 'Disney's Beauty and the Beast'

Saturday, June 10 - Sunday, June 18
Star Repertory Theatre presents their adaptation of the Disney classic to entertain both children and adults. Tickets \$29 online. Times vary. All productions held at Lyceum Theatre at Horton Plaza, Downtown. Visit bit.ly/2pHG8Yh.

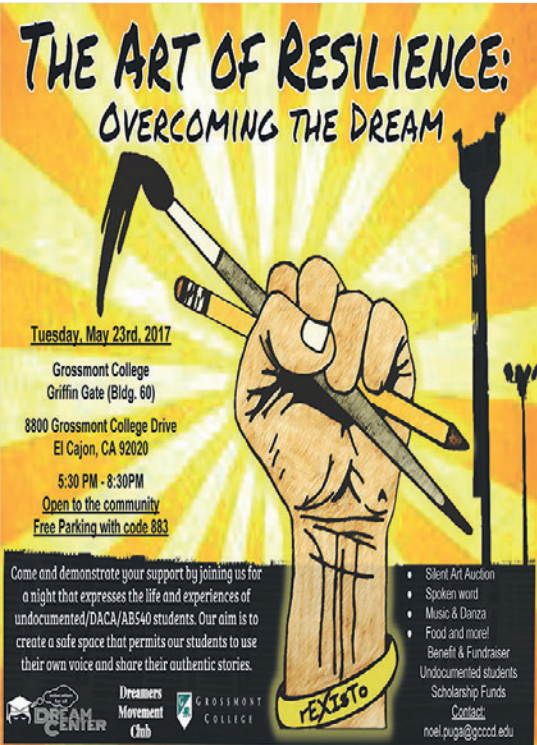
ON FILM

MAY 23 JUNE 5 Movies at College Avenue Center
Mondays and Tuesdays in May and June
The College Avenue Center, 6299 Capri Drive, Del Cerro, hosts occasional movie screenings. Free for supporting members; \$2 for all others.
Tuesday, May 23: "La La Land" at 12:30 p.m.
Monday, June 5: "The Salt of the Earth" with commentary by Ralph DeLauro at 1 p.m.

MIXED MEDIUMS

MAY 23 Art of Resilience at Grossmont College

Tuesday
"The Art of Resilience: Overcoming the Dream" features art, spoken word, dance, music and food. Free and family-friendly. The fundraiser will offer an art auction to raise scholarship money for undocumented students. 5:30-8:30 p.m. at Grossmont College, Griffin Gate, Building 60. Visit bit.ly/2pI5tBd.■



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Remedies to Common Water Heater Issues

Though often taken for granted, a hot water tank is an important asset to most homes. There are few things more upsetting than an unintended cold shower on a chilly morning. Your tank is an important investment—thankfully most require little maintenance. Here are a few tips to help you recognize and address any issues with your water heater tank before they escalate.

Two Popular Types of Hot Water Heaters

Chances are, you either have a gas fired or an electric powered water heater at home. While they produce the same results, they function quite differently. A gas water heater uses natural gases to heat water, while an electric water heater gets the job done with resistance coils. Both come with their fair share of benefits and drawbacks.

The following are some common water heater problems:

Electric Water Heaters

- Faulty or deteriorating heating element
- Costly to operate

Gas Water Heaters

- Broken thermostat
- Broken thermocouple

Electric or Gas Water Heaters

- Water heater leakage
- Intermittent loud noise

Luckily, most of these problems can be fixed by readjusting a thermostat or replacing a part.

Some Tell-Tale Signs You Need New Parts

Water temperature problem: in many cases, a simple thermostat adjustment will fix the problem. The ideal temperature for hot water is usually around 120 degrees. If adjusting the thermostat doesn't fix your water temperature problem, there's a high possibility the heating element (or for gas-powered tanks, the thermostat) is deteriorating and needs a replacement.

Noises: as previously mentioned; loud noises can be the result of sediment build up. The sediment traps water, and as it heats, it expands and the sediment moves around and rumbles. Draining the water heater rarely helps to solve this problem.

When to Replace Your Tank

Like most things, frequent use will degrade your tank over time. If you notice leakage coming from your water heater, you'll want a professional to inspect it. If the water heater connections are leaking, they can often be repaired. However, if the tank is over 10 years old, it may be time for a new water heater.

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