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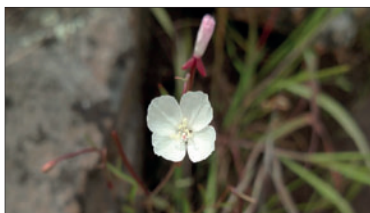
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Extraordinary science
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CONTACT US

Editorial / Letters
(619) 961-1969
jeff@sdcnn.com

Advertising
(619) 961-1958
heather@sdcnn.com

www.sdcnn.com
San Diego Community News Network



Firefighters practice battling fires in Mission Trails Park during exercises in late April. (Photo by David Cooksy)

Heavy rains this winter means more fuel as fire season peaks

Doug Curlee
Editor at Large

"Scary! It was very scary to see flames that close to my house."

Brenda Wise recalls the afternoon of May 22 more clearly than she wants to. The flames of what was named the "Rock Fire" were only a few hundred

feet from her house at the end of Big Rock Road in Santee.

She's more than grateful that area fire agencies jumped on the fire and held it to about 10 acres.

"Once they got here, they knocked it down really quickly," she said.

You might wonder, "Why all the worry, and why were all these resources thrown at such a little fire?"

It's because the fire's ignition point was not in Santee — it was just on the other side of a rail fence that marks the area of a small corner of Mission Trails Regional Park.

That's the edge of 7,220 acres of fuel for fires. Fuel that

ranges in and out of canyons and pretty rough terrain. Terrain that would be hard to fight in.

The attack on the Rock Fire happened so quickly because, unlike some fires in the past, there was absolutely no argument about whose fire it was to fight.

It was quickly determined that the lead agency was San Diego Fire-Rescue, but a first alarm was called through Heartland Fire.

That enabled all the agencies involved to respond, and respond they did.

See **FIERY SUMMER** page 17 →

Fireworks show is a go Lake Murray July 4 festival returns

Jeff Clemetson
Editor

There was a moment when Tracy Dahlkamp doubted that she could pull off bringing back the Lake Murray Fireworks and MusicFest. She wasn't sure that people cared enough to bring back the annual July 4 event.

"When we started this project, I was concerned because I wasn't sure that the community wanted it and my husband said to me, 'You know what, if people give you money, that will tell you they want it,'" she said. "And we got a lot of money. We got a lot of support."

Dahlkamp and the other volunteers who took it upon themselves to revive the annual event at the Lake Murray playground found both the money and the community support they needed to put on the fireworks and music festival — around \$76,000 — much of it coming in during the last few months of fundraising.

"We really hit the ground hard in April and it really

paid off," she said, adding that the group even raised some beyond the needs of this year's event.

"[The surplus money] will roll over for next year," she said. "In order to get the event started, it's about \$2,500 to get the first permit. So [now] there are fees to get the next year's event up and running."

Although enough money has been secured to produce the festival the organizers wanted, Dahlkamp said they are still looking for the community's help.

"We are looking for volunteers," she said. "A handful of day-of [volunteers] but mostly looking for 50 to 60 volunteers to help with cleanup on July 5, to not only help cleanup the park, but also help cleanup the surrounding streets."

Interested people should contact lakemurrayfireworks@gmail.com.

The push for volunteers to help clean up the surrounding neighborhoods after the event is part of an overall message the festival organizers want to convey to the public about being aware of noise, trash, traffic



The return of the Lake Murray Fireworks and MusicFest is expected to bring back crowds like this one from a previous event. (Photo by Bret Alan Photography)

and parking in the surrounding area.

"We really want to drive home how important it is to be respectful of the neighbors," Dahlkamp said. "The message we want to bring to the community at this point is that we're excited to bring [the festival] back and we need your help in creating this tradition by being respectful and understanding that these are people's homes."

Parking, seating and rules

Like all large events that draw people from all over, parking will be limited and traffic will increase. There will be traffic and parking control on both the La Mesa and Lake Murray Community Park sides of the lake.

"[La Mesa police] anticipate the La Mesa side to be full by noon," Dahlkamp said, adding that there will be parking along the baseball fields but some of it will be closed off. Some areas behind the park will also be closed off for loading and unloading. Handicapped parking will be available near the park.

Alternatives to driving, like walking or biking, are preferred whenever possible.

"I would really encourage Uber. I think that's a great idea," Dahlkamp said.

In the festival area, there will be designated locations for people to set up canopies or tents without stakes.

See **FIREWORKS** page 2 →

NEWS BRIEFS



Capt. Mel Yokoyama examines the latest touchscreen designs in SSC Pacific's Future Visions demonstrations inside its Command Center of the Future. (Photo by Alan Antczak)

Del Cerro resident takes command of SSC Pacific

Longtime Del Cerro resident Capt. Melvin Yokoyama, Jr. assumed command of the Navy's Space and Naval Warfare Systems Center Pacific (SSC Pacific) on May 3, 2017.

The naval research facility, which has operated in San Diego for more than 75 years, is comprised of over 4,700 scientists, researchers, and engineers, and is a member of a team of research labs that comprise the Department of Defense's biggest brain trust. Yokoyama has recently returned from Iraq where he served on the U.S. ambassador's personal staff, working closely with the Iraqi government and military.

A native of the Big Island of Hawaii, Yokoyama holds

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► Fireworks, from page 1

"If that is something people are interested in, I would encourage them to come early, because we are going to be blocking off the center of the park itself to be open," she said, adding that the area close to the stage will be for blankets and low-back chairs only.

As per the rules of the Lake Murray Community Park, there will be no bottles allowed and all dogs must be leashed.

Dog owners should be aware how their pets react to fireworks and are encouraged to visit the Humane Society's information sheet on fireworks at bit.ly/1RDYIYV.

There will also be an information booth onsite, which will serve as a lost and found and first-aid station.

For a more complete list of rules, updates on parking and answers to frequently asked questions, visit lakemurrayfireworks.org.

Festival lineup, food and sponsors

The music will start at 11 a.m. and the festival music lineup is a mix of blues, classic rock, Top 40 dance hits, a Beatles tribute and a community band.

Food vendors onsite will include Windmill Farms, Bullseye Kettle Corn, Rita's Ice Cream, Admiral's Experience Restaurant & Catering, and the Kiwanis Club will be cooking hot dogs and hamburgers.

"We are still looking for a taco vendor," Dahlkamp said.

After the music, the fireworks display will begin at 9 p.m. and will be set to a

Lake Murray Fireworks and MusicFest

July 4
Lake Murray Playground
7001 Murray Park Drive

Schedule of events:

- 11 a.m.–noon — Community Band
- 12:30–2 p.m. — North Star (blues, rock, reggae, mix)
- 2:30–4 p.m. — The Rollers (Beatles tribute)
- 4:30–6 p.m. — I-90 (classic rock)
- 6:30–9 p.m. — Republic of Music (Top 40 dance)
- 9 p.m. — Fireworks show

soundtrack mix created by Vincent Dornisch of Pacific Sotheby's International Realty.

Dahlkamp said a special thanks should be given to the San Carlos Recreation Council for its support in organizing the fundraising for the festival. In addition to title sponsor Stromberg Orthodontics, the following are also major sponsors: Perry Family; Windmill Farms; High Dive Bar & Grill; Converge Community Church; Orchard Supply Hardware; FBS Property Management; Brothers Family Restaurant; Sporting San Diego; The American Dream Company; Ideal Plumbing and Air; Life Deck Coating Installations; San Diego City Firefighters AFL-CIO; Nevium Intellectual Property Solutions; Precision Concrete Designs; Mission Trails Financial; Brian and Michelle Cox; Hanken Cono Assad & Co., Inc.; April Boling; San Carlos Little League;

Navajo Softball; Rita's Ice Cream; Spine & Sport; The Print Button; Law Office of David J. Hollander; RHOTZ Creative Media; Primo Concrete; Harold Swartz Jr.; KTA Construction, Inc.; and Jeff Katz Architecture (JKA).

—Jeff Clemetson
can be reached at jeff@sdenn.com.



Republic of Music will headline the Lake Murray Fireworks and MusicFest on July 4 at Lake Murray playground. (Facebook)

► Briefs, from page 1

a Bachelor of Science degree from Jacksonville University, a Master of Science degree in systems engineering (information warfare and electrical systems engineering subspecialties) from the Naval Postgraduate School, and is a member of the Defense Acquisition Corps.

With more than 25 years of service in the Navy, Yokoyama spent more than half of his career deployed overseas flying off of aircraft carriers or conducting sensitive reconnaissance missions. In 2016, Yokoyama volunteered to deploy on a one-year assignment to the U.S. Embassy, Baghdad, Iraq, where he served as the senior military advisor to the Iraqi Minister of Defense in the fight against ISIL terrorists.

"Having spent over a year in Iraq where I saw firsthand the many challenges

our warfighters and coalition partners face each day, I'm looking forward to doing all I can to advance the work being done here at SSC Pacific," said Yokoyama in a press release. "The scientists and engineers at SSC Pacific are some of the smartest people on the planet, and I share their longstanding commitment to ensuring our warfighters have every possible advantage to complete their mission and return home safe!"

Local author featured in new book

Del Cerro native and author Jennifer Coburn was featured in a new book of short stories titled "A Paris of All Your Own: Bestselling Women Writers on the City of Light" for her piece, "We'll Always Have Paris." The book, which is a collection of Paris-themed essays, was put together by New York Times bestselling author, Eleanor Brown.

See BRIEFS page 7

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Funding at Gage raises transparency concerns

VOICE of SAN DIEGO

Mario Koran

On a recent evening, a group of PTA parents from Gage Elementary huddled together in the back of a Del Cerro bistro to brainstorm ideas for how to handle a school district that they say can't or won't answer basic questions about their children's school.

At the table sat an exceptionally well-resourced group of parents. Lisa Deaton is a scientist for a pharmaceutical company. Megan Nuñez is a special education attorney. Jeff Bennett is a member of the National Guard who also serves on the District Advisory Council, an advisory board that makes recommendations for how the district should spend money to support students.

Enrollment at Gage Elementary, in San Carlos, has climbed for the past four years. And with a growing portion of students coming from the surrounding area, it's becoming the kind of school the district says it wants to create in every neighborhood.

But the parents recently discovered that even when everything is working well within the school, outside forces can threaten its progress. In January, the district announced it was facing a \$124 million deficit. In order to balance the budget, funding for programs and staff members are on the chopping block districtwide. Worst of all, parents say, is that they've found no one who can explain why.

In March, the district sent layoff notices to roughly 1,500 employees – including five at Gage: One gym teacher and four Spanish teachers. That's not as many as schools in the district's poorest areas, where upwards of 50 percent of teachers received a layoff notice this year. But parents say the layoffs at Gage would disrupt the school's carefully structured dual-immersion language program and some of the very programs they credit for the school's gains.

"It's really an issue of really having the rug pulled out from under you," said Lisa Darner, a real estate agent.

"Everything seems hunky-dory, and now here's all these layoff notices. And now we're \$124 million in deficit? That didn't happen overnight, but nobody is owning the problem," she said.

In recent weeks, the district rescinded some of those pink slips, but two teachers at Gage are still slotted for layoffs. And Deaton said they've yet to receive any assurances they won't be fighting the same battle next year.

The parents say they've tried all the typical routes to engagement. They've spoken at board meetings. They met privately with the school board member who represents them. Yet they're still no closer to unlocking the secrets of San Diego Unified's budget.

They want answers to basic questions, like: Why is there such a budget shortfall to begin



Budget cuts to Gage Elementary's dual-immersion program inspired parents there to question San Diego Unified's budget process. (Google Maps)

with? Where does the district's money go, exactly?

At a school board meeting in April, trustee Sharon Whitehurst-Payne asked similar questions from the dais. She didn't understand the budget, she told Superintendent Cindy Marten and the rest of the board. Couldn't they organize it more logically, with line items, so members of the public can see exactly what programs will get cut, by how much and why?

"This has the feeling like we're flying by the seat of our pants kind of thing," Whitehurst-Payne said.

A clear, understandable picture of the budget is exactly what Gage parents want, too. And they've grown frustrated waiting for it.

"If you, as a parent, as a taxpayer, want to see where money is going, it shouldn't be this difficult to find out," said Gage parent Megan Spencer.

"I feel like one of the themes here is: If these well-resourced, highly engaged parents don't feel heard, and don't feel like we can actually get our questions answered, and don't feel like we can make any impact no matter what committees we serve on or what positions we have, what chance does the rest of this district have?" Nuñez said.

To them, this much is clear: San Diego Unified has a transparency problem.

It's a complaint that transcends race and class. The call for accountability was echoed earlier this month when members of the African American Student Coalition called for an audit to determine whether low-income students are seeing the money that's earmarked for them.

A San Diego Unified spokesperson quickly dismissed the demand, saying the district already audits its spending, according to NBC San Diego.

Tensions rise when resources are scarce, and few parents are happy when their children's school face cuts. But these days, when the district is losing thousands of students a year to charter schools, unhappy parents represent an even bigger risk to the district: If parents get fed up and send their students to charter schools or schools in other districts, funding would follow them out the door.

Not only would that cause the district more budget woes, it would cut against the

district's plan to create quality schools in every neighborhood that are filled with students from the surrounding areas.

"Part of their whole Vision 2020 was having a quality school in every neighborhood. So by dismantling all of the programs that make a quality school, they're going to fail on their big hallmark plan," said Deaton. "It's just going to make more people look at charter schools, private schools – or just move altogether. If schools suck, people are going to move." The problem isn't that parents don't have opportunities to engage. It's that parents don't feel their voices are actually heard.

In 2013, California changed the way it funds schools. That year, the state started sending more money to school districts and gave them more control over how to spend it. That freedom came with strings, however: Each district and charter school has to seek parent input for how to spend that money to support academic growth.

The problem is that there's no requirement that district leaders actually heed parents' recommendations. And that's what chafes Gage parents.

"What it seems like is, they're asking the stakeholders, but not listening to them," said Spencer.

"Yeah," said Bennett. "And if the recommendations from the stakeholders who go to meetings aren't listened to or really considered, it disenfranchises you. It makes you not want to participate as much."

See GAGE page 17

27 Quick and Easy Fix Ups to Sell Your Home Fast and for Top Dollar

San Diego - Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life, and once you have made the decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here's a way to help you to be as prepared as possible.

To assist homesellers, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar." It tackles the important issues you need to know to make your home competitive in today's tough, aggressive marketplace.

Through these 27 tips you will discover how to protect and capitalize on your most important investment, reduce stress, be in control of your situation, and make the best profit possible.

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Unlocking minds

College classes at Las Colinas jail prepare inmates for reintegration

Della Elliott

The inmate journals tell the story best about renewed hope and aspirations that a new program offering Grossmont College classes at Las Colinas jail have brought to the women, the first ever to enroll in college at the facility.

Haydee described the epiphany of lessons learned in a counseling course on College and Career Success, one of three classes offered to inmates at the Las Colinas Detention and Re-entry Facility in Santee. Pathways to Success Academy is a joint pilot program of the college and the jail that provides nine college credits, tutoring and financial aid information to inmates who succeed in the five-month regimen of instruction, homework and tests.

“My (lack of) self-esteem was a crucial part in my life that didn’t let me see anything other than feeling sorry for myself,” wrote Haydee, one of 21 inmates who signed up for the classes. In addition to a counseling class that offers instruction in study skills, time management, and note-taking, the students also take a communication class to learn public speaking and communication skills, and a college reading class to improve their

vocabulary, comprehension and reading speed.

“I have learned many positive strategies...the main one is, I am responsible for my own choices,” Haydee wrote. “Goals and dreams will be accomplished making the right choices. I am no longer a victim.”

The Pathways to Success Academy is Las Colinas’ first foray into higher education, although several adult education courses are offered, including ones to earn a high school equivalency certificate and others training inmates for careers in areas such as culinary arts, landscaping and commercial sewing. Those courses are provided by East Region Adult Education, a partnership between the Grossmont-Cuyamaca Community College District and the Grossmont Union High School District.

The academy, which concludes in June for the semester, reflects a new philosophy at the 1,200-inmate jail, revamped in 2014. With the improved facilities came a greater emphasis on re-entry services that included academic and pre-employment classes.

“Inmates leave better prepared for reintegration to the community, lowering the chance of reoffending,” said Christine Brown-Taylor, the Re-entry Services manager for

the San Diego County Sheriff’s Department. A 2013 study by the RAND Corporation found that inmates who participated in correctional education programs were 43 percent less likely to become repeat offenders than inmates who didn’t.

The program is funded by the Sheriff’s Department, which provides the books, supplies and laptops used by the instructors. Grossmont College provided three instructors: Linda Thomas, who taught college reading and provided tutoring; Denise Schulmeyer, who taught interpersonal communication; and Pearl Lopez, who led the counseling course. The students were screened to ensure they are low-risk inmates who had finished high school and to verify their sentences were long enough to complete the classes.

Nearly all the students are on track to pass the program, with Thomas’ class increasing their reading ability by an average of two grades. Once they complete the last of the courses, the students will receive certificates of participation.

“Our collaborative Pathways to Success Academy is an extension of our mission of changing lives through education,” said Katrina VanderWoude, vice president of Academic Affairs at Grossmont College. “This has been our first semester at Las Colinas and our faculty and staff have thoroughly enjoyed engaging with these students who are so very eager to learn.”

Thomas couldn’t agree more, saying that despite challenges like the range of reading skills of her students and the



Grossmont College instructor Denise Schulmeyer teaches an interpersonal communications course at the Las Colinas Detention and Re-entry Facility, a women’s jail in Santee in East San Diego County. (Courtesy of the San Diego County Sheriff’s Department)

limitations of working in a jail, she would return to teach another class “in a heartbeat.”

“At Las Colinas, I now have a roomful of women who understand that the success they have in their lives once they leave the jail depends on them continuing their education,” she said.

Thomas recounted that after she dismissed the class on the first day, several students lingered and were thumbing through a large dictionary at her desk. “I told them again that they were free to go, but one of the women responded, ‘yes, teacher, but we want to learn,’” she said.

On the last day of Thomas’ class, which ended earlier than the others, the students presented her with a homemade card. “It means the world to me to be able to go to college, and I will see you at Grossmont,” one wrote.

Looking inward

Lopez said her 13 years at Grossmont College counseling and teaching at-risk students in programs geared to helping the economically and educationally disadvantaged prepared her well for her new crop of students. Lopez said the class requires inmates to reflect on their lives and the decisions they have made.

One inmate, Krissy, wrote about her 37 years dealing with the scars of physical and sexual abuse. She was filled with hate and living a life of drugs and crime. By the time she started her current stint at Las Colinas, she was worn down and overcome by the grim realities of her future.

“It was my last chance to start over in my life,” she said.

See CLASSES page 8 →

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Mara Elliott to be honored at Party in the Park

Yahairah Aristy and Jeff Benesch

On Wednesday, July 5 from 6 to 9 p.m., the La Mesa Foothills Democratic Club (LMFDC) will celebrate the Fourth of July by holding our now annual Party in the Park at the beautiful Mission Trails Regional Park Visitors Center.

Party in the Park will feature food, talk and camaraderie on the beautiful patio overlooking Mission Trails Regional Park and the San Diego River canyon. It's particularly convenient for our many members living in San Carlos, Del Cerro, Allied Gardens, La Mesa, Santee, Mt. Helix, Casa de Oro, and the College Area. The dinner costs \$5 for members and \$15 for non-members. We'll be signing up new members at the door.

San Diego County Democratic Party chair Jessica Hayes will be a featured taster and judge of our pie-baking contest. All attendees are invited to enter their best attempt at a delectable dessert to share with our many epicurean enthusiasts. Prizes to the best three entries.

LMFDC will honor San Diego City Attorney Mara Elliott, who has hit the ground running since pulling off her big win in the 2016 city-wide election, for her bold and newsworthy initiatives such as her legal opinions on short-term vacation rentals (illegal), the SoccerCity proposal (which may be bad for taxpayers), and the presidential travel ban (negative impacts on San Diego

families). Her office, while non-partisan, is nevertheless capable of showing the mayor and City Council that policies they promote and laws they enact have real and lasting consequences on working people and taxpayers of San Diego. More than that, she is setting an example for San Diego County City Attorneys, an organization she chairs. For her compassion and courage, we honor Mara Elliott.

We'll also have appearances by a host of Democratic Party stars, including Rep. Susan Davis, former assemblyman Nathan Fletcher, San Diego City Councilmembers Barbara Bry and Georgette Gomez, La Mesa City Councilmember Colin Parent, Mike Levin (candidate for the 49th congressional district seat held by Darrell Issa), and several others. We can expect a surprise appearance by La Mesa's own, basketball superstar and keen observer of life, Bill Walton. Bill loves Mission Trails Park!

Another highlight of the evening will be a fabulous presentation by Volunteer Trail Guide Jim Parker who will engage us with talk of the flora and fauna that we can expect to find throughout the park. We are sure to experience something unexpected with this very knowledgeable and engaging speaker. And added to the evening's entertainment, we will have telescopes for star-gazing and traditional music featuring flutes and percussion to enthrall the attendees.

The Party in the Park is also a tribute to our own success as



San Diego City Attorney Mara Elliott (Courtesy LMFDC)

a growing and powerful influence in the East County political scene. Winner of the San Diego County Club of the Year, 2016, we are one of the largest and fastest growing chartered Democratic clubs in San Diego County. We meet regularly the first Wednesday of each month at the La Mesa Community Center.

Become a member and enjoy the programs, events, and camaraderie of fellow progressives this most tumultuous year as we commit to write, resist, and act to preserve our democracy. All guests are welcomed. Check out our website at lamesafoothillsdemocrate-club.com, and visit us on Facebook.

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

Republican Women introduce 'Navajo Nights'

Judy McCarty

Although Navajo Canyon Republican Women Federated (NCRWF) has no official luncheon meetings in July and August, there's still time for Republican fun! So, we will be hosting "Navajo Nights" during the summer months.

This social, informal event is for any Republican woman who wants to spend an evening with other like-minded conservative women, meet new friends and partake in lively discussions.

"Navajo Nights" will be held once in July and again in August at Black Angus Restaurant in El Cajon. We'll have hors d'oeuvres and beverages, and comments from a guest speaker.

As plans develop, details regarding day, times and speaker will be posted on the front page of our website, navajocanyon-rwf.org. These get-togethers will also be a great opportunity to join in the conversation for those who can't make our daytime luncheon meetings.

Since we all agree there is plenty to talk about regarding national, state and local politics (and we all have opinions), this evening should be exhilarating.

Charities

Based on members' research and votes, NCRWF has chosen

its charities for the next year.

We'll be raising funds for the East County Transitional Living Center, which changes lives through proven programs that guide homeless and distraught individuals and families into becoming self-sustaining, independent, productive members of society.

We will also be helping out the Warrior Foundation Freedom Station, an organization that aspires to be the leading force in assisting, honoring and supporting the military men and women who have bravely served our country.

Finally, we will be providing money towards Final Hour, to provide a complimentary horse-drawn funeral carriage at Miramar National Cemetery.

This past May we contributed funds for Veterans of North County. We know that "freedom isn't free" and we are happy to express our gratitude.

Registration drives

Registering voters is keeping NCRWF club members busy at the San Diego County Fair, the



Final Honor, which provides a horse-drawn funeral carriages at Miramar National Cemetery, was chosen as a charity this year. (Courtesy thefinalhonor.com)

Santee Street Fair and new citizen ceremonies.

We're finding that visitors to our booth are eager to sign up against the new GasTax/CarTax and the single-payer health care system winding its way through the state Legislature.

Our regular luncheon meetings will start back up Sept. 13 at The Brigantine with Brett Winterble, KFMB 760 radio personality.

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

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

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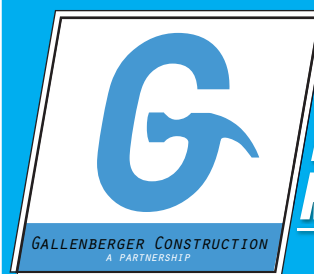


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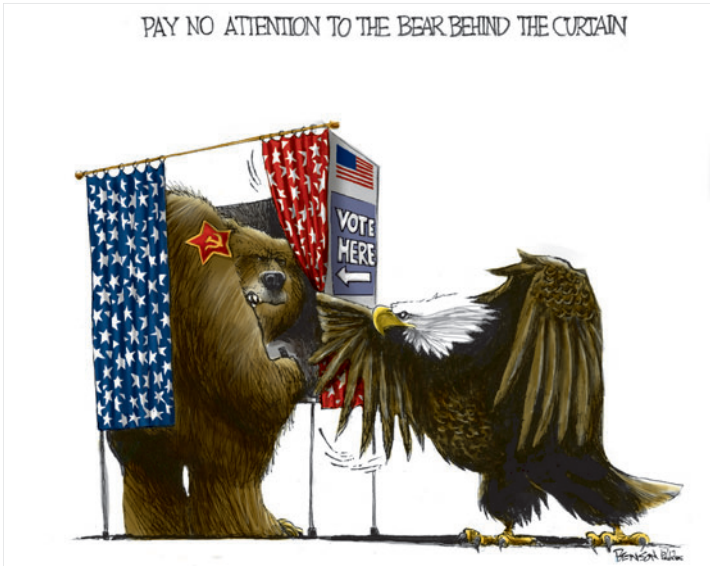
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Guest editorial

Give dad the gift of good mental health and well-being

Michael J. Bailey, M.D.

Most dads understand the importance of staying healthy so they're ready to handle the demands of fatherhood, whether it's giving a piggy-back ride or a first driving lesson. But total wellness is about more than just eating right, exercising and getting regular check-ups — it's also about managing your mental and emotional health. Unfortunately, many men are reluctant to address mental health issues because of the stigma and stereotypes surrounding these conditions.

For example, the National Institute of Mental Health reports that more than 6 million men in the U.S. will experience symptoms of depression this year. But because it is often perceived as a condition that affects primarily women, many men don't recognize when they are experiencing symptoms of depression and therefore won't seek out diagnosis and treatment.

Untreated mental health conditions can lead to personal, family, and financial difficulties as well as higher risk of suicide

— a serious problem in our community. Suicide claims the life of about one San Diegan every day, and the suicide rate among men in California is more than triple the rate for women (17 vs. 4.9 per 100,000 populations). The good news is that mental health treatments are readily available and highly effective — but early intervention is often the key to long-term recovery.

This Father's Day, give dad the gift of good mental health and well-being by learning to spot the signs and symptoms commonly exhibited by someone at risk, and how to help him get the support he might need:

• **Unusual aggression or irritability:** While men and women experience similar symptoms, they may express them differently. For example, women with depression tend to have feelings of sadness and worthlessness, while men often become withdrawn and feel irritable, aggressive, or hostile.

• **Physical symptoms:** Our culture tends to discourage men from expressing emotions or admitting they need psychological help because they are supposed to "be strong." As a result, men are more

likely to downplay emotional and psychological symptoms in favor of talking about physical symptoms such as pain, fatigue, headaches or digestive problems.

• **Sudden changes in behavior:** This can include changes in appetite that result in weight loss or gain; increased alcohol or substance use; insomnia or oversleeping; loss of interest in work, family, or once-pleasurable activities; abandoning usual daily routines such as maintaining personal hygiene; and an inability to concentrate or remember details.

If you're concerned about a friend or loved one who may be struggling with a mental health challenge, here are some tips for starting a conversation about seeking appropriate help and support:

• **Show that you are concerned in a way that is not confrontational or judgmental:** Let the person know that you care about them, and you want to check in because you're concerned about recent changes in behavior that you've noticed.

• **Keep questions simple:** Ask how the person is doing, when they began experiencing

these feelings, and how you can help provide support. At this point, it may be beneficial to ask if the person has thought about seeking help.

• **Avoid phrases that could sound dismissive or accusatory:** Although you may not understand what the person is feeling, it is important to only express your unwavering support.

• **Offer reassurance and hope:** Let the person know that they are not alone, and that you are there to support them in actively seeking treatment to help them feel better. Offer to help them research local treatment and support resources. The Access and Crisis Line is a good place to start.

—Michael J. Bailey, M.D., is medical director at Optum San Diego. For free, confidential support available seven days a week, 24 hours a day, call the San Diego Access and Crisis Line at 888-724-7240. Help is available in 150 languages from Master's level and/or licensed clinicians related to suicide prevention, mental health referrals, and alcohol and drug support services.■

Guest editorial

SoccerCity: A dagger poised to strike the heart of San Diego

Joe LaCava

Mission Valley is the heart of San Diego. Proximity to nearly everything, facilitated by easy access to San Diego's key transportation corridors, has long made Mission Valley an attractive place to live, work and play.

Unfortunately, that may change if the proposed SoccerCity development moves forward. This massive, mixed-use development — which is about soccer in name only — would dramatically and permanently alter the Mission Valley that residents have come to know and love.

The group behind the SoccerCity project, FS Investors, proposed it by citizen's initiative to take advantage of a loophole in state law that bypasses public and environmental review. As a result, no real studies have been performed on how the project will impact traffic, the environment and the community character.

FS Investors alleges to have studied some of these impacts. However, much the analysis they performed is based on faulty assumptions that deviate from standard methodologies for measuring impacts.

This is most apparent when looking at the anticipated traffic impacts

of SoccerCity, which could more aptly be known as "TrafficCity," for the perpetual gridlock that it will create throughout Mission Valley and its surrounding communities. The traffic study FS prepared found the project would generate more than 71,000 average daily trips — twice as much traffic as a Chargers game day — every single day. However, a peer review of this analysis found the FS study actually underestimated traffic impacts by more than 35 percent; as if two-times game day traffic wasn't bad enough!

See SOCCERCITY page 7 →

Letters

Fireworks and Music Fest are on!

Re: "LETTERS: Fireworks only, please" [Volume 23, Issue 5]

The May 19 edition included a letter from San Carlos resident Anna Covington recommending that any funds raised for the Lake Murray Fireworks and Music Fest be put toward the fireworks display first, with a scaled back music festival. Ms. Covington's suggestions were likely based on some misinformation in Mission Times Courier Editor At Large Doug Curlee's April 21 story that understated our fundraising totals to date.

I'm happy to report: the 2017 event is fully funded! Thanks to neighborhood donations and corporate sponsorships, we will have a July Fourth of food, fun and music at Lake Murray Community Park, concluding with a fireworks display over Lake Murray at sundown. Thank you to everyone who contributed to bringing back this family-friendly event!

We're pleased that so many neighbors have an interest in this event, as we hope to continue it annually and will always be in need of volunteers and donors.

To keep up-to-date on the day's lineup, please check out lakemurrayfireworks.org or follow us on Facebook at facebook.com/lakemurrayfireworks/.

— Tracy Dahlkamp, San Carlos■

Mission Times COURIER

123 Camino de la Reina, Suite 202 East
San Diego, CA 92108
(619) 519-7775
MissionTimesCourier.com
Twitter: @MssnTimesCourier

EDITOR

Jeff Clemetson
(619) 961-1969
jeff@sdccn.com

EDITOR AT LARGE

Doug Curlee
(619) 961-1963
doug@sdccn.com

CONTRIBUTING EDITORS

Morgan M. Hurley, x110
Ken Williams, x102

WEB & SOCIAL MEDIA

Sara Butler, x118
web@sdccn.com

COPY EDITOR

Dustin Lothspeich

CONTRIBUTORS

Yahaira Aristy
Michael J. Bailey, M.D.
Audrey F. Baker
Jeff Benesch
Della Elliott
Elizabeth Gillingham
Shain Haug
Sue Hotz
Dianne Jacob
Kathryn Johnson
Gary Jones
Mario Koran
Judy McCarty
Frank Sabatini Jr.
Ron Stern
Tommy Thornton
Jay Wilson
Mickey Zeichick

SALES & MARKETING DIRECTOR

Mike Rosensteel
(619) 961-1958
mike@sdccn.com

ADVERTISING CONSULTANTS

Heather Fine, x107
Andrew Bagley, x106
Amy Burchard, x105
Michele Camarda, x116
Sloan Gomez, x104
John Watson, x113

ACCOUNTING

Priscilla Umel-Martinez
(619) 961-1962
accounting@sdccn.com

WEB DESIGNER

Kim Espinoza
kim@kespinoza.com

EDITORIAL INTERN

Jess Winans

SENIOR INTERN

Jennifer Gottschalk

INTERNS

Madhu Chandani
Alex Ehrie
Czarina Greaney
Eric Guerrero
Angel Rodriguez

PUBLISHER

David Mannis
(619) 961-1951
david@sdccn.com

PUBLISHER EMERITUS

Jim Madaffer



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► Briefs, from page 2

Coburn, along with three other featured writers, will be hosting a Parisian dinner on July 13 at Le Parfait Paris located at 555 G St. Tickets for the dinner, which begins at 6:30 p.m., can be purchased online at <https://tinyurl.com/y98rvjs5>.



Author Jennifer Coburn was recently published in a book of short stories about Paris. (Courtesy Jennifer Coburn)



(l to r) Top Girl Scout Cookie sellers Elizabeth Jolliff and Amy Wasson were special guests at Girl Scouts' Operation Thin Mint Sendoff.

Local Girl Scouts honored

Mission Valley Girl Scouts Elizabeth Jolliff, 13, and Amy Wasson, 11, were honored during Girl Scouts San Diego's 17th annual Operation Thin Mint (OTM) Sendoff. The event, which was held at the USS Midway Museum on Friday, May 5 highlighted Girl Scouts who sold 2,017 or more boxes of Girl Scout Cookies in 2017.

See BRIEFS page 8

► SoccerCity, from page 6

Adding insult to injury, FS is not required to construct a single major traffic improvement. Instead, residents of Mission Valley, Serra Mesa and other nearby communities will be condemned to sit in hours of traffic with no relief in sight. When it comes down to it, SoccerCity is nothing more than a land grab at the public's expense, causing unspeakable damage to Mission Valley. The Qualcomm site is one of our most valuable public assets in San Diego. Redevelopment of this site is a once-in-a-lifetime opportunity for our city. The City Council will decide what's next for the SoccerCity project at a hearing on Monday, June 19. At that hearing, the council can either approve the initiative outright or place it on the ballot for a vote. At the onset, the FS Investors didn't want a public vote; they wanted a quiet approval by the City Council. But when opponents started raising questions, they pivoted and are now trying to rush their plan forward with an unnecessary and costly special election this year, so we don't have time to fully understand the project's many flaws

and potentially harmful impacts. On the other hand, the Public Land, Public Vote Coalition is asking the City Council to place it on the next general election ballot in November 2018 for two reasons: first, doing so respects the decision of the voters, who overwhelmingly approved a measure last fall directing the City Council to only schedule ballot measures for the next November general election; second, and even more importantly for Mission Valley, scheduling the vote for 2018 would allow time for the city to solicit competing plans for use of this land. The city has one chance to get this right otherwise we will be forced to live with the consequences for the next 100 years. We need to advance a project that's good for all San Diegans, not just for the investors proposing it. If we don't, the results could be devastating for the Mission Valley community and the city of San Diego. If you agree, please speak up. Visit PublicLandPublicVote.com and RSVP to attend the City Council hearing on Monday, June 19.

—Joe LaCava is the leader of Public Land, Public Vote and is a former chair of the San Diego Community Planners Committee.■

Notes from your County Supervisor

Dianne's Corner

Dianne Jacob



There's no place like home: A growing number of San Diegans struggle to keep a roof over their head. I'm talking about folks from across the entire county — seniors, veterans, families and others. We need to step up our game in a big way and give them a helping hand — a hand up, not a handout. That's why I recently joined with Supervisor Ron Roberts to propose the creation of a \$25 million trust fund to spur the development of more affordable housing. Drawn from the county's unallocated reserves, the money would allow us to team up with developers on low-cost housing projects. The fund represents a huge investment in San Diego's future — and for many of those who are struggling, it would help make the American Dream come true. **Local heroes:** Among the folks I've recently given well-earned county proclamations to: child care expert Deborah Gould, champion

mountain biker Gwendalyn Gibson of Ramona, and home building innovators Amy McQuillan and Pierre Beauregard, also of Ramona. **Be prepared:** The recent Gate Fire in our backcountry and other wildfires remind us that we can't let down our guard. With peak fire season coming, we must make sure we're as ready as possible. Since the 2003 firestorms, the county has invested \$400 million-plus on fire protection improvements. Today we have a stronger, more unified fire-fighting force, and more fire-fighting aircraft and other resources in place. Residents must also do all they can to prepare. Be ready. Be safe. Be vigilant. And go to ReadySanDiego.org. For more District 2 news, go to diannejacob.com or follow me on Facebook and Twitter. If I can assist with a county issue, please call my office at 619-531-5522 or email dianne.jacob@sdcounty.ca.gov. Have a great East County day! —Dianne Jacob represents District 2 on the San Diego County Board of Supervisors.■

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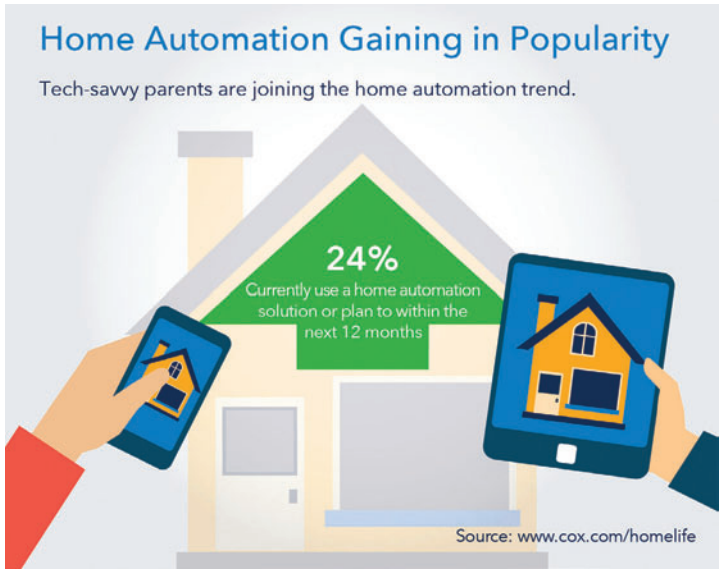
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The Home Automation Trend

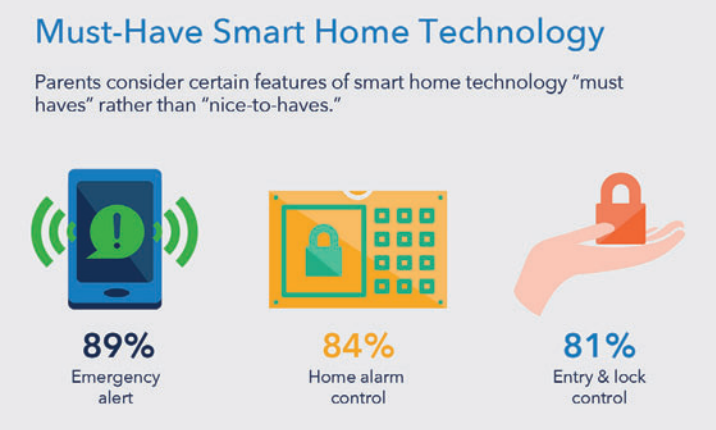


According to a 2016 survey, home automation - such as home entry notifications and video monitoring- is gaining in popularity among parents. Today, nearly one in four parents either uses a home automation system or plans to within one year. The use of technology has become so prevalent that parents prefer using it to check on what's happening at home, rather than friends or neighbors. According to survey results, **73%** of parents rely on texting to check in with teens and tweens who are home alone at least once or twice a month; **71%** rely on phone calls, and only **18%** rely on a friend or neighbor. Home automation provides dependable, real-time, unfiltered information about what's happening at home. For parents, it can provide peace of mind, especially during the summer months when kids are home alone. Parents may not realize the extent to which they are able to automate their home.

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- Arm and disarm your system remotely;
- Turn lights on and off remotely.



According to those surveyed, certain technologies are considered "must haves" for smart home technology:

- Emergency alert, 89%
- Home alarm control, 84%
- Entry and lock control, 81%

Furthermore, four out of five parents surveyed are comfortable leaving teens and tweens home alone, and technology helps ease concerns. Home automation isn't just for busy parents. Frequent travelers, pet lovers, energy conscious consumers and budget managers will all find technology brings cost savings, peace of mind, remote monitoring and much more. For more information visit cox.com/homelife.



► **Classes**, from page 4

“All the encouragement and love my teachers showed have helped my hardened heart soften and grow. I am no longer fighting a losing war... I’m going to use my past to help someone else -- abused children in need of guidance, love and help.”

Lopez said the growing self-esteem and confidence of students are matched only by their enthusiasm.

“They are extremely motivated and eager to take more classes,” Lopez said. “They did not believe me that they were officially enrolled as Grossmont College students, so during the second week of the semester, I brought them all a copy of their transcript. They were blown away.”

Asked about plans to continue college, one student was emphatic.

“Yes, very much so -- the biggest benefit for me is learning and doing something positive for myself,” said the inmate, convicted for transporting and selling drugs. “I never thought I was college material. I was surprised to find out I am getting an A in my classes. I didn’t know how much I love to learn.”

—Della Elliott is marketing and communications director for the Grossmont-Cuyamaca Community College District. Reach her at 619-644-7690 or 619-647-3443 or della.elliott@gcccd.edu. ■

► **Briefs**, from page 7

At the end of the event Jolliff and Wasson joined other honorees to reveal that San Diegans donated a total of 141,570 OTM boxes of Girl Scout cookies this year for U.S. troops.



(l to r) Samantha Gatney, Dan Yelvington, Dave Erlanson, Tony Haas, Mary Haas and Gary Blume (Courtesy GAG Kiwanis)

Kiwanis help host Hearst sleepover

On Friday, May 12 the Grantville-Allied Gardens (GAG) Kiwanis club hosted a movie night sleepover for Hearst Elementary students. GAG Kiwanis members helped cook hamburgers, hotdogs and a pancake breakfast for attendees.

Gary Blume, Kathy Butterstein, John Chandler, Dave Erlanson, Mary Haas, Tony Haas, Doc Yelvington and Lewis Builders Club President Samantha Gantney, a seventh-grader and Hearst elementary alum, volunteered to set up the Friday night event.

On the following Saturday morning, project chair Gary Blume, Kathy Butterstein, John Chandler, Pam Chandler, Dave

Erlanson, Doug Grosmark, Mary Haas, John Peterson, Jack Scott, Doc Yelvington, and Alan Young helped clean up.



(l to r) George Meulmester, Julia Ronney, Helen Tang and Dennis Andolsek (Courtesy Karen Ronney)

Local teens win Sunrise Optimist Club scholarships

Seeing the sunny side of life is the message from the Sunrise Optimist International Club of San Diego. Recently that theme was explored in the club’s college scholarship program honoring two local high school students.

Julia Ronney of Patrick Henry High and Helen Tang of University City High, both seniors, won first- and second-place respectively for their essays recently at the club’s monthly breakfast meeting at Marie Callender’s Restaurant in La Mesa.

This year’s essay prompt was “Chasing Optimism in the Face of Challenges.” Ronney’s approximately 800-word essay highlighted her daily quest of choosing optimistic thoughts in the face of challenges in sports, health and life. Tang said running for fitness is her pathway to seek optimism while facing leadership challenges.

Ronney was the first-place local winner and she finished third overall at the district level representing the Sunrise Optimist Club of San Diego.

“We are so excited to help these two outstanding high school students,” said George Meulmester, the Youth Essay Contest Chair at Sunrise Optimist. “They are deserving recipients and they won because their essays showed they truly have positive attitudes and use optimism to overcome life’s challenges.”

At the Optimist Club award ceremony, the scholarship recipients read their essays to the group.

“I really appreciate all of the hard work that went into putting this together,” said Ronney, who is also the 2015 Sunrise Club essay winner. “This is such a great organization and I’ve really learned a lot about the importance of keeping a positive and optimistic attitude in life.”

Ronney is the top-ranked tennis player at Patrick Henry and plans to study biology at the University of Montana in the fall of 2017.

Tang, the president of the California Scholastic Federation Club at her school, will attend UC Berkeley and pursue a double major in business and engineering.

Sunrise Optimist Club of San Diego meets every Tuesday at 7:15 a.m. at Marie Callender’s Restaurant in La Mesa. For more info, please contact Club President Dennis Andolsek at dandolsek@di-ontrucks.com.



Lewis Builders Club’s entry at the Miracle Mile of Quarters; (l to r) Brodie Martin, Leia Mazur, Karmen Lee, Erin Maxwell and Christopher Trapp (Courtesy GAG Kiwanis)

A mile of quarters

The Grantville-Allied Gardens (GAG) Kiwanis club participated in the annual Miracle Mile of Quarters event to raise money for Rady Children’s Hospital on May 6.

Since 1986, Kiwanis has raised more than \$2.5 million using collection jars of quarters gathered at San Diego businesses. All together, San Diego Kiwanis clubs raised more than \$28,000 this year for the hospital.

At the event, Kiwanis Service Leadership Youth groups spread quarters along a red carpet, called the “Miracle Mile.”

Some businesses that helped with the success of the event include Iowa Meat Farms located at 6041 Mission Gorge Road,

See BRIEFS page 22 —————>



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Surprising facts about migraine headache

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Migraine headache is one of the most common medical conditions in the United States – and also one of the most commonly misdiagnosed. Despite the belief that migraines are rare, statistics estimate that migraine headache affects about 20 percent of the population. Moreover, because migraines are often missed by physicians or not reported by patients, the actual number is likely much higher. Here are five facts about migraine that might surprise you.

A “sinus headache” or “tension headache” is likely migraine

Although sinusitis, or inflammation of the sinuses, is a common diagnosis, it typically doesn’t cause a headache. An actual “sinus headache” is extremely unusual, and most headaches in the sinus region are really migraines that affect the nerves in that area. Tension headaches are more common, but are generally not painful enough to need medical attention. In other words, if your headache is bad enough that you need to call the doctor, it is probably a migraine.

Most people with migraine don’t see an “aura”

You often hear that migraine headache is

accompanied by visual disturbances such as flashing lights or blurry vision, but these “auras” actually are rare, affecting only about 10 percent of people with migraine. Similarly, only about 15 percent of patients vomit. Nausea, however, is a common migraine symptom, as is sensitivity to light and dizziness. Additionally, not all migraine headaches are one-sided or pulsating; a headache that affects the whole head or feels like a tight band may be a migraine if there are other symptoms such as nausea and light sensitivity.

Foods don’t trigger migraine

Chocolate, cheese, citrus, dairy and other foods have long been blamed for triggering migraine headaches, but they may not be to blame. “Food triggers, for the most part, are not supported by the evidence and in fact some, such as chocolate, have actually been disproven,” says neurologist Emily Rubenstein Engel, M.D., associate director of the Dalessio Headache Center at Scripps Clinic. “So many patients have been given limited diets to avoid migraine triggers but they haven’t been told not to go hungry, and ironically hunger itself is one of the major triggers of migraine.” Dr. Engel adds that hormones are a significant

trigger. “Hormones are under-recognized and under-addressed, especially among women in perimenopause. These patients with migraine often get unusual symptoms such as dizziness that they didn’t used to have.”

Frequent headaches aren’t normal

Migraine headaches are divided into two classes: episodic and chronic. Chronic migraine occurs more than 15 days a month; episodic is less frequent. Because chronic migraine patients have headaches so often, they start to believe it is normal to have some type of headache almost every day. Many take over-the-counter pain relievers daily instead of seeking medical help, so their condition often goes undiagnosed. Moreover, non-prescription pain relievers aren’t meant to be taken on a regular basis, and doing so can lead to other health problems such as stroke. If you have frequent headaches, don’t try to treat them on your own; make an appointment with a neurologist for an evaluation.

Migraine can be treated and prevented

With the right treatment, migraine can be prevented. Several prescription medications, taken daily for six months to a year, are intended to break the migraine cycle.



Around 20 percent of people suffer from migraine headaches. Learn the facts about this affliction in June, which is Migraine Headache Awareness Month. (scrippshealth.org)

Botox injections are another FDA-approved alternative for chronic migraine prevention; patients receive 31 injections in specified sites every three months. These preventive approaches work by blocking the release of inflammatory pain chemicals that lead to migraine. Other prescription medications can help stop migraine headaches after they have started.

Dr. Engel notes that The American Headache Society recommends against narcotics such as Vicodin for migraine pain. “Part of problem is it doesn’t treat the underlying inflammation that causes pain, so you’re numb to it but you’re still having injury in the brain,”

she says. “You’re not properly treating it, so it pushes you into chronic migraine.” New therapies on the horizon include a preventive treatment that targets migraine pain receptors, and a handheld device that stimulates the vagal nerve, which may help prevent migraine pain. “It’s important to know that if you have migraine headaches, you’re not alone and it is treatable,” says Dr. Engel. “Help is out there.”

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Q. I have purchased jewelry over many years and have them listed on my homeowners policy. Should I be concerned that some items are still valued at the prices I paid over 15-20 years ago?

A. It is always a good idea to have your appraisals revalued by a professional every 3-5 years to keep values current with inflation and changing precious metal and gemstone markets. There are not many things you can buy today for the same price you paid that many years ago. If you have a loss the coverage may not be enough to replace your beautiful jewelry with the same size and quality you originally bought or received as a gift. Call today to ask to have you items reviewed to see if new appraisals are needed.

JULY BIRTHSTONE - RUBY


Rubies are considered a symbol of love and passion, thus making this gem as desirable today as it has been for centuries. Ruby is the birthstone for the month of July and is also designated for the 40th wedding anniversary.

In ancient legends it was believed that the wearer of ruby was blessed with health, wealth, wisdom and outstanding success in affairs of the heart. Many women like to combine rubies with diamonds in their wedding or anniversary bands.


Ruby is the red variety of the corundum family, which is also the same family as sapphire. With a hardness of nine on the Mohs scale, ruby is the next hardest stone to diamond and very wearable.

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Mission Trails Regional Park Foundation news

Jay Wilson

25th Amateur Photo Contest

All the entries for the Mission Trails Regional Park Foundation's 25th annual Amateur Photo Contest will be on display in the Visitor Center Gallery from June 17 through July 14. The public reception and awards will be at the Visitor Center on Sunday, June 25, from 2 to 4 p.m.

Come and view all the photographs and cast your vote for the "People's Choice Award" which will also be awarded on June 25. This year's contest sponsor is San Diego Family Magazine.

Explore Mission Trails Day

"Connecting with Nature" was the theme for the 2017 Explore Mission Trails Day held on Saturday, May 20 at the Mission Trails Regional Park (MTRP) East Fortuna Staging Area (EFSA). Over 1,400 people attended the event.

This popular event featured free guided nature walks, talks and programs throughout the park, including live animals, special programs for children and the ever-popular free pony rides. There was also a mini mountain bike track presented by the San Diego Mountain Bike Association, a climbing wall, crafts for children, and many Discovery Stations.

The sponsors of the 15th annual Explore Mission Trails Day were: The City of San Diego Special Promotional Program, County of San Diego Community Enhancement Program, Republic Services, Superior Ready Mix, REI, Lightspeed Outdoors, San Diego Gas & Electric Company, San Diego Family Magazine and San Diego Community News Network.

Summer camp for children ages 6 to 12

The MTRP Foundation is offering four different one-week summer camps at the Visitor Center. The camps are Monday through Friday from 10 a.m. to 2 p.m. The camps are:

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

For more information and registration form, go to mtrp.org. Scroll down under "More News" to "Summer Camp for Children."

Kumeyaay Lake Campground

For more summer fun, have a family adventure and camp at the Kumeyaay Lake Campground which is open for Friday and Saturday night camping. The 46 campsites are available for reservation on a first-come, first-serve basis and the cost is just \$24 per night. On the reservation website page (mtrp.org/campground), go to the "Location" drop-down menu at the top of the page and select Kumeyaay Lake Campground.

Camp out the second week-end of the month and discover the universe with the San

Diego Astronomy Association for a "Stars at Mission Trails" program, which is presented in the Day-Use Parking Lot adjacent to the Kumeyaay Lake Campground.

Bioblitz Bonanza

[Note: The following are excerpts from Millie Basden's article in the May issue of the Volunteer Trail Guide "Trail Talk"]

April 9 marked the first ever Trail Guide-conducted bioblitz using iNaturalist to document observations of plants and animals in Mission Trails Regional Park. A bioblitz typically involves an intense period of biological surveying in a specific locale. The term was coined in 1996 by the National Park Service and the model has been replicated by many different groups in many different locations.

For the MTRP bioblitz, instead of collecting specimens, Trail Guides took photographs and uploaded them to iNaturalist, an online database which serves as a forum for amateurs and professionals to share observations and to document biodiversity.

After the MTRP bioblitz, organizer and top observer Patricia Simpson said, "WOW: over 1,100 observations, and over 300 species! 24 members participated!"

Those numbers support Fred Kramer's sentiments as he said, "I am gratified that



This image of bees is one of the photographs taken by MTRP Trail Guides and uploaded to iNaturalist as part of a "bioblitz." (Photo by Don Endicott)

so many Trail Guides enthusiastically participated in our first bioblitz event. I hope other Trails Guides will join them using iNaturalist to document species in Mission Trails and elsewhere."

All of the observations contributed to iNaturalist during the MTRP bioblitz can be viewed online by pointing your browser to bit.ly/2sUPspE. In addition, you can join the ongoing MTRP Biodiversity Project on iNaturalist and contribute your own observations from any trail in MTRP at any time.

Host special events at MTRP

For that special after-hour venue, the Visitor Center is a unique venue for a wedding, retirement party, fundraiser, celebration of life, corporate or business function or a retirement party. Call 619-668-3280 or email Maggie Holloway at mholloway@mtrp.org for more information.

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

EVENTS AT MISSION TRAILS PARK

- June 17** – Guided Bird Walk, 8 a.m. (KLC); Guided Nature Walk, 9:30 a.m. (VC); Guided Twilight Walk, 7:15 p.m. (KLC); Star Party, 7:30 to 10 p.m. (KLC)
- June 18** – Trail Improvement Crew, 8 a.m. (KLC); Guided Nature Walk, 9:30 a.m. (VC)
- June 20** – Lake Murray Walk & Talk, 9 a.m. (LM 7001 Murray Park Drive)
- June 21** – Guided Nature Walk, 9:30 a.m. (VC)
- June 23** – Stars at Mission Trails at West Sycamore, 8 p.m. (WS)
- June 24** – Guided Nature Walk, 8:30 a.m. (KLC); Guided Nature Walk, 9:30 a.m. (VC); Birding Basics Class, 1 p.m. (VC)
- June 25** – Guided Nature Walk, 9:30 a.m. (VC); Amateur Photo Contest Reception & Awards, 2 p.m. (VC); Family Discovery Walk, 3 p.m. (VC)
- June 28** – Guided Nature Walk, 9:30 a.m. (VC)
- July 1** – Wildlife Tracking Walk, 8:30 a.m. (VC); Guided Nature Walk, 9:30 a.m. (VC)
- July 2** – Guided Nature Walk, 9:30 a.m. (VC); Concert: Guitarist Peter Sprague, 3 p.m. (VC)
- July 5** – Guided Nature Walk, 9:30 a.m. (VC)
- July 8** – Guided Nature Walk, 8:30 a.m. (KLC); Guided Nature Walk, 9:30 a.m. (VC); Discovery Table: Lichens, 10 a.m. to 1 p.m. (VC); Star Party, 7:30 p.m. (KLC)
- July 9** – Guided Nature Walk, 9:30 a.m. (VC); San Diego Native American Flute Circle 3 p.m. (VC)
- July 12** – Guided Nature Walk, 9:30 a.m. (VC)
- July 14** – Stars at Mission Trails 8 p.m. (KLC)
- July 15** – Guided Bird Walk, 8 a.m. (LM Kiowa Entrance); Guided Nature Walk, 9:30 a.m. (VC); Guided Summer Twilight Walk, 7:15 p.m. (KLC)
- July 16** – Guided Nature Walk, 9:30 a.m. (VC)
- July 18** – Lake Murray Walk & Talk, 9 a.m. (LM Boat Dock)
- July 19** – 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; LM = Lake Murray

Seeing nature close-up at Mission Trails Regional Park

Audrey F. Baker

For several weeks, a highlight of the Trail Guide-led nature walk on Visitor Center Loop Trail was the opportunity for eye-level observation of the nesting activities of a Mourning Dove. The female displayed abundant patience as park guests enjoyed the hushed thrill. Memorized expression lit the faces of adults and children alike.

Zenaida macroura is a member of dove family (Columbidae) which worldwide represents 300 species of doves and pigeons. Eight are native to the U.S. The species name references its long, tapered and pointed tail with white outer edging. The graduated tail is a unique attribute among North American doves and allows quick identification.

Living life in the thickets, Mourning Doves of our area exhibit a geographic morphism — paler tones that match its surroundings. Our doves are delicate brown to buffy-tan. Black spots grace wing coverts and a black “ear” patch is behind the eye. The distinctive streamline shape features a plump body with small head with proportionate bill, and reddish short legs and feet.

The Mourning Dove as a minimalist. Seeds from wild grasses, weeds, and forbs, as well as cultivated grains make up 99 percent of the diet. Add to that berries and the occasional snail.

These selective foragers are efficient food collectors. Seeds are accessed on the ground and swallowed for storage in an enlargement of the esophagus, the crop. Once filled, the birds perch to digest the meal. They ingest grit (sand and gravel) acquired from mud flats, road edges or sandy soil, that is retained in the gizzard to aid in digestion of hard seeds.

That comfortable roosting posture belies their agility. With a 17- to 19-inch wingspan and falcon-like wings, flight speed reaches 45 mph and is arrow straight. At takeoff, the wings make a distinct, sharp whistling sound. Sudden ascents or descents and aerial dodges are



Mourning Dove at Mission Trails Regional Park (Photo by Wendy Esterly)

part of the survival repertoire. Should the nest be a predator’s focus, the crafty adult bird will lure away an enemy, using its famed diversionary tactic — feigning a broken wing.

Mourning Doves evoke rich symbolism.

The mournful song aired from a conspicuous perch by unmated males echoes unrequited love. While you may never see a dove carrying an olive branch, a lucky observation during nesting season may catch a mated male carrying native plant-building material in beak!

His future secure, the male offers his mate potential nest sites. She has the last word. For two to four days, he serves as construction site foreman, standing on her back to pass along twigs and grass stems she will weave into a frail 8-inch-across assemblage suiting minimalist specifications and offering little insulation for their offspring. Favored sights include Laurel Sumac and Cottonwood. Ground nesting is an option.

Occupying a vast range from southern Canada, throughout U.S. and south into Panama, the Mourning Dove has the dubious distinction of being the most frequently hunted species in North America.

In 2015, U.S. Fish and Wildlife Service estimated the U.S. population at 274 million individuals. The report cited that over the last 49 years, numbers have increased in the eastern portion of the country, while decreasing in the mid- and western states.

At nest building, the males chimes the nest call, “coo-OO-oo.” The females articulates an “ohr ohr” while nesting.

A successful pair of Mourning Doves may annually raise six broods, each producing two eggs. Exceptions are rare. Both parents participate in the 14-day incubation period, and in feeding the young “pigeon milk,” a.k.a. “crop milk” for the first three days of life. The regurgitated substance (rich in protein and fat) is secreted from the adults’ crop lining and has a cottage cheese consistency. A seed diet is next introduced. By two weeks, fledging begins. Youthful doves remain near-nest, feeding for another week or two.

At Mission Trails, the Mourning Doves frequent sage and chaparral for cover, and mindfully mill over patches of bare ground amid woodland, grasslands and trail sides are ideal for seed collection.

Watering sites include shallow accesses to the San Diego River and Kumeyaay Lake. A quick fly-in onto gravel bars and mud flats also quenches.

By the way, on your next visit to Mission Trails, don’t forget your water bottle!

—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.

Water-wise edible plants for your garden

Gary Jones

Vegetables and fruits, as most gardeners know, require a fair amount of water — although targeted (drip and row) watering and mulching can really reduce the water needed. But are there actually water-wise edibles and herbs? The answer is yes, although it is a rather incongruous list.

It is not surprising that most are native to Mediterranean climates like our own. Some are well-known and often grown, but others are not. Capers, for instance, are easily but rarely grown. Plant these sprawling shrubs where they can trail down a bank or over a wall. Pineapple guava produces a luscious fruit for cooking and preserves.

Prickly pear cactus (*Opuntia* species) produces edible berries sometimes found in grocery stores. Why not grow your own? You will never find hips of *Rosa rugosa* in grocery stores, but they make great jelly, tea and chutneys to flavor meat dishes.

Well-established grapes are quite water-wise. Pears and plums do well with less water than other fruits. Jujube, an Asian native, produces fruit

that can be eaten fresh (tastes like an apple) or dried (tastes like a date).

Two rather unusual fruits requiring less water are quince and blue elderberry (*Sambucus mexicana*). Quince is wonderful in chutneys and jams, while blue elderberries can be used for jam, pies and even wine.

Two Mediterranean classics are easily grown in Southern California: olives and pomegranates. Both are well-scaled to urban gardens and pomegranates have the added advantage of very showy red flowers. Pine nuts can be easily grown as well. All you need is a bit of room and a healthy *Pinus edulis*.

There are many herbs that can be grown using little water once they are established. Among the best are rosemary, sweet bay (don’t forget that it is a tree), thyme, borage, caraway, chives, garlic, dill, fennel, oregano and sage.

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



Blue elderberry is a fruit that uses very little water. (Courtesy Armstrong Garden Centers)

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Persian and Arab delights

Frank Sabatini Jr.



A visit to Tak Grill potentially sends you on a culinary odyssey through several countries beginning with Iran, where Hossein Ebrahimi ran a similar eatery before emigrating to the U.S. several years ago.



Shirazi salad

His native recipes for minty shirazi salad and succulent meat kebabs are supplemented by dishes common to Turkey, Lebanon and Greece — chicken shawarma, stuffed grape leaves, lamb-beef gyros and falafel.

Though not so “unique” to cultured diners (as the Persian word “tak” denotes), the young and personable Ebrahimi masters the fare with clean ingredients and proper seasonings. For a fast-casual operation that uses disposable plateware, the food is also presented with more visual panache than you’d expect.

Vivid yellow walls are the backdrop to tantalizing photos Ebrahimi took of certain dishes. If those don’t send your appetite into frenzy, the vertical spits of gyros and chicken shawarma basking in their drippings will do the trick as they stare at you from behind the order counter.

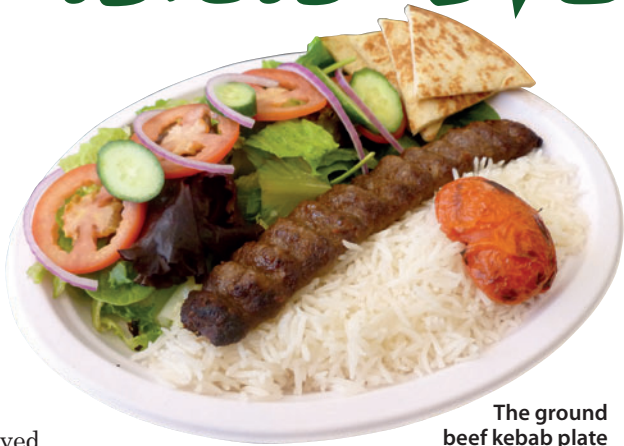
House-made hummus served with pita bread was smooth, thick and spiked judiciously with the three vital flavor boosters: tahini, lemon juice and olive oil. A fine balance of ingredients emerged in the shirazi salad as well, with evenly diced cucumbers and tomatoes playing host to fresh mint, lemon and olive oil.

The famed Lebanese tabouli salad was expectedly rich in chopped parsley. Its grassy bitterness in such concentrated amounts is an acquired taste, though quelled to a degree by bulgur, tomatoes and oil-lemon dressing. We later applied some of it to a ground beef kebab and it paired quite naturally to the onion-infused meat.

The menu also offers a standard Greek salad and a spring-mix medley with apples, walnuts, cranberries and Gorgonzola in pomegranate dressing. That salad is only \$8.95; not bad considering it’s the highest priced starter on the menu.

Tak Grill serves a lean, mean chicken shawarma sandwich (or plate). The stacked poultry — spiced with cumin, coriander and paprika -- is shaved from its rotisserie in generous portions and piled into a large, puffy pita pocket with mixed salad and yogurt sauce. I’m a sucker for these sandwiches and have learned that feta makes them better — an easy upgrade for 75 cents here.

In addition to the aforementioned ground beef kebab, others include beef filet as well as chicken, in which the meat undergoes an overnight marinade in 12 spices. There’s also an equally tempting marinated rack of lamb. The proteins are cooked on a gas grill with pans of water underneath it, a crafty cooking method that instills extra moisture to the food.



The ground beef kebab plate

A deep fryer is used for the falafel, those crispy orbs of mashed chick peas that Ebrahimi laces with cilantro and green onions. It’s one of the few Mediterranean dishes my dining companion eschews either because they’re too plain or dry. But he ate these with gusto.

Plates come with fluffy basmati rice, garden salad, pita bread, a grilled tomato and cool,



House-made hummus



Chicken shawarma sandwich (Photos by Frank Sabatini Jr.)

creamy cucumber-yogurt sauce, which is compatible with every meal component you slather it onto.

Visiting late morning on a weekday, Tak Grill was already doing a brisk business with takeout and dine-in orders. At just over a year old, Ebrahimi seems to have hooked area residents and day workers on a cuisine that is wholesome, affordable and memorably flavorful.

—Frank Sabatini Jr. is the author of “Secret San Diego” (ECW Press), and began

his local writing career more than two decades ago as a staffer for the former San Diego Tribune. You can reach him at fsabatini@san.rr.com.■

Tak Grill

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**PATRICK
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Patrick Henry High School News

Elizabeth Gillingham

Student wins second place on civics essay contest

Jordan Furtak placed second writing about Japanese internment in the Southern District of California's 2017 Civics Essay Contest. Her essay represented the Southern District of California at the Ninth Circuit Court Civics Contest, where winners will be announced in June for the next level of the competition.

John and Susan Furtak accompanied Jordan, with PHHS teacher, Mrs. Taunya Robinson, joining federal judges and the contest judging committee and staff for a celebratory award luncheon held in Jordan's honor at the James M. Carter and Judith N. Keep United States Courthouse on May 31. Jordan was honored with a certificate and was asked to



(l to r) PHHS teacher Taunya Robinson and essay winner, Jordan Furtak (Photos courtesy PHHS)

read her essay to the audience in attendance. The court created an exhibit of the winning essays and videos inside the courthouse to showcase all the student's hard work and effort, and to inspire other students as they visited the courthouse.

Spring sports finish strong

Donald Kay, Patrick Henry's extraordinary golfer, shot a 68 at Poppy Hills in Monterey to finish tied for second in the CIF State golfing championship. The round was virtually flawless and included six birdies.

Congratulations also go to the track team, who participated in the city league conference finals. The team was well represented at the CIF prelims at Mt. Carmel High School. The team was led by individual league champs: Clara Lane (pole vault); Madison Simmons (shot put and discus); Roxanne Foltz (long jump); and Troy Cristobal (long jump, triple jump, and high jump).

The PHHS Swim CIF finals ended with the following results:

- Jack Macecca, our diver, got second place out of 27 divers and competed at the state finals in Clovis, California.
- Carlson Temple got first in both the 200 individual medley and the breast stroke, and also competed at the state finals in Clovis.
- 200 medley relay — girls: Naomi Blik, Ashley Wenzel, Sarah Harry and Sydney Fortune — fourth.

- 200 individual medley: Carlson Temple — first
- 100 fly: Ashley Wenzel — 15th
- 100 freestyle: Sarah Harry — 12th
- 100 breast stroke: Sydney Fortune — fourth
- 100 breast stroke: Sarah Harry — 12th
- 100 breast stroke: Carlson Temple — first
- 4x100 relay — girls: Naomi Blik, Ashley Wenzel, Sarah Harry and Sydney Fortune — 11th
- diving: Jack Macecca — first

In badminton, Brian Tran, a junior, won the boys' singles crown for his second title of the day. He also teamed with Mikayla Aguilar to win the mixed doubles championship.

In softball, the Lady Patriots played in the CIF Championship Division 1 as the No. 1 seed and ended up as the runner-up team in the final round played at UC San Diego.

Our boys' Lacrosse team came out on top 9-7 against El Camino High School in the quarterfinals of CIF. It was a very entertaining and physical



Patrick Henry golfer Donald Kay

match against two competitive programs. PHHS held on to their advantage in the final quarter with very intelligent and unselfish play from the boys. Unfortunately, they lost to the No. 1 seed, Del Norte, during the semifinal match last month.

Our baseball team earned the No. 11 seed in the CIF Division II playoffs.

In boys' tennis, Joel Foster and Teiva Berger each qualified for the individual CIF tennis tournament. Joel posted a record of 38 wins and 18 losses and Teiva had a record of 38 wins and 20 losses.

Students visit City College

PHHS students from Mr. Karl Bolton's graphic design class participated in a portfolio review process at City College. The students had a great time as they sat down individually with different design professors from around San Diego and discussed their portfolios, which were created throughout the school year.

The response was positive from both sides of the table. After the presentations, a professor pulled Mr. Bolton aside and stated, "Your kids were so articulate, well behaved, and courteous; every single one provided a hand shake and mentioned how appreciative they were of our time ... they acted completely contrary to what I hear about high school kids these days."



(l to r) PHHS Senior Walker Madsen with City College professor Sean Bacon

See PHHS page 15

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LIVING AND WORKING IN DEL CERRO



► PHHS, from page 14

Student of the month

Tyra Roberts was selected for PHHS Student of Month. One teacher stated in her recommendation: “She has an astonishingly strong and sincere desire to build community — whether it’s school, sports or home. She supports all the groups and organizations above passionately through cheer, link crew, peer mediation, volunteering for our Special Olympics activities, attending games and events both at Henry and SDSU. Tyra really values finding ways to connect with people, both like-minded and different from her, and has an as much of an open-minded as they come. She believes in the value of working to make these connections. I am continually impressed with her appreciative and optimistic outlook on life, death, education, commitment ... the list goes on. She sees it all as opportunity. And she greets it all with a smile and a ton of humility. I’d like to clone her.”

Another teacher stated: “I’d like to recommend Tyra Roberts. She is a strong leader in link crew and on campus. She volunteers to tutor other students in the library almost every day, when her requirement is only three hours per semester. She is kind and welcoming to all students, and consistently has a smile on her face. I can’t think of anyone who deserves it more!”



Senior Sophia Luna and contest chairperson, Dr. Newman

Conservation poster contest

The Kiwanis Club presented certificates from Councilmember Scott Sherman’s office to over 40 students involved in their conservation poster contest. All students also received a goodie bag from the city of San Diego Water Department with pencils, cups, a stress ball and more. SDG&E donated ear buds for everyone, as well. The winners got cash prizes to recognize their special entries, ranging from \$20 for honorable mention to an \$80 award for first place winner senior Sophia Luna.

Summer trip to Japan

Five PHHS students were chosen to participate in the Tomodachi-MUFG International Exchange Program this summer. They’ll be learning about the Great East Japan Earthquake and Tsunami of 2011, living with a Japanese host family, and visiting Tokyo, Kyoto, and Hiroshima, to strengthen ties between students in Southern California and Japan.

Their trip is fully funded by the Japanese government through a special partnership with the Tomodachi-MUFG international exchange program and this is the third trip PHHS students have been included in. They leave June 24 for two weeks and we are very excited to hear about this amazing opportunity!

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



(l to r) Bonnie Nguyen, Alex Cagle, Brandon Matsumoto, Felix Rosell and Polina Norman

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Madrid is a city of passion! Locals, known as madrileños, are ardent about their history, culture and perhaps most of all, their food. From tapas to tomatoes to treats, they love it all and are eager to share their love with visitors looking for a sensory culinary taste explosion.

Unlike people living in the United States, Spaniards prefer to dine late. While Americans might typically eat around 6 p.m., in Madrid it is not uncommon to start a meal at 9:30 or 10 p.m. This is when things really start happening anyway as the downtown neighborhoods fill up with locals and tourists sampling tapas at some 250 tapas bars.

These are colorful, vibrant places where you can mingle with the locals, engage in good conversation, and sample a glass of Spanish wine or beer for just a few euros. Drinks are usually accompanied by a complimentary small plate of bread, olives, cheese, jamón (ham) or seafood.

Speaking of ham, it is almost a national obsession. But unlike the thick cuts of meat one might get in the U.S., the slices in Spain are carved wafer thin and served alone as a starter or with bread and other accompaniments. Huge legs of ham hang in the shops and are on display in restaurants and packaged for take home in high-end department stores. The best Iberian ham (such as Bellota) comes from animals

that roam freely, eating a diet mainly of acorns. This is what makes cured Iberian ham, according to locals, unparalleled in the world.

You will want to take time to stroll around neighborhoods such as La Latina, Chueca, Las Letras and Santa Ana. You probably won't get very far until you are drawn into the enticing storefronts. What sorts of foodie finds will you see? How about fine Spanish wine shops (bodegas) offering bottles for around 10 euros. Or crusty bread in various flavors and fresh from the oven. Olive oil is unbeatable in Madrid, and most comes fresh from local producers straight to the shelves. (Save room in your suitcase.) Then there are chocolates, truffles, mushrooms, and flavorful tomatoes the size of small volleyballs.

In Madrid, you will experience it all from high-end indoor food markets such as Mercado de San Miguel to the iconic El Corte Inglés department stores, including one just for men and one for women. On the ninth floor of Corte Inglés Callao, you will find The Gourmet Experience, featuring a cornucopia of some of the best food items the country can offer.

At last count, Madrid has 14 Michelin-starred restaurants. There are three chef-run eateries, totaling seven stars, located inside El Corte Inglés. These include StreetXo (global street food) by David Muñoz (three Michelin stars); Cascabel (Mexican) by Roberto Ruiz (one Michelin star); and Rocambole Gellateria, serving gourmet ice cream by Jordi Roca. A Michelin-star chef, Roca and his El Celler de Can Roca was



The gates of the Royal Palace (Photos by Ron Stern)

named best restaurant in the world in 2015 by Restaurant Magazine.

If you've ever wondered where the oldest restaurant in the world is, that distinction is given to Madrid's Restaurante Sobrino de Botín, located at Calle Cuchilleros, 17. Having been in continuous operation since 1725 — with a Guinness certificate to prove it — the restaurant's specialty is suckling pig. Many famous people have visited over the years, including the author Ernest Hemingway and the artist Francisco Goya, who was employed as a waiter before attending the Royal Academy of Arts.

There are many other sit-down restaurants that you will want to try, including Atico Restaurante by Ramon Freixa, serving Spanish and Mediterranean fare. Afterwards, check out their rooftop terrace for fabulous views. At Lhardy Restaurant, you can dine on regional dishes, including their fabulous Madrid Cocido prepared with chickpeas, meat and vegetables.

For the ultimate in the trendiness category, book a reservation in advance for Amazónico. The mouth-watering aroma of meats grilling on an open flame in the kitchen greets your senses as you enter this eatery lavishly decorated like the Amazon jungle.

Not to neglect breakfast but you will have to adjust

your thinking beyond typical bacon and eggs. You are in Spain, after all, and here you will want to make your way to a little passageway near the Puerta Del Sol public square to find Chocolatería San Ginés for chocolate con churros. Believe it or not, freshly made churros and hot chocolate are wildly popular in Madrid, so much so that this spot is open 24/7.

With a history dating to 1894, this café turns out freshly made, lightly battered and fried churros served with a cup of thick, hot chocolatey goodness with a hint of cinnamon. Downstairs is the best place to eat as the space is decorated with green wooden paneling and mirrors as well as matching upholstered seating. This is a decadent culinary experience that you will savor as you dip your churro into the chocolate and let the flavors meld in your mouth.

Every city has its little culinary secrets, and tucked innocently along Calle de Puñonrostro, 3 is a tall wooden door that most just walk right by. But don't! This is the entrance to the Monastery of Corpus Christi, home of a convent of cloistered nuns. You will also see a small sign that reads, "Horario: Venta de Dulces," as well as a buzzer. If you are fortunate to visit when they are open, this is the place to get your secret sweets (dulces) or cookies, depending upon what they made

Where to stay

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This is a beautiful, luxury property ideally located for exploring Madrid. The service is impeccable, the rooms are clean and comfortable and a full breakfast is included with your stay. More at villamagna.es.

See and do

Del Prado Museum

A national treasure, the museum has an extensive collection of European art from the 12th century onward. Masters such as Velasquez, El Greco and Rubens are featured. They also have a stunning copy of the "Mona Lisa" with a colorful background believed painted at the same time as its famous cousin in the Louvre. More at museodelprado.es.

Aranjuez Royal Palace

This site is a must-see and is located a short drive from Madrid. Declared a UNESCO landscape in the cultural heritage of humanity site in 2005, two rooms have to be seen to be believed: the porcelain room and Moorish room. More at patrimonionacionales.es.

El Corral de la Moreira Flamenco Show

If you have never seen a flamenco show, this is the one you will want to experience. Book a reservation that includes dinner and come see a visual feast for the senses. More at corraldelamoreria.com.

that day. After you enter, you will come to a small window with a little turntable. It is helpful if you speak a little Spanish so you can ask what they have (*Qué tienes?*). After paying several euros, you will be rewarded with a small box of cookies or sweets adorned with the name of the monastery. Cherish your victory as you enjoy your delicacy in your search for the best of heavenly Madrid.

—Contact Ron Stern at travelwriter01@comcast.net or visit his blog at globalgumshoe.com. This was a sponsored visit; however, all opinions are the author's. ■



Street musicians in Madrid



The oldest restaurant in the world is Restaurante Sobrino de Botín, located at Calle Cuchilleros.

► **Fiery summer**, from page 1

Heartland Fire, Santee Fire, CalFire, and county and state air resources were instantly involved.

Between crews on the ground and the aerial attacks, the fire was quickly reduced to almost a training exercise for all agencies.

“We learned a whole lot from the firestorms of 2003 and 2007,” said San Diego Battalion Chief Dan Froelich. “Back then, we had a lot of problems communicating with each other. We didn’t always know where everyone was, and we often couldn’t contact them, because we didn’t have much of anything in the way of common radio channels. Most, if not all, of that has gone away.”

(A personal memory here. Back in 2003, I was among a number of television reporters racing around in live trucks, trying to catch up with the hot spots and report on them. We came across a truck and crew from the federal firefighters at Miramar. They were parked at a gas station at Convoy and State Route 52. They wanted to help, but couldn’t, because they couldn’t talk to anyone. No radios, and cell phones were totally overloaded. They had no idea where they might be needed, and no idea how to get there. That, thankfully, is no longer a problem for anyone.)

“We’ve come a long, long way since then,” said Santee Fire Chief Richard Smith. “We can all talk to each other. We have common radio channels so that everyone can hear everyone else. We have the ability to stay absolutely current on the situation, and move where and when we need to.”

And there is little doubt that there will be that need to.

Fire officials are quite clear about one thing: Fire season in San Diego is now year-round.

Much of San Diego — especially in our area of interest for



Firefighters from multiple agencies prepare to conduct exercises in Mission Trails Park ahead of fire season. (Photo by David Cooksy)

Mission Times Courier — are prime areas for fire danger.

Think about how many homes in San Carlos, Del Cerro, Allied Gardens, and even Grantville, sit on the edge of, or in, canyons.

Eddie Villavicencio keeps track of such things for the Fire Department, and he points out there are 46,000 homes sitting on canyon rims. Many of them have brush growing right up to their backyards.

Many of those are in our area.

With the rains we had this past winter, the brush and grasses are more heavily overgrown than usual.

It’s what the experts call the wildland/urban interface, where homes are in the middle of prime fire areas.

Think back to 2003, and 2007.

How many homes were destroyed in Tierrasanta? Scripps Ranch? How fast did those fires move?

Fire officials make the case that they are now much, much more capable of fighting them than they were then, and they are.

All the agencies train more or less constantly to hone that edge. A prime example was a three-day training exercise

at the edge of Mission Trails Regional Park back in April.

CalFire spokesman Isaac Sanchez said it worked well, and also pointed to the improvements in communication that the 2003-2007 firestorms brought about.

“One of many improvements is the 800 megahertz radios we now have that we didn’t back then. It makes staying in constant touch with each other easier,” he said.

The training makes all the fire agencies more coordinated and interrelated. It gets everyone used to working with each other, and avoids jurisdictional squabbles that sometimes used to complicate efforts. They say they are as ready as they can be for a long, hot summer.

But they admit that they’re worried — very worried.

The Rock Fire made them all think about what happens if a massive fire gets a foothold in Mission Trails Regional Park, one of the jewels in San Diego’s crown.

That is 7,220 acres of dry grasses and bushes — 7,220 acres of fuel.

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



The ignition point of the Rock Fire, which is under investigation as a possible arson (Photo by Doug Curlee)



A helicopter dumps water on Mission Trails Park during exercises in late April. (Photo by David Cooksy)

► **Gage**, from page 3

The group met recently with Kevin Beiser, the school board member who represents their area. Beiser has lent a sympathetic ear, telling them that he’s at times had to follow up repeatedly with Marten to find information he’s seeking.

Earlier this year, Marten announced the district was under a hiring freeze. But Beiser told me that when he first requested information on the number of staff members who’d been hired during the freeze, he got no answers from Marten. He ended up asking a parent to file a

public records request for the information — not that this approach would necessary turn around information any faster.

Voice Of San Diego analyzed more than 400 California Public Records Act requests filed by members of the public between 2013 and 2016, and found it often takes the district more than 200 days to deliver records to citizens and journalists who request them. One citizen waited at least 517 days for records the district never delivered.

Beiser told me he eventually got the information he requested from Marten — exactly one hour before the board meeting

in which he was asked to vote on layoffs.

“Without a doubt, I think we can do a better job of providing information promptly when people ask for it,” Beiser said. “It helps to establish trust with parents and the media, and it makes for a better school district. When we’re open about our information, it allows others to weigh in and offer solutions.”

Marten did not immediately respond to a request for comment.

Back in the Del Cerro bistro, Bennett said he was unsettled by the story, which he also heard from Beiser.

See **GAGE** page 19 —————>

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PUZZLES ANSWERS ON PAGE 11

SUDOKU

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

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CREATORS NEWS SERVICE By Charles Preston

- ACROSS**

1 Flattery

8 Point on Martha's Vineyard

15 A flower's petal envelope

16 Fifty states

17 Of the skull

18 Went up in steam

19 Gourmet dish to some

DOWN

1 Behold, *à la* Pilate

2 In days of ____

3 Of a period

4 Succeeded

5 Wing-footed

6 Done in

7 Corridor

8 Mallets

9 To love: lt.

10 Slang affirmative

11 Czech river

12 Island republic
- 20 Filch

22 Roman tyrant

23 Japanese money

24 Tree genus

26 Covered with ceramics

29 Lettuce

30 Fine fabrics

35 Silkworm

36 Karate adjunct

37 Lady, in Durango

13 Tree genus

14 Pedestal part

21 Ottoman

23 At ease

25 Man's nickname

26 Pertaining to tissue

27 Miss Dunne

28 Vine

29 Dining or smoking

31 Middle East capital
- 38 Natty Bumppo

41 Subject to intense heat

42 Income ____

43 Region

44 Peruses

45 Long time

46 Garb

47 ____ Bay, Sweden

49 ____ culpa

50 Certain progenitor

32 Figured silk

33 White-tailed birds

34 Tales

36 Honey, in pharmacy

37 Red or white

39 Mixture

40 Shade of brown

45 Gloss

46 Abandon

48 Idolize

49 Means of communication
- 54 The ____: Oregon town

56 Light blow

59 Ennui

61 Sweet ____

63 Effacement

64 Spiritual perfection in Buddhism

65 Man from Raleigh

66 ____ table

50 Encourage

51 Girl's name

52 Moroccan tree

53 Net

55 Auld ____ Syne

56 Iranian coin

57 ____ of Clifves

58 Money, for Uncas

60 Owing

62 Timetable abbr.: var.

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San Diego Community News Network

Del Cerro Action Council news



Jay Wilson

ColRich development

The major concern for Del Cerro continues to be the proposed ColRich development that will result in the construction of 24 homes east of College Avenue and just below the Chevron Station. Navajo Community Planners, Inc. (NCPI) voted 6–4 to oppose the project at its May 10 meeting.

The next opportunity to support or oppose the project is to submit comments to the City of San Diego Development Services Department in response to the Mitigated Negative Declaration Report recently issued. The following information is from the CEQA document and provides information on how to access the report and submit comments which are due by June 23:

“The City of San Diego Development Services Department has prepared a draft Mitigated Negative Declaration Report for the following project and is inviting your comments regarding the adequacy of the document. The draft Mitigated Negative Declaration has been placed on the City of San Diego website at bit.ly/2s39ZIC under the “California Environmental Quality Act (CEQA) Notices & Documents” section. Your comments must be received by June 23, 2017, to be included in the final document considered by the decision-making authorities. Please send your written

comments to the following address:
Courtney Holowach,
Environmental Planner, City of San Diego Development Services Center
1222 First Ave., MS 501
San Diego, CA 92101;
or e-mail your comments to
DSDEAS@sandiego.gov with the project name and number in the subject line.”

City staff will respond to concerns outlined in the comments they receive via phone, email, or letters. The concerns, and city staff responses, will be included in the final CEQA document. Your input counts, but only if legitimate concerns are brought to city staff’s attention.

Several Del Cerro residents opposed to the project recently met at Temple Emanu-El to discuss their concerns with the project. They discussed several matters that could present opportunities to raise concerns when the project comes before the City of San Diego Planning Commission, including the following:

- The community has requested the property remain undeveloped for several decades, which the city has actively supported until now.
- The environmental study submitted by ColRich is three years old and may require an update.
- Are there funds available for the city to purchase the property and have it become dedicated open space?
- The traffic study contracted by ColRich needs to be evaluated by a third party.
- Traffic on College Avenue has dramatically increased over the past 30 years.

- What changed the city’s stance on allowing development with ingress and egress limited to a single driveway on College Avenue when it has been previously denied?
- Does anyone know of a traffic engineer in Del Cerro, or anywhere, who would be willing to review the traffic study on behalf of the Del Cerro community?

Everyone is encouraged to thoroughly read the CEQA document referenced above. When the project is docketed on the agenda of the Planning Commission, direct any concerns in a letter to the commission. The CEQA document is posted on the city website, and the CEQA document has been posted on the delcerroactioncouncil.org website for your reference and referral.

The ColRich project will need to be heard by the City Council if and when it passes the Planning Commission. If it is docketed for the City Council, letters, phone calls, and/or emails should be directed to Councilmember Scott Sherman. Note that members of the City Council cannot comment or make a decision on a project until the item is presented to the council at an official council meeting.

Del Cerro Action Council

The next meeting of the Del Cerro Action Council will be held on Thursday, July 28, at 7 p.m. at Temple Emanu-El. Our website is delcerroactioncouncil.org

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

► Gage, from page 17

“If he’s a board member, and he can’t get the information, what hope do we have?” Bennett said.

Beiser said Marten’s responsiveness to requests will be a consideration on this year’s performance review.

“There’s certainly room for improvement when it comes Marten’s responsiveness, but I think that’s true for every professional. We all have areas we need to improve. That’s not to say that Marten hasn’t done an amazing job in other areas,” he said.

A performance review that gave Marten anything less than a stellar review would represent a shift from the past three years. Despite the fact that last year’s evaluation came on the heels of a scandal that earned one school board member a criminal conviction and booted her from the board, Marten’s performance review last year was without blemish.

Marten and board members have credited their cordial relationship to the gains San Diego Unified has made as a district. Unlike school boards elsewhere, mired in continuous conflict with their superintendent, the fact that San Diego Unified’s superintendent is ideologically aligned with school board members allows them to implement reforms on the way to a common goal, they’ve argued.

The risk in such a relationship however, at least in terms of public perception, is that when there’s

no separation between the board and superintendent, school board members could fail to provide responsible oversight and accountability.

Toward the end of the evening, parents started grasping for solutions.

What recourse do citizens have if they feel board members are derelict in their duties and simply rubber-stamp plans that come before them?

Could the state take over the district, fire Marten and remove board members?

Spencer heard that a state takeover is a severe and draconian option that results in a loss of local control, but it might be worth considering, she said.

“I mean similarly, those guys don’t seem like they’re beholden to what we have to say now, so how much worse can it be?” said Spencer.

It could probably be worse, the group agreed. Maybe they’ll have to wait for the next election, when parents can elect new school board members to better represent their interests and hold the superintendent to account.

Just then, a waiter arrived to hand out checks for the meal. Bennett reached for his bill, then paused in thought.

“You know, unfortunately, a lot of this is probably going to be forgotten by the time the next election rolls around,” he said.

—Mario Koran asks questions and writes stories about San Diego schools for Voice of San Diego. Reach him directly at 619-325-0531, or by email: mario@vosd.org.

AREA WORSHIP DIRECTORY

St. Andrew’s Lutheran 8350 Lake Murray Blvd, La Mesa, CA 91941 Sun: 8am, 9:30am, 11am; Sat: 5pm (619) 464-4211 Rev. Manuel Retamozo

St. Dunstan’s Episcopal Church 6556 Park Ridge Blvd, San Diego, CA 92120. Sunday 8 & 10:30 am, Wednesday 10 am (619) 460-6442. Father Kent Branstetter

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

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

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

Blessed Sacrament Church 4540 El Cerrito Dr, San Diego, CA 92115 Sun: 8am, 10am, 6pm; Sat: 5pm (619) 582-5722 Bruce Orsborn

All Peoples Church 4345 54th St, San Diego, CA 92115 Sun: 9am and 11am (619) 286-3251 Robert Herber

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

Wesley United Methodist 5380 El Cajon Boulevard, San Diego, CA 92115 Sun: Youth worship 11am; Sat: YAY at 7:30pm (619) 326-7202 Dr. Cuong Nguyen

Mission Church of the Nazarene 4750 Mission Gorge Pl, San Diego, CA 92120 Sun: 9am and 10:45am (619) 287-3211 Rev. Tony Miller

Salvation Army Kroc Center Church 6611 University Ave, San Diego, CA 92115 Sundays at 10:30am (619) 287-5762 Bryan Cook

Prince of Peace Lutheran 6801 Easton Court, San Diego, CA 92120 Sundays at 9am (619) 583-1436 Paul L. Willweber

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

VISION: A Center For Spiritual Living 4780 Mission Gorge PL, Suite H San Diego, CA 92120 Phone (619) 303-6609 www.visioncsl.org Rev. Patti Paris 10:00 am

St. Therese Catholic Church 6016 Camino Rico, San Diego, CA 92120 Sun: 7am, 9am, 11am, 5pm; Mon-Fri: 7:30am; Sat: 7:30am & 5pm (619) 582-3716 Fr. Michael M. Pham

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Temple Emanu-El 6299 Capri Dr., San Diego 92120 Fridays 6:00 p.m., Saturdays 10:30 a.m. (619) 286-2555 Rabbi Devorah Marcus

Holy Spirit Anglican Church 6116 Arosta St., San Diego 92115 Sunday, 9:30 a.m. (619) 324-9171 Father David Montzingo

Palisades Presbyterian Church 6301 Birchwood St., San Diego 92120 Sunday 9:30 a.m. (619) 582-0852 Rev. Daniel Hagmaier

Ascension Lutheran Church 5106 Zion Ave., San Diego 92120 Sundays 9:15 a.m. (619) 582-2636 Pastor Rick Fry

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

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

Tifereth Israel Synagogue 6660 Cowles Mountain Blvd., San Diego 92119 (619) 697-1102 Rabbi Leonard Rosenthal

Chabad of East County (Jewish) jewishec.com (619) 647-7042 Rabbi Rafi Andrusier

Del Cerro Baptist Church 5512 Pennsylvania Lane, La Mesa, 91942 Sunday Traditional Service 9 a.m. Contemporary Service 10:30 a.m.(619) 460-2210 Web Site www.dcbc.org Pastor Dr. Mark S. Milwee

Fletcher Hills Presbyterian Church 455 Church Way, El Cajon 92020 8:30 a.m. 10:00 a.m. Rev. Dr. Kevin Womack

Young Israel of San Diego 7289 Navajo Road, San Diego, CA 92119 619-589-1447 Rabbi Chaim Hollander

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

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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. We will allot more time for our elected officials' representatives and to the San Diego Police and Fire Departments. Bring your questions and concerns.

I am pleased to inform you that I will continue as the president of SCAC and Mark Schulze will be vice president. Patty Mooney will be secretary and April Boling continues as treasurer. We are looking to add to our board, so if you are interested, we ask only two or three hours of your time a month. If you are interested, please contact me at 619-861-3071.

July 4th Fireworks and MusicFest

SCAC is a proud supporter of the upcoming fireworks display and music festival at 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

Navajo Planners

At the June 14 meeting, the main item on the agenda was the Grantville Trolley Station/Alvarado Creek Enhancement Study

conceptual images. If you would like a copy of the conceptual images, let me know and I will email the pictures to you.

Summer safety

As the school year draws to a close, we need to be mindful that our youth will be out in force crossing streets, riding their bicycles, playing in the various neighborhood parks and recreation centers. Some may be on their cell phones listening to music, texting, emailing or talking — and not paying attention to where they are.

We, as adults, need to watch out for them and help keep them safe. Drive a little more slowly and a little more carefully around the parks and places that the kids will be visiting.

Summertime is fast approaching and fire season has begun. Normally, I would say our fire season starts in September and goes through October because of the winds, but this year there have already been some brush fires.

Be sure and have a safe zone of at least 100 feet clear around your house, make sure batteries on your smoke detectors have been changed each year, and that you and your family have an emergency escape plan.

See you at the Lake Murray 4th of July festivities!

—Contact San Carlos Area Council president Mickey Zeichick at mrzeichick@gmail.com to be added to the SCAC's Interested Persons list. Also, join Nextdoor.com for what is happening in your neighborhood during the day and week.■

Allied Gardens/Grantville Community Council news

Shain Haug and Tommy Thornton

Town Hall Meetings

We had good attendance at the May 23 Allied Gardens/Grantville Community Council (AGGCC) Town Hall Meeting where representatives of SoccerCity gave us a look at the Qualcomm site development initiative that will go to the City Council in June. The minutes of that meeting will be published in the July newsletter.

Our next Town Hall Meeting will be on July 25 at 7 p.m. at Ascension Lutheran Church. This 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 an opportunity to find out more about their mission and to consider joining this important civic organization.

First Friday Concerts

The first of five free concerts took place on Friday, June 2. If you missed this one, you really missed a great one. Neighbors of all generations could be seen enjoying themselves, while children made good use of the playground.

High Tide Society performed to a large and groovy crowd (we finally learned what "Yacht Rock" is), with many of Allied Gardens residents

dancing for the entire performance. The group received many large ovations throughout their set featuring soft rock hits from the '70s and '80s, and thanked the crowd with an encore of two additional songs.

Blankets, camping chairs, and picnics are once again expected to be the backdrop for the next concert scheduled for July 7 and featuring Pop Vinyl — a seven-piece band that will cover many genres with a twist of hits from the '70s to present.

Stand Down sock drive

State Senator Toni G. Atkins' office will gather socks to benefit veterans in the 30th annual Stand Down event.

Stand Down — for those not familiar — was started in 1988 by Veterans Village of San Diego and is a three-day event to provide coordinated, comprehensive services to homeless veterans.

Deliver your donations of socks to the senator's office at 1350 Front St., Room 4061, San Diego or contact Ryan Trabuco at ryan.trabuco@sen.ca.gov or 619-645-3133.

Welcome

Welcome to Gay and Chris Holbrook, the independent owner-operators of the Grocery Outlet that they will open this August in the location previously occupied by Albertson's.

It seems like forever since we had a grocery store in the neighborhood and we are

so glad to have you join our community.

Board of directors meetings and activities

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 Aug. 7. The public is welcome.

As we increase the membership of the AGGCC board of directors, we are able to expand the scope of our service to the community. We are concerned with how parks and open spaces are being used in our neighborhood. We would also like to attend the San Diego River Foundation monthly meetings so we can participate in and keep the community informed on the river development in Grantville. We will investigate the possibility of a dog park in the area. Urban forestry is another hot item throughout the city and it is possible that trees can be planted along the main streets such as Zion.

Suggestions for Town Hall Meetings and council action will be much appreciated and your participation in these activities will be helpful.

—Shain Haug is the President of the AGGCC. Reach him at aggccshain@yahoo.com. Tommy Thornton is a council member and a member of Allied Gardens Community Events, the organization that produces the concerts.■

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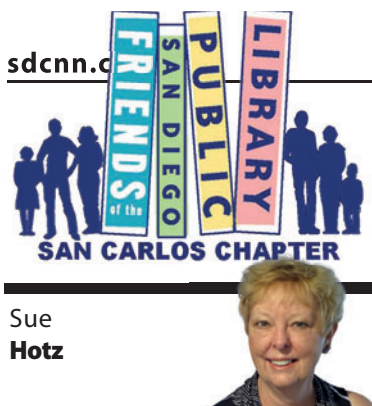
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Let the summer fun begin

This week marked the school year's end of most of our neighborhood youths. Families will be on the road enjoying much needed vacations. We wish all safe travels. Many San Diegans opt for staycations—why not, we live in a resort town! If you haven't yet made your summer plans, we would like to offer some suggestions. The Library's 94th Annual Summer Reading Program (SRP), "Reading by Design," runs June 15-Aug. 15. Sign up online; check out a book; kickback with your favorite libation; read; relax; record the books you read; win prizes. Super easy! We also encourage you to join in our community's many FREE summer activities including our Branch's SRP Special Events, Mission Trails Regional Park, Allied Gardens First Friday concerts and the Fourth of July Fireworks and Music Fest at Lake Murray!

Youth SRP special events

The San Carlos Branch Library, following its RFID upgrade, reopens on Saturday, June 24. Meditation resumes at 9:30 a.m., and from 11:30-12:30, we jump right into our weekly summer Special Events with a Recycled Art Workshop. The whole family will have fun with Joan Green from Arts for Learning San Diego, creating new treasures from reusable materials.

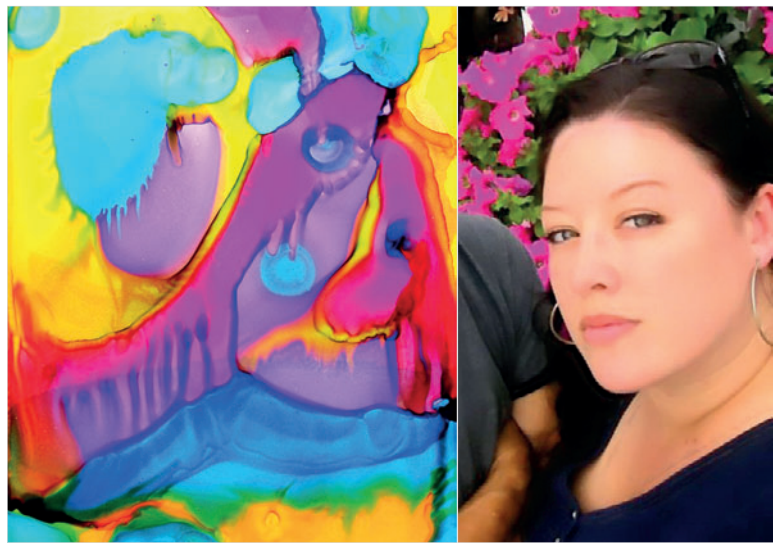
Every Wednesday from 2:30-3:15 p.m., enjoy SRP family-fun entertainment. Programs start on June 28, with Michael Rayner's Super Funny Variety Show. Performing his one-of-a-kind tricks and stunts, Rayner puts on a hilarious show fit for the entire family! His most requested tricks include balancing a wheelbarrow on his chin, spinning a cheeseburger on a parasol, and juggling various surprising objects.

July 5, All About Sharks: They are seen as the villains of the oceans; but what role do they really fill? Learn the truth behind common shark myths and why there are so many great white sharks this year at our local beaches. Get a close-up look at some preserved local species. This program is presented by World Below the Waves.

July 12, Cowboy Ken: With lively tall tales, old cowboy songs, historical facts, and lots of audience participation, Cowboy Ken brings the iconic image of the American cowboy to life! See the Old West art of trick roping up-close; you may even get a chance to try!

July 19, in a very hands-on program, the League of Extraordinary Scientists will teach us all about life-cycles. Every living thing has a life-cycle. See tadpoles, frogs, beetles, butterflies, and mantis up close, and find out how we are all connected.

San Carlos Library news



Artist Melanie Peterson (right) creates colorful abstract art using alcohol ink on yupo paper. (Courtesy SCFOL)

Youth weekly recurring programs include Tuesdays at 4 p.m. when it's yoga and storytime for ages 3-8. Ages 18 and under can learn or improve their chess skills on second and fourth Tuesdays (except July 11) from 5-7 p.m. Thursdays at 4 p.m. (except July 6) ages 3-8 experiment with different media in Process Art. Fridays at 10 a.m. it's time for pre-schoolers to enjoy stories and art projects. Starting Saturday, July 8 at 11 a.m., and then every second and fourth Saturday thereafter, ages 0-6 and their caregivers will enjoy music and movement in Spanish with our NEW program, *Canta y Baila Conmigo* (all language levels are welcome).

Battle of the book characters

See your favorite book characters face off. Harry Potter defeated Voldemort, but he never had to face Captain Underpants, or Junie B. Jones. Here's how it works: Visit the library throughout the summer to check out books featuring a list of 16 popular characters and then vote for your favorite. By summer's end, we will have narrowed the 16 book characters to one grand champion.

Artists

July 5-Aug. 3, we are delighted to offer a unique, color splashed art display in our Winer Family Community Room & Art Gallery. Melanie Peterson creates vibrant abstracts using alcohol ink on yupo paper. A Psychology major at SDSU, Peterson likens alcohol inks to Rorschach tests; each person will see something different in each painting. A multi-talented artist, Peterson also paints modern illustrations with acrylics, bringing wit and imagery to current social issues. Her Artist Reception is scheduled for Saturday, July 15, noon-2 p.m.

Books and speakers

July 13 at 12:30-2 p.m., the Library Book Club is discussing "Complete Maus," by Art Spiegelman.

July 21, 2-3:15 p.m., Jim Bregante asks us to "Step Back in Time: San Diego's Waterfront through the Eyes of a Child." Bregante, a seasoned speaker, native San Diegan, and a docent for the Maritime Museum of San Diego, will share his experience of growing up in Little Italy. Bregante includes local

photos from historical and family archives in his presentation.

OASIS

July 14, 2-3 p.m., in the second of this FREE three-part Healthy Habits series, Brandon Harding discusses how to "Shake the Salt Habit: Limiting Salt in Your Diet." Learn how foods high in salt sneak into our diet and effective ways to reduce them, without sacrificing flavor! Participants will enjoy a healthy snack and experience low-impact exercises to increase physical activity, an important component of weight management and health. Attendees will receive a free health guide with recipes and tips for healthy living.

Adult program changes

Starting July 1, Chair Yoga becomes "Mind/Body Fitness for Older Adults." The class will continue with the same instructor and similar content. This class is limited to the first 25 patrons arriving due to our space limitations.

English and Spanish Conversation Cafes have been canceled. We apologize for the inconvenience, and will repost if they resume. Tai Chi classes have been canceled.

Branch closure: June 12-23

During the closure, please return library materials using the outside drop slot and boxes; items on HOLD before June 23 will be extended until July 8; place labeled Book Sale donations on the provided cart or bench by the branch's side door. We re-open on Saturday, June 24.

Dates to remember

June 15: Online Summer Reading Program signups begin.

June 24: Recycled Art Workshop. We're open.

June 30, 1:30-3:30 p.m.: Friends of the Library only, Used-Book Pre-sale.

July 1, 9:30 a.m.-3 p.m.: SCFOL Monthly Used Book Sale.

July 4: CLOSED for Fourth of July. See you at the Lake Murray all day for Lake Murray Fireworks and Music Fest.

July 7: 6-8 p.m.: Allied Gardens' first Friday in the Park concert.

—Sue Hotz is board member and publicity chair for the San Carlos Friends of the Library. ■

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Sunday School—during worship



The Adult Forum Presents:
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a series of 12 video presentations and discussions following worship. It is part of "Understanding Other People's Beliefs." It will be presented

in the Social Hall after Sunday Worship
starting on June 25th.



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Allied Garden Library news

Kathryn Johnson

On your mark, get set, shop

Clear off your bookshelves and mark your calendar for July 29 for our Friends of the Library quarterly book sale! By shopping the thousands of books for sale, you help our amazing Friends of the Allied Gardens Library group generate funds to go toward our programming and equipment needs. When you support our Friends, you are supporting your community library.

Looking for volunteers

Our Friends of the Library group is always looking for new members. This hard-working group sorts book donations, puts together book sales and offers valuable input for library services. If interested, please contact the library for more information.

Storytimes

Yoga Story Time has a new day and time starting July 5. Children and their caregivers are welcome to join us for this movement and story program on Wednesdays at 3 p.m. Don't forget to join us for our other wonderful storytimes: Baby Storytime Mondays at 10 a.m. Toddler Storytime Tuesdays at 10:30 a.m. Preschool Storytime Thursdays at 10:30 a.m. Yoga Storytime the first and third Fridays of the month at 10 a.m. Pajama Storytime the last Tuesday of the month at 6 p.m.

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 ready to start reading! Once you read 10 books or 10 hours, you get a bag of fabulous prizes to take home. So be sure to get the whole family signed up, running from June 15 to Aug. 15.

Superhero Science

Tuesday June 20 at 2:30 p.m. the Fleet Science Center will be presenting Superhero Science! Everybody wants a super power right? Join us as

we showcase super strength and other powers through the basics of science in this super-charged, super-fun show.

Create your own cupcake

On Tuesday June 27 at 2:30 p.m., join us for a fun and interactive program that the whole family can enjoy. We will provide all the materials you need to make your very own cupcake creations and the best part is you get to eat it when you're done!

The scientists are coming

Tuesday, July 11 at 2:30 p.m. 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, 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.

Community garden

We are partnering with Ascension Lutheran Church to create a garden for our community. If you are interested in helping out, we would love to have more people on board as we work through the process. Please contact me if you would like more information at johnsonka@sandiego.gov.

Photography exhibit and reception

Stop by the Allied Gardens/Benjamin Branch Community Room on Saturday June 24 from noon–2 p.m. to meet local HDR photographers Brian Miller and Tim Mountain. Their gorgeous exhibit, "Views from Miller Mountain: Photography of Brian Miller and Tim Mountain" has been



Take a hint from Baby Storytime attendee Lyle and stay cool this summer at the library. Baby Storytimes take place on Mondays at 10 a.m. (Courtesy Allied Gardens/Benjamin Branch Library)

extended through the end of June. You won't want to miss your last chance to see these vibrant landscapes!

Kids art display

A selection of children's artwork created in our Art Workshop for Kids taught by Stacie Birky Greene will be featured in our display case until the end of June. This workshop was designed to give students experience in new ways of creative expression through drawing, painting and collage.

LGBT Pride Month display

Lesbian, Gay, Bisexual and Transgender (LGBT) Pride Month is celebrated every June to honor the June 28, 1969 Stonewall riots, a pivotal moment in the American LGBT rights movement. The purpose of this commemorative month is to recognize the lasting contributions that LGBT individuals have made and continue to make to culture, society and the world.

Check out materials from our display of books, movies and music by and about LGBT writers, artists, musicians, scientists, activists and community leaders during the month of June.

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

Briefs, from page 8

Keils Market located at 7403 Jackson Drive, 7-Eleven Store located at 7427 Mission Gorge Road and Brothers Family Restaurant located at 5051 Waring Road.

Send San Carlos girl to adaptive sports camp

By dining at any Luna Grill location, at any time in June, you can help 11-year-old San Carlos resident Claire Dermody, who has Spina Bifida. Dermody hopes to attend the 2017 Adaptive Sports

recreation camp this summer in San Diego. The Junior Adaptive Sports Camp through the Adaptive Sports and Recreation Association (ASRA), and sponsored by The Junior Seau Foundation, was created for children and young adults ages 4-18 with physical disabilities to help cultivate a love for sports. Through a point-of-sale donation option and matching funds, Luna Grill hopes to send as many athletes as possible to camp this year. Approximately 80 percent of campers need financial assistance to attend camp each year. "Doesn't everyone want to go to a camp where we can play all



Claire Dermody (Courtesy Aim Communications)

sorts of sports without our parents?" said Dermody for a press release. "I find a new sport each year I want to try during the year, I like them all. This year I hope to be swimming, playing tennis and basketball, and trying chair skating." ■



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FEATURED EVENTS

FATHER'S DAY LUNCHEON
Friday, June 16

Celebrate Father's Day with lunch and entertainment by Dana Law. Featured events include magic and mind reading. 12:30 p.m. at The College Avenue Center, 6299 Capri Drive. Visit bit.ly/2pPTBZx.

Free blood pressure screenings
Friday, June 16 and Tuesday, June 20

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.

- Friday, June 16: 9:30-11 a.m. at La Mesa Adult Enrichment Center, 8450 La Mesa Blvd.
- Tuesday, June 20: 11:30 a.m.-12:30 p.m. at College Avenue Senior Center, 4855 College Ave.

DMV Written Test Prep Class
Saturday, June 17

Need to take (or retake) your driver's license test? Stop by Fletcher Hills Library to practice for your upcoming exam with a free prep class. 2-4:45 p.m. at 576 Garfield Ave. Visit bit.ly/2ro2UVL.

Free Medical Lecture: "Fall Prevention"
Friday, June 23

Scripps injury prevention expert Stacey Feilder will discuss falls, the leading cause of injury for seniors and how to improve safety at home. Limited seating. Call 800-727-4777 to register. 1:15-2:45 p.m. at San Diego Oasis, 5500 Grossmont Center Drive. Visit scripps.com.

Empty Bowls Tierrasanta
Saturday, June 24

Receive a handcrafted bowl from a local potter and fill it with soup from San Diego restaurants. Suggested donation \$20. Proceeds benefit Third Annual Charitable Organization (TACO), a nonprofit that feeds the homeless. 11 a.m.-1:30 p.m. at Tierrasanta Lutheran Church, 11240 Clairemont Mesa Blvd. Visit bit.ly/2ro1Np9.

San Diego Food Bank Distribution
Monday, June 26

Eligible senior residents may receive food boxes from San Diego Food Bank. Applicants must apply in person with proof identification, income and address. Various locations and times. Visit bit.ly/2pPTBZx.

Summer basketball camps
Monday, June 26-Thursday, Aug. 10

Cuyamaca and Grossmont colleges offer youth basketball camps for ages 7-16 years old. Classes are taught on-campus by college basketball coaches. Prices vary. Registration required. Visit bit.ly/2rnNpNw.



Lake Murray Fireworks and Music Fest 2017
Tuesday, July 4

Lake Murray Fireworks is back! Celebrate the Fourth of July with food, music and fireworks at Lake Murray Regional Park. Free and family-friendly. 11 a.m.-10 p.m. at 5540 Kiowa Drive, La Mesa. Visit bit.ly/2rnIbBF.

Allied Gardens Recreation Center Council Meeting
Monday, July 10

Join Allied Gardens Recreation Center Council for their next meeting, which will discuss helping City Park and Recreation manage the new park coming to the neighborhood "Marvin Field." 7-8 p.m. 5155 Greenbrier Ave. Visit bit.ly/2rnfq8h.

GALLERY VIEWS

Herrick Library's Spring 2017 Art Exhibit

Friday, June 16 - Friday, June 30

The Dr. William C. Herrick Community Health Care Library hosts their first photography exhibit. The collection features art from Sharp Grossmont Hospital scientists. 9001 Wakarusa St., La Mesa. Visit bit.ly/2rojiWn.

MTRP Art Reception: Amateur Photo Contest Awards

Sunday, June 25

Join Mission Trails Regional Park for an art reception and awards ceremony to celebrate the winners of the 25th Annual Amateur Photo Contest. 1 p.m. at the Visitor Center, 1 Father Junipero Serra Trail. All photos from the contest will be on display until July 14. Visit bit.ly/2rocBNJ.

MUSIC NOTES

CalPhonics Concert
Sunday, June 25

Energetic, live cover band CalPhonics will kick off Civita's fourth annual "Sundown Sunday" concert series. Free. 5:30-7 p.m. at the new Civita Park Amphitheater, located on Civita Boulevard at Russell Parkway. Visit bit.ly/2qYXjoD.

Live Music at College Avenue Center

Friday, June 23 and Friday, June 30

The College Avenue Center, 6299 Capri Drive, occasionally presents live musical performances. All concerts start at 12:30 p.m.

Upcoming concerts:

Friday, June 23: Karaoke with DJ Laura Jane

Friday, June 30: Rock 'n' roll with The Sophisticats

Free Concert Series
Sunday, July 2 and Sunday, July 9

The Mission Trails Regional Park Foundation presents at least two free concerts each month. All concerts begin at 3 p.m. and are performed at the Visitor Center, 1 Father Junipero Serra Trail. Donations for the musicians are appreciated. Visit bit.ly/2rMRkAE.

Upcoming concerts:

Sunday, July 2: Peter Sprague on guitar

Sunday, July 9: San Diego Native American Flute Circle

Pop Vinyl Concert
Friday, July 7

Dance band Pop Vinyl will perform at this year's Allied Gardens "First Fridays" summer concert series. Free food from Ideal Plumbing Heating Air Electrical and Rita's of Del Cerro. 6-8 p.m. at Allied Gardens Community Park, 5155 Greenbrier Ave. Visit bit.ly/2ro4pmZ.



The Glen Miller Orchestra performs at Sycuan Casino June 20. (Facebook)

Summer of Sycuan Concerts

Sycuan Casino hosts a concert series this summer. Must be 21-and-over to attend. Buy tickets online or at the Live & Up Close box office. 5469 Casino Way, El Cajon. Visit sycuan.com or call 619-445-6002.

Upcoming concerts:

Tuesday, June 20: Glen Miller Orchestra, 7 p.m.

Sunday, June 25: The Broadway Tenors, 7 p.m.

Monday June 26-Wednesday, June 28: Bell Biv Devoe, 8 p.m.

Friday, July 7 and Saturday, July 8: Superstars on Stage, 5 p.m. and 8 p.m.

Friday, July 14: Craig Morgan, 8 p.m.

STAGE CUES

Star Repertory's "Disney's Beauty and the Beast"

Friday, June 16 - 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.



(Courtesy CYT)

San Diego Follies 10th Anniversary Celebration

Thursday, June 22 - Sunday, June 25

Christian Community Theatre presents the San Diego Follies' summer music and dance performance. Tickets \$25-40 online. 2 p.m. and 6 p.m. shows on Thursday-Saturday; 2 p.m. show only on Sunday. Lincoln Performing Arts Center, 4777 Imperial Ave. Visit bit.ly/2q8ICiE.

ON FILM

Outdoor Family Movie Night
Saturday, June 17

Mission Trails Church invites you to an outdoor family movie night. The monthly series will kick off with a screening of "Moana." Popcorn and water provided. Bring lawn chairs and blankets. Film starts at sunset, around 8 p.m., at 4880 Zion Ave. Visit bit.ly/2ro8Qyg.

Page to Screen Club
Wednesday, June 28

Love books and movies? Join Fletcher Hills Library for the Page to Screen Club. After reading the selected book, attend the library movie screening and participate in a group discussion. June's selection: "A Man Called Olive" by Fredrick Backman. 6:30-7:45 p.m. at 576 Garfield Ave. Visit bit.ly/2ro27UI.

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Managing Your Home's Problematic Drains

Your home's plumbing system can be compared to a tree, where your main sewer line is the trunk and all secondary lines are the branches. Secondary drain lines include your kitchen, laundry, lavatory, or shower. Your primary line is your sewer main, which is generally connected to the toilets. The home's sewer main carries sewage to municipal sewer lines or to a property's septic system. In the City of San Diego, it is the owner's responsibility to maintain the home's sewer system.

In situations of homes with easements, the sewer responsibility varies. In most cases the home owner is responsible for the connection all the way to the common line, shared by other properties. If you have a service issue and need a pipe repair or replacement past the sidewalk, curb, or in the street, the City of San Diego can get involved through a Plumber's Report process to help restore sewer service.

3 Steps to Achieve Smooth Running Drains in Your Home

The average life for cast iron drains is 60-70 years. Beyond that, we tend to see frequent failure, appearing in the form of stoppages, internal pipe rust, and corrosion. Larger lines generally carry paper and waste, and old corroded drains can cause stoppages as the paper and waste get hung up on rough spots. Smaller drain lines are even more problematic, as there is less surface area for waste to flow through. Sometimes more than one method is needed to achieve a satisfactory result, but we typically recommend the following:

- 1. Clear the Drain:** Clearing the drain and getting water flowing again is the first step in diagnosing your stoppage issue. Clean-outs are an effective way to enter the drain pipe system and run a cable or snake with an appropriate cutter to remove drain stoppages formed by grease, root intrusions, or hard deposits. Another method to remove stoppages is hydro-jetting, using high pressure water to cut away roots, flush out grease, or smooth out roughness and scale-build up in pipes. Once the drain is clear, it is ready for a camera inspection, if needed.
- 2. Sewer Camera Inspection:** A sewer camera inspection of the inside of a pipe can tell a lot about the pipe condition, trouble areas, rough areas, cracks in the pipe, or root intrusion. Another benefit of the camera inspection is the ability to locate clean outs, which are often hidden or buried. Overall, a camera inspection can help to diagnose reoccurring problems and identify best repair or maintenance options.
- 3. Replace Old, Problematic Drains:** If you have old cast iron drains, one solution is to replace them with ABS plastic. Another option is pipe re-lining, which places a new pipe inside the old pipe with a liner that will smooth out the roughness. Lastly, you can do trenchless pipe replacement, which bursts the pipe underground and pulls a new pipe in its place.

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