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Page 22

INSIDE THIS ISSUE

FEATURE

Have a heart



Project Heartbeat saves lives thanks to generous donors. **Page 2**

OPINION

Unwelcome sentiment



Vandalized banner at church is sign of wrong rhetoric on immigration. **Page 7**

HEALTH & FITNESS

New year, new you



Special section highlights local health and fitness articles and businesses. **Page 10**

FOOD & DRINK

Taste of Philly



Gaglione Brothers serves up classic and special cheesesteaks. **Page 14**

ALSO INSIDE

Politics.....	4
Opinion.....	6
Education.....	12
Recreation.....	20
Calendar.....	23

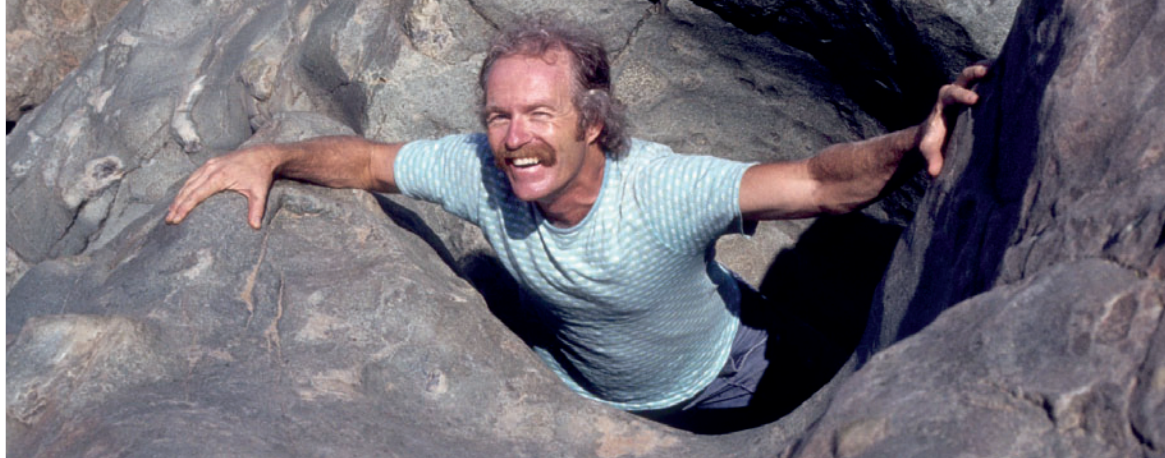
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Rocks of ages



Dr. Pat Abbott, professor emeritus at SDSU, brings his love of rocks to his new book about the geology of Mission Trails Regional Park. (Courtesy Dr. Abbott)

SDSU professor pens book on the geology of Mission Trails Regional Park

Cynthia Robertson

When Dr. Patrick L. Abbott hikes in Mission Trails Regional Park, he is reading between the lines — of the rocks, that is. A Professor Emeritus of Geology at SDSU, Abbott's passion for the language of rocks compelled him

to write a book about this favorite park of his.

Mission Trails Regional Park Foundation has just published and released Dr. Abbott's newest book: "Geology — Mission Trails Park."

Focusing on the past 126 million years, Dr. Abbott has divided history of the park into four stages:

- 126 to 90 million years ago, magma is injected above and below ground-building mountains.
- 90 to 57 million years ago, erosion carves a new and lower landscape.
- 57 to 34 million years ago, the park is literally buried by

See **GEOLOGY** page 9 →

Fitness center chain closing doors in San Carlos Rumor swirls around replacement business

Doug Curlee
Editor at Large

Once again, there is some mystery surrounding a property in San Carlos Village, which sits just off state Route 125 on Navajo Road in San Carlos.

What is known is that, come Jan. 26, the large L.A. Fitness gym and workout center will turn out the lights and lock the doors.

What we don't know is why it's closing, and L.A. Fitness doesn't seem willing to say anything about it. The company has a media relations department that didn't respond to repeated



L.A. Fitness in San Carlos is closing and people are speculating that it will be replaced by a grocery chain. (Photo by Jeff Clemetson)

See **L.A. FITNESS** page 9 →

NEWS BRIEFS



An aerial view of the 2017 Lake Murray Fireworks and MusicFest (Facebook)

Lake Murray Fireworks begins fundraising

Promoters behind Lake Murray Fireworks and MusicFest have started their fundraising campaign for the 2018 event.

The group has already secured a \$15,000 title sponsor for the Fourth of July party — Stormberg Orthodontics, which sponsored the event last year.

New to this year, donations will now be processed through a new 501(c)(3) non-profit called Lake Murray Fireworks and Events. Donations are accepted online through GoFundMe at gofundme.com/lakemurrayfireworks; by credit card through email at lakemurrayfireworks@gmail.com; and by checks sent to:

Lake Murray Fireworks and Events

5173 Waring Road #346
San Diego, CA 92120

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

In addition to looking for donations, Lake Murray Fireworks and Events are looking for volunteers to help with a door-to-door flyer campaign that will take place in April; volunteers for the event itself; and bands to audition to perform at the festival. Interested parties for any of those should contact lakemurrayfireworks@gmail.com.

Viejas to open adults-only tower

Viejas Casino & Resort will open a new luxury tower in February as the third phase of its latest development plans. The Willows Hotel & Spa will have 159 suites and include amenities

See **BRIEFS** page 8 →

Dr. Roy C Springer, MD
Family Medicine

Dr. Stephen Reitman, MD
Internal Medicine & Geriatrics

Dr. Mirwais Saifi, MD
Family Medicine

Dr. Halyna West, MD
Family & Holistic Medicine

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Giving hearts save lives

Project Heartbeat expands through generous donors

Jeff Clemetson
Editor

Don Teemsma was attending the San Diego Fire Rescue Foundation's service awards luncheon when he had what he describes as a "moment of impact."

A video presentation for the Ray & Joan Kroc Center Civilian Lifesaving Citation showed Omar Daniel using an automated external defibrillator (AED) machine to revive La Mesa resident Jorge Chincilla, who had collapsed while running on a treadmill at a fitness center.

"And there he was with his wife having lunch with us like it never happened," Teemsma said. "So I thought, 'You know, if there's a device like this that can save a life, why don't we have one in our office?'"

Teemsma, who is owner of Ideal Plumbing Heating Air & Electrical and is also on the board of the San Diego Fire Rescue Foundation, contacted Maureen O'Connor, director of Project Heartbeat.

Project Heartbeat started in 2001 with the "purpose of increasing survival rates from cardiac arrest here in our region," O'Connor said.

The initial program for the city of San Diego was to put AEDs in every city building. Soon after, the San Diego County Board of Supervisors

adopted it as a countywide program and after that, it was expanded to include access to private entities.

"Our mission for the program has always been to make AEDs as accessible as fire extinguishers because I guarantee you that you're going to end up using an AED much more often than you ever will a fire extinguisher," O'Connor said.

O'Connor is a fierce advocate for the program she directs. She lost a niece to sudden cardiac arrest four years ago and is eager to share stories of people who experience the loss of a loved one and turn that loss into helping fulfill Project Heartbeat's mission — like the story of the woman from Del Cerro who lost her husband to cardiac arrest at their daughter's wedding and became an advocate who has raised money to place several AEDs throughout the county.

"The first one she placed was at Lake Murray Tennis Club and that AED ended up saving the life of the medical director at SeaWorld San Diego, Dr. Ken Anderson, who started donating AEDs himself," O'Connor said.

Another AED, of the handful she donated, went to The Old Globe theater and that one saved two additional lives.

Stories of AEDs saving lives is one of the reasons for the program's success.

"To date, we've helped to place over 9,000 AEDs throughout the county," O'Connor said. "As of last Saturday, we've had our 163rd life saved, just through our program participants, the programs we've set up and managed."

Getting an AED through Project Heartbeat is simple. A unit costs between \$1,000 and \$2,000, depending on features. Project Heartbeat facilitates the purchase of the AED and helps with the state-mandated maintenance of the device.

"We wanted to be able to offer every element that you could think of to establish a successful public access defibrillation program," O'Connor said.

Another element of success is training.

"Part of our program management services is providing free in-service training to all our program participants with hands-on training using mannequins and educating on the simple use of the AED," O'Connor said, adding that it is an easy operation. "AED machines are foolproof. You cannot purposely shock someone unless they are in an actual cardiac arrest rhythm — the machine overrides the human user."



Ideal Plumbing Heating Air & Electrical owner Don Teemsma demonstrates his new AED machine. (Photo by Jeff Clemetson)

In addition to the training on the AED machine, participants learn how to identify signs of cardiac arrest and how to use CPR, which increases the number of people in the public who know lifesaving techniques — even if there is no AED machine nearby.

At Ideal Plumbing Heating Air & Electrical, Teemsma recently had an AED installed and his entire staff trained through Project Heartbeat.

"The issue of having one nearby is that every second counts because within eight minutes you are pretty much brain dead if you don't get oxygen to the brain and heart," he said.

In addition to having one put in at Ideal, Teemsma also donated an AED to Mt. Helix Park in La Mesa where he

is a member of the Mt. Helix Association.

"We have a lot of visitors, a lot of events, there's people in the park and they're up there exercising and moving around and they could have an event and there's a possibility this could come in handy for someone," he said, adding that he will likely donate more AEDs in the near future.

"We're looking for two more places in our community for now, maybe we'll do more later, that would benefit — like a Little League field or a church or someplace that has a lot of people and there's public there."

For more information on Project Heartbeat, visit sandiego.gov/sdprojectheartbeat.

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

Families Using Smart Tech for Pet Care

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

Make pets comfortable while home alone:

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

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

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

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

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

Buy smart technology for pets

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

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

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

Spend a lot on pets:

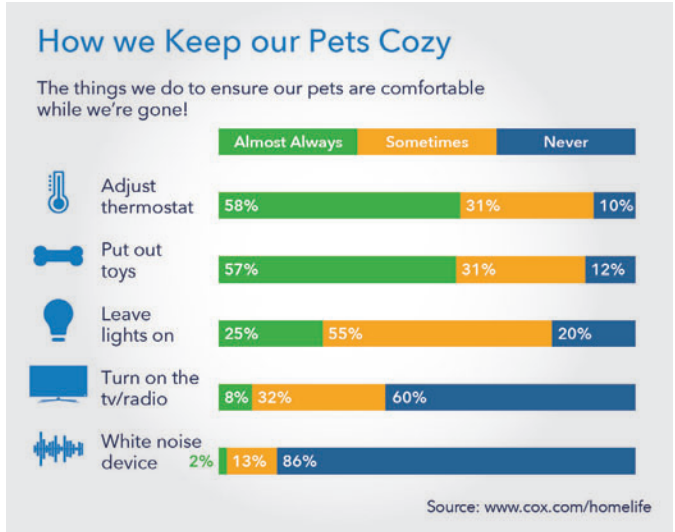
Pet owners spend more money on gifts for their pets than for their friends and work colleagues.

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

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

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

For more information, visit cox.com/homelife.



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WWII veterans Arthur Roemmich (left) and Lloyd Smith served on the USS Northampton. (Photo by Jeff Clemetson)

A fortunate encounter

Courier article brings WWII vets together

Jeff Clemetson
Editor

Kismet? Serendipity Fate? Whatever you want to call it, the stars aligned for two WWII Navy veterans who served on the same ship to meet for the first time on Jan. 7.

Last month, the Mission Times Courier ran a story about Allied Gardens resident Arthur Roemmich, a 100-year-old veteran who served on the USS Northampton — a ship that was saved from being bombed in Pearl Harbor because of a malfunction while refueling. [“Remembering Pearl Harbor” Volume 23, Issue 12 or bit.ly/2DyZ92L]

That story piqued the interest of San Carlos resident Felicia Hamwey, who emailed the Courier to share that her father Lloyd Smith was also serving onboard the USS Northampton when the Japanese bombed Pearl Harbor — and that he was in San Diego visiting from Arizona and would like to meet his former shipmate.

When the two veterans met up, they realized that they had even more in common. They both grew up in North Dakota, Roemmich in Mott and Smith around 100 miles away in Bellfield.

“They’re both the same kinds of towns, though,” Smith said, later adding that it was the connection to the state that drew him to the article.

“I thought it was pretty interesting,” he said. “I picked it up right away that he was from North Dakota; of course I know where Mott is — and his being 100 and I’m 95.”

Roemmich’s father was a farmer and Smith shared that his father worked for the railroad.

“He probably knew my uncle,” Roemmich shared. “My uncle was in charge of the roundhouse and repair in Dickenson.”

Roemmich joined the Navy a few years before Smith, and although they never met while serving aboard the ship, they discovered they had similar duties.

“Ain’t that something,” Roemmich said. “He came on the Northampton, got in the 4th Division, and that’s what I had been in before I got transferred to the supply.”

One major difference, however, is that Roemmich was eventually transferred off the Northampton, while Smith was aboard when the ship was sunk at the Battle of Tassafaronga on Nov. 30, 1942, during the Guadalcanal campaign.

“That was one episode I missed and I’m glad I missed it,” Roemmich said. “The night they were having that battle, I was sitting in a bar in Oakland having a beer and a sandwich.”

Smith wasn’t as lucky and he shared his account of how the ship went down.

“We got hit by two torpedoes and the whole aft part of the

ship was on fire,” he said, adding that he was in the aft section above where the torpedoes struck in towers with the 5-inch guns. “The captain got on the loudspeaker and ordered all of the aft part of the ship to abandon ship and we stopped the ship and we all abandoned ship.”

After the crew in the aft section jumped ship, the Northampton pushed on.

“So we didn’t see the ship sink,” Smith said. “About an hour or two later she was gone. The forward part of the ship went off with the destroyers, but we were in the water. We were in the water from 12 o’clock at night to 8 o’clock the next morning.

“We were lucky to have lifeboats to hang on because I’m the poorest swimmer in the world and I’m in the Navy,” Smith joked.

The next morning, Smith and the other crewmembers got picked up by PT boats and he learned that the rest of the ship’s crew had unloaded onto destroyers before sinking.

Smith was then loaded onto a supply ship bound for Guam and then transferred to the USS Boston, where he served until the end of the war.

The two veterans also shared some stories of the good times on the Northampton before the war, like trips to Australia and New Guinea.

As Smith left, Roemmich gave him a hat from a USS Northampton reunion. Smith said he was “very fortunate” to meet Roemmich and the two said they would keep in touch.

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

Avoid 6 Costly Errors When Moving to a Larger Home and Save Thousands

San Diego - A new report has just been released which identifies the 6 most common and costly mistakes that homebuyers make when moving to a larger home.

Unlike the experience of buying a first home, when you’re looking to move-up, and already own a home, there are certain factors that can complicate the situation. It’s very important for you to understand these issues before you list your home for sale.

Not only is there the issue of financing to consider, but you also have to sell your present home at exactly the right time in order to avoid either the financial burden of owning two homes or, just as bad, the dilemma of having no place to live during the gap between closings.

In answer to this issue, Industry Insiders have prepared a FREE special report entitled “Mistakes to Avoid When Trading Up to a Larger Home.”

These six strategies will help you make informed choices before you put your home on the market in anticipation of moving to a larger home.

To order your FREE copy of this report call toll-free 1-800-270-1494 and enter 1007. You can call any time, 24 hours a day and 7 days a week.

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By Enhancery Jewelers, Kathleen White, Graduate Gemologist, GIA

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BIRTHSTONE OF THE MONTH - AMETHYST

Amethyst is the beautiful purple birthstone for February and zodiac stone for Pisces as well as the 6th anniversary stone. A variety of the quartz family with a hardness of seven, it is a very wearable gemstone, making it a perfect accessory for all occasions. Wearing amethyst is thought to quicken intelligence and protect against evil. In rare instances amethyst crystals are found in combination with citrine making a unique bicolored gemstone called Ametrine. The combination of deep purple and gold in one gem create a very rich warm tone.

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Human trafficking focus of next Republican Women meeting



Judy
McCarty



The thought of having to protect your family's sons and daughters from sex-trafficking gang members in your own local school can put shivers down your back.

Runaway and missing children are at serious risk of being sex-trafficked, often within 48 hours, and over-extended police officers can't always find teens who have voluntarily left home. Fortunately, a non-profit organization made up of volunteer former law enforcement officers and Navy SEALs helps fill the gap by assisting law enforcement and parents locate their missing and runaway children.

This organization is called Saved In America (SIA) and in the 36 months it has existed, they have saved 57 children at no cost to parents.

This dedicated organization of licensed, insured private investigators will be the lead presentation at the Feb. 13 meeting of Navajo Canyon Republican Women at The Brigantine restaurant in La



SIA investigator Kirby Horrell
(Youtube)

Mesa. Our speakers will be Kirby Horrell, former SEAL and SIA investigator, and Joseph Travers, SIA executive director, who will tell us how they are working to fill the gap and the cost to do so.

Check-in time for the 11 a.m. meeting is 10:30 a.m. A full-course luncheon will be served at noon followed by the program. Cost of the luncheon is \$25; reservations are required. Please RSVP to ncrwf99@gmail.com (put "luncheon RSVP" in the subject line) or call 619-990-2791.

The FBI has identified San Diego as a top child prostitution area, and a 2016 study found that sex trafficking was this county's second largest underground economy after drugs. The gangs and pimps reap about \$810 million a year from the "services" of these



NCRWF president Kat Culkin
(Courtesy NCRWF)

young victims who are lured or recruited into the underground world of prostitution and pornography.

Social media and drugs are the lure, which is why cutting off the flow of drugs from across the border is so crucial. The San Diego District Attorney's office estimates there are 2,500 runaway minors at any time in the county. One hundred percent of the San Diego County schools that were studied found that trafficking recruitment was occurring in their schools. Interim District Attorney Summer Stephan has initiated a new program of billboards around the county to warn of technology's reach to young people.

Saved In America runs on donations to buy equipment,

See NCRWF page 5 →

Beginning the new year with calls for reform

District 7 Dispatch

Scott
Sherman



As we enter this new year, I am excited to continue working to improve our great city and the communities of District 7.

I intend to hit the ground running to continue the work on housing affordability, the record breaking pace of road repairs, and cutting red tape to help small business.

The first proposal, which I have worked to get approved since early 2015, includes reforming the way the City Council appoints its Council President in an attempt to curb outside influence.

In a much-needed reform to bring non-partisanship to the Council President position, myself and Councilmembers Zapf, Kersey, and Cate have proposed the appointment of future Council Presidents on a rotating order based on seniority.

This measure would be the biggest reform to the Council

President position since its inception over a decade ago.

Over the past two years and most especially the past month, the current selection process has resulted in a divided and bitter council.

Other consequences have included allegations of Brown Act violations, horse-trading, and politicization of a largely administrative position.

The proposed rotation-based policy is currently being successfully used in other local regional governments and would help foster increased partnership and cohesion on the City Council. After all, City Council positions are supposed to be non-partisan in the first place.

As can be seen from the last Council President election, the current process is in desperate need of reform. This proposal will help create a process which assures a non-partisan outcome.

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

News and notes from your County Supervisor

Dianne's Corner

Dianne
Jacob



Green acres: I've got good news for nature lovers and all those working hard to preserve our beautiful backcountry.

This spring, the county will begin to plant new trees in rural parks hit hard by plant disease and other challenges. Conifers and big-leaf trees like sycamores, which are not as susceptible to pests like the oak borer, will be planted in popular places like William Heise and Dos Picos parks to create a healthier, greener canopy.

The board of supervisors approved the \$2 million initiative in early January.

Success stories: It was my privilege last year to bestow close to 100 county proclamations to residents and organizations for their great contributions to our region.

Among the people and groups honored: La Mesan Ruth Sterling, firefighter

Kendal Bortisser, recovery expert Jeanne McAlister, NFL referee Steve Coover, teachers Camden Flores and Kathy Worley, Volunteers in Medicine, San Diego Law Library, Home of Guiding Hands, San Diego Mountain Rescue Team and San Diego Youth Services.

Never forget: When Dulzura firefighter Cory Iverson was killed battling a blaze near Santa Barbara late last year, it was a reminder of the dangers faced each and every day by our heroic firefighters.

Cory was among the best of the best at Cal Fire. His dedication, bravery and sacrifice will never be forgotten.

I want to commend all our firefighters and those in law enforcement for their service. Thank you for keeping us safe.

—Dianne Jacob is San Diego County Supervisor for District 2. For more District 2 news, go to diannejacob.com or follow her on Facebook and Twitter. For assistance with a county issue, call my 619-531-5522 or email dianne.jacob@sdcounty.ca.gov.■

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Stadium proposals discussed at next Dem club meeting



Yahaira Aristy and
Jeff Benesch



Roger Showley



Joe LaCava (Photos courtesy LMFC)

At our January panel of pols and pundits, San Diego City Councilmember Chris Ward made the brash prediction that both of the stadium measures on the November ballot — SoccerCity, and the Friends of SDSU proposals — would go down to defeat. Why? In Ward's opinion, the deep pockets behind both measures would spend their funds debunking the other. Whether either proposition will garner over 50 percent of the vote is, indeed, one of the more intriguing issues of this most important election year. At our Wednesday, Feb. 7 meeting, we'll talk about the stadium measures and also hear from a variety of terrific Democratic candidates running for important seats in the June primary and November general elections, countywide.

We have two experts empaneled to explore the stadium issue with our club — longtime Union-Tribune writer Roger Showley and well-respected community planner and activist, Joe LaCava.

They'll discuss their in-depth reporting and investigation of the dueling ballot propositions and take questions from the assembled members and guests.

Hardly anyone in San Diego County, particularly those living close to SDSU and the Mission Valley stadium site, will be unaffected by the outcome of the election and the future development of this incredibly valuable piece of real estate. The San Diego River; a

present and future mass transit/trolley hub; three major freeways; Friars Road; much-needed student, faculty and public housing and commercial development; the potential westward expansion of land-locked SDSU; the future of Aztec football; pro soccer; and even the return of the NFL to San Diego — all may hinge on the will of voters come November.

The competing measures share a lot of attractive elements, such as a large river park, stadiums suitable to hosting soccer and college football games, and elaborate housing development; but contrast enough in key areas such as entertainment venues, density, parking, traffic mitigation, open space, community input, and public/private financing, to provide clear choices for voters.

The second part of our evening will be devoted hearing from candidates running for office in this upcoming election cycle. There are local East County races, city of San Diego elections, congressional and state contests, and key countywide contests, and we'll have a good cross section of well-qualified Democrats in many of these key jurisdictions addressing the club.

Candidates in important judgeship and school board races, as well as the now open 49th and 50th Congressional

contests are of particular interest. With Rep. Darrell Issa's "retirement" and Rep. Duncan Hunter's ongoing legal troubles for using thousands of dollars in campaign funds for personal use, Democrats are looking to make the San Diego Congressional Delegation entirely blue.

The Feb. 7 meeting will be held at the La Mesa Community Center, 4975 Memorial Drive, just North of University Avenue near Spring Street starting at 6:30 p.m.

Learn more about La Mesa Foothills Democratic Club on our website at lamesafoothills-democraticclub.com and like us on Facebook.

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

► NCRWF, from page 4

cover travel costs and licensing fees. If you'd like to learn more or contribute, visit their website at savedinamerica.org.

Our Republican state Senator Joel Anderson has once again made us very proud. He has been honored by the USS Midway Museum's Diversity and Inclusion Committee with its 2018 Bridge Builder Award at its annual Martin Luther King Day luncheon.

As a state legislator, Anderson passed a resolution in 2012 to rename a portion of Interstate 15 the "Tuskegee Airmen Highway" to honor African-American pilots in

World War II and authored successful legislation in 2017 to assist non-citizen service members on their path to citizenship.

We'll be doing our annual treat for veterans, too. In February, for Valentine's Day, we'll be handing out our Hearts for Heroes cards to all wounded and recuperating vets in San Diego. We like to share our gratitude.

For more information on all our plans and programs, visit us at navajocanyonrnf.org and check us out on Facebook.

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

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Guest editorial

Team Internet is far from done

What's next for net neutrality and how you can help

Elliot Harmon and Corynne McSherry

Defying the facts, the law, and the will of millions of Americans, the Federal Communications Commission has voted to repeal net neutrality protections. It's difficult to understate how radical the FCC's decision was. The internet has operated under formal and informal net neutrality principles for years. For the first time, the FCC has not only abdicated its role in enforcing those principles, it has rejected them altogether. Here's the good news: The fight is far from over, and Team Internet has plenty of paths forward.

Defending net neutrality in Congress

It's not too late to stop the FCC's rule change from going into effect. Poll after poll show that Americans overwhelmingly support net neutrality, and Congress has already been inundated with calls for them to take action. We need to keep up the pressure, and we will. Under the Congressional Review Act (CRA), Congress can reverse a change in a federal regulation by a simple majority vote within 60 working days after that regulation is published in the official record. In other words, Congress can vote to overturn FCC Chairman Ajit Pai's rule change and bring back the Open Internet Order.

There are already members of Congress promoting compromised net neutrality bills that won't give us all of the protections we need. Congress has a cleaner, faster path to real net neutrality: simply restore the 2015 Open Internet Order. Technically, Congress can't invoke the CRA until the final rule change is published in the Federal Register, which will take several weeks. Between now and then, we will be watching Congress closely to see which members make public commitments to use the CRA to restore the order.

Defending net neutrality in court

While the CRA process moves forward, the FCC will be facing multiple legal challenges. Public interest groups, state attorneys general, and members of Congress are already getting ready to go to court. The FCC is required to listen to the public in its rulemaking processes and show clear evidence for its decisions. The commission did neither in its decision to roll back the Open Internet Order. Among other things, it ignored the technical evidence EFF and others submitted showing why the 2015 order made sense given 21st-century internet realities, in favor of self-serving claims from the ISPs and organizations they support. It relied equally heavily on the absurd notion that a few large tech companies, combined with the

theoretical possibility that incumbent ISPs might someday face competition, eliminated the need for regulation. And that's just the beginning. The new order is full of holes, and judges will be able to see them.

Defending net neutrality in the states

Lawmakers and executive branch leaders in multiple states are working to fill the gap the FCC is creating and protect their constituents from unfair ISP practices. Before the FCC's vote, Washington Governor Jay Inslee announced a multi-tiered plan to preserve net neutrality for Washingtonians, including cutting down on state benefits to ISPs that don't adhere to net neutrality principles and taking measures to bring more competition to the broadband marketplace. Just after the vote, California Senator Scott Weiner announced his plans to introduce a bill preserving net neutrality protections for Californians. And this is just the beginning.

Defending net neutrality at home

Net neutrality begins at home. One of the most important ways that we can soften the blow of losing the FCC's net neutrality protections is to push for local policies that offer users real choices and ISPs that adhere to net neutrality principles. The majority of Americans have only one option for a broadband internet provider.

If that provider decides to block or throttle its users' traffic, users have no options. To make matters worse, those providers often have *de facto* monopolies thanks to local government policies. Electronic Frontier Foundation (EFF) is working with policymakers and activists across the country to push for community broadband. We're working in particular with allies in San Francisco to develop a neutral infrastructure and policies for competition among providers that can serve as a model for cities across the country. If cities invest in good internet infrastructure — and allow multiple providers to access that infrastructure — then users can have recourse when a single provider acts unfairly.

It's not over. Call Congress now.

FCC may be abdicating its role in protecting the open internet, but we will not. In the courts, in the halls of Congress, in our local communities, online and in the streets, Team Internet will fight for net neutrality — and we'll be counting on you to join us. You can start today: Call your members of Congress and urge them to use the Congressional Review Act to save the Open Internet Order.

—Corynne McSherry is legal director and Elliott Harmon is an activist at Electronic Frontier Foundation, a national organization dedicated to the free and open internet, as well as championing civil liberties in the digital world. For more information, visit eff.org. ■

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

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Guest editorial

Why we should all welcome immigrants and refugees

Rick Fry

Our welcome banner was vandalized this past December at Ascension Lutheran Church. It was slashed in two pieces. It stated, “Immigrants and Refugees Welcome” and displayed a picture of Mary, Joseph and Jesus in route to Egypt. This picture highlights the fact that the Holy Family were refugees, as Matthew’s gospel states that they fled to Egypt after learning that King Herod sought to destroy the young child because he viewed Jesus as a threat to his power (Matthew 2: 13-18).

Jesus and his family faced many hardships. And today, many immigrants and refugees still face great suffering that is so often hidden from public view. Consider the following:

- Because of more stringent screening processes and refugee bans, there are fewer refugees admitted into the United States than has been allowed in the past. The Department of Homeland Security has called for a cap allowing only 45,000 refugees to resettle in the United States in fiscal year 2018. (This is only a small fraction of the estimated 16 million refugees worldwide).

This is the lowest cap in decades, and even now the slow admission process is already on pace to fall well below the 45,000 mark.

- Even those who are already here, and have lived in the United States for years, face the real fear of deportation. Refugees from countries such as the Nicaragua, Sudan and Haiti (including a large Haitian population here in San Diego) have lost what is called “Temporary Protected Status” — a special legal status granted to those who have fled countries because of natural disaster, war or violence. Losing this legal protection means that individuals are in danger of being torn from their families, and sent back to countries broken by violence or natural disaster.
- San Diego’s proximity to the border is another hardship for immigrants and refugees. San Diego falls within what is called the “border search exception,” an area that reaches 100 miles from the border into the United States where certain federal officers are allowed to conduct search and seizure operations without a warrant or probable cause. In addition, individuals are reported to ICE even by neighbors or family members, and students from

the deferred action on childhood arrivals (DACA) program have had family members deported.

How should we respond as a community? How should people of faith respond? A good place to start is by studying what the Bible has to say concerning God’s will for refugees, immigrants, and the most vulnerable people among us. In Exodus, God specifically commands the people to care for the alien, reminding them that they themselves were once migrants and aliens, “You shall not wrong or oppress a resident alien, for you were aliens in the land of Egypt” (Exodus 22: 21). Again, in Deuteronomy, we see God’s concern for foreigners, “God defends the cause of the fatherless and the widow, and loves the foreigner residing among you, giving them food and clothing. And you are to love those who are foreigners, for you yourselves were foreigners in Egypt.” (Deuteronomy 10: 18-19). In Psalm 146, we see God’s almost obsessive concern for the most vulnerable, that God loves and protects them personally, “The Lord watches over the foreigner and sustains the



A banner welcoming immigrants and refugees to Ascension Lutheran Church was recently vandalized. (Photos by Rick Fry)



fatherless and the widow, but he frustrates the ways of the wicked” (146:9).

Those are just a few of many passages. In fact, there are so many references to God’s love and care for the alien or foreigner in the Bible, that it is almost overwhelming.

Since the scriptures reveal a God who loves the foreigner, the alien and the stranger (i.e. immigrants and refugees), the question becomes, “How should we respond in times of such hostility towards the very people whom God cares for so tenderly and fiercely?”

I don’t have all the answers, and others have many great ideas. But I do have some suggestions:

- Take time to study the issues facing immigrants and refugees. Explore the ways in which fear, apathy, and bias contribute to the systematic abuse and harassment of them, a system which is bigger and more complex than any one person. I highly recommend reading “City of Thorns: Nine Lives in the

World’s Largest Refugee Camp” by Ben Rawlence and “The Lost Boys of Sudan: An American Story of Refugee Experience” by Mark Bixler as starting points for a better understanding of the experience of refugees.

- Find ways to reach out to immigrant or refugee communities — not to fix problems or rescue people, but simply to listen to their stories with humility and respect. Find ways of fostering relationships with them based on mutuality and equality. My life has been greatly enriched and deepened through developing such relationships, and yours will be too.
- Get connected with organizations that advocate for the human rights of immigrants and refugees. For example, there are many organizations doing great work to advocate and welcome them in San Diego: Jewish Family Services, International Rescue Committee, Survivors of Torture International, Catholic Charities, and others are very

See IMMIGRANTS page 8 —>

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Editor’s note

New publishing date for Mission Times Courier

Starting next month, the Mission Times Courier will have a new publishing schedule. Currently, the paper is delivered on the third Friday of the month, but starting in February the paper will be delivered on the second Friday of the month.

The Mission Times Courier will still provide our readers with the most comprehensive local news about

the Navajo neighborhoods of Grantville, Del Cerro, Allied Gardens and San Carlos — now only a week earlier in the month.

If any readers have questions about submitting letters to the editor, story suggestions or advertising, contact editor Jeff Clemetson at jeff@sdenn.com or advertising sales representative Heather Fine at heather@sdenn.com. ■

► Immigrants, from page 7

active in advocating for immigrants and refugees. We are grateful for their efforts.

To my fellow Christians: This is the time for us to stand up and be the church. There are a lot of people who are turned off by the church. They love Jesus, but not the church. They see us as clinging to the status quo, of being a club more concerned with our own safety and comfort than in bandaging the wounds of the poor, or being a true companion to the sick, hungry, incarcerated, and undocumented.

They are watching us more closely than you think. They are watching us to see if the church will stand up and be the church in such dire times as these. Let’s show them we can be the church for the poor and most vulnerable together.

To the person(s) who vandalized our banner: We are angered and deeply saddened — not because you vandalized church property, but for any fear and distress you may have caused those who already feel unwelcome,

invisible or unwanted; for trying to prevent our church from communicating, however falteringly, a message of welcome to them.

Yet, Christ commands us to “love our enemies” (Matthew 5:44). So by his command, we love you, praying that you become the person God has created you to be. We welcome you to join us at Ascension in the journey of self-inventory and spiritual growth, to examine and renounce our privilege gained at the expense of the most vulnerable, to turn away from the apathy, fear, and ill-will which intentionally or unintentionally harm so many immigrants and refugees in our communities, and to turn towards them with contrite hearts, open arms, and a spirit of friendship.

It is only through deep soul-searching, honesty, and God’s grace that we can find the path of healing and reconciliation, not just with our friends, family and acquaintances, but especially with our vulnerable neighbors in need.

—Rick Fry is the pastor at Ascension Lutheran Church in Allied Gardens. ■

Letters

Holiday spirit

Monday, Dec. 13 we dropped off our holiday cards to be mailed at the 92120 Grantville post office. We didn’t realize that we left the unused stamps in the box with the cards. The next day we got the stamps back in the mail.

As busy as the postal workers are in helping so many customers during the holidays, April the dispatcher along with Valerie, took the time to see who mailed the letters and sent us back our stamps.

Gestures like these are what makes one realize the good in people. Thank you, Grantville post office!

—Lisa Cantor, San Diego.

Hold ColRich accountable

Re: “Del Cerro Action Council news” [Volume 23, Issue 12 or bit.ly/2CW0S0I]

As a Del Cerro resident for over 21 years, I chose to participate in efforts opposing the now approved ColRich housing development along College Avenue, just south of the Del Cerro Chevron station. Traffic flow, emergency access and ecological impacts remain some of the concerns dozens of fellow residents discussed over the last few years.

I want to convey the frustration felt experiencing how stacked the deck was against me and fellow community-minded residents in at least trying to get some reasonable mitigations before project approval. Having attended the Planning Commission and then the City Council decisive meeting on Dec. 11, these matters stand out:

- Council President Cole’s decision to cut public comment time to one minute for each resident — right before this item was being heard — was very unfair given how much time the developer had to present its case following the pro-project presentation of city staff.

As concerned residents, we could not adequately address the council before it voted.

- Disappointment that after several years of community discussions, only four of us even showed up to counter all the ColRich-connected supporters.

- Issues of vehicular access into and out of approved project remained poorly addressed — as did potential safety impacts on pedestrians and bicyclists heading northbound from the I-8 freeway.

Above said, I would encourage efforts to hold ColRich accountable for proceeding with the best possible project by working with concerned residents to be the good neighbor it can hopefully be.

For starters, let’s get Colrich’s support in having the city install a “No U-turn” sign for eastbound Del Cerro Boulevard at Marne Avenue; planting trees in empty rings along the College Avenue raised median; and assuring their “family” homes don’t become mini-dorms.

—Dan Tomskey, Del Cerro.

No snowflakes in California

I enjoyed reading the Dec. 15 edition of Mission Times Courier.

“Remembering Pearl Harbor” was excellent, and so was the recap of “The Top Five Stories of 2017.”

What stopped me in my tracks was the extremely snarky political cartoon “The First Snowflakes of the Season.”

I know politics can be incapable. But at this juncture, our president (“alleged president”) looks as though he coluded with Russia to steal our election. That is treason.

“Russia, if you’re listening ...”

His approval rating is now hovering at 30 percent. California is a blue state.

Mission Times Courier is a paper that should reflect those who live in the neighborhood. So, I don’t appreciate the sentiment of that cartoon one bit, characterizing most Americans as some wide-eyed dorks who have it wrong. We don’t. This is the most progressive and

economically proficient state in the union, and we have suffered a year of torture under the rule of a psychopathic criminal.

We are also about to be punished for simply being Californians when this horrific “tax reform” bill passes.

Who knows how long it’s going to take to reverse the damage Trump has caused? (And if it can be reversed?)

I am sure cartoonist Tom Stiglich has better material that isn’t so denigrating to Californians. He might be better served placing this one in the deep South where they are still flying their freak Confederate flags.

—Patty Mooney, San Carlos.

Tax bill won’t hurt

Re: “GOP tax bills will short-change the middle class” [Volume 23, Issue 12 or bit.ly/2pFtbOQ]

I was a little disturbed by the guest editorial by Rep. Susan Davis in the Dec. 15 issue.

I thought your paper was non-political in that you would report on local events and activities versus national politics.

I don’t believe the now-passed tax bill will hurt the middle class. Rep. Davis didn’t mention the reduction in corporate tax rate from 35 percent to 21 percent. Ask her this question: “Do any middle class citizens work for U.S. corporations?”

She notes the U.S. debt will increase under the new tax law. Time will tell! Ask her another question: “What recent U.S. president’s administration and Democratic-controlled House and Senate increased the debt by the greatest percentage in history?”

Oh well, I got to get back and sell off a couple million dollars profit of U.S. corporate stock holdings since President Trump took office. I will be buying some more corporate stock in the future, but I want to bank some dollar gains.

—Don Helmich, Del Cerro. ■



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MISSION TIMES COURIER BEST OF 2017

► Briefs, from page 1

like spa, fitness center and three new restaurants.

“We’re redefining our guest experience, making every choice about accommodating our guests and fostering an unparalleled sense of well-being and tranquility,” Viejas Tribal Chairman Robert J. Welch Jr. stated in a press release. “The level of personalization and detail we are putting into this new build will expand the demographics of our current visitor and have a strong positive impact on the local economy.”

Viejas is also updating its check-in procedures, allowing guests to arrive at their leisure and check out later.

“You will be able to tell us what time is best for you to arrive, and your room will be waiting for you,” Welch said. “And, even better, guests who arrive in the evening can check out in the evening, allowing for



An artist rendering of the new Willows Hotel & Spa at Viejas Casino (Courtesy Viejas)

them to have access to their room for their entire stay.”

Each suite will feature contemporary design and come equipped with Amazon’s Alexa personal assistant, which can find information, act as an alarm, play music and more. A pillow preference program will allow guests to choose from a selection of bedding options. Some rooms will feature a “wellness experience” and include items such as Vitamin C-infused showers and organic beauty products. There will also be a saltwater pool.

“We are thrilled to add the adults-only pool and spa to this

facility,” Welch said. “Our spa will be world-class and will likely attract a distinguished clientele from all parts of the Western U.S. to experience this modern, luxurious yet inviting concept.”

Reservations for the new tower are now being accepted and can be made by calling Viejas at 800-847-6537.

San Carlos man ordered to surrender his gun

It should go without saying, but firing a weapon in a neighborhood can come with consequences. A San Carlos man recently learned that lesson the hard way.

Shawn Michael Erler was recently ordered to surrender all his firearms and ammunition for one year following an incident where he was arrested

► **Geology**, from page 1

a massive alluvial fan built of gravels delivered by a 225-mile-long river.

● 34 million years ago to now, erosion is exposing parts of the once-buried landscape as well as eroding new topography.

With master's and doctorate degrees in geology, Dr. Abbott is well-equipped to understand the history in rocks.

"My specialization is reading the history in sedimentary rocks," said Dr. Abbott, who was born and grew up in San Diego and graduated from Hoover High School.

For his Ph.D. dissertation, he wrote about the geologic history of the Edwards Limestone Aquifer, which supplies the water needs of the city of San Antonio. Existing within the Balcones fault zone, the aquifer has a 100-million-year history involving stops, starts and pauses, Abbott explained.

Dr. Abbott had first become interested in geology in courses taught by Baylor Brooks at San Diego State College.

"I adopted geology as my major at the start of my junior year. The appeal of geology is that it combines the best of both arts and sciences. You need artistic creativity first, but then you can apply the rigor of the sciences to see how close to the truth you can get," he said.

Dr. Abbott wanted to pass along the new data and esoteric understanding of the park to as many people as possible.

"I call it legacy writing," he said.

The book is not his first on geology. He wrote another excellent tome on San Diego geography, "The Rise and Fall of San Diego." He also wrote "The Balcones Escarpment," a popular book about a Texas geologic formation formed along the fault of the same name running from the southwest to the northeast portions of Texas.

Here in San Diego, Mission Trails Regional Park is a wealth of geologic formation and writing in the rocks of history.

"We are truly fortunate to have a huge wilderness park within the city limits of one of the largest cities in the United States," Dr. Abbott said.

But until now, the geologic history of the park had not

been studied together as a whole. Dr. Abbott's book has made that knowledge available, and signage within the park will come soon.

"It's not so much that Mission Trails Park contains things that are different, but that it has good examples that can be readily accessed and enjoyed in a park that must remain wilderness for future generations," he said.

It was a pleasant journey for Dr. Abbott to write "Geology – Mission Trails Park."

"I wrote it while working on other projects. Since much of the data and geologic understanding in the book are brand new, the writing was interspersed with many hiking trips to 'look and learn,'" he said.

The "look and learn" hikes are detailed within the book.

Some examples are taking the 5-Peak Challenge, climbing each peak. The rocks are former magmas that crystallized about 1.5 miles deep, sometime between 118 to 104 million years ago.

"The views are great, and your health will improve," quipped Dr. Abbott.

At the Visitor Center Loop Trail, you can see a fault exposed in a cutback of the San Diego River. On the south side of the fault are 126-million-year-old volcanic rocks; on the north side are 113-million-year-old plutonic rocks.

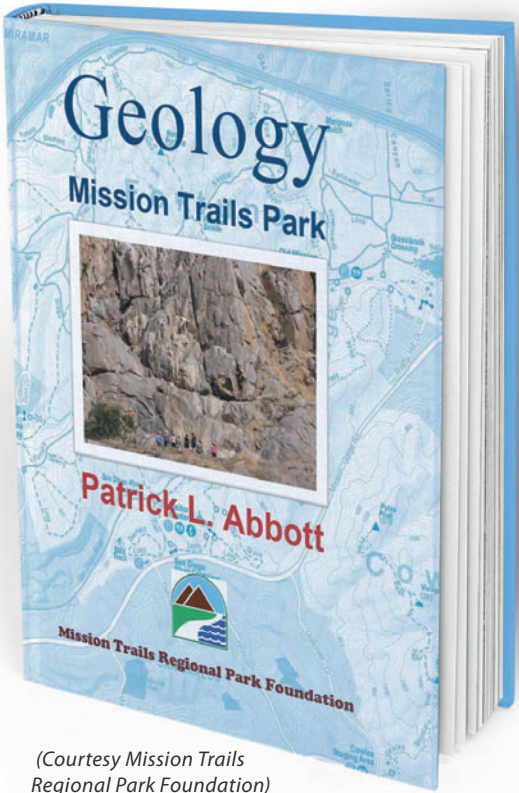
On the other end of the park from Clairemont Mesa Drive, walk through whitish-color Eocene sedimentary rocks about 42 million years old.

"They contain the whitish mineral precipitate caliche which tells us about the climate of its time," said Dr. Abbott.

Simply walking or driving through Mission Gorge, "our own little Yosemite Valley," Dr. Abbott said, you can see the San Diego River cutting down through high mountains. Want to know how?

"It's in the book," Dr. Abbott said.

Geologic curiosities surround Lake Murray, as well, in its Eocene-age conglomerate.



(Courtesy Mission Trails Regional Park Foundation)

"Look at the reddish-purplish cobbles and boulders of volcanic rock brought from mainland Mexico by a huge river. How did the river get across the Gulf of California?"

"The answer is in the book," he said.

The book is good for all ages, written for the general public. "It presents real geologic knowledge. It probably should be thought of as an accessible textbook—put some effort into reading it and you will learn new things," he said.

Dr. Abbott would like to thank David Cooksy for his many photographs in the book. Steve Boudreau, Monte Marshall and Abbott also have some of their photographs in the book. Clever drawings and cartoons by geologist Jake Washburn as well as computer illustrations and art by geologist Eugenia Sangines make the book even more readable.

Dr. Abbott has served on the board of directors for the Mission Trails Regional Park Foundation and currently serves as an advisor. His anticipated book is available exclusively at the Visitor Center gift shop with proceeds benefitting the Mission Trails Regional Park Foundation.

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

► **L.A. Fitness**, from page 1

phone calls. The local people at the gym say they can't say anything at all, and don't have any contact at the Irvine home office that can or will comment.

A longtime member, Mickey Zeichek, says she thinks it may have to do with unresolved damages done to the indoor pool area of the building after a major storm a few years ago — damages that she thinks were never repaired, even after lawsuits and court orders.

So far, the San Carlos Village property managers aren't returning phone calls, either.

Since it's really one of two anchor tenants of the center, speculation is rife about what, if anything, will replace the gym.

Once again, no one seems able or willing to say with any certainty what's being considered, but people are willing to guess, and there appears to be a lead candidate, or so center patrons think.

Two guys walking into the gym the other day said they'd all heard the rumors that the area will be taken over by the German-owned ALDI grocery chain, which is slowly expanding its footprint in Southern California.

"Yeah, that's what all the talk seems to be about," said one of the young men, who'd only say his name is Rob. "We hear it's gonna be an ALDI store."

Getting someone from ALDI to confirm or deny that rumor is almost impossible.

After a week of effort, and thanks to the good offices of a Los Angeles-based public relations firm, we finally got a comment from Skip James,

who's listed as the Moreno Valley Director of Real Estate for ALDI.

"We are exploring the potential of opening an additional store in San Diego County, but do not have further information to release currently about that specific location. We are excited about the prospect of additional ALDI locations to San Diego County in addition to our current locations in Vista, Chula Vista and Escondido."

That may or may not mean that ALDI is coming — you can read it several ways.

If ALDI does wind up there, it won't be the first grocery store in that shopping center.

A British-owned grocery, Fresh and Easy, was in business at the San Carlos Village for a while, but it shut down with all the Fresh and Easy stores a year or so ago when the company pulled out of the US market.

Years ago, when I was living in the Fletcher Hills areas, we did much of our grocery shopping in a large, well-stocked Ralphs Market that occupied that very space.

I never did find out why that store went away.

But then, finding out anything about San Carlos Village has never been easy.

We spent weeks trying to figure out what might replace the Fresh and Easy store that went out of business there.

(Nothing has — it's still vacant.)

We found out about the Orchard Supply Hardware home improvement store now there when it opened its doors — another well-kept secret.

We'll keep after the story.

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

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Say YES!



Erica Moe

When you took stock of 2017 and set out a plan for this new year, did you make a vow to just say no? No to additional commitments, no to volunteering, no to one more extra responsibility?

If you did, I want to encourage you to say yes instead. This time, when you say yes, do it with the conviction that

you can be in control of how those things are done. Then you can make the most of every new thing you take on.

Say yes to a challenge

Are you competitive? If so, taking on a friendly challenge may be the motivation you need to get moving. At the YMCA,

Challenge with a group or Grid Iron challenge on your own. Also, create a challenge for your friends or coworkers using an app such as RunKeeper.

Say yes to standing

Do you spend hours a day sitting in meetings? Organize a stand-up meeting. By standing three hours a day, you can burn up to 174 more calories. In addition, research shows it can also lower your blood sugar.

Say yes to celebrations

If you are in charge of organizing



(Photos courtesy of Mission Valley YMCA)

the birthdays in your family, try taking the guests to the trampoline park, roller-skating rink or the rock climbing gym. The children – and adults – will learn a new skill, work up a sweat and have a lot of fun.

Say yes to vacation

Planning time away can be relaxing. Make the most of your time by selecting an active vacation. Whether you cycle through Napa or kayak the Grand Canyon, each adventure allows you to make memories and burn calories.

Say yes to social time

Instead of communicating with friends on social media, meet face-to-face at a local park for a walk. Breathe in the fresh air while you catch up with your connections.

See SAY YES page 11 →

Top 5 fitness myths debunked

Steven McKee

We've all heard (and likely believed) fitness myths our whole lives. From "carbs are the enemy" to "cardio is the best way to lose weight," men and women everywhere have tried and tested every weight loss trick they come across. However, most of these fitness myths aren't true and can unfortunately lead to unhealthy decisions when it comes to losing weight and getting in shape.

With New Year's resolutions set in place, now is the perfect time to bust these fitness myths once and for all, and share some healthy fitness tips that will get you looking and feeling your best.

Myth: Lifting weights make you bulky.

Busted: Lifting weights will actually help to increase your lean body mass, which increases the number of overall calories you burn during the day. Rather than making you bulky, lifting weights will tighten and tone your body while also burning fat.

Myth: Cardio is the only way to lose weight.

Busted: While cardio can help shed some unwanted pounds, high intensity interval training (HIIT) and strength training will also help you lose body fat – sometimes quicker than by only doing cardio.

Myth: Crunches lead to six-pack abs.

Busted: Even if you do 100 crunches per day, you still won't see six-pack abs anytime soon. The only way you can lose fat from your belly is to lose fat from your entire body through strength and interval training. Focusing on your nutrition and keeping a clean diet is also very important. While some people say 80 percent of your fitness regimen is nutrition, it should really be a focus 100 percent of the time. Abs are made in the kitchen!

Myth: Carbs are the enemy!

Busted: Your body actually needs carbohydrates to complete its basic functions. Rather than ditching all carbs, try only eating the "good" ones, such as whole grains, fruits, and vegetables. Swapping out refined grains for whole grains may actually help you reduce total body fat. Your daily activity will also dictate how many carbs your body needs. If you have a heavy cardio day (such as a day of boxing or hiking) your body will need more carbs to keep your energy levels up. If you are sitting at your desk all day, you won't need as many.

Myth: Crash diets help you lose weight.

Busted: Crash diets will actually slow your metabolism, leading to future weight gain and deprive your body of essential nutrients. Crash diets can also weaken your immune system and increase your risk of dehydration, heart palpitations, and cardiac stress. If you're looking to lose weight, it's important to do so slowly by dropping just 1 to 2 pounds per week. Exercise regularly and stick to a diet that limits saturated fat and sugars and emphasizes fruits and vegetables, lean meats and fish, and whole grains.

While every body is different and what works for one person might not work for another, it's important to make sure you're following proper advice and taking healthy steps toward a fitter you. You may also need to try a couple different approaches to find the one that works best for you and your body.

—Steven McKee is regional vice president of fitness for EoS Fitness.■

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Heather Fine
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Should you consider bariatric surgery?

Vadim Avulov, D.O.

In 2013, the American Medical Association recognized obesity as a medical disease. A person is considered obese when they have a body mass index (BMI) score of 30 or above. BMI is calculated by dividing a person's weight in kilograms over their height in meters squared. A healthy BMI is 18-25. Someone is considered morbidly obese when their BMI is 40 and above. Many studies found an association of obesity and increased mortality. In fact, life expectancy in obese individuals is reduced by an average of 10 years when compared to the non-obese population. Obesity is found to affect every single organ system in the human body. Counting from head to toe, here are only some of the affected systems:

Brain: Specific brain tumors such as meningiomas and pseudotumor cerebri.

Lungs: Obstructive sleep apnea.

Heart: Coronary heart disease and hypertension.

Pancreas: Type 2 diabetes.

Liver: Non-alcoholic fatty liver disease which may lead to cirrhosis.

Gynecology/Oncology: Women are at an increased risk of developing breast and uterine cancer.

Urological: Urinary stress incontinence, impotence.

Bone/extremities: Osteoarthritis, varicose veins.

Bariatric or weight-loss surgery not only helps prevent and treat these conditions, it can also potentially eliminate them, allowing a person to lead a longer, more productive and healthy life.

Bariatric surgery should be considered for anyone whose body mass index is 35 and above with comorbid conditions such as diabetes, hypertension, sleep apnea, etc. Anyone with a BMI of 40 and above should also consider this option, even if

they do not have any other complications. Surgical weight loss has been shown to be far more superior to conventional weight loss methods, such as diet, exercise and medical supervision, in decreasing the incidence of diabetes, heart attack, stroke and cancer.

Most people who struggle with obesity have attempted to lose weight through a regimented diet and exercise programs. And initially, many of them may be very successful in losing a lot of weight. Unfortunately, almost all of them regain all the weight back in a period of weeks to months.

Bariatric surgery is superior to conventional weight loss methods in that not only there is a far more significant weight loss, the surgery also helps prevent the patient from regaining that lost weight.

That is not to say that people have not regained weight after bariatric surgery. In fact, there is a little weight recidivism, particularly a year after surgery. However, the amount of weight gain typically stays around 10 to 20 percent of excess body weight *after* the patient has lost 60 to 80 percent of excess body weight.

Currently, there are two types of bariatric surgery options: gastric bypass and sleeve gastrectomy. Both operations are typically done via a laparoscopic approach.

Gastric bypass is both a restrictive and a malabsorptive type of operation. Portioning a section of the stomach into a small pouch, and then connecting that pouch to a small intestine reduces the volume of the stomach and restricts the amount of food a person can take in. Mild malabsorption of calories and nutrients is created by "bypassing" the biochemical digestion of food, resulting in the much-needed deficit of calories.

Sleeve gastrectomy is a hormonal and a mostly restrictive operation. This procedure



Vadim Avulov, D.O.

involves transecting the stomach in manner that re-shapes the stomach into a narrow tube similar to a diameter of an intestine. Two-thirds of the stomach is eliminated from the body and with it the hormonal imbalance that causes the obese patient to always feel hungry.

Both gastric bypass and sleeve gastrectomy may result in similar complications such as post-operative hemorrhage, infection, and disruption of stomach connection with leak. The ultimate decision on which surgical option is the best for you should be made by yourself, your doctor, the surgeon, and the clinical team handling your care.

—Dr. Avulov specializes in general and bariatric surgery. He received his doctor of osteopathic medicine from New York College of Osteopathic Medicine in Old Westbury. His did his surgery residency at the Peninsula Hospital Center in Rockaway and Flushing Hospital Medical Center in New York. In 2014, he completed a fellowship in advanced laparoscopic surgery at the Lahey Clinic of Tufts University School of Medicine in Massachusetts. Dr. Avulov has done research on bariatric surgery outcomes and performs gastric bypass and gastric sleeve.■



(Courtesy Mission Valley YMCA)

► Say YES, from page 10

Say yes to play

Kick family board game night up a notch with a bike ride or visit to the park. Rather than sit on the sidelines while the kids are on the playground, join them. Watch those steps on the pedometer rack up.

Say yes to walking

Add a walking meeting to your calendar. Get your blood — and ideas — flowing while crossing items off your to-do list. Other opportunities include walking the dog or getting off the bus one stop early to walk the rest of the way. Note that 2,000 steps are equivalent to a mile. Aim for 10,000 steps per day.

Say yes to volunteering

Find a way to be active and make a difference. The YMCA is always looking for volunteer coaches. Help children develop a skill and learn life lessons while keeping active yourself. Get out your soccer cleats — the field is calling you.

Saying yes to these activities can mean burning up to an extra 300 calories a day, which translates into almost three pounds in January alone or 36 pounds in 2018! People who move throughout the day are more likely to reach or maintain their weight-loss goals versus

those that are sedentary during the day and only active for one vigorous exercise session.

—Erica Moe, M.S., is an ACSM-certified exercise physiologist who writes on behalf of the Mission Valley YMCA where she is fitness director.■



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BUSINESS SPOTLIGHT

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We are a gem of a boutique Pilates studio tucked away in an oasis of foliage a mile away from Cowles Mountain. The studio is equipped with Wunda chairs and eight Reformer machines that convert into towers, simulating the Pilates Cadillac. These machines give us the ability to offer an exciting variety of class types at multiple levels.

We specialize in private and semi-private sessions tailored to those who suffer from ailments, to those who simply want to elevate their practice, and now include body strengthening for men.

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BUSINESS SPOTLIGHT

San Carlos Fitness
7439 Jackson Drive
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619-337-3759
sancarlosfitness@att.net

In 2013, Village Gym opened on the corner of Jackson and Navajo drives in front of the Keil's Grocery Store.

After being open for two years, the gym converted to UFC Gym, when owner Doris Dunlap's husband David became involved with the UFC franchise. Dunlap soon realized that the UFC Gym was not the right fit for this community and changed the name to San Carlos Fitness — the neighborhood gym that it is today.

San Carlos Fitness is filled with the latest equipment and its mission statement is: "To serve the community that we are a part of and love."

Fitness has been part of the owner Doris Dunlap's life for over 30 years. She was raised in San Carlos and still lives there today with husband David, son Beau, and daughter Hope.

Doris feels that San Carlos is a wonderful community with the nicest people. If you live in the area you'd probably agree and she would like to invite you to give San Carlos Fitness a chance to complete your fitness needs.



**PATRICK
HENRY**
High School

Patrick Henry High School News

Elizabeth Gillingham



Principal Gillingham (center) and Athletic Director Cody Clark (right) accept a check from Amazon.

Amazon partners with basketball program

Special thanks to Amazon who is partnering with the PHHS basketball and athletics program by donating \$1,000 and sponsoring the team with magnets to promote the men's and women's schedule for 2018. We are also partnering with the

getwhatgetsyou.com program which puts our school in the running to win an additional \$10,000 for our program. Principal Listy Gillingham and Athletic Director Cody Clark were on hand to receive the check prior to varsity game. Thank you, Amazon!



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PHHS admission process for incoming freshmen begins

Incoming freshmen forming the class of 2022 are beginning the articulation process to Patrick Henry High School (PHHS). Students attending Lewis or Pershing — no matter what neighborhood they live in — will automatically matriculate to Henry High School.

Parents and students are invited to attend an information presentation called the Henry Showcase on Feb. 8 at Henry High School in the PHAME building at 6 p.m. This Middle School Articulation Night is designed to help parents understand the high school graduation process and the classes they will need to graduate from Henry.

Various pathways and programs will also be shared. This is also a good time to meet principal, Listy Gillingham, and Henry counselors. Students from any school (private or public) are welcome as we love sharing why Henry is an outstanding school to send your students!

On March 22, incoming eighth graders will be invited to Patriot Day, which includes tours by Henry Link Crew members and an ASB-led Welcome Rally featuring many performing groups and students sharing vital information about becoming a student at PHHS. Students who attend local public and private middle

schools are welcome to join us and more information will be posted on our website.

New Student Enrollment will begin after spring break — first week in April. Students from outside the districts or schools — attending charter, private, or from out of state — please call our main office to set-up a registration appointment. The sooner students register the better for elective options and availability of special pathway classes. For parents and students who are unsure, please feel free to join us on the first Wednesday of every month at 10:45 a.m. in the main office for a student-led tours of PHHS.

Children's Christmas Party

On Dec. 9, 2017 the Lake Murray Kiwanis held their annual Children's Christmas party at PHHS. Students in Cheer, ASB, and Key Club were on hand volunteering with the Kiwanis members to help serve breakfast to 170 underserved elementary children.

Children from around the community participated in face painting activities and were entertained by Henry students while the children waited to visit Santa Claus and pick out a present. PHHS students also supervised the children as they met the captain of the school district police force, several of his officers along with their police cars and equipment, and the same thing with the firefighters from the local fire station and their fire engine.

Community volunteer Jay Wilson, who helped serve the breakfast, commented on the



(clockwise from bottom left) Sydel Fernandes, Aliya Lathan, Aubrey McClinton, Avalon Kuczkowski, Haily Renard, Megan Gellenfeldt, Bailey Hinesley, Nicole Donahue-Maruchau, Hailey Rivas, Courtney Watson, Devanee Jenkins, Alyssa Lozano, Brooke Elsworth, Ruben White, and Hannah Ravitch (Photos courtesy PHHS)

great job the students did and complimented them for representing PHHS very well.

Cheer advisor Terri Clark was on hand and assisted with the program.

AP Computer Science class rocks!

Mr. Roger Jaffe held an Othello tournament in his AP Computer Science class just before winter break. Othello (also known as Reversi) is a board game where players try to accumulate as many squares on the game board as possible. Students were provided a programming framework and were

tasked with writing Java code that would determine the best next move given the current board configuration. They were encouraged to research and implement existing next-move algorithms or develop an algorithm of their own.

Students chose teams of two or three and worked on

development, testing and debugging for three weeks until the big day. The double-elimination format insured that each team played at least two matches.

Hoots and hollers filled the room as game play proceeded over two days. Since Othello is

See PHHS page 13 →

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► PHHS, from page 12

a game where dramatic lead changes take place from turn to turn there was no way to know who the winner was going to be until the game was over.

Congratulations to winners Garrett Davis and Maya Rozensteyn and to runners-up Tyler Markowitz, Hailey Renard, and Sam Ziegler.

For more information about the PHHS Engineering



(l to r) Tyler Markowitz, Hailey Renard and Sam Ziegler

Academy and the Computer Science Pathway, go to patrick-henryeda.org.

Golf tournament a huge success

Thank you to all our great sponsors, donors, volunteers and attendees for making Monday, Nov. 6, 2017 a special Patriot Day! Through your support, we're pleased to announce that our Alumni Golf Tournament netted \$53,000 for special capital projects and other items unfunded by the school district. This means that in just six years, your Patrick Henry High School Alumni Association, Inc. (PHHSAA) has raised in excess of \$286,000 while holding six fun events for alumni, current and former faculty members, parents of students, and other friends of the school.

Your alumni association has also been the recipient of a \$200,000 donation of furniture for the school's main office, \$90,000 of donations earmarked for the new PHAME building, an anonymous \$25,000 grant used to help purchase 38 new computers for the school's Computer Lab, along with two separate \$10,000 pledges received this week from alumni.

All-in-all, with your assistance, we have raised and are in the process of donating in excess of \$600,000 in goods and support for the school and its student body in the brief six-year history since the Alumni Association's founding. Not bad for a dream born out of a luncheon reuniting Class of 1978 and 1979 football and baseball players to thank several of their coaches back in the summer of 2011!

Save the date

The 7th PHHS Alumni Golf Tournament & Reunion BBQ is tentatively set for Thursday, May 16, 2018 at Admiral Baker Golf Course with a 12:30 p.m. shotgun start and 5:30 p.m. start for the Reunion BBQ.

In the meantime, please help us extend our reach by telling the alumni you know and meet about our event by asking them to send their names (maiden and current) and the year they graduated along with their email address to kcarlson@missionjanitorial.com or on the link at PatriotAlumni.org.

For more information on our next event and pictures from this and prior year's event go to PatriotAlumni.org.

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

News from the Allied Gardens Library

Kathryn Jonson

The staff of the Allied Gardens/Benjamin Library would like to wish everyone in our community a happy 2018! We are very excited for the new year and have a few new things happening at the library.

Book sale: Once again it's time to mark your calendars for the next Friends of the Library book sale. It will be taking place on Saturday, Feb. 27, from 9:30 a.m. to 1 p.m. Your patronage of this sale provides our wonderful Friends group with funds to support our amazing library programs.

Good news for working parents: We are very fortunate to be able to offer three story times per week. Unfortunately, they all take place during In February. We will be starting a STEAM story time for young patrons and their caregivers. Every Saturday at 10:30 a.m. children will enjoy songs, rhymes and books as well as a cool demonstration or challenge afterward that will focus on science, technology, engineering, art or math.

Handmade @ Your Library: Our monthly adult craft program will continue in January. Attendees will be making a wearable felt flower project and all supplies will be provided. The program will take place on Saturday, Jan. 27, at 10:30 a.m. If you are interested in attending, please

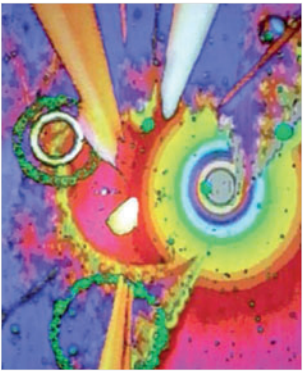
call the branch at 619-533-3970 or stop in to sign up.

Composting 101: On Tuesday, Jan. 30, at 6 p.m., master composter and area resident Ray Valchek will present information for those interested in composting. Valchek will provide information for people new to composting and have time to answer questions at the end for those who are composting already.

'New Year, New You' book display: If you, like many, have made a resolution this year, the library is the place to help you get on track. This month's book display includes titles for those interested in yoga, curious about bird watching or wanting to eat healthier. Even if you did not make a resolution this year, this display is sure to help you find a new interest or hobby. Be sure to check it out.

Free street safety program: The library is offering a free Oasis class on the topic of street safety. Attendees will benefit from good advice for identifying, avoiding, deterring and escaping threatening situations. All are welcome to join us on Friday, Feb. 2, at 2 p.m.

Tax help at the library: Our library will be offering free tax preparation assistance again this year. Starting



"Threshold" by Greg Lloyd (Courtesy Allied Gardens Library)

on Monday, Feb. 5, AARP volunteers will be available to assist low income patrons prepare and submit their taxes. This will take place from 9:30 a.m. to 4:30 p.m. every Monday and noon to 4:30 p.m. every Tuesday

through April 10. This service is provided on a first-come, first-served basis.

'Kinetic Collage' at the Benjamin Library

Featured local artist, Greg Lloyd states, "I still believe that art should amaze, entertain and inspire." Indeed, his psychedelic abstract images born from rock concert light shows will amaze you. "Kinetic Collage" is designed to be experienced as a live performance but these digital freeze-frame images representing 1/30 of a second of Lloyd's continuous video art performance will dazzle your eye and mind. Stop by during January and February to view Lloyd's radiant creations and learn more about his exciting projects.

—Managing librarian Kathryn Johnson and the staff of the Allied Gardens/Benjamin Library can be reached at johnsonka@sandiego.gov.■

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PUZZLE ANSWERS
FROM P. 19

3	6	2	1	7	5	8	4	9
4	1	8	9	6	3	5	7	2
5	9	7	2	8	4	6	1	3
9	2	4	3	5	8	7	6	1
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Fast track to Philly

Restaurant Review

Frank Sabatini Jr.



I have a couple of solid benchmarks from which to judge cheesesteak sandwiches: Geno's and Tony Luke's, two Philadelphia-based eateries where I've gobbled down the iconic sandwich in its luscious authenticity.

With a commendable dose of brotherly love, Gaglione Brothers in Grantville (and Loma Portal) scores high on all of the vital criterion, starting with its use of rolls shipped in a few times a week from Philadelphia's famed Amoroso's Baking Company.

Gaglione Brothers

10450 Friars Road,
Suite B (Grantville)

619-955-8600,
gaglionebros.com

Prices: French fries, \$2.29 to \$7.49; cheesesteaks and specialty sandwiches, \$7.49 to \$15.49

We're talking architecturally wondrous submarine rolls that are chewy on the outside, fluffy on the inside, and with a light dusting of cornmeal on their underbellies.

The other important standard achieved here is the quality of beef. If it isn't well-marbled rib eye chipped down to an ideal thinness with the edge of a cook's metal spatula, then it isn't a classic cheesesteak.

Just like in Philly, patrons are expected to indicate right off the bat whether they want grilled onions on their sandwich, which is available in 9-, 12- and 18-inch lengths. (I prefer no onions but with sweet and hot cherry peppers.)

And then there's the cheese option, a coronation of waxy, yellow Cheez Whiz or creamier white American (my fave) or stringier and less melty provolone. Whatever you choose, you're consuming a wickedly savory invention that started in south Philadelphia in the

1930s and has remained pretty much unchanged, with the exception of chicken as a modern, healthier option instead of beef.

The Gaglione brothers — Joe, Andy and Tony — aren't from Philly. But they developed a love for cheesesteaks and other hoagie sandwiches when visiting family members in the Northeast, and started slinging them locally nearly 15 years ago when launching the eatery in Loma Portal.



Jalapeno "cheez" fries

Their Grantville location in the Friars Village shopping center opened in 2010 and it's the only location of the two that serves craft beer on draft and in bottles and cans. It also offers a little more seating in comparison.

In a couple of recent visits, when I wasn't quite so desperate for a cheesesteak, I tried "the turk" and "Father Joe" — two sub sandwiches made also with Amoroso rolls.

The former features a generous piling of real honest-to-goodness turkey roasted in-house. It's layered over house-made stuffing and cranberry sauce. Mayo is in there too, but I couldn't detect any. So I hydrated the sandwich a bit more by squirting some olive oil and vinegar into it at the condiment bar — and all was good.

Soft, herby tasting meatballs topped with bright marinara sauce, provolone cheese and fresh parsley comprised the Father Joe, a construct that affirms the brothers' Italian back-East roots — and appeased mine upon first bite.

Other sandwich options include Buffalo-style chicken, chicken Parmesan, a turkey



A grill cook melts cheese onto chipped rib eye. (Photos by Frank Sabatini Jr.)

club, and the "Sophia Loren" with capicola, Genoa salami, pepperoni, provolone and veggie garnishments.

Medium-cut fries served with a variety of toppings are the co-stars to these rich and tasty sandwiches. You can have them smothered in Cheez Whiz, jalapenos, steak or aggressive measures of garlic.

After twice ordering them with both Cheez Whiz and jalapenos, I came to realize the garlic version is not only the tastier choice, but they spare you about 100 extra milligrams of cholesterol that you don't need when stuffing your face with a genuine, unctuous cheesesteak.

—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. ■



Beef cheesesteak with cherry peppers and white American cheese



The "Father Joe" meatball sub



The "turk" features turkey roasted in-house.

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Del Cerro Action Council news

Jay Wilson

Residents' latest water bills are a definite concern as noted by the number of emails we have received. The first thing to understand is that the billing cycle was anywhere from five to 12 days longer than previous bills due to a change by the city water department's billing cycle. We have been told that this was a one-time change, and that future billing cycles will be the standard 60 days. However, some residents noted that their bills were much higher, even accounting for the longer billing cycle.

One email I received stated: *"Several of us on our street in San Carlos received AUG water bills that were 30 percent to 100 percent higher than normal. After checking the reading on our water meters, we found huge errors compared to the Current Read amounts of usage on our AUG bills. We called SD Water Department Customer Service at 619-515-3500 and were told that 'many errors have been made recently because of new hires reading home water meters incorrectly'; and we are being issued new (lower) correct bills that are saving us hundreds of dollars. You might check your water meter before you pay your bill this month and from here forward."*

It is unclear if this is still part of the issue regarding the December water bills.

As a follow-up to all the emails and inquiries, I have requested that a staff member from the water department attend our January meeting of the Del Cerro Action Council (DCAC) on Thursday, Jan. 25. Copies of several bills have been forwarded to the customer service department for review so that the person representing the water department can comment on specific bills. Only the data on the bills will be referenced, not any names or identifying information at our DCAC meeting.

Because of a specific court case involving the city of San Diego, everything to do with Maintenance Assessment Districts within the city has been placed on hold. At this time, there is no indication as to how long it may be before the matter is resolved.

At the Navajo Community Planners, Inc. meeting on Jan. 10, Liz Saidkhanian from Councilmember Scott Sherman's office mentioned that the city has issued a request for proposals to the realignment, including engineering, of Alvarado Canyon Road. This has been an on-going project for over 15 years. The westbound end of this road currently intersects with the

westbound Interstate 8 off-ramp for Mission Gorge Road and Fairmount Avenue. The contract for the initial work should be awarded within six months. Saidkhanian also announced that the contract for the new playground at the Rancho Mission Park on Margerum Avenue should be awarded this summer.

Finally, beginning in June of this year and continuing through November of 2019, the city will be rehabilitating sewer lines in the Navajo Area. The two streets in Del Cerro will be Camino Corto between Ridge Manor Avenue and Del Paso Avenue and Claremore Avenue between Del Paso Avenue and Claremore Lane. The city will be contacting residents two weeks prior to the initiation of any work. The project will ultimately rehabilitate 7.65 miles of old sewer mains and approximately 966 sewer service laterals, replace 717 linear feet of old sewer mains, replace five manholes, and install 32 sewer main cleanouts.

DCAC meets Thursday, Jan. 25, at 7 p.m. at Temple Emanuel. Visit delcerroactioncouncil.org for more information.

—Jay Wilson is secretary for the Del Cerro Action Council. Reach him at jwilson2@cox.net.

San Carlos Area Council news

Mickey Zeichick

At our Jan. 3 meeting, our guest speaker was Sal Castillo, project engineer for the city of San Diego Public Works Department. Castillo spoke to us about a rehabilitation project of sewer mains, manholes, and sewer service laterals in the Navajo community. (You can contact me for an email copy of the map.) The estimated start of construction is June 2018, and the estimated end of construction is November 2019. The construction company performing the work will provide area residents notice prior to the work being performed in their neighborhood by letter and/or door hanger.

Fire fighting

We hear from many of our local governmental agencies, and our new Fire Battalion Chief Dave Seneviratne met with us, I believe on his first day at Station 34. Welcome Battalion Chief Dave Seneviratne.

Victoria Floyd represents County Supervisor Dianne Jacob's office wonderfully. Not only is she articulate, she is very approachable and knowledgeable about the workings of the supervisor's office. There is a new fire station coming to the wildfire-prone backcountry of Pine Valley.

Recently, I have been spending time in the areas of Pine Valley, Descanso, and Guatay and the area is beautiful. I always knew Jamul was, but I didn't venture much in these

other areas until recently. There is so much natural beauty with the mountains, boulders, trees and clear air, but unfortunately it is also prone to wildfires especially with the Santa Ana winds, drought, and natural brush combined, and then lightning strikes when there is stormy weather. Well, I am pleased to inform you that SDG&E is doing something to better the conditions in that area (and elsewhere). Stay tuned for more information on this from our March 7 SDG&E guest speaker.

Mayor's office

Speaking of future speakers: Darnisha Hunter is a staffer for Mayor Kevin Faulconer. While I have been inviting the mayor's office to our meetings since former Mayor Filner, none have appeared. Hunter called me a few days before the meeting and said she would be attending. I am amazed at the good things she told us about the mayor's office's efforts to find shelter and help turn around the lives of our homeless, some of whom are veterans. Her passion, enthusiasm, knowledge, expertise and easy way of talking with our group kept us spellbound. Unfortunately, because of time constraints I had to cut her off after 15 minutes. But she will be our guest speaker at a future meeting.

Dog park?

In previous months I mentioned dog poo, leash laws, and now I am going to address a

different subject – same topic. What about San Carlos creating a dog park? I welcome your thoughts on this and then maybe we can put some pressure on our Councilmember Scott Sherman to actually create a park for our pooches in the San Carlos neighborhood — a place where our dogs can walk, run, and jump free of leashes.

Fireworks

Plans are underway for the wonderful Fourth of July fireworks display like we had last year. If you would like to make a financial donation to the non-profit organization that funds the event, 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. San Carlos Area Council is a very proud supporter of this event.

Dues

SCAC dues are due (\$7 per household). Please send your check for Membership to: SCAC, P.O. Box 19246, San Diego, CA 92159-0246. If you wish to be added to The Interested Persons List please contact me at: mrzeichick@gmail.com. If you have a topic you would like to hear more about, please let me know and perhaps we can have this be our guest topic of our bi-monthly meeting.

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

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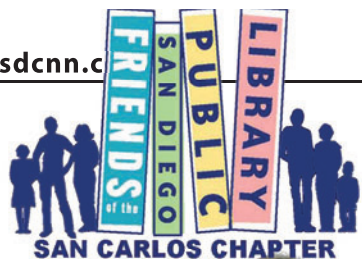


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Sue Hotz



What's new in 2018?

As 2017 concluded, historians began recording their perspectives of the year's watershed moments. Watch for a plethora of political tomes. Annually, the Merriam-Webster English dictionary adds about 1,000 new words. Many words originate from technological advances, others from the world's tenuous social and political atmosphere. Examples of 2017's new or repurposed words include "imbroglia," a public scandal; "hornswoggle" as a verb means to bamboozle and as a noun it means a hoax; "abandonware" describes equipment that is too old to service (can you say, "My first cell phone?"); "Seussian" relates to Dr. Seuss stories or characters; a "bunny" is an easy basketball shot; a "conlang" is an invented language like Star Trek's Klingon; and everyone's favorite, the repugnant "photobomber!"

In 2017, advances were made toward the realization of a new San Carlos Branch Library with design tweaking, and site remediation. Your continued support in 2018, through San Carlos Friends of the Library (SCFOL) memberships and donations, monthly used books sale purchases, and program attendance, will all contribute to reaching our goal.

Artists

The SewMates' quilts will be on display until Feb. 1, in the Winer Family Community Room & Art Gallery. Barbara Dixon, Sarah Esch, Gloria Henderson, Peggy Howe, Florence Kopf, Betty Leal, LaVera Oberle, Wanda Pasek, Jackie Renger, Barbra Shepard, Madeleine Strozier, Clairon Tade, Bobbi Tusinski, and Judy Wilson are all participating with handmade quilts depicting the theme, "Nature and Wildlife." Feb. 6–March 1, Zandy Gilmaier will display her works painted with rich oils, fluid watercolors and bold ink. Gilmaier's show of oils, "Earth, Air, Fire," includes the "Dragon Series," which was inspired by the South Pasadena Float in the 2005 Rose Bowl Parade. In this painting of the float, Gilmaier's self-portrait is in the audience wearing her alma mater SDSU sweatshirt. February's show will also include selections from Gilmaier's "Dance of Life," and "California Spring" series. A reception for Gilmaier will be held on Saturday, Feb. 17, noon–2 p.m., in the San Carlos Branch Art Gallery.

Books for your reading list

Jan. 26, 2–3 p.m., join author Philip Pryde as he discusses the history and biodiversity of San Diego County. Did you know that due to the area's many ecological zones, from tide pools on the western shore to a portion of America's driest desert on its eastern edge, San Diego has more bird species (516) than any other U.S. county? Pryde's engaging slide show will acquaint you with the many ways that San Diego County is one of the most fascinating and unique regions in the United

States. Pryde is the author of "San Diego, an Introduction to Region," now in its fifth edition. Feb. 8, 12:30–2 p.m., the Library Book Club is discussing "Devil in the White City: Murder, Magic, and Madness at the Fair That Changed America" by Eric Larson. This is a non-fiction book written in a novelistic style. Larson is a gifted storyteller, who draws us into the magical times of the 1893 World's Fair, the brainchild of Daniel H. Burnham. The fair attracted historical figures like Thomas Edison, Buffalo Bill, Theodore Dreiser, and Susan B. Anthony; it also attracted serial killer Henry H. Holmes, a young doctor who, in a malign parody of the White City, built his torture palace, "World's Fair Hotel," just west of the fairgrounds.

Free speaker and OASIS programs

Jan. 19, 2–3 p.m.: "Old Town to New Town." Join us as the San Diego History Center discusses the transformation of early San Diego from a small Mexican pueblo to the second largest city in California. This presentation explores the geographical shift from Old Town to New Town — as well as the cultural and economic implications of the move.

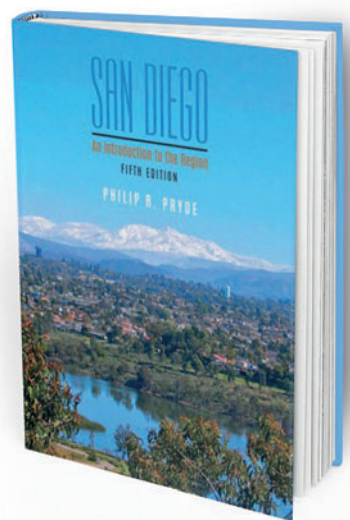
OASIS: Feb. 16, 2–3:30 p.m., "Fall Prevention & Home Safety" will be presented by Scripps' injury prevention expert, Paige Colburn Hargis. Falls are the leading cause of injury for seniors. Hargis will supply information on how to make your home environment safer from falls.

Youth special events

Wednesday, Jan. 31, 2:30–3:30 p.m., learn about "Incredible



"San Diego: An Introduction to the Region" author Phillip Pryde (Courtesy SCFOL)



Insects." Explore the world of insects with entomologist Bill the Bug Guy! He will share his wealth of knowledge about insects with an amazing slide-show. Afterwards, look through a microscope to see specimens up close. Your view of bugs will never be the same! Ages 4 and up.

Book Surprise, for ages 12 and under, continues during January. Visit our branch and find great kids' books all wrapped up and ready to be borrowed. Check out the wrapped book; wait to unwrap it until you are home, then open your surprise and enjoy!

Challenge Island: "Slower Coaster," Wednesday, Jan. 31, 4–5:15 p.m. Kids ages 8–12 will create a roller coaster for a marble that moves slowly on a track. During their test run, they will figure out how to slow down their coaster, applying the concepts of friction, slope, and zigzag. Registration is required; call 619-527-3430.

Fun weekly events for youth

Ages 3–8 on Tuesdays at 4 p.m. enjoy yoga and storytime. Youth under age 18 can enhance their chess skills on second and fourth Tuesdays from 5–7 p.m. Wednesdays, "After School

Special" for ages 4–9 starts at 2:30 p.m. Thursdays, ages 3–8 paint and glue to their own whims at Process Art at 4 p.m. Friday is pre-school storytime and art from 10–10:45 a.m.

1,000 Books before Kindergarten is a citywide literacy program for pre-readers, ages 5 and under. Register online at sandiego.gov/1000Books.

Dates to remember

- Feb. 2, 1:30–3:30 p.m.: Friends of the Library only, Used-Book Pre-sale. Join SCFOL at the sale
- Feb. 3, 9:30 a.m.–3 p.m.: SCFOL Monthly Used Book Sale
- Feb. 13: Mardi gras
- Feb. 14: Valentine's Day and Ash Wednesday
- Feb. 16–19: No school for San Diego Unified
- Feb. 19: Libraries CLOSED for President's Day

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

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Allied Gardens-Grantville Community Council news

Shain Haug

Further holiday news

Last month, we were able to give you a look at the Dec. 7, 2017 Christmas tree lighting at the Waring Road/Zion Triangle. But on Dec. 8, 2017, too late for last month's issue of the Mission Times Courier, we hosted the 20th annual Holiday Festival at Lewis Middle School. Once again, our esteemed board member Marilyn Reed organized the Lewis Orchestra concert, the Foster School choral sing-along, and the reception at the Lewis cafeteria. Along with the entertainment and refreshments, the children in attendance participated in a drawing for Barnes and Noble gift cards. Our thanks to Marilyn for continuing this great tradition.

Town hall meetings

The next town hall meeting of the Allied Gardens-Grantville Community Council (AGGCC) will be on Tuesday, Jan. 23, at 6:30 p.m. at the Benjamin Library, Zion Avenue and Glenroy Street. This will be our "Allied Gardens Goes Green" meeting. Vince Mikulanis will provide a detailed explanation of the city's Urban Forestry project and how you, for the minimal

and inexpensive commitment of watering, can add a tree to our neighborhood. We will be joined by Kit Mickelson of Ascension Lutheran Church. The church is embarking on ambitious plan to establish a community garden on the northern edge of its property. Mickelson will show us the basic layout of the garden, the costs expected, and a timeline for development. This is an endeavor we should all be glad to get behind.

Code enforcement

If the city of San Diego Code Enforcement Department is to be effective in its assigned tasks, it needs to know about conditions that need correction. At our website (aggccouncil.org) code enforcement page you will find a link to the city's reporting form and an internal link to information about the department and its priorities for action.

Our new website

Our thanks to Cassie Rivaldi for her hard work in getting our website, aggccouncil.org, up and running. Rivaldi is a teacher at a charter school in the Chula Vista Elementary School District. She has been in education for over 10 years and she recently completed her master's in education with

a concentration in STEAM education (science, technology, engineering, arts, math) from SDSU. Her engineering program has numerous honors, including the Classroom of the Future Foundation's 2015 Inspire Award and a partnership with Qualcomm, Inc. We are proud to have her as a member of our AGGC Team.

Board of directors meetings

The AGGCC board of directors meets on the first Tuesday of each month at 6:30 p.m. at Benjamin Library, at the corner of Zion Avenue and Glenroy Street. Our next meeting will be on Feb. 6. Our board of directors is composed of some very fine folks, your neighbors, who care about the community and your interests. You can support them in their work by subscribing to or advertising in the newsletter, by attending our town hall meetings, and by giving them your ideas about what the community most needs.

—Shain Haug is the president of the Allied Gardens-Grantville Community Council. Reach him at aggccshain@yahoo.com. Visit the new website at aggccouncil.org. Send suggestions to aggccouncil@gmail.com.■



The Lewis Middle School band performing at the Holiday Festival (Courtesy of AGGCC)

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PUZZLES ANSWERS ON PAGE 13

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.

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

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CROSSWORD Sport Talk

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	61				62				63			

CREATORS NEWS SERVICE By Charles Preston

- ACROSS**

1 Father, in Britain
6 Entertainment
10 Selfishness
13 Where Apia is
14 Hebrew letter: var.
15 French pronoun
17 Acquiring
19 Otherwise
20 Feminine ending
21 Disgruntled

22 Temper
24 Designed for amateur construction
26 Air-raid precaution
29 Coalition
30 Not likely
31 Malodorous
33 Undiluted
36 Annoyingly slow
37 Helmsman

38 Where Cienfuegos is
39 Direction: abbr.
40 Ledge of rocks
41 Common mosquito
42 Baseball larceny
44 Two points, in football
45 Overtime pay
49 Have ____ : be merciful

50 Leisure's opposite
51 French pal
54 Family monogram
55 In every direction
58 Underdone
59 Repair
60 Distinct parts
61 Transp. systems
62 Utters
63 Garden violet
- DOWN**

1 Reddish color
2 Gls' addresses
3 Mix and Tryon
4 Samuel's teacher: Bib.
5 Becomes exhausted
6 Go around
7 Term of endearment
8 Make a choice
9 Mystery story

10 Nonetheless
11 Christian precept
12 European blackbird
16 Bondman
18 Conduct one's affairs
23 Jejune
24 Stupid: var.
25 From among
26 Deceive
27 Participating
28 Celebrates

31 Playing area
32 English unit of length
34 Deter's opposite
35 Plastic
37 Apparitions
38 Buffet
40 Wither
41 Phones
43 Harasses
44 Windmill part

45 Himalayan wild goat
46 ____ tell: it is rumored
47 ____ rate: at least
48 Contains
51 An uproar
52 Shea Stadium denizens
53 Suburb of Paris
56 Teachers' grp.
57 ____ nutshell

Lessons from nature

Audrey F. Baker

Young ravens remind us to be jovial. Witness their aerial stick game. You'll see amazing acrobatic displays as one flier drops the stick and another catches it midair.

Nature is a great teacher, inspiring with lessons of wit, fortitude, economy and patience. She is a mistress of contrast, counterpoising variety with scarcity, beauty with destructive power and inter-dependence with individuality. All in her vast domain contribute to the richness of life, offering lessons in living.

Coyotes teach that strategy succeeds shortcomings. They achieve speeds of 25-30 mph. Problem is their adversary the black-tailed jackrabbit is capable of bursts of 40 mph and is often successful with its zig-zag evasion pattern. Coyotes succeed by running straight, nabbing prey at crossing point.

Adapted for drought, big-eared woodrats master frugality. These generalist herbivores prefer woody vegetation, particularly Coast Live Oak and its delectable acorns, and drink water in times of abundance. In dry conditions, they satiate thirst by eating succulents, leafy vegetation and fungi.

Nature's lessons come from observation. One of the county's most familiar and recognizable birds is the great blue heron. A frequent diner to Mission Trails Regional Park, the statuesque

species stands 4.5-foot tall, weighs 4.5-8 pounds and boasts a near-7-foot wing span. It is the continent's largest heron. Its message is patience.

"Blues" range through most of North America, covering Canada into Mexico, frequenting its coastline, estuaries, ponds and lakes.

A dramatic black stripe above the eyes that continues to the back of the neck accentuates its white face. Eyes, bill and legs are yellow. The black and white-streaked gray neck transitions to a blue-grayish body. Head, chest, and wing scapular plumes, coupled with height, make an elegant presence.

These are slow-walking birds with slow wing beats, yet cruise the skies at 30 mph. They take large steps with a 9-inch stride. When alarmed, flight is swift with rapid gains in height and distance.

Stealth and strategy characterize the erudite great blue heron. Perusing above tree line for the reflected glassy glow of water, it locates feeding sites. Slowly circling the area, it establishes itself on a tree. Perched, it can espy potential food and impending threats. Patience is key. The observational period can be lengthy. The approach is slow, deliberate. Blending in without disturbance is paramount. Whether wading in water or ashore, a motionless posture is maintained. A crouching position may be assumed to obscure



Great blue heron (Ardea herodias) with catfish (Photo by David Cooksy)

its full size. It depends on its varied gray coloration to affect invisibility.

Its fishing strategy exhibits efficiency, incorporating the natural curiosity of fish. Silent and bullet quick, our spear fisherman impales with its dagger-like bill. Shaking the catch collapses damaging spines. A turn of the head drops the fish into the mouth. It is gulped down, swallowed whole. The process is completed with hardly a ripple in the water.

Patience perseveres. Ninety percent of the heron's waking hours are spent stalking food. Enhanced by a large number of photoreceptors, its eyes permit day and night hunting.

Many perceive "great blue" as strictly aquatic, a shrimp and turtle type. At water's edge, the solitary feeder enjoys many components of its "ABC

diet" — amphibians, bullfrogs, crabs, dragonflies, every edible it can swallow.


Our hunter is actually a surf-and-turf eater. While fish dominates the menu, in its western range great blues frequently take mammals, seizing prey in their strong mandibles. Terrestrials gleaned from meadow, grassland and farmland include large insects, snakes, ground squirrels, reptiles, voles, baby rabbits, rats, mice, and small birds. Small animals quickly learn if the tree walks, run!

Great blue herons are year-round residents in San Diego County with heronries (colonies) at several sites, breeding from February to May. The high tree nesters build stick nests 4-feet deep and across, producing three to six eggs. Typically one to two survive. Hatching

is asynchronous, over several days. The first born grows faster and is a more aggressive feeder.

Owing to size, adults are invulnerable to most predators. Chicks are nest occupants for up to three months, safeguarded from formidable marauding crows, vultures, owls, and raccoons. That's one more lesson offered. Parent with patience! See you in the park!


—Check the Mission Trails Regional Park Events Calendar published at mtrp.org. Call 619-668-3281 for more information on the park's free offerings and opportunities to learn more about natural Southern California. Special walks can be arranged for scouts, clubs, or other organizations of any fitness or mobility level. Contact Ranger Chris Axtmann at 619-668-2746 or at caxtmann@mtrp.org.■



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News from the Mission Trails Regional Park Foundation

Mission Trails Regional Park Foundation
Leslie Perkins

As the new year begins, the Mission Trails Regional Park Foundation extends our thanks and gratitude to you for visiting the park and participating in the variety of events and activities. Thousands of people enjoy Mission Trails Regional Park (MTRP) and all it has to offer — a treasured resource as one of the largest urban parks in the United States. We look forward to continuing our important mission, in partnership with the city of San Diego, to preserve the natural environment of MTRP and to provide educational and recreational opportunities for generations to come.

Huxley the hawk

There is a very special opportunity at Mission Trails Regional Park for the public to see and experience a splendid hawk in an educational setting. Bob Gordon, a federally licensed falconer, presents a Harris's hawk named Huxley, inside the Visitor Center on the first Sunday morning of the month. Many visitors of all ages have enjoyed meeting Huxley and listening to Bob's informative "Birds of Prey" talks, since they started in October 2017.

Harris's hawk is a social raptor living in the southwest region and even found down into Central and South America.

They usually travel and hunt in a group, feeding on small mammals, rodents, or even other birds. Gordon emphasizes the danger that all raptors face from potentially ingesting pest control poison that gets into the food chain. These beautiful hawks can live up to 15 years in their natural habitat, but up to 36 years if living in captivity.

Huxley was hatched in 2011 and raised as an abatement bird, used to keep away nuisance birds from public spaces and businesses. Huxley's career began in the vineyards in Washington State, and eventually came to San Diego to work at Sea World. He excelled in his role but was just a bit too aggressive, so eventually Sea World asked the abatement company not to use Huxley anymore. That is when Gordon obtained him, explaining it was after the hawk got "fired."

While Huxley cannot be released into the wild because he has been raised in captivity, it gives the public a wonderful chance to be up close and learn more about hawks. You can find these presentations inside the MTRP Visitor Center on the first Sunday of each month, from 9 a.m. to noon.

Extraordinary volunteers

We are so lucky to have many dedicated volunteers that are invaluable to the operations at Mission Trails Regional Park! There are over 150 active volunteers that selflessly give of their time and talents to make

the park such a special place to experience. There are numerous volunteer opportunities and a person can help in a variety of ways:

Visitor Center: Staff the information area welcoming visitors to the park, staff the gift shop, and introduce the video presentations in the theatre.

Trail Guides: Complete the annual training and lead interpretive walks in the park.

Volunteer Patrol: Interact with park users and educate the public about park rules.

Trail Crew: Assist rangers with trail maintenance and construction, erosion control, and sign installation.

Habitat Improvement Team: Assist rangers with exotic plant eradication, habitat protection and revegetation projects.

Beautification Crew: Assist rangers with projects that beautify the park such as picking up litter, trimming back brush, painting, weeding, and applying mulch at various locations in the park.

Volunteering is a great way to learn new skills, share talents and knowledge, gain experience, make new friends and help make the park a better place! Check out mtrp.org for an application.

Upcoming free concerts

The public is invited to enjoy free afternoon concerts on certain Sundays at Mission Trails Regional Park. Enjoy sounds from the Native American Flute Circle in the outdoor



Visitors to Mission Trails Park can meet Huxley the hawk on the first Sunday of each month. (Courtesy MTRPF)

amphitheater at 1 p.m. every second Sunday of the month. On Sunday, Jan. 21 at 3 p.m., check out Peter Puppington, Mark Hunter, Kevin Koch playing jazz guitar; and on Sunday, Feb. 4 at 3 p.m., the Duo Decorus will be performing on violin and cello, both held in the indoor theater. More information can be found at mtrp.org/events.

Be sure to keep track of the time as the park gates close and lock at 5 p.m. daily even as it gets darker later. Gates open at 8 a.m. daily.

—Leslie Perkins is executive director of the Mission Trails Regional Park Foundation. Reach her at LPerkins@mtrp.org.■



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► **Briefs**, from page 8

for firing shots into trees and at neighborhood animals while under the influence.

Erler told police he had been shooting at rats and raccoons when he was arrested in his yard on Dec. 11, 2017. He had a blood alcohol content of 0.255, nearly three times the legal limit, and was on prescription medications.

Two days later, he was served with a temporary order, and on Jan. 3 he became the subject of the first long-term Gun Violence Restraining Order obtained under California Penal Code section 18100-18205 by the City Attorney's Office on behalf of the San Diego Police Department.

The order granted by Superior Court Judge Tamila E. Ipema lasts one year. In that time, Erler is prohibited from having a firearm or ammunition in his custody or control, and from owning, possessing, purchasing or receiving, or attempting to purchase or receive a firearm or ammunition.

Erler was brandishing a High Point .380 hand gun the afternoon police officers responded to a 911 call from a neighbor who reported hearing three gunshots.

Erler fired another three shots in the direction of his neighbor's backyard as officers arrived on the scene. He eventually relinquished his gun, and told police he should not be in possession of weapons. He was arrested for willfully discharging a firearm in a grossly

negligent manner that could result in injury or death. His gun remains in police custody.

"A gun violence restraining order is a relatively new and powerful tool law enforcement can use to prevent future gun-related tragedies. This tool protects the public from individuals who are clearly a danger to themselves and to others," City Attorney Mara W. Elliott said in a press statement. "It was grossly negligent for this individual to fire a gun in a densely-populated neighborhood. This kind of conduct all too often leads to the loss of innocent lives."

Under the law, family members, roommates and law enforcement officers may petition a court to deny a person's access to firearms and ammunition if they pose an imminent danger to self or others. These orders may help prevent future firearm-related tragedies resulting from mental illness, reckless use of a firearm, and gun violence in general.

After working with the San Diego Superior Court to develop procedures for obtaining such orders, the City Attorney's Office will utilize this law whenever a person's access to firearms threatens public safety. The City Attorney's Office continues to prevent domestic violence offenders from owning or possessing firearms.

Crusaders Soccer sets spring schedule

Tryouts for the Crusader Soccer Club (CSC) competitive teams are underway and will



2006 competitive players practicing at night on Jan. 11 (Courtesy Crusader Soccer)

continue through March 29. The next tryouts will be held on Jan. 20–21 at Pershing Middle School. For players born in 2006, 2007 and 2008, tryouts are from 11 a.m.–1 p.m.; and for players born in 2009, 2010 and 2011 from 1–2:30 p.m. Players should participate on both Saturday and Sunday. Go to the Crusader Soccer Club (CSC) homepage at sandiegocrusaders.com for a complete schedule of the dates and times, depending upon the age of the players, and to register for the free tryouts.

Rene Miramontes, director of coaching for CSC, has announced the addition of three professional women's soccer coaches to his staff for the competitive division: Amy Valdivia, Melissa Warner and Melissa David. Contact Rene Miramontes, if you need additional information, at futbol11@aol.com.

Registration for CSC recreational spring soccer players is open now through the end of February. The games begin on Sunday, March 4, and run through April 29 (no games on Easter Sunday). Over 250 players have already registered. Games begin at 11 a.m.

and are played on the artificial turf fields at Pershing Middle School in San Carlos.

CSC is also looking for volunteer coaches and referees for the recreational spring season. Go to the CSC homepage (sandiegocrusaders.com) for more information or email Jay Wilson, CSC recreation soccer coordinator, at cscjay@cox.net. Referee and coaching clinics will be held in February.

Like most youth sports, soccer is played year-round. The local season ended in November 2017; and the state cup for our competitive teams begins later.

Grantville-based group aids flood victims

On Jan. 14, a group of 12 volunteers from Grantville-based International Relief Teams (IRT) returned from New Orleans, Louisiana where they were working on rebuilding damaged homes that were affected by the disastrous Louisiana floods in August 2016.

Those floods — considered a once-in-1,000-year event — destroyed more than 140,000 homes, businesses and schools, leaving tens of thousands of people without livable houses. In partnership with the Louisiana United Methodist Conference, IRT volunteers from San Diego helped rebuild and repair four damaged homes for families that were affected by this disaster.

"It's been almost two years since the floods and many families are still homeless, living in damaged houses, or FEMA trailers. Our volunteers are

committed to give their time and skills to restore the homes of the families that were affected by this natural disaster," IRT Program Coordinator Brett Schwemmer stated in a press release.

Cyndi Feldman, a first-time volunteer, said she wasn't aware of the level of desperation that some people are still experiencing.

"I didn't know the extent of the damage that occurred. I needed to see it firsthand," she said. "It has been a lot of work, and long days, but it's all been worth it. The families are extremely grateful and I am so happy to be able to help them have a home again."

People like Juan and Rina Aguirre will finally be able to go back to their house after almost a year and a half of living in a FEMA trailer.

"We are very, very, very happy to finally have a home again," said Rina. "We are so grateful for all the volunteers. I don't have the words to express my gratitude. We had lost all hope, and they have restored it."

IRT has experience in assisting victims of disasters, both nationally and internationally. IRT provided aid following Superstorm Sandy in New Jersey from 2012-16, Hurricane Katrina in Mississippi from 2005-11, and will soon be deploying groups of volunteers to Texas to help restore homes that were destroyed during last year's catastrophic Hurricane Harvey.

For more information about IRT, visit irteams.org.■

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MISSION TIMES COURIER
COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR



Live music: Eileen Wingard's String Trio

Classical music performed by string trio. 12:45 p.m., College Avenue Center, 6299 Capri Drive, 92120. Free.



Santee Active Life Expo

Health expo featuring a 50K race walk, kids' fun zone, climbing wall, BMX half pipe demo, vendor booths, fitness obstacle course and more. Race starts at 7:30 a.m. at Town Center Parkway and Riverview Drive. Expo starts at 9 a.m. at Trolley Square Shopping Center in Santee. santeeactiveexpo.com.



Discussion: Refusal of Treatment and How Best to Die with Dementia

Hemlock Society of San Diego presents experts from the Alzheimer's Association, medical and hospice community, and clergy who will discuss the end of life with dementia, and how to achieve a more peaceful death. A question and answer discussion follows. 1:30–3:30 p.m., Scottish Rite Event Center, 1895 Camino Del Rio South, Mission Valley. Free and open to the public. hemlocksocietysandiego.org or call 619-233-4418.



Live music: JAZZ BeND

JAZZ BeND brings together three music veterans and their rock, funk, blues, jazz and classical backgrounds: Peter Popping on guitar, Mark Hunter on electric bass guitar, and Kevin Koch on drums. 3–4 p.m., Mission Trails Regional Park Visitors Center Auditorium, 1 Father Junipero Serra Trail. Call 619-668-3281 or visit mtrp.org. Free but seating is limited.



Movie: 'Scarlet Street'

Judith Levine presents a classic noir film about greed, obsession, lust, fatalism and guilt. 1 p.m., College Avenue

Center, 6299 Capri Drive. Free.



Medical Cannabis 101

Canna Republic Senior Advocacy presents a program designed to familiarize seniors with medical marijuana. Topics covered include introduction to medical cannabis, how does it work to treat illness, what to expect during cannabis treatment, how to choose the best consumption methods, talking with family, friends, and your physician about medical cannabis, and how to legally obtain medical cannabis. 12:45 p.m., College Avenue Center, 6299 Capri Drive. Free.



Discussion on Osteoporosis

Grossmont Healthcare District will host "Osteoporosis and Exercise: What Is Right and What Is Risky." Speaker Kristin Schulz is a board certified clinical specialist in geriatric physical therapy and has a certification in osteoporosis in the Meeks Method, a program on patterns of postural change. For Sharp HealthCare, she provides outpatient physical therapy and rehabilitation services, including neurological rehab and balance and vestibular rehab. 10–11 a.m., Dr. William C. Herrick Community Health Care Library, 9001 Wakarusa St., La Mesa. Admission is free and RSVP is not necessary. Light refreshments will be served.



Men's basketball

SDSU Aztecs take on the Colorado State Rams. 8 p.m., Viejas Arena, 5500 Canyon Crest Drive. Tickets \$10–\$108 at bit.ly/2mgHrtp.



Live music: Blue Oyster Cult

Rockers Blue Oyster Cult take the stage at 8 p.m. at Sycuan Casino, 5469 Casino

Way, El Cajon 92109. Tickets are \$49–\$59 at sycuan.com.



Live music: Al Jacobs

Piano and sing-along concert. 12:30 p.m., College Avenue Center, 6299 Capri Drive. Free.

Adaptive Sports Showcase

SDSU Adaptive Sports program presents this first of its kind event is designed to raise awareness towards the powerful impact of establishing a collegiate adaptive sports program at SDSU and the San Diego at-large community. From high-level athletes, including U.S. Paralympic athletes, to some of the country's most influential coaches and directors, attendees will get to be part of a very special moment in college adaptive sports history in the U.S. and plant the seeds of hope in younger generations. Friday, Jan. 26, 7–9 p.m. at Montezuma Hall: "The Rebound" documentary screening; Paralympian and gold-medalist Dave Kiley speaks; plus surprise guest performances. Saturday, Jan. 27, 9:30 a.m.–1 p.m. at Peterson Gym 152: Sports demos and high-level adaptive sports competitions. Free and open to everyone.



Movie: 'Battle of the Sexes'

The true story of the 1973 tennis match between world's top-ranked female player Billie Jean King and ex-champ and serial hustler Bobby Riggs. 1 p.m., College Avenue Center, 6299 Capri Drive. Free.



Discussion: 'The Link between Diabetes, Dementia, and Depression'

Science and medicine have studied dementia and there are key components to staying healthy: exercising your mind and body to have a happier and healthier life both physically and mentally.

Dr. Karl Steinberg works with Scripps Health, specializing in health issues relating to families and older adults, and Palliative Care. He is part of the Champions of Health, educating the public about important health issues. 12:45 p.m., College Avenue Center, 6299 Capri Drive. Free.



"Inside the Actor's Process: Classical"

Grossmont College presents a unique show that will enlighten performers and audiences on how to enjoy classic theater from the likes of Moliere, Ibsen, Chekhov and Shakespeare. Many an actor has found themselves face to face with the classics and felt the immediate instinct to run screaming back to plays written without all the "Thou and thee and hither and yon." But what happens when we approach these works the same way we look at modern realistic plays where people speak like we do? What if there was a way to de-mystify the language and discover the joy with which they were written and originally performed? Feb. 2–3 at 7:30 p.m.; special matinee show on Feb. 3 at 2 p.m., Grossmont Stagehouse Theatre, 8800 Grossmont College Drive, El Cajon. Tickets \$10 at box office or bit.ly/2mc4m9m.



Live music: The Oak Ridge Boys

Country music legends The Oak Ridge Boys play Sycuan Casino, 5469 Casino Way, El Cajon. Show starts at 5 p.m. Tickets are \$59–\$69 at sycuan.com.

Composting & Vermicomposting Workshop

Solana Center hosts a free two-hour composting workshop that will cover the basics of traditional composting

and vermicomposting (composting with worms). Learn what composting is and why it's so important to do, what tools and materials you'll need, which items are or are not compostable and how to harvest and use your compost. Space is limited. Preregister at bit.ly/1MLi88H or call 760-436-7986, ext. 700. 10 a.m.–noon, Water Conservation Garden, 12122 Cuyamaca College Drive, El Cajon 92109.



Jazz Night

Temple Emanu-El presents the Danny Green Trio, an award-winning jazz ensemble. Proceeds from the concert will go to the Mildred Ackerman Children's Music Fund — dedicated to supporting opportunities for children to participate in musical activities such as choir, theater and band. Pianist Danny Green is a San Diego native who is nationally recognized for his compositions. His trio, including bassist Justin Grinnell and drummer Julien Cantelm, was featured at last year's San Jose Summer Jazz Fest and at TEDxSanDiego. They have twice received Best Jazz Album from the San Diego Music Awards. Tickets are \$36 in advance \$40 at the door, available at teesd.org or in the Temple office. Call 619-286-2555. 6:30 p.m., Temple Emanu-El, 6299 Capri Drive.

Men's basketball

SDSU Aztecs take on the Air Force Academy, 5 p.m., Viejas Arena, 5500 Canyon Crest Drive. Tickets \$16–\$210 at bit.ly/2D9igQM.



Artist reception

Mission Trails Regional Park Foundation presents a fine art exhibition titled "The Invisible World" by award-winning

photographer Luciano Demasi.



The public is invited to a reception in honor of the artists on Sunday, Jan. 4, noon–3 p.m. at the Mission Trails Regional Park Visitor Center Art Gallery, 1 Father Junipero Serra Trail. This exhibit will be on display Jan. 23–Feb. 23.



San Diego Jewish Film Festival

The 28th annual San Diego Jewish Film Festival (SDJFF) proudly presents an exciting 11-day festival running Feb. 7–18. SDJFF will screen 37 feature films and 21 shorts from 16 different countries in five great San Diego venues. The festival is the largest Jewish cultural event in San Diego and draws over 17,000 attendees annually to more than 70 screenings. SDJFF features San Diego film premieres, international guest filmmakers, and juried and audience choice awards. Screenings will be shown at five locations. This year the festival will showcase a total of 58 of the best contemporary Jewish-themed films from around the world celebrating life, human rights, and freedom of expression. See the film line up and purchase tickets at sdjff.org or call the box office at 858-362-1348. ■

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Unpack Your Bags in the New Year

We hope 2018 is off to a wonderful start for you. January is a great time for new beginnings, fresh starts, and setting goals. Maybe you're embarking on a journey for better health in the New Year, or perhaps you're ready to "unpack your bags" - a metaphor for getting free of physical or emotional clutter that builds up year after year. When you unpack your bags, you take a personal inventory of what is important, and then only repack what you truly need. This can be helpful for your life's journey going forward. You can also try the 90/90 rule - if you haven't used an item in 90 days, and you don't plan on using it in the next 90 days, consider donating it to Goodwill or Amvets to lighten your load.

At Ideal, we're all about New Year's Resolutions for your home. Maybe there's something in your home that you know you need to take care of, but haven't. Perhaps that dripping bathroom faucet or running toilet is driving you crazy. Or maybe you're ready to give yourself the kitchen or bathroom you've always dreamed of. Our service team is ready to help you with any job, large or small.

We asked a few Ideal Plumbing Heating Air Electrical Team Members to share their 2018 New Year's Goals for their own homes:

Ideal Employee New Year's "Home Goals"



"In 2018 my wife and I will be working on finishing remodeling the upstairs part of our home, which now has a vacant room with lots of possibility."

-Matt Getz,
Heating & Air Conditioning
Project Manager/Estimator



This Spring my in-laws are moving across the country to enjoy their twilight years with us in sunny San Diego. As we prepare our home for their arrival, we're thinking more about access, ADA fixtures, grab bars, safety, and overall comfort for multi-family living.

-Sheryl Nacrelli,
Heating & Air Conditioning
Coordinator



"I plan to replace the rest of the old, loose outlets in my home and continue to convert my light fixtures to LEDs, and add dimmers. I'd also like to move the furnace to the attic, thereby freeing up a large closet near the kitchen for a pantry. This will also help reduce noise."

-Mac Donalson,
Ideal Electrical Services
Project Manager/Estimator



"My wife and I just welcomed our new baby boy into our family, and that brings a lot of baby-proofing and finishing honey-dos around the house. 'Happy Wife, Happy Life.'"

-Joe Clark
Kitchen & Bath Remodel
Project Manager/Estimator

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