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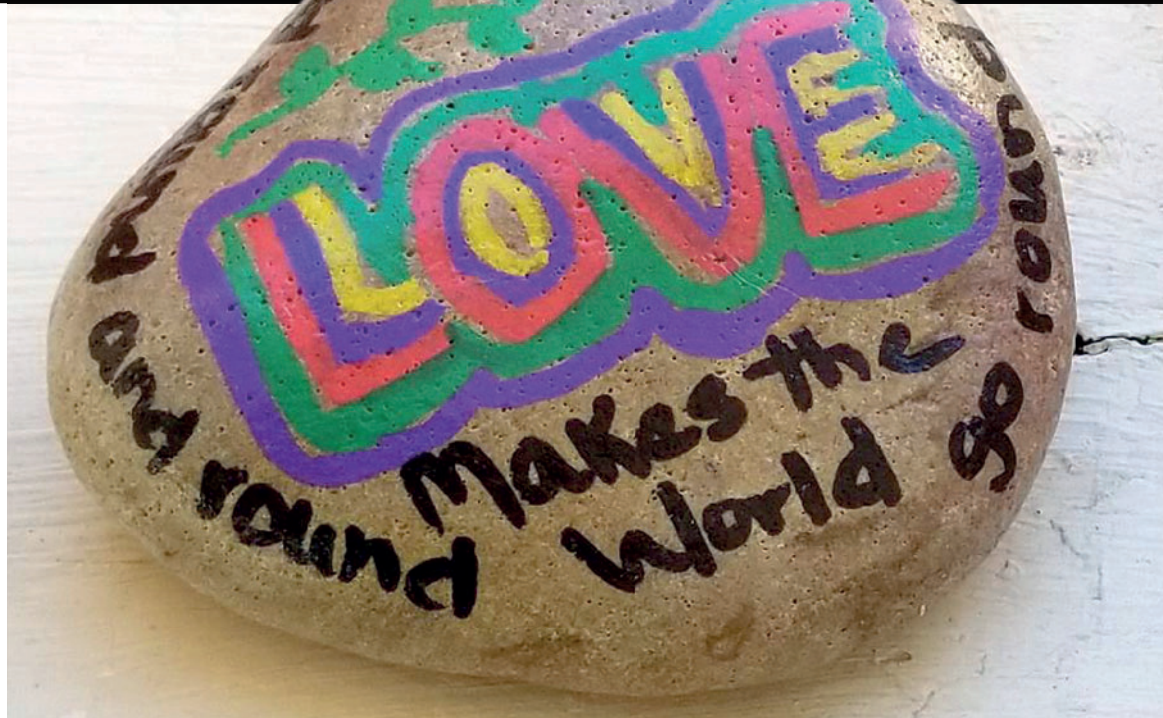
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San Diego Community News Network



Painted rocks like this one can be found throughout the area and are produced, collected and redistributed by groups like San Carlos Rocks, Allied Gardens Rocks and Santee Rocks. (Facebook)

Rocks with a higher purpose

Local Facebook groups spread the love with painted rocks

Jess Winans

Monica Inman Overbey was in the bathroom of Brother's Family Restaurant in Allied Gardens when she saw something unusual — a bright, colorfully painted rock sitting on the counter.

"We live in Ohio," she said. "And when my husband was diagnosed with chronic thromboembolic pulmonary hypertension, they told us there was no treatment there and recommended we go to San Diego. We were at a restaurant with our son and Airbnb host when I found the rock. It was amazing

just to find a rock amidst the situation we were going through."

The rock originally belonged to the local Facebook group, San Carlos Rocks (#SCROCKS) which paints and hides rocks in local spots like

See **ROCKS** page 11

Airport authority, residents clash over expansion

Dave Schwab

Airport authorities say fears are misplaced and premature that Montgomery-Gibbs Airport's ongoing master plan update would pave the way for more jets while diminishing neighbors' quality of life and property values.

But some residents in Montgomery Field's flight path, like Steve Nelson of Del Cerro, are questioning the intent and transparency of the Montgomery master plan update, which will redefine how the airport will be used for the next two decades.

Runway expansion to accommodate larger jets is one of many proposals in a master plan redo currently underway for the 456-acre, three-runway Montgomery-Gibbs Executive Airport. It is a public-use airport owned and operated by



Runways at the Montgomery-Gibbs Airport may soon be extended. (Google Maps)

the city of San Diego and its Airports Division, a branch of the city's Real Estate Assets Department. The Airports Division has embarked on a master-planning process to guide airport development at both Montgomery and Brown Field airports for the next 20 years.

"People in our community don't really quite understand what it (runway expansion) is going to do," warned Nelson. "They're just blowing it off worrying about their water bills. Just wait until their property values have dropped \$200,000

See **AIRPORT** page 3

Navajo Planners take issue with Mission Valley CPU

Jeff Clemetson
Editor

The members of the Navajo Community Planners (NCPI), especially those who represent Grantville, are frustrated with the process to update neighboring Mission Valley's community plan.

At its Feb. 14 meeting, the NCPI board voted to send a letter to San Diego city planners, traffic engineers, City Council members, SANDAG, the Mission Valley Planning Group and even officials from outlying cities like Santee requesting that the Mission Valley community plan update (CPU) include studies on how its vastly increased density housing will affect traffic along the borders of Mission Valley.

"I noticed there was a lack of concern for traffic in the Grantville area, considering the fact that Qualcomm is going to be developed by someone big or the university. The roads that we have east-west will be severely impacted," said NCPI board member Dan Smith. Smith, along with a small contingent of board members and citizens from Navajo neighborhoods, attended meetings of the Mission Valley Planning Group (MVPG) as well as its subcommittee overseeing the CPU.

"They don't seem to care about anything east of [Interstate 15], and I raised that as an issue," Smith continued. "It made me realize they aren't considering our neighborhood. There's a lot of land between Qualcomm and Grantville and we need to have some roadways studied there, not just down around Hotel Circle."

Former NCPI board member Jay Wilson, who also went with the Navajo contingent, said he learned that the traffic studies for the Mission Valley CPU are conducted by SANDAG using the data provided by the city. Currently, the traffic studies

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Dr. Roy C Springer, MD
Family Medicine

Dr. Stephen Reitman, MD
Internal Medicine & Geriatrics

Dr. Mirwais Saifi, MD
Family Medicine

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St. Therese tower being rebuilt

Doug Curlee
Editor at Large

If you knew what to look for in the past 60 years, you could always find St. Therese Catholic Church at Navajo and Waring roads in San Carlos. All you needed to see was the 100-foot tower beside the church building itself. You could see it from quite a distance away. You can still see it ... sort of. The tower is slowly being rebuilt, starting around two years ago, because of long-term damage that could have eventually caused the tower to collapse.

What brought this about? Simple. “Water damage,” said Father Peter Bosque. “Anyone who’s ever had to repair and renovate old homes knows what the problems are. Rot, mold, all the things that happen to old, basically wooden structures happened here.” Things like this often involve several city departments signing off on the project, issuing permits and doing ongoing inspections. “We decided to try to avoid all that, and what we’re doing is ‘like to like’ replacement of everything,” Father Bosque explained. “In other words, we’re redoing the tower the way it

was originally built — replacing wood with wood; collecting, cleaning and rehabilitating all the decorative tile work from the original; and reinstalling it where it was before. No steel, no real modern building materials, nothing that wasn’t a copy of the original. Under the law, you’re allowed to do that without the permitting processes.” Of course, that takes time and money — a lot of money. Father Bosque cringes a little when he considers the cost of all this. “We started out with a budget target of about \$327,000. Now, we’re figuring on about \$600,000. But we’re going to



The tower of St. Therese Catholic Church is under construction due to water damage. (Photo by Doug Curlee)

get what we want out of it, someday.” “Someday” speaks to the slow pace of the job, but no one’s in a major hurry to get it all done. There have been rain delays and other problems that just happen. Father Bosque said the church started planning for the tower rebuild two years ago

and the construction began in August 2017. He’s hoping for a finish in October of this year or so — but, he said, there are no guarantees. But that’s what good priests provide: Hope.

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

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NEWS BRIEFS

Navajo Community Planners elections

At its Wednesday, March 14 meeting, the Navajo Community Planners, Inc. (NCPI) will hold its annual elections of the board of directors. NCPI is the duly authorized planning group that reviews and provides recommendations on land-use issues within the Navajo neighborhoods region to the San Diego City Council. Although decisions made by local planning groups are non-binding, the recommendations are considered before the City Council makes any final decisions on issues, such as the size and scope of new building projects, where residential and commercial zones should be located, etc. All residents, business owners and property owners in the communities of Allied Gardens, Del Cerro, Grantville and San Carlos are eligible to vote. People wishing to vote need to provide proof of residency, or proof of business or property ownership. The elections will be held at 6:30 p.m. at the Tifereth Israel Synagogue, 6660 Cowles Mountain Blvd. For inquiries, email navajoplanners@cox.net; for more information on NCPI, visit navajoplanners.org.

Local physician receives national volunteer award

Del Cerro resident Erik O. Gilbertson, M.D., who is chief of dermatology at Scripps Clinic Rancho San Diego in La Mesa, has received the Health Professional Volunteer of the Year award from the National Psoriasis Foundation (NPF). The NPF recognized Dr. Gilbertson for his work in helping psoriatic patients achieve better health outcomes, as well as for supporting the search for a cure for psoriasis. He was nominated by patients and colleagues and selected by a committee of NPF medical board members.



Dr. Erik Gilbertson, M.D. (Courtesy Scripps Health)

Dr. Gilbertson received the honor at a special NPF reception held in conjunction with the American Academy of Dermatology’s annual meeting in San Diego earlier this month. Dr. Gilbertson has volunteered with the NPF for the past 22 years. His service includes speaking at free NPF educational events such as More Than Skin Deep, where patients learn about the latest research and treatment options. Dr. Gilbertson also used his bilingual skills to contribute to the development and translation of NPF patient literature in Spanish. He also participates in various NPF fundraising events that support research, helps secure event sponsorships and encourages other physicians to get involved with the foundation. As chief of dermatology at Scripps Clinic Rancho San Diego in La Mesa, Dr. Gilbertson diagnoses and treats skin cancer, acne, psoriasis, eczema, vitiligo and other skin disorders. He is also actively involved in clinical research studies for new psoriasis treatments. Dr. Gilbertson also serves as director of the San Diego

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► **MV update,** from page 1

done for the six alternatives for Mission Valley’s CPU stop at the east end of the San Diego River as it goes toward Twain Avenue, according to Wilson.

“But it includes bike paths on San Diego Mission Road, because [they believe] increased bicycle traffic will cut down on cars,” Wilson said. “They’re implying that there’s no real plan to do anything with that road.”

San Diego Mission Road will require some work done to accommodate the bikes because it floods, is very narrow already and the plan calls for adding bike lanes, Wilson added.

“[The Mission Valley CPU] really needs a strong analysis to look at the thoroughfares,” he said.

According to the city, that analysis will be done, but it may not be as “strong” as the NCPI board would like.

“Planned land uses for adjacent communities are included in the SANDAG regional model being used for the Mission Valley CPU,” said Arian Collins, supervising public information officer for the city of San Diego. “The analysis will include

evaluating future conditions on freeways, roadways, intersections, bicycle facilities and pedestrian facilities within the community of Mission Valley and into the areas of the adjacent communities where there is circulation and interaction between the two communities.

“It is the city’s practice for conducting CPU mobility studies and traffic impacts studies to include projected land uses throughout the region in the travel forecast model, and to study roadway segment and intersections beyond the community boundary,” he continued. “The intention is to adequately study the area being planned to identify needed improvements.”

The Mission Valley CPU Final Mobility Existing Conditions Report, which was released in June of last year, show the boundaries of the traffic study area. Maps show the study area does extend east of Interstate 15, but barely. The traffic study area in the eastern section of the map is confined to west of the San Diego River along Friars and San Diego Mission roads; south of Friars Road on Interstate 15 and Rancho Mission Road; west of

Mission Gorge Road on Camino del Rio North, Interstate 8 and Camino del Rio South; and north of Camino del Rio South. To view the report, visit bit.ly/2tgYkKA.

Future studies beyond those boundaries may never happen, because they may not have to.

“A CPU is not required to complete a traffic impact study to neighboring communities,” said Elizabeth Leventhal, who chairs MVPG CPU subcommittee. “The state does not require a CPU to conduct an exhaustive traffic study on networks outside the CPU boundary. As such, the Mission Valley CPU traffic study is limited to the first network and will not include an exhaustive traffic impact study on our neighboring communities.”

Although the state doesn’t require it, Smith said the city’s planning department needs to get the community planning boards “a little bit more in sync with each other.”

“When they start choking the roadways for bicycle lanes, and then they choke away our pathway along the river, we got a problem there,” he said.

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

► **Airport,** from page 1

because they have freakin’ jets flying overhead.”

Nelson, who has been following the MGA master-planning process for nearly a year, noted the process is “supposed be open to the public and transparent.” But he contended, “The real information is masked in deep, lengthy, complex reports and further clouded in airport jargon which is not easily obtained, processed, or understood by the general public.”

Citing an example, Nelson claims language buried in master-plan reports states that “the displaced threshold (moving the lines back on the existing runway to allow larger aircraft/jets to land) may be modified.”

What that really means to the public, Nelson said is that, “We (airport) are proposing to move back the landing limit lines on the runway by 1,176 feet so larger aircraft/jets can land from the east. Communities to the east of Montgomery (Del Cerro, Allied Gardens, San Carlos, Grantville, La Mesa, Tierrasanta) can expect more frequent, larger and louder aircraft/jets flying over their homes. The altitude of these larger aircraft/jets may also be lower to accommodate the longer runway that has been shifted to the east.”

If that happens, Nelson claims that change, though it likely would be good for Montgomery Field and its tenants, would not be good for the city or the airport’s neighboring communities.

“A proper cost-benefit analysis would prove the minor benefits to MGA would be far outweighed by the financial/community-related losses to modify the displaced threshold to allow larger jets to land from the east,” Nelson said. “This analysis needs to cover not only financial metrics, but immediate and long-term affects to the people and communities.”

Wayne Reiter, program manager for the city of San Diego’s Airports Division, said the MGA master plan update needs to be put in proper perspective. Typically, said Reiter, airport maser plans are redone every five to 10 years to keep them current. “This is not the case with MGA, whose last update was done 30 years ago,” he said.

Reiter pointed out airport master plans are comprehensive studies to determine proper long-term planning for an airport including the extent, type and schedule of development needed. The process involved in master planning considers the needs and demands of all parties: airport tenants, users and the public.

Master plan redos are “a 20-year planning exercise,” Reiter said noting the objective is “to take a look at the airport today, do a forecast of aviation demand, then propose facility changes to accommodate that forecast, which is what we expect the traffic volume to be during the next 20 years.”

Reiter said the traffic volume forecast which has been done for Montgomery concludes the airport “will have less than half a percent increase in air traffic over the next 20 years ... so there is no real trend about (flight volume) increasing.”

“Where we are right now with Montgomery is, what type of development does the city want to do given the projected demand?” continued Reiter, adding three different alternatives for possible airport redevelopment are now on the table.

Added Reiter, “The city has not elected a preferred alternative. That is what we intend to move forward with.” He added one of those three alternatives includes looking at the displaced threshold of Montgomery’s main runway.

Reiter noted a technical analysis of airport issues, such as the consequences of displacing the threshold on the main runway, “has not been

completed, we hope to get it within a month or so. That will be the answer to a lot of the questions people have – and we’re not there yet. Once we get that, the city will be able to make an informed decision. We haven’t made that decision yet.”

Montgomery-Gibbs is home to a number of facilities providing an array of aeronautical services including fueling, hangaring, tie-down and parking, aircraft rental, aircraft maintenance, flight instruction, hangar rentals, air charter and medical transport.

The city received an FAA grant of \$500,000 for master planning for Montgomery-Gibbs, and is providing funds from the Airport Enterprise Fund to pay for the studies.

When finished, the airport master plan update for Montgomery-Gibbs Executive Airport will include reports of existing and future conditions, as well as providing airport layout plans, and a schedule of priorities and funding sources for any proposed improvements.

—*Freelance writer Dave Schwab can be reached at reporter@sdnews.com.*■

How to Sell Your San Diego Home Without an Agent

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

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Navajo Road Show to feature Mike Slater



Judy McCarty



Navajo Canyon Republican Women, Federated (NCRWF) has a fun evening planned for April 10. It's our annual Navajo Road Show with Mike Slater, KFMB radio talk show host as our featured speaker.

We'll be celebrating the successes of our Republican administration — particularly the tax cuts and dismantling of the Islamic State group in the Middle East. We'll have a Candidate Express, so Republican candidates will also be joining us. A no-host bar, taco dinner and dessert, and the famous Navajo Road Show silent auction will round out the evening.

The event will be held at the Elks Lodge in El Cajon, 1400 E. Washington from 5 to

8 p.m. on Tuesday, April 10. Cost is \$15 per person; RSVP to ncrwf99@gmail.com, or call Marjie at 619-990-2791. Mail checks to 2295 Needham Road, #4, El Cajon 92020.

Mike Slater, who hosts the "The Mike Slater Show" on KFMB AM 760, has been named one of the "Top 5 'Young Guns' of Talk Radio" by Talkers magazine. He is a frequent guest on Fox News, MSNBC and CNN. He will be speaking on the latest political hot topics and the role virtue, gratitude and conservative values play into decision-making. Slater is fond of saying, "America is the greatest nation in the world and San Diego is its finest city. We are so blessed to live here."

The Navajo Road Show is a play on the famous public television program "Antiques Road Show," and is a favorite fundraiser for club members. Members donate their new or no-longer-needed collectibles, antiques and other like-new items such as handbags, jewelry, crystal, candles, and kitchen gadgets.



KFMB talk show host Mike Slater (Facebook)

The silent auction starts at 5 p.m. and goes on through the evening. An opportunity drawing for cash, among other things, will keep things lively. We encourage all Republican women to bring their spouses, friends and family to join us for a fun evening.

For those of you not familiar with us, NCRWF is the largest Republican club in the county with membership throughout the area. We are

See MIKE SLATER page 7 —————>

Audit of water billing problem expanded

District 7 Dispatch

Scott Sherman



After hundreds of complaints from San Diego residents about drastic increases to their water bill, City Auditor Eduardo Luna agreed to speed up and expand a planned audit of the city's Public Utilities Department (PUD) to review water billing practices and examine the use of smart meter technology.

The expanded audit follows reports that more than 300 customers were overcharged on their water bills because of human error in misreading meters. Higher water bills could also be attributed to higher water rates approved by the City

Council in 2015, which I voted against.

While the audit is underway, PUD has implemented several new accountability measures to provide better oversight and ensure the accuracy of water bills, including requiring PUD supervisors to personally sign off on daily reports from meter readers; adding security protocols to ensure that only designated staff have ability to input data; improving automated alerts that flag unusual spikes in water usage; adding a second spot check review of meter reads to ensure accuracy; and including an informational insert in water bills on how customers can read their own meters and track their water use.

I also want to remind customers that there are several programs already in place to

assist residents who believe their bill is too high. There is a free residential survey program that allows Public Utilities staff to help customers monitor their water consumption and check their property for leaks. More information can be found at bit.ly/1WMdj4F.

Customers who believe they were overcharged are encouraged to contact the city with questions or concerns at 619-515-3500 or customer-care@sandiego.gov. Of course, District 7 residents can also contact my office directly at 619-236-6677 or email at scottsherman@sandiego.gov.

—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



Ratepayer rip-off: The president of the California Public Utilities Commission recently floated an idea that sounds like it was cooked up by a utility company fat cat. Michael Picker suggested that utilities be allowed to charge rural residents more for electricity to help cover fire safety costs.

His proposal is not only outrageous, but would let monopolies like SDG&E off the financial hook.

The fact is that SDG&E — more than a decade after a string of deadly wildfires across our region — has failed to do the right thing and fully

harden its rural lines and other facilities against disaster.

Ratepayers should not be stuck with the bill to complete these overdue improvements — and SDG&E should not be allowed to continue to put shareholder profits over public safety.

Senior safeguards: I recently joined District Attorney Summer Stephan, Sheriff Bill Gore and other law enforcement leaders to announce additional safeguards to protect seniors from abuse and neglect.

The new Elder and Dependent Adult Abuse Blueprint incorporates model practices and responses for our first responders, prosecutors and others.

We need to do all we can to combat incidents of abuse and neglect. This blueprint will help in the fight.

Success stories: So many great folks are doing wonderful

things across our community. Among those who have recently received county proclamations for their contributions:

Mike Clinkenbeard, the 2017 chairman of the Santee Chamber of Commerce and a longtime leader of the Cajon Valley Education Foundation; and the Steele Canyon High School football team, which recently won the school's first state championship.

Congratulations to the team, coach Scott Longerbone and Principal Don Hohimer!

—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 619-531-5522 or email dianne.jacob@sdcounty.ca.gov.■

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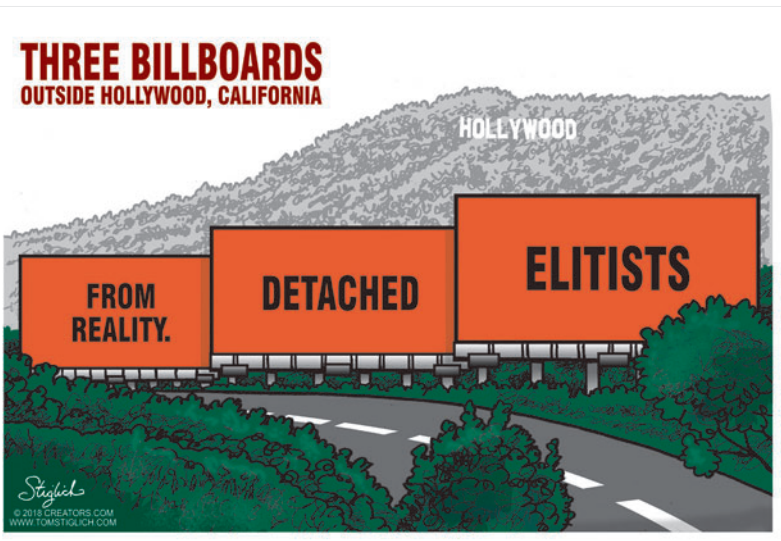
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Guest editorial

School choice debate missing key element: the environment

Gary London

[Editor's note: This editorial first appeared in the Voice of San Diego on Feb. 28, bit.ly/2FmmOrt.]

San Diego Unified School District allows parents to choose schools for their children in neighborhoods where they do not live. For the district, this is a remedy to backfill spaces not being used. For parents, it's an opportunity to send their children to schools where they believe the education is better.

I acknowledge the historical complexity of school commuting as a remedy to education inequality. But by allowing school choice, and while noting its incredible success, the district has created another mess.

My specific concern is that the school district's practice, which now engages almost half of its student population, has serious traffic and environmental consequences that conflict with avowed San Diego policies on climate change and reducing our carbon footprint.

I have not seen nor heard any active discussion about how inappropriate this is.

In its "Vision 2020" plan, the district states that it wants to keep more students in neighborhood schools. I think this is the right goal, because commuting has allowed the district a way out of its responsibility to fix underperforming schools.

The history of the program is complex, having grown out of a desire to desegregate the city's schools, but my primary focus is the environmental as well as the consequences on neighborhood cohesiveness in

land-use circles, we are concerned about the effect from all these automobiles on the road.

School commuting is bad for the environment because it contributes to traffic miles and congestion. It's also time-consuming and probably stressful for the parents who, twice a day, drive from home to school to work in the morning, and work to school (or to after-school day care) to home in the afternoon.

A study from the University of San Diego's Center for Education Policy and Law has demonstrated that 42 percent of parents across the district choose to send their kids to schools outside their neighborhoods. For a district of 130,000 students, assuming two students per household, that must be about 27,000 parents.

In addition to the 10,000 students who are daily bussed to schools outside of their neighborhoods, we are also looking at more than 20,000 parents who commute their children daily by car to another neighborhood. Twice a day, that equates to 40,000 vehicle trips.

San Diego is fully engaged in promoting better air quality and fighting climate change. Yet when parents take extra trips in autos, we have the antithesis of the city's goals to reduce our carbon footprint.

Those of us in the land-use business question the commuting practice for good reasons.

For starters, your neighborhood school is a fundamental "anchor" to your community. While its primary purpose is to educate children, schools regularly are places where parents meet and form friendships

and bonds. We vote at these schools. We send our kids to play in the school yards.

When we lose touch with the anchor, we are at risk of losing touch with our sense of community. When we know each other, we watch and care for each other.

Communities throughout the San Diego region are super focused on traffic and transportation. In fact, practically every real estate development project that I work on experiences push back because communities believe that more housing equals more traffic congestion. Why are we not applying that same sensibility to parents getting into their cars to transport their kids to another part of the city, increasing congestion and complicating everyone's commute?

I assume that parents in neighborhoods with poorer performing schools would argue that commuting gives their children an equal shot at success, and that they can't just wait around for the district to improve schools closer to their homes. But this never-ending spiral of moving around children cannot be the answer.

What I am railing against is a practice that seems to promote this behavior rather than one which is centered on improving the "bad" neighborhood schools. While the two don't have to be mutually exclusive, perhaps a little less emphasis on commuting, and a little more emphasis on why parents must do so in the first place, ought to be the subject of a public discourse.

I have no doubt that San Diego Unified School District administrators are trying to do the right thing for all involved. What I am requesting is a call for action for them to become better community stewards.

The school district is an integral part of San Diego. They ought to step up and take a more holistic approach to their policies.

—Gary London is a parent and land-use consultant living in San Diego.■

Letters

Response to Scientology insert

The Mission Times Courier has received multiple emails, letters and phone calls pertaining to the Church of Scientology insert that is periodically delivered with the paper. Advertising decisions are beyond the scope of the editorial department, however, due to the number of responses we've received, I asked our publisher to clarify the paper's position on groups — religious or otherwise — advertising in the paper. His response is as follows:

"Our advertising policy shall apply to all print, online and email advertisements that are submitted to SDCNN publications. SDCNN reserves the right to reject or cancel any ad at any time.

We feel any legitimate business has the right to advertise in the pages of our hyper-local community newspapers, including controversial businesses such as Scientology, marijuana-related operation, adult entertainment, etc. Whether our readers agree or disagree to these types of businesses, we feel they have the right to promote their enterprise.

The businesses who pay for advertisements in our free newspaper are the ones who make it possible for us to continue publishing. We are a small business dealing with all the challenges these turbulent times present to newspapers. These advertisers are our only source of income to pay for printing, distribution, editors and writers, operations, etc. If it were not for our advertisers, we would not be able to remain in business and your community would not have a newspaper.

Your community newspaper offers you a voice, news and information about your local community. We try to promote dialogue about the issues and concerns that face your community. We encourage readers to write letters to the editor to share your concerns and issues regarding anything within our pages.

We hope you value your newspaper enough to continue to read it, however, should you no longer wish to receive our newspaper simply email us your address and we will discontinue delivery."■

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SUBMISSIONS/NEWS TIPS: Send press releases, tips, photos or story ideas to jeff@sdccnn.com.

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

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Russia probe, human trafficking to highlight Dems meeting



Yahaira Aristy and
Jeff Benesch

A great, informative meeting is planned for members and guests of the La Mesa Foothills Democratic Club (LMFDC) on Wednesday, April 4. Because of the full program that evening, we'll be opening the doors a half-hour earlier than normal at 6 p.m. and beginning our meeting at 6:45 p.m.

Regular viewers of MSNBC will know former U.S. attorney and current professor of political science at UCSD, Harry Litman, from his frequent appearances as an expert commentator on the Trump White House, and the Mueller investigation into financial shenanigans and pre-election and post-inauguration irregularities among West Wing comrades. Litman will spend his time with us diving into the deep details of the dysfunctional Trump administration and the mixing of family businesses and executive authority.

Are there impeachable crimes being committed? Did Russian interference alter the outcome of the election? Will Robert Mueller divulge more discovery of indictable offenses? Litman will attempt to bring us up to date on all the latest information from this ever-changing Washington imbroglio.

We will follow the Litman address with a panel exploring an explosive local and national issue that affects every community around us: human trafficking. What used to be called "the world's oldest profession" is now a local \$800 million criminal enterprise run by well-organized international gangs that exploit and enslave over 8,000 of the most vulnerable populations among us.

In San Diego alone, there are over 100 gangs involved in the commercial exploitation of people. Human trafficking is a tragedy that affects immigrant communities, the poor, the young and the most susceptible, and involves millions of dollars in illicit monies paid to cartels and crime syndicates that have



Genevieve Jones-Wright



Jamie Quient



Harry Litman



Maria McEneaney

become adept at recruiting and transporting "assets," hiding the money, and abusing and manipulating the innocent. We'll learn from experts how the victims of this formerly "victimless" crime are rescued and treated, how Johns are processed in a forgiving legal system, and how this criminal enterprise is fought in the legal and justice system, here and elsewhere.

The human trafficking panel will include the chair of the County Commission on the Status of Women and Children, Maria McEneaney. Joining McEneaney will be Jamie Quient, president and managing attorney of Free to Thrive, a nonprofit organization that

empowers survivors of human trafficking.

Also joining the panel will be our endorsed candidate for District Attorney, long-time Public Defender Genevieve Jones-Wright. Jones-Wright has made it her mission to not only bring justice to the victims of human trafficking, but to break the cycle of crime by working collaboratively and innovatively with public safety entities to intervene early and prevent criminal enterprises from exploiting and hurting our most vulnerable communities.

Several other key figures in the battle against the blight of human trafficking will also be on the panel.

The La Mesa Foothills Democratic Club meets the first Wednesday of every month at the La Mesa Community Center, 4975 Memorial Drive, just north of University Avenue in La Mesa.

Meetings are open to all members and guests, and are free, but we encourage all attendees to support our candidates and programs by joining the club for as little as \$30 per year. For more information, visit lamesafoothillsdemocraticclub.com.

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

► Mike Slater, from page 5

a partisan political organization with member education and the election of Republican candidates and support of conservative principles as our objective. We are a six-time Diamond Award-winning club open to all ages, ethnicities and backgrounds.

We love meeting with women with similar interests, being active and having a positive impact on the community. We sponsor candidate forums, register new and renewing voters, participate in street fairs and other activities. Individually, we are engaged in the civic and charitable organizations of our choice.

We'll be back at The Brigantine in La Mesa for our regular luncheon meetings on Tuesday, May 8. For more information on all our activities, visit us at navajocanyonrnf.org and also like us on Facebook.

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

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Volunteers recognized at awards dinner



Leslie Perkins

On Feb. 3, the city of San Diego's Parks and Recreation Department and the Mission Trails Regional Park Foundation celebrated and recognized the dedicated volunteers at Mission Trails Regional Park (MTRP) at the annual Volunteer Awards Dinner. Over 200 active volunteers selflessly give of their time and talents year-round to make the park such a special place to experience.

Last year, over 13,000 volunteer hours were worked by people coming from across the county to help make MTRP the special place that it is. The following individuals were recognized for their outstanding service in the respective areas during the year of 2017:

- **Silvie Plesim:** Volunteer of the Year
- **Dave and Jody Rowley:** Trail Guide
- **George Varga:** Volunteer Patrol
- **Mary Wagner:** Visitor Center
- **Algie and Marnie Hassler:** Campground
- **Gerry Tietje:** Gift Shop
- **Carolyn Barkow:** Library
- **Shane Douy:** Habitat Improvement
- **Cody Ambrose:** Trail Restoration
- **Kayla Poirier:** Park Beautification



Winter is the perfect time to camp at Kumeyaay Lake. (Courtesy MTRPF)

- **Bob Graham:** West Sycamore
- **Mitsuo Tomita, Charles Carter, Desiree Cera:** Concert Program.

After the hosted barbeque dinner at the Visitor Center, Councilmember Scott Sherman thanked the volunteers for their many work hours and dedication. The Rangers awarded the volunteers with recognition certificates and the foundation provided gift cards of appreciation. The takeaway message from the evening was how vital all the volunteers are to the successful operations of Mission Trails Regional Park, and in creating an extraordinary experience for all who visit.

Kumeyaay Lake Campground
Kumeyaay Lake Campground is the place

to enjoy a wintry campout. Located among the 7,220 acres that make up Mission Trails Regional Park, the campground — open year-round on weekends and certain Monday holidays — offers a unique overnight camping opportunity in the largest open space park within the city of San Diego.

Amenities at the campground include a picnic table and fire ring at each of the sites, two comfort stations, each with hot showers, flushing toilets, faucets and outdoor sinks with potable water.

Along with its 46 campsites, Kumeyaay Lake Campground also boasts a shade structure with three picnic tables and a stand-up grill, and an outdoor amphitheater with seating for larger groups. Please note, there are no electric or water hookups at individual sites.

MISSION TRAILS REGIONAL PARK CALENDAR OF EVENTS*

- Wildlife Tracking Walk** – 8:30 a.m., first Saturday each month – Visitor Center
- Guided Nature Walk** – 9:30 a.m., Wednesday, Saturday, Sunday each week – Visitor Center
- Guided Nature Walk** – 8:30 a.m., second and fourth Saturday each month – KLC Campground
- Birding Basics** – 1 p.m., last Saturday each month – Visitor Center
- Bird Walk** – 8 a.m., third Saturday each month – call for meeting location
- West Sycamore Nature Walk** – 8 a.m., third Sunday each month – Stonebridge Parkway in Scripps Ranch
- Family Discovery Walk** – 3 p.m., fourth Saturday each month – Visitor Center
- Discovery Table Demos** – 10 a.m. to 1 p.m., second Saturday each month – Visitor Center
- Live Hawk Demos** – 9 a.m. to noon, first Sunday each month – Visitor Center
- West Sycamore Volunteer Crew** – 8 a.m., first Sunday each month – Stonebridge Parkway in Scripps Ranch
- Habitat Restoration Volunteer Crew** – 8 a.m., second Saturday each month – KLC Campground Day Use Lot
- Trail Improvement Volunteer Crew** – 8 a.m., third Sunday each month – KLC Campground Day Use Lot
- Native American Flute Circle** – 1 p.m. to 3 p.m., second Sunday each month – Visitor Center Outdoor Amphitheater
- Free Concert** – 3 p.m., Sunday, March 18, Marty Shaw – Visitor Center
- Art Reception** – 1 p.m. to 4 p.m., Sunday, March 25 – Visitor Center

*Partial listing of Monthly Events at Mission Trails Park. View our website for full calendar of free activities and programs, visit mtrp.org, or call the Visitor Center at 619-668-3281.

Campsite fees are \$24 per site per night. Reservations can be made through mtrp.org/campground, and the campground rules can be found on that page as well. This is a great time of year to experience Mission Trails overnight, before the busy summer season. With guided nature walks, easy access to hiking, biking

and horseback riding trails, Kumeyaay Lake Campground is the fantastic camping choice conveniently located in the heart of San Diego.

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

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Hummingbirds: aesthetic and masterful

Audrey F. Baker

Hummingbirds (hummers) amaze. Europeans first observing the New World exotics postulated they were a fusion of bird and insect. The distinctive insect-like humming sounds they produced stem from rapid wing beats and is an apt moniker.

Viewing the speed and agility of their helicopter flight (up, down, sideways, backward, upside down), delights. With wings that drum the air from 20 to 200 times per second, who needs to walk or hop?

Aesthetically, they rule. Jewel-like coloration resonates in sunlight, adroit acrobatic movement is enhanced by surrounding deeply colored tubular flowers.

San Diego County is home to five hummingbird species. Four are associated with Mission Trails Regional Park. Anna's (*Calypte anna*) and black-chinned (*Archilochus alexandri*) are park nesters; Costa's (*Calypte costae*) and Allen's (*Selasphorus sasin*) are

visitors. [Rufous (*Selasphorus rufus*) is a bird of mountain meadows.]

Classified as nectivores, 90 percent of a hummingbird's diet is derived from flowering plants. The remaining fraction is insect and spider consumption. Hummers go "hawking" (catching insects in mid-air) or glean them, and spiders, from spider webs and flowers. Considering size, hummingbirds consume 77 times what humans eat.

While walking our trails, should you hear particularly loud buzzing amid an insect swarm, you may be in the presence of a black-chinned. Masterfully adaptive, it can survive without nectar when insects are plentiful.

Hummingbirds are not attracted by floral fragrance. Yet they maintain advantage over the insect world – they see red, reigning over flowers many nectar-driven insects cannot see.

Where bees and other insects are restricted by unavailable landing spots, hummingbirds take advantage of nectar treasure by hovering. Here the

wings turn in opposite directions and reverse themselves creating a figure-eight movement. Downward-facing blooms are no obstacle.

To maintain energetic daytime activity levels, hummers enter torpor, night hibernation that lowers body temperature, breathing and heart rate, and allows rest.

While admiring plants as varied as white and black sage, tree tobacco, heart-leaf penstemon, bush monkeyflower, cholla cacti and cottonwoods, you may observe the mustached Costa's feeding. Among sycamores you might espy black-chinned's nest constructed from the lint of its leaves and fused by spider web, creating a golden-colored cup.

Should your eyes detect a flash of copper while viewing Indian paintbrush, currant, ceanothus, gooseberry, sage or manzanita flowerings, focus in for Allen's hummingbird.

Hummers are extending their range. Historically, Anna's hummingbirds bred only in Southern California and northern Baja California.

Benefiting from the mid-19th century introduction of eucalyptus trees to the West Coast, they now nest northward to British Columbia and eastward into Arizona.

A compact and ornate appearance hides a mighty foe. Here's proof size doesn't matter. A hummer committed to eliminating a hawk from its territory emits a high-pitched warning and becomes a courageous kamikaze, dive bombing and summoning other hummers and different bird species to join in.

Formidable creatures, speed outflanks enemies. Surprise, however, equals demise. Its nemeses are entrapment in a spider web, the clutches of a dragonfly, or the powerful and violent speed of a formerly motionless and camouflaged praying mantis. Orioles and roadrunners are adversarial birds.

The male hummingbird is solitary and relinquishes responsibility for nest building and chick raising. He initiates mating by vocally summoning the color restrained female, and

dazzles her with stunning iridescent feathers.

Hummers are known for their elaborate courtship ritual. The Anna's display is most impressive.

Under the watchful eye of a female perched near her nest site, from a maximum height of 130 feet, the male plummets downward. Short of the ground, a hook maneuver generates a high pitched sound created by air battered through his tail feathers. "Shuttle display" follows, showing off those mesmerizing feathers, as the male arcs like a pendulum a foot above the female. With his head down toward the female, he simultaneously serenades with song.

Newborns have sealed eyes and a knob for a bill. Tiny, vulnerable chicks may be preyed upon by large insects. By three to four weeks, they fledge.

Think you have your hummingbird basics down? Enter the occasional stray! The broad-billed (*Cyananthus latirostris*), considered a Mexican species, was seen in the park from Oct. 31-Nov. 4. Hummers amaze!

—Audrey F. Baker is a trail guide at Mission Trails Regional Park. For more information about the park, visit 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 619-668-3277 or caxtmann@mtrp.org.



(l to r) The hummingbirds of Mission Trails Regional Park: Allen's, Anna's, black-chinned and Costa's (Photos by Wendy Esterly)

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Restaurant Review

Frank Sabatini Jr.



It took a second visit to Emiliano's Mexican Restaurant before I learned who the establishment is named after. Thanks to a meek and informed hostess, she revealed the restaurant pays homage to Mexican Revolution war hero, Emiliano Zapata. Prior to that, nobody seemed to know.

But getting to the bottom of who owns the nearly 15-year-old restaurant that overlooks Admiral Baker Golf Course ended in failure.

The prized property, which offers pretty views of the

18-hole golf course from its enclosed back patio, used to house Eva's Cocina & Cantina at the turn of the century. I was naturally curious who took over or whether the restaurant was simply re-branded.

According to a terse waiter who received two of my phone calls before I visited, "The owners never come in." And he wasn't sure of their names, adding that when emergencies arise he calls a maintenance company.

Another server I quizzed, this time onsite, responded to the ownership question with a strange tone of uncertainty, saying it's family-owned before scooting away in a blink of an eye.

Emiliano's apparently runs on autopilot. It's in the hands of employees who don't like fielding questions of any kind. Even when I once politely asked if the re-fried beans are vegetarian, the waiter replied "yes" but with a skeptical pause as though I was sent in by the veg-an police squad.

The appealing view and colorful décor are the restaurant's strong points. Ample seating extends throughout a few sections, including the inviting back patio. And a full bar slings a variety of



Combo plate featuring a beef tamal and a hard-shell chicken taco

sturdy margaritas, ranging from regular to bird-bath size.

The table chips, too, are noteworthy. They're thin, light and bubbly, the kind you eat shamelessly by the basketful even if the accompanying red and green salsas lack oomph.

Missing from most of the dishes I tried were perceptible doses of chilies, cumin, oregano, garlic, cilantro and onions — critical players in Mexican cuisine, no matter how Americanized. Only a beef-filled tamal that came on a combo plate carried hints of chilies and spices, similar to the flavors you'd taste in barba-coa-style meat, which the menu also features. In the tamal, the red-tinted beef struck an appealing contrast to the moist, cakey masa encasing it.

The waiter reacted defensively when I asked if the chicken tacos use dark or white meat, or a mix of both. He tentatively replied "white meat" although I'm certain it was both.

The corn tortilla capturing the generous measure of poultry was somewhere between crispy and chewy, exactly the same awkward texture I encountered in a carne asada taco on my other visit. But flavor wise, the diced beef offered more signs of life than the shredded, under-seasoned chicken.

My biggest disappointment was the chile Colorado and bean tostada. Served in a gigantic flour tortilla shell, the abundance of chunky meat sitting beneath a mantle of lettuce, cheese and commendable guacamole tasted like Betty Crocker beef stew.

Chile Colorado, whether made with beef or pork, is normally flavored deeply by trios of ancho, pasillo and guajillo peppers, as well as garlic, bay leaves and Mexican oregano. I struggled to detect any of those ingredients.

From the "Emiliano's favorites" category, I tried taquitos a la crema and forgot to request the trilogy of sour cream and red and green sauces on the side. As a result, the chicken-filled tubes were practically invisible in their liquid-y admixture of cream and salsas, which nonetheless lent a likable flavor to the otherwise bland taquitos.

Perhaps I made some wrong choices from a menu



The restaurant's back patio looks out to the Admiral Baker Golf Course. (Photos by Frank Sabatini Jr.)

that includes a lengthy list of Mexican classics like pork chile verde, shrimp in ranche-ros sauce, carnitas plates, fish tacos and more. But my hunch tells me that if the proprietors are never present, as the waiter claimed over the phone, then the place (like any without owner involvement) runs the risk of missing a soul.

—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. ■

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► Rocks, from page 1

Lake Murray and Dailard Park. It was inspired by similar groups such as Santee Rocks, which has grown to 14,000 members since it started last May; and Allied Gardens Rocks which started last June and has 533 members.

“A lot of us were going out to Santee and finding rocks and hiding them and we thought, San Carlos needs one too,” said Katie Shields, #SCROCKS founder who founded the San Carlos Rocks group in July of last year. “We have a real sense of community here and there’s a lot of kids and adults here and so I figured why not?”

Shields created the group in July of last year and manages it through its Facebook page. Since starting, it has climbed in membership from just her inner circle to over 572 members.

“Most of [the rocks] have been hidden all over San Diego, in parks, gas stations and outside of any kind of business,” said Karen Clary, San Carlos Rocks Facebook page



An intricate design (Facebook)



A painted rock found at Lake Murray; its back reads, ‘Keep or re-hide, San Carlos Rocks, Free rock.’ (Photos by Jess Winans)

administrator. “I took about 50 rocks with me when my husband and I drove to Iowa last November and we left one at almost every place we stopped.”

Rock designs span from the most intricate floral arrangements to simple ladybug spots and vibrant splatter paint stripes.

“Painting rocks is therapeutic for me and it’s a way to spread love and kindness,” Clary added.

After painting the rocks according to group guidelines, members hide them around San Carlos for others to find with a note on the back sharing the URL for the Facebook page.

There are also some group rules to follow, such as: don’t hide rocks in schools; don’t decorate rocks with glue on decorations that could potentially fall off and become litter; not taking rocks from protected habitats; don’t put rocks in chain stores or businesses that don’t want them; don’t rocks in lawn areas where lawnmowers would get damaged; and don’t rocks with foul language, political statements or advertising.

“There are enough things going on in the world that bring people against one another, and so much bashing and hurtful things being said over social media, but this brings people together,” Overbey said. “The purpose is to bring kindness to others, this is just to make your day happier and let you know that someone is caring about you.”

“Today, my husband and I stopped at a little coffee shop in Adelaide, Australia and there was a sign in the shop that said ‘Be the reason someone smiles today.’ I think that’s what our rocks do.”

For more information about San Carlos Rocks or how to hide/hunt for rocks, check out their Facebook page, tinyurl.com/yagd8d6l or follow #SCROCKS on Instagram.

—Jess Winans is an editorial assistant at SDCNN, the parent company of the Mission Times Courier. Reach her at jessicawinans@gmail.com. ■

STEMM Foundation holds robotics event

Jay Wilson

On Saturday, Feb. 24, the Henry Cluster STEMM Foundation partnered with David Ege, the branch manager of the San Carlos Library and the Friends of the San Carlos Library, to host the first “Robotics Showcase Extravaganza!” in the library’s lower parking lot. Patrick Henry, Pershing Middle School, Dailard Elementary and Cajon Park Middle School from Santee participated in the day-long event.

The event was a tremendous success. Over 300 people attended to see demonstrations of small robots, to the 6-foot-plus robot from Patrick Henry. All the robots were designed and built by the students.

Following the demonstrations, HC STEMM Foundation board member Karen Miller conducted a workshop for interested parents, students and teachers to learn more about forming a robotics team at their school or any youth-oriented organization.

There are robotics competitions for elementary, middle school and high school teams. First Robotics is for high school students. There is also First Lego League for fourth-through eighth-grade students. Adult coaches guide the students to think like scientists and engineers to design and build a robot to solve a problem.

These youth-oriented robotics teams can be established just about anywhere; youth groups, community organization, religious groups, neighborhoods and more. For more information about establishing a student robotics team for this year’s competition, contact info@ahcstemm.org.

Another program sponsored by the HC STEMM Foundation is expanding partnerships with San Diego State University and the schools within the Henry Cluster. Dr. Pat Abbott, professor emeritus from SDSU’s geology department is currently working with Olivia Allison, the science department chair at Lewis Middle School, to provide additional resources and information to coordinate with the current seventh-grade science curriculum.

The HC Cluster Foundation supports:

- K-12 STEMM programs by allocating fiscal, material, and human resources.
- Honoring and celebrating Cluster students and staff through regularly planned awards and recognitions.
- Promoting unity and cohesiveness of the schools within the Cluster.
- Engaging the greater community in identifying, developing, and fostering partnerships and connections with local businesses and agencies.

The foundation’s activities are coordinated by volunteer board members and committee chairs, and are intended to supplement programs already in place at the schools. The foundation works in tandem with parent-teacher organizations, staff, and administrators to best serve the needs of the individual school communities, and serve as a central point of contact between the schools, so they can coordinate their programs with each other. For more information, visit hcstemm.org.

—Jay Wilson writes on behalf of the Henry Cluster STEMM Foundation. ■

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**PATRICK
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High School

Patrick Henry High School News

Elizabeth Gillingham

Announced and signed



PHHS was pleased to send Maisie Whitsett to the College Announcement and Signing Party held on National Signing Day at Petco Park. Whitsett will be studying biological sciences and playing soccer at the University of Louisville. Congratulations, Maisie! (Twitter)

Surf team makes its debut

Henry Surf Team had an outstanding season! The long-board team swept their heats and everyone moved into the final competition, which allowed the team to completely take out

Rancho Bernardo at the end, keeping Henry in first place in its division. Clinton Allen, Hunter Robinson and Ruben Allen are clearly the team to beat in men's longboard.



The Patrick Henry High School surf team (Photos Courtesy PHHS)

In short board, Clinton Allen, Hunter Robinson and Davyn Mikulanis also made the finals racking up huge points for the team.

Georgina Millensifer and Avalon Conklin killed it the women's longboard and our two freshmen girls, Abby Filson and Gianna May, really stepped up getting fourth place in the finals. Special mention to Lilly Barraza for helping us get to where we are.

As for the bodyboard competition, Cole Carpenter stood alone as one of the hottest bodyboarders in San Diego. There is no doubt that the team will make it to the state finals. Thanks to Coach Stacey Allen for sponsoring this new sport at Henry High School. Go Henry Surf!

PHHS Student of the Month

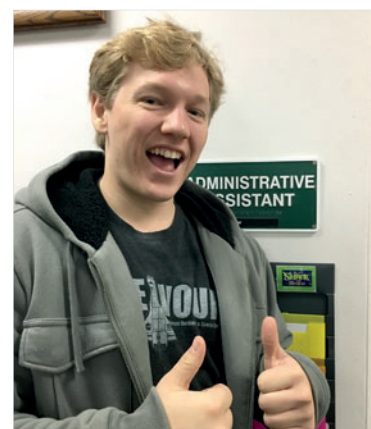
Doug Prodor is a senior at Henry and was selected as Patrick Henry High School's Student of the Month for February. He was honored during the Grantville/Allied Garden Kiwanis Club meeting last month by Principal Listy Gillingham.

Prodor was nominated because of his commitment to Patrick Henry High School (PHHS) as a Link Crew member; his participation in theater and stand-up comedy with the improv team; and his efforts as a broadcast journalist. Last year, Prodor distinguished himself by creating a video with his friend Clinton Allen to demonstrate the three

pillars for the newly-arriving freshmen. They put this video together during the summer without direction from any staff member in hopes of creating a strong and friendly climate at PHHS.

Prodor played various supporting roles in the theater program during his time at Henry, and played the lead role in PHHS's production of "Shrek the Musical" held last month in PHAME.

"Douglas Prodor is always positive and helpful," said English teacher Wendy Lange. "He has a great sense of humor and gets along with everyone. He treats everyone equally and works hard in class."



Student of the Month Doug Prodor

Science teacher, Lara Dickens, stated that, "Doug puts in a lot of time making PHHS shine. He is great and has a big personality."

See PHHS page 13 →



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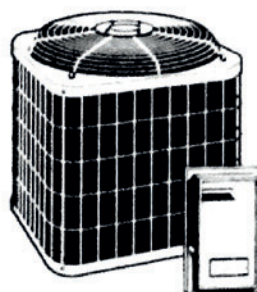
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► PHHS, from page 12

Prodor demonstrates a positive view as a news anchor on the PHHS Broadcast that is aired semi-monthly. Gillingham noted his kindness and ability to represent Henry well, whether it's through being on the stage

in the Air Band competition as a contestant, or being the emcee trying to hype up a crowd. Prodor has a way to make people smile and deserves this recognition. He is currently in the PHHS Engineering program and will excel at any endeavor he plans to pursue.

PHHS Teacher of the Year

Lara Dickens has been selected as the Patrick Henry High School Teacher of the Year. Dickens has been a teacher at PHHS since 2001 and teaches AP Environmental Science and Physics. Her colleagues nominated her based on her commitment to students that is seen in everything she does.



Patrick Henry High School Teacher of the Year Lara Dickens

about the effects of trash and the environment. The campaign earned PHHS a second-place prize districtwide for our reduction in school waste. Or what about the plastic bag issue that has plagued our society? Lara read about a project and introduced it to her students.

The next thing I knew, the club had purchased tools to weave bags into mats that could be used by people on the street to sleep on. This year, her mission to repurpose clothing so that students who don't have the latest fashion (or can't afford it) can shop in our own Patriot Thrift Store. Donations are collected, everything is priced for \$1 (and less for students in dire situations), and the students are helping each other in such a kind and thoughtful way!"

Lara is an outstanding teacher and we are proud to submit her to the district competition that will culminate in May with National Teacher Appreciation Week.

The principal's recommendation letter for Lara stated: "Getting students excited in class is one thing, but pushing students to think beyond the classroom, school, or community is a whole different set of ideas. Let's talk about recycling efforts alone. Lara noted that our footprint at school was too large and got her students to participate in a campaign to cut the energy usage down schoolwide. Or let's look at our trashcans for a lesson. Lara noted that the trashcans exceeded the recycling bin usage and ran a campaign with her students. Her students wrote a PowerPoint, with her support, that went schoolwide

Mock Trial Club results

PHHS teacher Jennifer Ronco volunteered this year to be the advisor for the Mock Trial Club. The season ended last month and she reported that the team made the top 10 out of about 30 teams and senior Ben Kelly won outstanding defense attorney for the county of San Diego.

This is Kelly's third win for outstanding attorney (pretrial motions and prosecution in years 2016 and 2017). No one else in the Mock Trial club's history has ever won more than one time. Kelly pulled it off as a sophomore, junior, and senior, completing strongly

against both private and public schools in the San Diego area. Beyond that, three out of the four schools Henry faced off against also made the top 10 schools.

The murder trial took place in the town of Acorn where social media, GPS tracking, differing political views about immigration, disagreement about murder weapons, opportunity and motivation all weighed in. Our prosecution met the burden of proof once and defense got the defendant off both times. Congratulations to the PHHS team!

Mock Trial Team Roles

Pretrial Attorneys: Jordan Furtak, Arbi Leka
Trial Attorneys (Defense): Ben Kelly, Kenton Guarian, Gregoria Millensifer, Alexis Singh
Trial Attorneys (Prosecution): Luna Miller, Trevor Mayne, Sam Lenett, Athena Gattuso, Kellen Foster
Defense Witnesses: Julian Alvarado, Janelle Arnold, Shanell Logan, Zach Lenett, Sam Handler, Brandon Guerra, Jamie Greene, Leilani Rickertsen
Prosecution Witnesses: Maddie Nowatnick, Alex Shoaf, Dillon Broderick, Anna Forehand, Adia Feigner, Daniel Khuu, Alyssa Arnold
Bailiff: Kate McGraw
Clerk: Shelby Fortune

Laurels for Leadership luncheon

Washington-Lincoln Laurels for Leaders was established in 1957 as a way of honoring and recognizing the achievements of ASB presidents of San Diego County high schools. Laurels founder Dr. Frank Lowe, then-president of the San Diego Unified School District, believed that such recognition would encourage a lifelong commitment to service among the student leaders.

PHHS's ASB leader, Vina Duprat, attended this luncheon at San Diego State University last month with Principal Listy Gillingham and her ASB advisor Autumn Ross. The keynote speaker was Ken Blanchard from the



(l to r) Vina Duprat and Autumn Ross

Blanchard Foundation who spoke about becoming a servant leader and shared with the students his philosophy of becoming a strong leader in any given situation.

PHHS Roller Hockey makes playoffs

The PHHS Roller Hockey team had an outstanding season building on last year's success by earning their first playoff victory and proceeding to the next level.

The team played its first match against Castle Park Trojans and beat them 9-5 in the first-round match-up game. From there, the team was sent to compete at Escondido Skate Center,

See PHHS page 16



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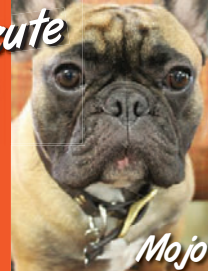
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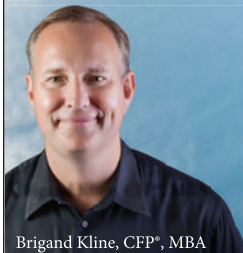
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Patrick Henry thrift store helps environment, students

Jeff Clemetson
Editor

The thing about great ideas is that they tend to keep getting greater. And that is exactly what happened with a thrift store started by the Environmental Club at Patrick Henry High School.

“The original thrift store was in the back of my classroom in a couple cabinets,” said environmental science teacher Lara Dickens. “The environmental class was doing a clothing swap and Buffalo Exchange was our vision. Kids outgrow something and they don’t want to be wasteful, so this would be

a place where they could barter and change their wardrobes.”

The Environmental Club’s store encouraged the recycling of clothes, and students and staff donated to it regularly.

“It worked really well. It was small but had a following,” Dickens said. “The students were proud when they donated their clothes. The club members were proud that it had business. The staff were a huge part of keeping it open and stocked. It had a lot of heart.”

So much heart, in fact, that the thrift store caught the attention of the school’s Interact Club, a student-based group of the La Mesa Rotary Club whose purpose is to make sure

every student has what he or she needs to get through high school.

“People started asking, ‘Hey, do you have any warm jackets? We have kids that need warm jackets.’ And [the store] got a little bigger and it had more of a purpose than just recycling clothing,” Dickens said.

The Interact Club already had a small office where it kept clothes and supplies for students in need. The club’s advisor, Dawn Marino, suggested the two ideas merge and put the thrift store there.

With added space and an added mission, the thrift store began expanding its inventory to include hygiene products, prom dresses, formal wear, clothes for interviews, shoes for P.E. class and more.

“Then word got out,” Dickens said. “The first parent that contacted me insisted that he stay anonymous. He just wanted to make sure that all students had a full high school experience [and have things like] senior t-shirts, prom tickets, etc. — no one should miss out on those types of experiences and mementos. Then he contacted other parents and they went into action.”

One of those parents was Kim Priebe, who shared news of the Environmental Club thrift store and the Interact Club’s need for supplies for Patrick Henry students on the local social media site Nextdoor. Soon that simple request for extra jackets and



(l to r) Parent volunteer Kim Priebe, AP Environmental Science teacher Lara Dickens and counseling secretary Sara Guinn. (Photos by Jeff Clemetson)



The Patrick Henry High School Environmental Club thrift store was designed to be like a Buffalo Exchange.

sweaters, became a “tsunami” of donated items.

“I would come home every day and there would be piles of stuff by my door, including clothing racks and things like that because they knew what we were trying to do,” Priebe said. “There was one woman who said, ‘I’d really like to contribute but I don’t have anything to give other than I’m a really good couponer. So tell me what you need as far as things I can coupon for.’”

A few days later, the couponer had a box of toiletries, make-up and other items to donate.

“I can’t even explain the day it started arriving,” Dickens said. “All of a sudden, Kim and her daughter come in with 11 boxes filled with clothes from

the community before class. It was crazy.”

Boxes of donated items were delivered last November, which turned out to be fortunate timing.

“We opened the store a couple of days later and some students came in to buy gifts for their families for the holidays,” Dickens said. “As Winter Formal approached, dresses and suits started arriving. The dresses were beautiful and often had tags still on them for hundreds of dollars. Same for the suits. People were donating really nice things, often brand-new things; clothes that students would wear to a prom, interview or formal. The shoes

See **THRIFT STORE** page 20 —>



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► PHHS, from page 13

where they were paired up against the second-seeded Scripps Ranch High School Falcons for their first quarter finals CIF game.

It was a tough game as the Falcons proved themselves by winning with a 12-4 score, however it was a great showing as the Patriots were seeded seventh by winning eight league games this year, compared to the inaugural season last year with getting only one league win in its first CIF season of play.

“Last year, it was a loss in the playoffs but we’ve improved this year,” said PHHS coach Chuck Russell. “We’re happy to be facing Scripps Ranch in the next round, and hoping we can pick up many more playoff wins in the future of our program.” ■

► News Briefs, from page 4

The gun owners — some dealing with severe mental health problems — were each ordered by a judge to surrender or sell all firearms in their possession and to not acquire or possess firearms or ammunition for 12 months, the maximum allowable by law. Police and prosecutors seek the orders to prevent firearm-related tragedies.

San Diego is the first city in the state to adopt an aggressive strategy of filing charges and obtaining Gun Violence Restraining Orders against individuals who present serious risk of harm. The approach was developed by the Criminal Division of the City Attorney’s Office and by Chief David Nisleit on behalf of the San Diego Police Department.

“Our federal government is inexcusably ignoring the growing problem of gun violence in

our schools and communities. The city of San Diego will not tolerate federal inaction. We’re doing everything in our power to respond to this epidemic of senseless killing by removing guns from the hands of unstable and irresponsible gun owners,” City Attorney Mara W. Elliott said in a press release.

Among the first 10 Gun Violence Restraining Orders obtained by the City Attorney’s Office were four gun owners from Navajo neighborhoods:

A 39-year-old San Carlos man who, while intoxicated (at three times the legal limit), believed he was shooting at raccoons and rats in his backyard. Terrified neighbors called police as bullets flew into their backyards.

A 53-year-old Allied Gardens man with significant mental health issues who used a firecracker to damage a neighbor’s front door. Neighbors called police after hearing what they thought were gun shots coming

from his apartment. Officers seized a bayoneted rifle and two illegal high-capacity magazines from his apartment.

A 38-year-old Allied Gardens man who threatened to kill himself, his wife and their young child if she left him. His wife had overheard him distraught and crying in the bathroom, and cocking his .40 caliber pistol.

A 35-year-old Allied Gardens man with a small arsenal and a history of domestic violence, whose wife suffered a serious laceration to her forehead and feared he might kill her. The man owned a 9mm pistol, a Mosquito semi-automatic pistol, a Ruger .22, a Springfield .40 caliber pistol, a Ruger rifle, a Mossberg shotgun and an unmarked handgun.

Under the state law creating Gun Violence Restraining Orders, family members, housemates, and law enforcement officers may petition a

court to deny a person’s access to firearms and ammunition if the person poses an imminent danger to self or to others. The orders last for 12 months, during which the individuals can seek counseling and treatment for their problems. The court may authorize an extension of the order in appropriate circumstances.

City considering change to library overdue fees

The days of racking up late fees to the point of never stepping foot in the library again may soon be over.

In an effort to increase library access and create more opportunities for neighborhood residents, Mayor Kevin L. Faulconer has proposed eliminating overdue fees and adopting a model that encourages patrons to renew, return or replace materials they check out.

See NEWS BRIEFS page 19 —→



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News from the Allied Gardens/Grantville Community Council

Shain Haug

The next Allied Gardens/Grantville Community Council (AGGCC) Town Hall Meeting will be Tuesday, March 27, at 6:30 p.m. at the Benjamin Library, corner of Zion Avenue and Glenroy Street in Allied Gardens.

Our speaker will be Sen. Toni Atkins, who has a long and honored history of representing San Diegans and their interests. She began as a staffer for Councilmember Christine Kehoe; was then elected to the San Diego City Council; then became a member of the state Assembly where she presided as Speaker; and, most recently, she became a member of the state Senate where she serves as the President Pro Tempore. She is a dynamic speaker who addresses her audiences on a broad range of topics and does not shy from controversy. We have let her

know that we plan to challenge her on some of the hot issues of the day. It should prove to be a most interesting session.

Trees along Zion and Arbor Day

You may have noticed the new trees planted along Zion Avenue. This exciting project was initiated by AGGCC members Sophia Frost and Jessica Read. They reached out to Councilmember Scott Sherman's office, which connected them with Vince Mikulanis, the urban forestry representative for our area.

Over 30 trees are planted in the planting strips between Zion Avenue and the sidewalks. Residents have been asked to water them to help with establishment, and will be provided with "Gator Bags" that are an easy way to accomplish this task. The Community Council will also be helping out with watering the trees.

We will celebrate our urban forestry and the new Ascension Lutheran Church Community Garden at our own Arbor Day on April 7 at 10 a.m. Details to follow.

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 board meeting will be March 6. You can support our work for the community by subscribing to or advertising in the newsletter, by attending our town hall meetings, and by giving us 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 council's website at aggccouncil.org. You can also send suggestions to aggccouncil@gmail.com. ■

Del Cerro Action Council news

Jay Wilson

Our community appears to be on cruise control on several matters. We won't see any construction at the ColRich site for a few months, the comment period on the SDSU master plan update has passed, and Rachel Gregg from SDSU has assured us SDSU has no interest in Adobe Falls development as they are concentrating 100 percent on the Qualcomm site for expansion of the university. The proposed Maintenance Assessment District (MAD) is on hold until the city adopts a policy defining how they establish what the city normally provides and what is to be improved through a MAD.

The traffic speed indicator heading north on College Avenue has ceased functioning, even though it was installed

very recently. As a result, the traffic speed on northbound College Avenue between Del Cerro Boulevard and Navajo Road has already increased. It has been reported to the city and we hope it is under warranty. Both speed indicators on Waring Road are not working. They lasted for well over a decade and the traffic speed on Waring Road is also increasing.

"There is not much to report this past month," commented Mark Rawlins, the chair of the Del Cerro Action Council. "Crime in the Del Cerro area has been down. That is great news. As a reminder, as the weather warms up make sure you keep your garage door down and your windows shut when you are not home. Also, make sure your car is locked and keep valuables out of sight at night. You don't want to give criminals an opportunity."

Are you on Councilmember Scott Sherman's e-newsletter list? Go to sandiego.gov, click on "city hall" in the top right hand corner, and then "councilmembers." It is easy to register on the council member's home page.

Stay safe and stay alert as you drive by any park and school play area in our community. Over 1,000 children are currently participating in youth sports and every park and grass field in the Navajo Community is being occupied virtually every weekday with practices. The youth sports groups are the Allied Gardens, San Carlos and Mission Trails Little Leagues, Navajo Girls Fastpitch Softball, Mission Trails Lacrosse Club and the Crusaders Soccer Club.

—Jay Wilson is secretary of the Del Cero Action Council. Reach him at jwilson2@cox.net. ■

San Carlos Area Council news

Mickey Zeichick

The next meeting of the San Carlos Area Council (SCAC) will be Wednesday, May 2 at the San Carlos Library, 7265 Jackson Drive. Our guest speaker will be announced in the April issue of the Mission Times Courier.

Our guest speakers at our March meeting were Brian D'Agostino and Katy Giannecchini, meteorologists from San Diego Gas & Electric. Their presentation centered on hardening of SDG&E's system, progress in fire prevention technology and strategies, and reasons for de-energization.

To find out if any SDG&E street work is scheduled for your area visit streets.sandiego.gov.

Be a permanent part of Patriot history and support our school's new stadium by participating in the Patrick Henry High School Stadium

Brick Project, sponsored by the Kiwanis Club of Grantville-Allied Gardens.

Patrick Henry High School (PHHS) is completing brick walkways in the new stadium areas, set to be unveiled in March. Order your brick today. Not only can you put your own inscription on this brick, but you can decorate it with a symbol. Did you or someone you love graduate or attend PHHS? What a wonderful way to pay tribute to the school and the loved one to buy a brick. For more information please contact John at PatrickHenryBricks@alliedgardenskiwanis.org.

Prom is coming. Start thinking about clearing out your closets and parting with some of the formal wear treasures you have been saving. You can donate these clothes or accessories for men or women to this annual drive for our local high school. Last year we donated more than three dozen dresses, six suits, jackets, belts,

bracelets and necklaces. There may be other ways you can contribute to this annual event, call us if you have ideas.

We have formed a committee to see if we can have a dog park in the San Carlos/Allied Gardens/Del Cerro area. We will keep you updated as to our progress from time to time.

SCAC elections are in May, if you are interested in joining our Board of Directors please let me know. The maximum time commitment is only two to three hours a month.

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 or if you have ideas for topic or guests, please contact me at mrzeichick@gmail.com.

—Mickey Zeichick is president of the San Carlos Area Council. ■

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Our orders totaled about 10 pies a day, but soon expanded to 40 pies a day. After two years, we were making about 200 pies a day and even had a truck and could afford a mixer. After fifteen years, we were making several thousand pies a day for restaurants. Profits were still small, so we decided to open a retail outlet at 574 N. Tustin Avenue in Orange, California. We must say that this would not have been possible without our first landlords who believed in us. This was pies only and gradually we added food. Good customers, a lot of luck along with hard work and some great people who work hard and participate in profits have produced 100 some restaurants spanning several states.

Health and Safety Tips for Your BBQ Grill

San Diego is home to the best weather in the country. Even during our chilliest days, we love to grill - it's a way of life in sunny southern California. What we don't love is the clean-up. It's messy and takes us away from game-time and family time. If you are like most people, your grill could use some serious attention. Grease drippings are not only a safety hazard; they can cause unhealthy grilling conditions and other health hazards.

Most of the time the grill goes uncleaned far beyond the point of health and safety guidelines. I mean really cleaned. Scraping off the most offensive bits of build-up really doesn't count. Don't ignore the warning signs:

- Flame-ups charring your perfect steak
- Old grease making your food taste old
- Dried out meats and vegetables

You know the drill. How many times do you throw food out due to bad grilling? A clean grill will improve the quality and flavor of food plus save you time and money.

Following a few basic safety rules is the key to successful grilling. So before you bust out the spatulas and tongs this weekend, take some time to learn about grill safety with these tips:

1. Know Your Grill

You should always keep the instructions for your grill handy. Even if it's not your first barbecue, occasionally reviewing the manual will remind you of how to operate your grill correctly.

2. Clean Your Grill

A clean grill is a safe grill for several reasons. There have been reports that metal bristles from some scouring brushes can break off and get left behind on the grill and ultimately end up in the food. Some people who have ingested these bristles have ended up in the hospital.

There is some medical evidence that the charred particles left on the grill rack contain cancer causing agents.

3. Location, Location, Location

While you're deciding what to grill, don't forget to consider where to place the grill itself. The location of your barbecue grill makes a big difference in terms of grill safety.

- Always grill outside in an open space. Never grill in garages, tents, trailers or on balconies, you run the risk of carbon monoxide poisoning or setting fire to the structure.
- Place all grills on a non-flammable surface, such as a concrete patio.
- Make sure the grill is a minimum of ten feet from the house, deck, eaves and tree branches.

4. Prepare for the Worst

Always be prepared for grilling mishaps so you can keep them from becoming grilling tragedies. There are several ways to keep a bad situation from becoming worse:

- Keep a fire extinguisher close by when you're grilling.
- Control grease fires by tossing baking soda on them.
- A bucket of sand can be used to put out errant fires.
- Have a water source, such as a garden hose, nearby. Any one or more of these will help to keep a fire under control or extinguish it entirely. Always have the fire department number on hand.

Grill safety really comes down to using common sense. Make sure your grill is in good working condition. Clean-up after your cookout only takes a few minutes - about the same amount of time it takes a fire to get out of control.

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CASH

► News Briefs, from page 16

Library Director Misty Jones said the new model could potentially eliminate costs incurred for overdue materials at library locations throughout the city. The plan would eliminate all late fees and prioritize city resources on recovering materials for other patrons to use. For example, instead of racking up late fees that people can't or won't pay, the patron would only be required to return the item within a reasonable time period or pay the replacement cost to restore library privileges.

Currently, checked out materials can be automatically renewed up to five times. Under the new proposal, at the end of the final renewal period, patrons would be required to return any items or their library card would become invalid. If the patron does not return materials 30 days after the original overdue notification, they will receive a bill for the total amount of items still checked out. At 60 days, the account will be referred to the Office of City Treasurer.

The new model promotes a focus on materials recovery over collecting overdue fines for checked out materials which cost the city more to enforce

than the actual money collected, and discourages continued library access in low-income communities.

"Overdue fines are creating unnecessary barriers to many of the people we're trying to serve," Jones said. "Too often I have heard librarians tell me stories about children who want to check-out books to take home, but whose parents are unable to pay overdue fines to make this possible."

Analysis by ZIP code reveals the highest concentration of the public with overdue fines live in the city's lowest socioeconomic communities. As a result, some patrons and their families elect to not use library services at all instead of paying the fine or returning overdue materials.

The new model will also be more cost effective. The city currently receives about \$700,000 in overdue fines every year while expending more than \$1 million in staff time and materials to collect them.

Crusaders Soccer Club news

On Saturday, March 3, Crusader Soccer Club coach Derek Aydelotte and his team of enthusiastic 9- and 10-year-old girls were the guests of the San Diego Sockers as part of fan appreciation night.

Crusaders Soccer Club is excited to announce that goalkeeper Alan Vasquez — Boys 2001 Red-Miramontes and Olympic Development Program member — was recognized as the 2018 Cal South Player of the Year.

Over 400 children ranging in age from 3 to 13, are currently participating in youth soccer throughout the Navajo Community as part of the Crusaders Soccer Club's Spring season. Nearly 50 teams are playing games on the artificial turf fields at Pershing Middle School each Sunday afternoon, except Easter, through May 6.

For more information about Crusaders Soccer Club, visit sandiegocrusaders.com. ■



Coach Derek Aydelotte and his squad of girls representing the Crusaders Soccer Club at the San Diego Sockers game. (Courtesy Crusaders Soccer)

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PUZZLES ANSWERS ON PAGE 4

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.

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

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CROSSWORD Olde English

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20				21					22					
			23						24					
25	26	27					28	29			30	31	32	33
34							35					36		
37						38				39	40			
41						42				43				
44			45		46				47					
			48	49					50					
51	52	53				54	55					56	57	58
59						60					61			
62						63					64			
65						66					67			

CREATORS NEWS SERVICE

By Charles Preston

- ACROSS**

 - 1 Stylish
 - 5 Bridge wipeout
 - 9 Swiftly
 - 14 Italian resort
 - 15 Egyptian cotton
 - 16 Pass along
 - 17 Hot spot
 - 18 Cupid
 - 19 Vernon's partner
 - 20 Medieval poet
 - 23 Supremely Diana
 - 24 Slalom turn
 - 25 Pakistani city
 - 28 Stowe's Little
 - 30 Gaelic
 - 34 Smart or Bond
 - 35 Hewed
 - 36 They, in Toulons
 - 37 Work by 20 Across, with The
 - 41 Parents, e.g.
 - 42 Partner
 - 43 A Doolittle
 - 44 Nylon's nemesis
 - 46 NJ pro
 - 47 Inquisition charge
 - 48 Born in the
 - 50 Actress Hunnicut
 - 51 Beginning of 37 Across
 - 59 Kremlin
 - 60 First Lady
 - 61 Clever move
 - 62 Ginza glow
 - 63 Birch
 - 64 Destroy
 - 65 OK city
 - 66 Jefferson portraitist
 - 67 West of Nod
 - 68 Impertinence
- DOWN**

 - 1 Heavy shoe
 - 2 Busy place
 - 3 Thought: prefix
 - 4 Challenge
 - 5 Meager
 - 6 Rickey's requisite
 - 7 Fukien port
 - 8 Cleo wooer
 - 9 1987 Peace Prize winner
 - 10 Study
 - 11 A Waugh
 - 12 Sugar source
 - 13 Flirt
 - 21 Strong point
 - 22 Intoxicating
 - 25 Wants
 - 26 Repeatedly
 - 27 It turns brown to red
 - 28 Rejoice
 - 29 Quite
 - 31 Lunar valley
 - 32 Luges
 - 33 Class paper
 - 35 Competent
 - 38 Hindu honcho
 - 39 Owned by them
 - 40 Commercial carriers
 - 45 Thug
 - 47 Chance
 - 49 Gaze
 - 50 Thin fabric
 - 51 End filming
 - 52 In fine shape
 - 53 La Scala offering
 - 54 Ranch unit
 - 55 Horned creature
 - 56 Russian river
 - 57 Lane, of Planet staff
 - 58 Marino targets

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► Thrift store, from page 15

were amazing. Over \$200 was made just in the formal annex.”

To make sure the students with the greatest need got first picks, the school front office prioritizes them. All donated items, no matter what shape or original cost, are sold for a dollar. And for students who qualify, the items are given at no cost.

Even as the weather warms, the thrift store remains a popular place for students to browse and buy items. And there are still plenty of items left from the November donations.

Right now, Dickens said, the thrift store is not accepting any more donations of clothing until the inventory gets down to something more manageable, but there are still ways to help.

“I want the community to know that we appreciate what they did,” she said. “If there is anyone out there that still feels like they want to help they can donate money to the Interact Club.”

And, she said, the store needs hangars.

Despite the pause in clothing donations, the thrift store is still growing. Some of the ways the program might expand is to include special education students learning “real world math” by helping process deposit slips and organize shelves; a thrift store fashion show with

help from the school fashion club; and expanding the store to include changing rooms.

No matter what new projects or programs are attached or added to the thrift store in the future, it will be the students who manage them.



A student finds a formal dress at the thrift store. (Instagram)

“I want the students to feel that they are in control of the store again,” Dickens said. “It blew up so fast, in a great way, that the students had to back off while we figured out how and where to manage everything. They are starting to feel ownership again. I have to even stop myself from suggesting things. It is their store. They started something wonderful and obviously sustainable, that helps the environment and all students.”

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

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Burger

Burrito

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Cocktail

Coffee Shog

Comedy Club

Comfort Food

Dance Club

Deli

Dessert

Dinner

Doughnut Shog

Food Truck

Family Restaurant

Farmers Market

Fast Food

Fine Dining

French Cuisine

Greek Cuisine

Golf Course

Haggy Hour

Health Food Store

Hot Wings

Indian Cuisine

Irish Pub

Italian Cuisine

Japanese Cuisine

Jazz Bar

Juice Bar

Late Night Dining

Live Music Venue

Local Winery

Lunch

Margarita

Martini

Mexican Cuisine

Movie Theater

New Restaurant

Nightclub

Outdoor Dining

Pet Friendly Dining

Pho/Noodle House

Poke

Pizza

Romantic Dining

Rooftop Lounge

Salad

Sandwich

Seafood

Spanish Cuisine

Sports Bar

Steakhouse

Sushi

Thai Cuisine

Theater

VegetarianNegan

Wine Bar

News from the Allied Gardens Library

Kathryn Johnson

Once again, the Friends of the Benjamin Library hosted the very popular book sale at the end of February which was a huge success. For those of you who may have missed the event, please remember that there is an ongoing book sale in the reading lounge. If you are interested in contributing more to the amazing Friends group and the library, please consider joining our Friends and lending a hand.

Our unique region

On Friday, March 9, the library will host The Uniqueness of the San Diego Region program presented by Dr. Phillip Pryde. This engaging informational event will showcase why San Diego has always been one of America's most unique counties. The program will begin at 2 p.m. and is generously sponsored by our Friends of the Library group.

Help with taxes

Tax Help at the library continues this month on Mondays and most Tuesdays. Older adults, or those with limited income, are welcome to have their taxes prepared by AARP volunteers. This program is offered on a first-come, first-served basis and takes place on Mondays from 9:30 a.m. to 4 p.m. and Tuesdays noon to 4 p.m. Please note that there will be no Tax Help on Tuesday, March 27.

Blooming art

Our display cases are filled with orchids this spring. They look real, but were actually handcrafted by artist and library patron, Porntipa, aka The Orchid Lady.

Porntipa was born and raised in Thailand. She confesses that, although she was introduced to art as a child in school, she didn't much like it. As she grew older and explored drawing, painting, woodworking and sewing, she developed a love for art. One day, she discovered a class that taught her how to make artificial flowers. She says that the process was very difficult at first. However, she explains, "I kept trying."

We are glad that she did! Now our display cases are filled with her glorious floral art. Each blossom and leaf is meticulously crafted from pressed fabric and foam, painted and then coated in latex. Even by looking closely, you will find it hard to believe these orchids did not grow naturally.

STEAM Storytime

Start your weekend off right with our new STEAM (Science, Technology, Engineering, Art, and Math) Storytime. Each week we will read some fun stories, sing some catchy tunes and of course do some weird, quirky, magical science. Children of all ages are welcome.

Our Saturday, April 7, STEAM Storytime will take place on the grounds of the future Allied Community

Gardens. Everyone is welcome to join us for a fun project and prizes for this Arbor Day event. Proceedings start at 10 a.m.

We continue to offer storytimes for babies, toddlers and preschoolers throughout the week. As well as our popular adult programs. Please visit the branch or check out our Facebook page for a schedule.

Tween video gaming

How is your hand eye coordination? Are you a skilled gamer? Do you have a love for video games? Well, guess what? The library now has a PlayStation 4! Want to come test out your video games skills against fellow teens and tweens? Now is your chance, every Wednesday from 12:30 to 2:30 p.m. you can test out your controller skills and see who is the best gamer in the library.

Board games at the library

Do you like playing board games? Sharing some laughs with friends? Testing out your competitive nature? If you answered yes to these questions then this program is for you. Every Thursday 3 to 5:30 p.m., the community room will host a variety of board games that will test your knowledge, skill, endurance and talent. For teens and tweens. No sign up required.

Attention teachers

Would you like to schedule a class visit to the library? Would you like us to come visit you in



The Allied Gardens-Benjamin Brach Library welcomes its newest staff member Rachel Johnson. (Courtesy Allied Gardens Library)

your class? How about a book talk or database demonstration? Or maybe an introduction to our online tutoring resources? We offer all this and more! If you are interested in having the library help you, please contact us here at the branch. We look forward to hearing from you.

Grocery Outlet

The teens and entire staff here at the Allied Gardens/Benjamin Library would like to give a big shout out and thank you to Chris and his amazing team at the Allied Gardens Grocery Outlet for their weekly donations of snacks for our teen and tween programs. We really appreciated your support of the library and our young patrons!

New staff member

We are very excited to welcome our new library assistant, Rachel Johnson. Rachel is a

San Diego native who has been with the library for six years. She has been very involved with the city's mentoring program which provides training opportunities to youth for future job success. In her spare time, Rachel enjoys playing softball, cooking, crocheting and, of course, reading.

Please note that the library will be closed on Friday and Saturday, March 30–31, in honor of Cesar Chavez Day. We will open for our regular hours on Monday, April 2, at 9:30 a.m.

Thanks for reading and we look forward to seeing you at the library!

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



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Robots are in our future

February's Robotics Showcase Extravaganza was a great success. We thank all who helped to make it so, and hope to make this an annual event.

Over 300 patrons and 50 robotic club students participated in robotic activities outside and inside the library. The Extravaganza was sponsored by the Henry Cluster STEMM Foundation, San Carlos Branch Library, and San Carlos Friends of the Library (SCFOL). Robotic clubs from local schools showed off their designs and demonstrated their prowess with robots.

Patrick Henry High's Patribots allowed attendees to operate the controls of a robot that picked up small objects and placed them in a bucket; what a fun way to put away blocks and small toys. Younger kids made a playful "Bot" while older kids created bustling "Bristle Bots."

Pictures are on our website. Hope everyone had as much

fun as my grandsons and I did! Let Managing Librarian David Ege know if your school or club would like to be a part of our future events.

Kids springtime fun

The "In A Nutshell" of our branch's Children's Spring Events is now available on our website under "Youth Activities" at sancarlosfriendsofthelibrary.org. This double-sided trifold flyer can be downloaded and printed as a quick reference to the reoccurring and special youth activities offered at the San Carlos Branch Library through May.

In fact, there are currently 186 informative articles on our website covering SCFOL and the San Carlos Branch Library's current and historical hot topics. Check them out and sign up for our website-based newsletters.

Special events

We encourage kids, and their parents, to broaden their knowledge of other cultures. On Saturday, March 10, 12:30–1:30 p.m., the culture of Islam will come to life via a special storytime for the younger set, but all age groups are welcome to attend. There are over 1.8 million Muslims in the world, and there

is much for us to learn about their culture. The program will be presented through stories, songs, and a craft.

Following the above March 10 presentation, take time to browse the library's shelves, check out some springtime storybooks and then experience the celebration of "Spring and Nowruz — the Persian New Year Celebration" from 2–3 p.m. Enjoy traditional Persian music and learn the history of this ancient holiday. This program will be presented by Dornob, a collective of musicians performing and teaching Persian classical music in San Diego since 1985. Everyone is welcome to this free presentation.

Kids can continue exploring other cultures on Wednesday, March 21, 2:30–3:30 p.m., by joining us for "Global Connections: Meet a Peace Corps Volunteer!" This program is designed to help ages 4–10 experience different countries and cultures through the eyes of a two-tour Peace Corps volunteer, Aisha Salleh. One tour was in Bangladesh, a tropical country in southern Asia located between India and Myanmar; her other tour was spent in Togo, a country in West Africa. Aisha will share stories and her experiences, as well as lessons about the differences and similarities among cultures.

Challenge Island

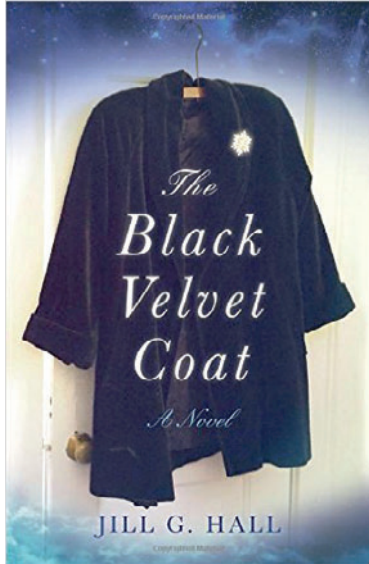
Challenge Island is a science program for kids ages 8–12. During "Canopy Campground," kids will learn about the different layers of the rainforest, and how the canopy layer is home to many forms of life. They will then design and build a rainforest tent, and deck it out in their own tribal style by adding fun and unique features. March 28, 4–5:15 p.m. Registration is required; please call 619-527-3430.

March's featured artist

Julianne Ricksecker has just returned from Brussels where she won the 2018 Rene Carcan International Public Prize. Ricksecker is best known for her work in various techniques of original printmaking, most frequently in á la poupée color etching. This process renders



Author Jill Hall will discuss her book "The Black Velvet Coat" on March 23. (Photos courtesy SCFOL)



sumptuous color with unusual depth and richness for metal plate printmaking.

Ricksecker has won numerous awards for her pastels, watercolors and etchings; her art is on display internationally and at local venues. Ricksecker's art will be on display in our Winer Family Community Room & Art Gallery until March 29; her artist reception is March 17, noon–2 p.m. Refreshments will be served.

Authors and books

March 16, 2–3:30 p.m., learn about local hiking trails in the fifth edition of "Afoot & Afield in San Diego County," with co-author Scott Turner. Turner has personally hiked every trail listed — from easy jaunts to hard peak-bagging treks.

Friday, March 23, 2–3 p.m., meet Jill Hall, author of No. 1 Amazon bestseller, "The Black Velvet Coat." In 2016, Hall was selected as a Writer to Watch (W2W) by the Friends of the San Diego Central Library. Hall's debut novel follows the lives of struggling artist Anne McFarland and heiress Sylvia Van Dam. Anne purchases a thrift store coat originally owned by Sylvia; eventually their lives intersect as their individual life stories develop.

April 12, 12:30–2 p.m., the Library Book Club is discussing the novel, "A Gentleman in Moscow," by Amor Towles. The story develops in 1922 Moscow when Count Alexander Rostov writes a poem that is deemed encouraging revolution,

resulting in his house arrest in Moscow's luxurious Metropol Hotel. Luxury living is harder than you think; Rostov lets you in on his methods of defeating ennui!

Free speaker and OASIS programs

OASIS: March 9, 2–3 p.m.: "Salt, Sugar, Fat...Oh My!" Meet the foods that can sabotage anyone's healthy diet and weight loss efforts. Learn to distinguish culprit foods that can sneak into your diet. Every attendee will receive a free healthy snack and wellness guide with recipes and tips for healthy living.

Dates to remember

- March 17: St. Patrick's Day
- March 21, 4–5:30 p.m.: SCFOL monthly meeting, please join us
- March 26–April 1: Spring break for San Diego Unified Schools
- March 30, 31: Libraries are CLOSED in honor of Cesar Chavez Day
- April 1: Easter Sunday (also April Fool's Day)
- April 6, 1:30–3:30 p.m.: Friends of the Library only, Used-Book Pre-sale. Join SCFOL during the sale
- April 7, 9:30 a.m.–3 p.m.: SCFOL Monthly Used Book Sale

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



Artist Julianne Ricksecker's color etchings will be on display in the Art Gallery through March 29.



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COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR

ONGOING EVENTS



'Night, Mother'
Lamplighter Community Theatre presents a dramatic play by Marsha Norman and directed by James P. Darvas. This multi-award-winning play centers around Jessie, a middle-aged, down-on-her-luck woman who moves back in with her mom. As mother and daughter spend a high-stakes evening together, the ensuing debate — sometimes quiet, sometimes tempestuous — ultimately gives rise to deep, personal questions about how and why we value life. Runs March 2–25; Fridays and Saturdays at 8 p.m., Sundays at 2 p.m. at Lamplighters Theatre, 5915 Severin Drive. Tickets: adults \$20; students, seniors, active military \$17; groups of 10 or more \$15; available at lamplighterslamesa.com.■



'Company'
The SDSU School of Theatre, Television, and Film presents "Company" — a play by Stephen Sondheim and George Furth, about a confirmed bachelor named Robert who contemplates his unmarried state on the night of his 35th birthday. "Company" runs March 9, 10, 14, 15 and 17 at 7:30 p.m. plus an additional matinee on March 17 at 2:30 p.m. in the Don Powell Theatre, 5500 Campanile Drive, San Diego 92182. Tickets are \$20 General, \$17 Students/Seniors and can be purchased online at theatre.sdsu.edu.

Live music: The Sophisticats
Cover songs of popular music. 12:30 p.m. at the College Avenue Center, 6299 Capri Drive, San Diego. Free.



The Great Inflatable Race
Family-friendly race course with 8 to 10 giant blow-up obstacles to climb over, go under or straight through. Everyone who signs up for the event at SDCCU Stadium in San Diego gets a T-shirt, wristband, temporary tattoo and race medal, and part of

the proceeds will be donated to a local charity. 9 a.m. at SDCCU Stadium, 9449 Friars Road, San Diego. Tickets are \$10–\$19, available at bit.ly/2oBZ1rY.



'Nevertheless, We Persist'
Three of San Diego's celebrated female vocalists unite to perform songs of love, defiance, faith, persistence and humanity. The repertoire will draw from the Latin-American, African-American and Jewish-American experiences from the point of view of women. Featuring Elizabeth Schwartz, Coral MacFarland Thuet and Lisa Payton perform as The Pers-Sisters, backed by musicians Gunnar Biggs on contrabass and Fred Benedetti on guitar. 7 p.m. in Smith Recital Hall at SDSU's Performing Arts Plaza. Free and open to the public. For more information, contact jewishstudies@sdsu.edu.



Navajo Community Planners board election and meeting
The March monthly meeting of the Navajo Community Planners, Inc. (NCPI) will include an election for new board members. All residents, business owners and property owners in the communities of Allied Gardens, Del Cerro, San Carlos and Grantville are eligible to vote. 6:30 p.m. at Tifereth Israel Synagogue, 6660 Cowles Mountain Blvd., San Diego.



'The Heir Apparent'
Grossmont Stagehouse Theatre presents a play about penniless Eraste who is in love with the fair Isabelle but her mother, Madame Argante,

will only permit the marriage if Eraste can show he will inherit the estate of his miserly and rich Uncle Geronte. March 15, 16, 17, 22, 23 and 24 at 7:30 p.m.; additional matinee shows on March 17 and 24 at 2 m. at Grossmont College Stagehouse Theatre, 8800 Grossmont College Drive, El Cajon. Tickets \$10–50, available at bit.ly/2ymyrcU.

Foothills Republican Women, Federated

Guest speaker is talk radio host Mark Larson. Meeting starts at 10:30 a.m. at the Elks Lodge #168, 7430 Jackson Drive, San Diego. RSVP to mail@foothillsrwf.org. Republicans welcome.



Live music: The Noteables
Choral group directed by Eunice Williams. 12:30 p.m. at the College Avenue Center, 6299 Capri Drive, San Diego. Free.



Rolando Street Fair
The 22nd Annual Rolando Street Fair will feature 100 vendor booths for unique shopping and culinary experiences, beer tastings, a performance stage, award-winning bands and rides for the kids! The Rolando Street Fair is happening from 10 a.m. to 6 p.m. on Rolando Blvd. between El Cajon Blvd. and Solita Avenue. For more info: rolandocc.org.



Film Forum with Ralph DeLauro: 'Take Me Home'
This clever and comic meditation on marriage features Sam Jaeger as an unemployed photographer moonlighting illegally as a NYC cab driver. When he picks up a distraught woman (Amber Jaeger) with her marriage in shambles, the two strangers set off on a cross-country odyssey to leave their problems behind. 1 p.m. at the College Avenue Center, 6299 Capri Drive, San Diego. Free.



'The Music Man'
Peter Pan Junior Theater presents "The Music Man," a play about the fast-talking "Professor" Harold Hill who convinces the parents of River City to buy instruments and uniforms for their youngsters

in order to save them. Chaos ensues as Hill's credentials are questioned and he is called upon to prove himself to the citizens of River City. March 21–24, 7 p.m. plus additional 1 p.m. show on Saturday, March 24 at the Kroc Center, 6845 University Ave., San Diego. For info and tickets, visit ppjt.org or call 619-878-2805.



Live music: Gemini Junction
Bluegrass and Americana. 12:30 p.m. at the College Avenue Center, 6299 Capri Drive, San Diego. Free.



Water-Wise Home Garden Tour

The Water Conservation Garden's third annual event will highlight five beautiful gardens, including one in the shape of Africa. The gardens emphasize an array of low water-use plants, shrubs and trees native to Southern California and from semi-arid regions of the world including Australia, New Zealand, Southwestern U.S. and South Africa. Attendees will also have an opportunity to purchase garden/home items such as bird houses and garden jewelry, all handmade by garden volunteers. In addition, attendees can speak with the homeowners about each garden, and garden staff and docents about how they can re-design their own landscape using drought-tolerant plants. 9 a.m.–3 p.m. at five homes throughout El Cajon and La Mesa. Locations will be disclosed the day of the event to ticket holders with addresses and directions to each location. The cost to attend is \$25 for early registration and \$30 at the door, and all proceeds will benefit The Water Conservation Garden's botanical collection care, exhibit upkeep, and education programs. For more information or to register, visit the-garden.org/gardentour2018 or call 619-660-0614 ext. 10.



Film Discussion with Judith Levine: 'On The Town'

In honor of Leonard Bernstein's 100th birthday, a 1949 Technicolor musical film with music by Bernstein and Roger Edens, it is a story about three sailors on a day of shore leave in New York City. They are out looking for fun and romance before their 24 hours are up. Starring Gene Kelly, Frank Sinatra, and Betty Garrett. 1 p.m. at the College Avenue Center, 6299 Capri Drive, San Diego. Free.



Aaron Lewis
Former Stained frontman Aaron Lewis brings his Songs and Stories Tour to Sycuan Casino. 7 p.m. on Tuesday, March 27 and Wednesday, March 28 at Sycuan Casino, 5469 Casino Way, El Cajon. Tickets are \$59–\$69; available at sycuann.com.



'Leadership Styles in Famous/Infamous Cults: Peoples Temple and Synanon'

Osher Lifelong Learning Institute (OLLI) at SDSU presents Jonestown survivor and former resident of Synanon Laura Johnston Kohl who will compare and contrast the styles of leaders Jim Jones and Charles E. Dederich. 1–2:50 p.m., at the SDSU Love Library, 5500 Campanile Drive, San Diego. Following Kohl's presentation, participants will view the Peoples Temple at Jonestown Special Collection, held in Special Collections and University Archives. The cost is \$15. OLLI membership (\$30) is required to register. To register, call 619-594-5152.



The Commodores
Legends of soul music The Commodores perform at Sycuan Casino. 7 p.m. on Thursday, March 29 and Friday, March 30 at Sycuan Casino, 5469 Casino Way, El Cajon. Tickets are \$79–\$89; available at sycuan.com.



Easter Eggstravaganza 2018

This event features egg hunts, candy bags, prayer offerings,

photos with the Easter bunny, prizes, games and more. Eggstravaganza is hosted by Kroc Center Ministries and is open to all San Diego communities.



The entrance fee is \$1 per person. Kroc Center members can "skip the line" and get in free through the gymnasium with their membership cards. The event will be held at the Kroc Center athletic field located on the east side of the gymnasium entrance, 6845 University Ave., San Diego. The event is for children ages infant to 11 years and the "hunt" will be divided into three different sections according to age.



Film Discussion: 'Fill The Void'

Instructor Ralph DeLauro's "Film on the Fringe" series presents Director Rama Burshstein's rapturous debut film, which shines a light on the hidden world of the Haredi community of Tel Aviv. 1 p.m. at San Diego OASIS Lifelong Learning Center, 5500 Grossmont Center Drive, Suite 325, La Mesa. This class is for people ages 50 and up; cost is \$12. For more information, call 619-881-6262.



Julian Gold Rush Days

Explore the life of a gold miner at a reconstructed mining camp. Activities include arts and crafts, gold panning, gem mining, hayrides, archery, tomahawk throwing and more. Saturday, April 7, and Sunday, April 8, starting at 10 a.m. at the Julian Farm, 4381 Highway 78, Julian 92070. Admission is free, although some activities cost money. For more information, visit juliangoldrushdays.com, or call 951-313-0166.■

RECURRING EVENTS

Saturdays
Garden Open House
San Carlos Community Garden opens its gates every Saturday for the community to explore and enjoy. 9 a.m.–1 p.m. at the San Carlos Community Garden, 6460 Boulder Lake. Contact info@sancarloscommunitygarden.com.

Sundays
Farmers Market
Come to Lewis Middle School for the Allied Gardens Farmers Market, featuring more than 100 locally sourced vendors. 10 a.m.–2 p.m. at Lewis Middle School, 5170 Greenbriar Ave. Contact agsundaymarket@gmail.com or visit bit.ly/2w7qNTz.■



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Community Helping Hands Food Drive



Please join this collaborative effort to replenish the food supply at the San Diego Food Bank. The Food Bank feeds 370,000 people each month and they need your help. Participating organizations include the Boy Scouts of America, the Church of Jesus Christ of Latter-day Saints, and community members throughout San Diego county.



Most Needed Food Items

Canned Chicken & Tuna • Dry & Canned Beans • Cereal • Rice
Nuts & Seeds • Peanut Butter • Canned Soup • Canned & Dried Fruit
Canned Vegetables • Powdered Milk • Infant Formula

Nutritional Choices

Tuna in Water • Low-Sodium Canned Beans • Brown & Wild Rice
Low-Sugar Whole Grain Cereal • Unsalted Almonds • Flax Seeds
Low-Sodium & Low-Fat Canned Soup • No Sugar Added Peanut Butter
Canned Fruit in Water or Juice • Low-Sodium & No Salt Added
Canned Vegetables • Low & Nonfat Powdered Milk

We are unable to accept:

Glass jars or homemade food products

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San Diego, CA 92120

March 9 - April 13

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Monday-Friday 8am - 5pm

Saturday 8am - 4:30pm



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Mt. Helix Park Foundation

