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Kingdom of Terre Nueve knights, dressed in homemade armor, do battle at one of the group's tournament events
(Courtesy Kingdom of Terre Nueve)

Chivalry and charity

The Kingdom of Terre Nueve is not your average nonprofit

Jess Winans

The Kingdom of Terre Nueve is not your average nonprofit organization — with its swords, knights, squires, kings, queens and costumes serving as a stark contrast to the traditional buttons, fliers and catchy logos of other charitable groups.

But under all of the armor and intricate costumes lies a simple intention — to educate others about the history of the Renaissance period, 793 to 1624 A.D., and give back to the community while doing it.

“We are about service to each other, to ourselves, chivalry, honor, teaching and learning,” said Queen of Terre Nueve Rebecca Bayliss. “We’re about

becoming a good member of society.”

Bayliss and King of Terre Nueve Jason Steele ascended to their thrones after a series of tournaments and battles called “Crown Wars” were held in April to pick who would lead the Kingdom. Both will be monarchs for the year.

See **KINGDOM** page 4 →

NEWS BRIEFS



Junior Achievement staff and volunteers celebrate the group's 1 millionth student. (Courtesy JA)

Junior Achievement celebrates 1 millionth student

On April 24, Junior Achievement (JA) of San Diego County celebrated its “1 Millionth Student” served since the nonprofit opened in 1950. To honor the milestone event, 150 JA supporters including JA board of directors, Young Executive Society members, students, educators, volunteers, alumni and community leaders, attended a press conference and special event. As part of the festivities, students and alum shared their own personal stories on how JA has inspired them to dream for a bigger and brighter future.

“JA has given me a head start to pursue my dream job. At age 11, I will be the

See **NEWS BRIEFS** page 3 →

An idea for more housing

Circulate San Diego plan would build over Grantville Trolley Station parking lot

By Dave Schwab

Circulate San Diego has proposed alleviating the affordable housing crunch by transforming Metropolitan Transit System (MTS) parking lots into low-income housing.

The transportation and land-use think tank's suggestion was published recently in a report titled “Real Opportunity.” The report reveals MTS has at least 57 acres of available property, much of it underutilized transit parking lots.

Circulate San Diego estimates those marketable MTS properties could support development of 8,000 new dwelling units, of which 3,000-plus could be reserved as permanently affordable low-income housing.

While questioning MTS's calculations, Rob Schupp,

director of marketing and communications for MTS, San Diego's public transit service, said the agency is receptive.

“All of our properties are available,” said Schupp pointing out 8,000 units on 57 acres translates into 140 units per acre.

“How realistic are Circulate's calculations?” he asked. “It has been estimated the city alone will have a deficit of 200,000 units in the next 10 years. So MTS's contribution to solve the housing shortage would be small.”

Nonetheless, Schupp added, “We are definitely supportive of maximizing the value of our properties, and are open to look at Circulate's ideas.”

Reacting to Circulate San Diego's suggestions to use MTS parcels for new low-income housing stock, 9th District



The Granville Trolley Station parking lot on a typical weekday afternoon
(Photo by Jeff Clemetson)

Councilmember Georgette Gomez commented, “MTS has a great opportunity to re-evaluate our policies in order to promote transit-oriented development, especially with affordable housing. These

updates, along with state legislation like AB 2372, can change how our communities are developed and help house more San Diegans, while increasing

See **CIRCULATE PLAN** page 5 →

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Law and order candidates square off

Jeff Clemetson
Editor

Politics season has begun. And while most seats won't be decided on until November, two county races will be decided by voters on June 5 — San Diego County District Attorney and County Sheriff.

On April 29, district attorney candidates Genevieve Jones-Wright and incumbent Summer Stephan and candidate for sheriff Dave Myers made their cases to voters at Temple Emanu-El's "Law & Order Candidate Forum," moderated by Voice of San Diego's Scott Lewis. Incumbent Sheriff Bill Gore declined an invitation to attend.



San Diego County Sheriff candidate Dave Meyers
(Photos by Jeff Clemetson)

DA race

Stephan and Jones-Wright were quick to express how they differed on the issues, experience and vision for the district attorney's office.

"The mission of the DA's office is public safety. It is to protect victims, to prevent crime and to prosecute perpetrators," Stephan said.

Jones-Wright disagreed, saying that the district attorney's role is "not just about prosecuting," and should look beyond "the prosecutor's lens of conviction rates" in how it deals with certain cases.

Stephans countered that Jones-Wright was running as "the anti-DA candidate" and called her an "extreme radical" for taking a position against recent legislation that outlawed websites used by sex workers, such as Craigslist personals and Backpage.

Jones-Wright defended her position, citing human rights organizations who were also opposed to the legislation because these websites allow for sex workers to vet clients and keep them from having to work on the streets.

Partisan politics entered the debate after Jones-Wright said she was running as "a proud Democrat that values inclusion, equity and diversity." Stephan said the office is nonpartisan and that a Democrat district attorney "doesn't exist, there's a district attorney for all."

When asked if the district attorney should be an elected position, Stephan said she didn't "because it's not political, it's about actually knowing victims' rights, understanding the job, prosecuting cases — my opponent has never even prosecuted a misdemeanor, never mind a rape or murder."

Jones-Wright defended her qualifications and pointed to former district attorney Bonnie Dumanis who never ran a major office before being elected to the job. Jones-Wright also slammed Stephan for statements she made insinuating that if Jones-Wright were to win, it would be because of the "Kardashian effect."

"That is completely demeaning and utterly appalling that another professional woman, who professes to stand with women, would compare another professional woman to person who leaked a sex tape," Jones-Wright said.

Jones-Wright accused Stephan of pandering after agreeing to bail reform during a recent debate in Barrio Logan.

"[Bail reform] is in the purview of her power as the DA, to give a policy that would



(l to r) Candidates for San Diego County District Attorney: incumbent Summer Stephan and Deputy Public Defender Genevieve Jones-Wright

affect poor people who are sitting in jail only because they can't pay bail. She can do that right now," Jones-Wright said. She also questioned Stephans' leadership on dealing with the backlog rape kits that need testing.

"I don't see leadership as when you tweet, or you say you are going to do something," Stephans countered, and pointed to funding she helped get to deal with the backlog and meetings with police and labs to determine the causes of the backlog. "I see leadership as what you have done over the years, what is your track record."

Even in a closing question asked by Lewis about what each candidate admired about each other, jabs came out.

"I believe that Miss Jones Wright really cares about the criminal defendants that she represents ... I believe that she

does that job well, I believe it is her passion and I wish her to continue in her passion," Stephans said, adding that she would not serve in a Jones-Wright administration.

"I believe Miss Stephens has an uncanny knack of knowing a good message that will resonate and I believe that she absolutely knows what to say as a politician in order to remain in the job that she would like to keep," Jones-Wright replied.

Lone sheriff

With only a cardboard cut-out of Sheriff Bill Gore behind him, Dave Meyers did not have his opponent there to challenge him — but it also meant that an overwhelming portion of the forum was focused on the district attorney race. However, Meyers was able to lay out much of what he believes

See LAW AND ORDER page 13 —>

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► News briefs, from page 1

youngest intern at Brown Law Group, an award-winning law firm in Downtown San Diego this summer,” said Logan Buser, JA ambassador and fifth-grade student at San Elijo in San Marcos.

“Thanks to JA, I now have the confidence to walk across the room, look a stranger in the eye, shake their hand and ask for their business card,” said Emily Rodriguez, JA alum and SDSU student.

During the event, JA officially launched the “1 Millionth Student Campaign.” The goal of the fundraising initiative is to raise 5 million dollars to impact 20 percent of the student population by 2020. The financial support will enable the nonprofit to reach more students, including over 56 percent of those in low-income areas, reflecting JA’s priority on removing barriers to student achievement.

To help launch the campaign, The Alexander & Eva Nemeth Foundation made a generous gift to name the “Circle of Life” in Mission Fed JA Finance Park.

“I want to thank the members of The Nemeth Foundation’s board for their extraordinary support. The launch of the ‘1 Millionth Student Campaign’ ensures our programs will reach even more San Diego children for years to come,” said Marla Black, president and CEO at JA of San Diego County.

Keynote speakers at the event included Debra Schwartz, president and CEO at Mission Federal Credit Union and JA executive board member; Brian Cahill, president at Balfour Beatty and JA executive board member; Dr. Karen Janney, superintendent at Sweetwater Union High School District; and JA alum and Lifetime Laureate, Wendy Gillespie. Each expressed their support for the nonprofit and spoke to the impact that JA has on more than 81,000 K-12 students each year by teaching them how to get a job, start a business and manage their money.

“As we celebrate the 1 millionth student, we are reminded that each one of those million students came to JA with their own dreams for the future,” said Schwartz. “It’s inspiring that another 1 million students will benefit from JA’s life-changing financial literacy programs.”

Thousands volunteer for cleanup

On April 21, I Love A Clean San Diego’s (ILACSD) 16th annual Creek to Bay Cleanup had an estimated 6,000 volunteers at 113 cleanup sites around San Diego County in honor of Earth Day. Volunteers, including residents, corporate groups, and civic organizations. During this three-hour cleanup, volunteers removed more than 175,000 pounds of trash and debris from San Diego County.

Volunteers also restored the local environment by painting park structures, planting native plants and trees, mulching, and weeding. Creek to Bay is one of two annual countywide cleanups hosted by I Love A Clean San Diego. In 2017, ILACSD mobilized over 31,000 volunteers who removed nearly 400,000 pounds of debris from San Diego County.

For more information, to volunteer or donate, go to www.cleansd.org or call 619-291-0103.

Classic car show in Allied Gardens a success

The Tremble Clefs Fighting Parkinson’s Disease second annual Classic Car Show was held at the Palisades Presbyterian Church in Allied Gardens on Saturday, April 14, and attracted 115 vehicles along with auto enthusiasts from 20 different San Diego car clubs.

The hundreds of onlookers enjoyed music by the Tremble Clefs, the Caprice Strings, a classical quartet, and The Ideas, a classic-rock trio. Two restaurants, the La Mesa Barbeque Pit and the Mexican food caterer Paradise Creations, served food at the event. All proceeds benefited the Tremble Clefs of San Diego.

The Tremble Clefs program helps people living with Parkinson’s fight some of the effects of the neurodegenerative disorder. The goal is to engage the Parkinson’s community in voice therapy and mutual social support through singing, performing and the power of making music together. Thus, participating in Tremble Clefs helps alleviate certain symptoms including poor voice volume and swallowing issues, as well as isolation and depression.

The San Diego Tremble Clefs meet every Thursday 1–3 p.m. at the Palisades Presbyterian Church in Allied

Gardens. More information is available at trembleclefs.com/san-diego.htm.

EEOC sues San Carlos Albertsons

On May 3, U.S. Equal Employment Opportunity Commission (EEOC) filed a lawsuit alleging that Albertsons, Inc., a national retail grocery chain, violated federal law when a class of Hispanic employees in its San Carlos store were subjected to harassment and a hostile work environment through the implementation of a no-Spanish policy.

According to the EEOC’s lawsuit, beginning in late 2012, the grocery retailer prohibited Hispanic employees from speaking Spanish around non-Spanish speakers or Spanish-speaking customers and during breaks. The EEOC argues that the managers publicly reprimanded Hispanic employees caught speaking Spanish and that no corrective action was taken, despite numerous employee complaints, forcing employees to transfer.

Such alleged conduct violates Title VII of the Civil Rights Act of 1964. The EEOC filed suit in U.S. District Court for the Southern District of California after first attempting to reach a pre-litigation settlement through its conciliation process. The EEOC’s lawsuit seeks monetary damages for the class of affected employees, as well as injunctive relief intended to prevent and correct discrimination in the future.

“Employers have to be aware of the consequences of certain language policies,” said Anna Park, regional attorney for EEOC’s Los Angeles District Office in a press release. “Targeting a particular language for censorship is often synonymous with targeting a particular national origin, which is both illegal and highly destructive to workplace morale and productivity.”

Christopher Green, director of the EEOC’s San Diego Local Office, added, “It is extremely important for workers to feel safe in coming forward to report harassment. It is equally important for employers to make certain that harassment is investigated and addressed appropriately.”

See NEWS BRIEFS page 10

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

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

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

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

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

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CENTURY 21
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► Kingdom, from page 1

To give back to the community, the Kingdom performs demonstrations at the Hillsdale Middle School in El Cajon and for boy scouts and girl scouts, where group members explain Adrianic principles, discuss chivalry, perform combat in a combat ring and allow kids to shoot bow and arrow with supervision.



A lady-in-waiting teaching Renaissance crafting at an educational event. (Courtesy Kingdom of Terre Nueve)

"We want to see what can help the kids and what they're learning," Steele said. "If we know a boy scouts troop is trying to earn a certain badge, we will cater our demo for it."

They've also held various fundraisers, recently collecting makeup and jewelry for a women's shelter, and holding a fundraiser for the Terry Foundation — an organization which provides educational scholarships to students in need in Texas.

"We like to ask our members what they want us to do," Steele added. "We will ask them if there's a charity or demo they want to see put on, and figure out who we can contact and what we can do."

Each month, the Kingdom holds a tournament, typically at Morley Field but occasionally at the Allied Gardens Recreation Center. At the tournaments they hold opening court and combat, arts and sciences and archery tournaments. They also hold educational classes on paper-making, block printing, needle work and other Renaissance-era dancing, costuming and leatherworking.

"I think there's more exposure at the Allied Gardens Recreation Center to the community and a lot more people," said Allied Gardens resident Jessica Neinast. "It's more hands-on to the community because the community is right there. You're driving by it and see all the pavilions. It's more accessible to the public and that's why I like hosting events there. Morley Field is so big and we're so obscure but at the rec center, we're right on the street in Allied Gardens on Greenbrier Avenue."

Being family-oriented, the Kingdom also holds children's activities such as miniature jousting and adult supervised combat.

"The kids grow up with it, do art projects and learn how to be really proper men and women," Neinast said. "I think it brings so much to the community culturally. The kids in the group are always doing research on their characters and by doing so, learn so much every day. Joining the Kingdom is a great way to do things as a family with cool friends in a safe environment."

The Kingdom is the San Diego and Imperial County subdivision of the national Adrian Empire, Inc. and uses a multi-hierarchical system with king and queen at the top in four areas: Archery, Combat, Arts and Sciences, and Ministry.

While archers shoot bows and arrows, combaters reproduce combat competitions in rapier-style. The Arts and Sciences sector serves as a

sort of historical home economics club, re-creating historical arts and sciences including costuming, cooking, needlework, drawing and wood and metal working. Finally, members who belong to the Ministry sector are the administrative component of the Kingdom and track event attendance, monitor combat, and review projects from the arts and sciences sector.

Within each sector is a separate hierarchy which places knighthood at the top then page, then squire — each with three levels of ascending power.

"Everyone starts as a normal person, on the same level, but depending on what your interests are, whether it be combat, arts, ministry-administrative, and archery, you can pursue those to a greater degree in a knighthood," Steele said. "Knighthood is a status symbol where it [demonstrates] I participated x amount of time, did x amount of demos and won x amount of tournaments. Each level means longer and more participation."

San Diegans interested in joining the Kingdom can attend a monthly event or stop by their booth at Comic-Con on July 19-22 at the San Diego Convention Center and purchase a \$30



Allied Gardens resident Jessica Neinast practices the long bow. (Courtesy Jessica Neinast)

year-long membership or a \$300 life-time membership.

"Originally when I first started, I was a 19-year-old punk kid who thought it was cool to wear armor and fight, have a good time with people and at the end of the day learn something new," Steele said. "I came to an event with my friend who introduced me to people and that's when I signed up."

On May 19, what started for a "punk kid" as a hobby will become a responsibility to rule over a charitable organization, albeit a different sort of one, when Steele and Bayliss will rule the Kingdom of Terre Nueve event as new monarchs at an event at Morley Field.

For more information about the Kingdom of Terre Nueve or to see their event schedule, visit bit.ly/2IfupZv.

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

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► **Circulate plan,** from page 1

transit ridership. I look forward to bringing this conversation to the MTS board and working to activate MTS properties for the best interest of the general public, while reducing our greenhouse gas emission impacts.”

AB 2372 would allow local governmental jurisdictions to provide developers with a density bonus and other incentives or concessions for producing lower-income housing.

While conceding that utilizing MTS surplus properties won’t “solve” the existing affordable housing shortage, Colin Parent, executive director of Circulate San Diego said, “You can’t think about these things in large numbers. If there are 8,000 more homes, and you’re one of those 3,000 low-income renters going to be living in them — then it’s very meaningful.”

Added Parent, “The reality is we’re not going to solve our housing crisis with any one solution. That means taking every opportunity we have to allow new homes to be built, especially where they make the most sense, along transit routes and especially on parcels of property that aren’t being used for anything — or aren’t being used at full capacity, like the MTS properties.”

Parent cited the Grantville Trolley Station as a prime example of an MTS parcel that could be put to better re-use.

“The station is on about 10 acres of land, almost all of it dedicated to parking, and very

few cars are ever parked in that lot,” he said. “There’s also not a lot of residential, or jobs, immediately adjacent to that stop. So we have a really big resource that we’re not allowing many people to be able to use.”

The San Diego Housing Federation is a nonprofit advocate for affordable housing. The agency’s executive director, Stephen Russell, said the housing crisis is so acute, especially at the low end, that any additions to the available housing stock are direly needed and welcome.

“We’re talking about the low-income sector, people making 60 percent of the area median income, such as below \$79,000 for a family of four making \$48,000,” Russell said. “We’re talking about low-wage working families, seniors, veterans and, increasingly, people who are homeless.”

Referring to housing as “the great crisis of our time,” Russell noted the MTS parcels “are perfectly located to help provide additional housing units.” Russell said the challenge now is how best to “actively pursue acquiring these properties that meet the proper criteria,” while finding developers “willing to make it happen rather than simply being open to the idea.”

Russell pointed out the seriousness of San Diego’s housing shortage is confirmed by the current numbers. He cited 5 percent as the threshold figure indicating the dividing line separating surplus from shortage in the housing market.

“If the vacancy rate for renters is higher, 7 or 8 percent,

then landlords have to begin making concessions, months of rent free, big-screen TVs, etc.,” he said. “If vacancies go below 5 percent, tenants have much less bargaining power, and rents go higher. It’s been estimated we have a 2.5 percent to 2.8 percent vacancy rate right now.”

Enter Mario Turner, vice president of Orange-County based AMCAL Multi-Housing, Inc. which builds affordable housing throughout Southern California, including San Diego. AMCAL presently has an affordable housing project, Villa Encantada at 505 62nd St. and Imperial, under construction.

Villa Encantada is the redevelopment of an underutilized parking lot next to a trolley station on 1.7 acres, which will include 67 low-income family apartments offering replacement parking for MTS while providing 1,000 square feet of retail space.

Noting Villa Encantada is “San Diego’s first affordable-housing, transit-oriented development,” Turner added the project has been in the pipeline since 2011.

Asked about Villa Encantada’s significance in the affordable housing market, Turner replied, “It’s the future.” He adding finding suitable properties is problematic.

“Finding large enough parcels to develop in parking lots near trolley stations is not easy,” Turner said. “Once you identify suitable properties, it takes years to get them through city planning department’s permitting process.”



An outline of the available MTS land on the Grantville Trolley Station property (Courtesy MTS)

Then of course, said Turner, there is the all-important issue of obtaining financing.

“Big-lender investors in affordable housing, they aren’t always enough,” said Turner noting financing for Villa Encantada involved acquiring a mixture of public-private financing including state grants and loans, tax credit equity and other sources. “You need multiple layers of financing to bring down the rents for folks that are in the lowest income levels,” he said.

Turner believes MTS is ideally constituted to contribute to the effort to alleviate the affordable housing crisis.

“If you look at their presence in the region, and their underutilized parking lots, you have one of the pieces of the puzzle needed to resolve our future low-income housing needs,” he said.

Circulate San Diego’s housing report recommends MTS make the following policy reforms:

- Create a joint development program that issues requests for proposals for priority sites while actively soliciting development partners.
- Require any residential development to include a percentage of homes to be made permanently affordable for low-income families.
- Eliminate the costly requirement for new developments to replace or maintain parking where it is already underutilized.

“With the new leadership on the MTS board, we believe that the transit agency has a real opportunity to transform its empty parking lots into affordable homes,” concluded Parent.

—Dave Schwab is a San Diego-based freelance writer. Reach him at dschwabbie@journalist.com.■

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Guest editorial

Water tax proposal remains poor policy

Mark Muir

Like a bad penny, a plan to tax water keeps turning up in Sacramento.

That's right — under two proposals circulating in the Capitol, California would start taxing the most fundamental resource on the planet. Such taxes would needlessly drive up costs for families already struggling to make ends meet and undermine the very goals that proponents profess.

Senate Bill 623 by state Sen. William Monning (D-Carmel) and a budget trailer bill supported by Governor Jerry Brown would add a tax to local residential and business water bills in the name of providing safe, clean drinking water to disadvantaged communities, mostly in the Central Valley.

There's no question that some Californians in low-income, rural areas don't enjoy the same level of safe drinking water delivered by the San Diego County Water Authority and its 24-member agencies. That's why the Water Authority and many other water agencies statewide have made it a priority to promote sensible funding strategies to address this

important issue. We are committed to delivering safe and reliable water, and we wholeheartedly support the goal of ensuring the same for all Californians.

"The cost of living in California is already high, and taxing drinking water works against the very people that the funds are intended to help."

But taxing water isn't the right approach.

Among the many problems with this strategy is that it sets a bad precedent. California currently does not tax water or essential food products. However, even before the first proposed water tax has been voted on, two additional water tax proposals emerged in Sacramento. Both of those taxes would drive up water bills by as much as \$15 to \$20 each month.

The cost of living in California is already high, and taxing drinking water works against the very people that the funds are intended to help.

Of course, Californians overwhelmingly object to

SB 623, legislation that would create a new tax on drinking water, according to a recent poll of likely 2018 voters conducted by Tulchin Research. In all, 73 percent said they opposed the Senate legislation. Over half said they "strongly opposed" the measure, while just 8 percent said they "strongly supported" it.

Thankfully, there are better alternatives.

California appropriately uses its general fund to pay for other important programs and social issues identified as state priorities, including public health, education, housing and disability services. The public supports using the general fund to pay for programs that serve and protect residents and communities in need.

Dozens of local water agencies, chambers and other groups have joined together to advance more appropriate funding solutions — a package that includes federal safe drinking water funds, voter-approved general obligation bond dollars, cap-and-trade revenues, agricultural fees related to nitrate in drinking water, and general fund money. With this approach, we can address an important issue for our state without adding a tax on our most precious natural resource.

—Mark Muir is board chair of the San Diego County Water Authority. For more information about the San Diego County Water Authority, visit sdewa.org. ■

Letters

No empty storefronts
Re: "Riverdale Shopping Center might see changes" [Volume 24, Issue 4, or bit.ly/2HFCI1j]

So, the rents in Riverdale are "well below current market," but Mr. Becker hopes to retain the long-time tenants and hopes to continue the record of this shopping center's loyalty and prosperity? Here's my prediction: He'll raise the rent, those tenants who have been there for years will move out, spots will sit empty like most other small shopping centers in San Diego, the shopping center will no longer be profitable, and Mr. Becker will sell it. We don't need another Starbucks when there is one a block to the east — and we don't need more empty storefronts.

—Deanne Schaleger, San Carlos. ■

Correction

[Re: "Allied Gardens Community Garden underway, Volume 24, Issue 4 or bit.ly/2w1cAZh]

In last month's issue of the Mission Times Courier, our story on the Allied Gardens Community Garden stated that The Church of Jesus Christ of Latter Day Saints in Allied Gardens had donated money to the garden. The donation was actually made by Mission Trails Church. We regret the error. ■

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San Diego County Water Authority

Council waives fees for granny flats

District 7 Dispatch

Scott Sherman



The city of San Diego is currently facing a severe housing crisis. Monthly rent and mortgage expenses continue to rise, forcing younger generations as well as seniors to move out of San Diego to more affordable regions. To help fix this, the City Council adopted a measure making it easier and more affordable for homeowners to build secondary units on their property.

One of the fastest and least expensive options to increase housing in San Diego is to make it easier to build granny flats. With these new incentives, and removal of expensive fees, San Diego residents will find it much easier to build new affordable units.

The unanimous vote will waive Development Impact Fees, Facility Benefit Assessment Fees, and General Plan Maintenance Fees for the construction of “companion units,” otherwise known as accessory dwelling units or granny flats.

In addition to the council vote, Mayor Kevin Faulconer

also directed \$100,000 to the Public Utilities Department to cover the cost of Water and Sewer Capacity Fees for the remainder of fiscal year 2018.

Companion units provide a great housing option in the city that we desperately need. The unanimous vote by the City Council moved us one step closer to increasing the number of these units by reducing the burdensome fees. In addition to this measure, I will soon be bringing forward a companion unit toolkit providing three different designs that will help homeowners easily navigate the development process.

While these are important steps, there is much more work to be done. More than 70 percent of San Diegans cannot afford to buy a home at the county’s median home cost of more than \$550,000 – making San Diego one of the least affordable markets in the country. I am committed to continue working on this important issue.

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

DeMaio headlines next Republican Women meeting



Leslie Mikucki

Carl DeMaio will speak about fiscal reform for government at the June 12 meeting of the Navajo Canyon Republican Women (NCRWF). The former San Diego City Council member



Carl DeMaio



Republican women at a New Citizens ceremony (Courtesy NCRWF)

News and notes from your County Supervisor

Dianne’s Corner

Dianne Jacob



Alzheimer’s alert: When the county in 2014 launched The Alzheimer’s Project, our regional initiative to help families and find a cure, we knew we were facing an uphill battle against the deadly disease.

But two new county studies show we’re in for an even bigger fight than we thought.

The reports say the number of San Diegans 55 and older with dementia is expected to increase 36 percent by 2030, while the costs associated with their care are also likely to skyrocket.

The federal government recently awarded a grant to a local research team that was created as a result of The Alzheimer’s Project. I’m optimistic that we’ll find a cure or treatment right here in San Diego, thanks to our world-class brain scientists.

Lowdown on libraries: Funding for a new Lakeside Library recently reached another milestone, thanks to a \$5,000 donation presented to the Friends of the Library from the Barona Indians.

The county will pay for the construction and cover day-to-day operations, but fundraising by the Lakeside Friends is critical. Thank you, Lakesiders, along with friends like Barona, for rallying around this awesome project!

Meanwhile, the county continues to pursue plans for a bigger, better library in Casa de Oro.

Success stories: It was great to recently honor some of our local health heroes.

Among those receiving 2018 Public Health Champion Awards from the county were the folks at McAlister Institute, a substance abuse treatment center in El Cajon, and Darlene Shiley, the San Diego philanthropist who has done more than anyone to help ease the terrible burden for families struggling with Alzheimer’s disease.

Have a great East County day!

—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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► **NCRWF**, from page 7

currently hosts his own daily radio show on Newsradio 600 KOGO.

DeMaio maintains that voters deserve fiscal accountability from elected officials and recently worked to get the Gas Tax Repeal on the ballot for November because he believes the tax is inadequate to offset the state's staggering debt.

DeMaio is founder of the Performance Institute, a government reform think tank that serves to guard against misuse of government by demanding transparency of government functions and accountability for its fiscal activities. He offers wide-ranging proposals from performance-based budgeting accountability to the opening of government services to competition.

The NCRWF June 12 meeting will take place at The Brigantine Restaurant in La Mesa. Check-in time for the 11 a.m. meeting is 10:30 a.m. A full-course lunch will be served at noon with DeMaio's talk at 12:30 p.m. Cost of lunch is \$25 and reservations are required. RSVP (with "luncheon RSVP" in the subject line) to NCRWF99@gmail.com or call Marjie at 619-990-2791.

NCRWF mourns the passing of Barbara Bush

The recent passing of former first lady Barbara

Bush reminded many of the commitment she made to public life. When asked, Mrs. Bush explained that during her 92 years, her devotion to Christian faith and love of her family sustained her. Her charity work includes education reform by fostering literacy. Mamie Eisenhower, Barbara Bush and Laura Bush are former first ladies who supported literacy during their terms.

NCRWF supports literacy each year by donating books to local libraries. This year, Terry Casey donated books on science, history, and education to Kathryn Johnson, manager of the Allied Gardens Benjamin Branch Library on behalf of NCRWF.

New citizens

On April 18, several members of NCRWF set up booths at the San Diego Civic Center for the New Citizen ceremonies. Twenty-five newly sworn-in citizens also became members of the Republican Party due to efforts made by Kat Culkin (president of NCRWF), Pat Boerner, Mary Lewis, Nancy Murnahan and Leslie Mikucki representing NCRWF voter registration.

—Leslie Mikucki writes on behalf of the Navajo Canyon Republican Women. Reach her at lesliemikucki538@gmail.com.■

Border wall discussed at next Dem meeting



Yahairah Aristy and Jeff Benesch

Noted SDSU city planning professor (and photo essayist) Lawrence Herzog will headline the June 6 meeting of the La Mesa Foothills Democratic Club (LMFDC).

Herzog recently published a guest editorial in the Voice of San Diego titled "Trump's Border Wall Is a Symbol — And Symbols Make Terrible Policy." In it he writes:

"The money needed to fulfill the president's campaign promise would be better spent on cross-border infrastructure that boosts trade and facilitates the economy. There is a \$1 billion shortage of funds for the ports of entry alone. During Trump's campaign for president in 2016, the battle cry of adoring crowds was, 'Build that wall!' The 'wall' is, in fact, a metaphor for shielding America from outside threats and uncertainty."

Professor Herzog will expand on that topic and talk about how building a wall, and the continued xenophobic rhetoric and pressure from Trump on NAFTA, will adversely affect our many-billion dollar commercial and social compact with our numerous Latin American allies and trading partners.



Lawrence Herzog

Lawrence A. Herzog (Ph.D.) is Professor, Graduate Program in City Planning, School of Public Affairs, San Diego State University. He is also a consultant and writer specializing in planning, sustainable development and urban design in the United States, Mexico and Latin America.

Herzog has written or edited 10 books on urban planning, and global/cross-border development, including: "Shared Space: Rethinking the U.S.-Mexico Border Environment," "From Aztec to High Tech: Architecture and Landscape Across the Mexico-U.S. Border," "Global Crossroads: Planning and Infrastructure for the California-Baja California Border Region," and "Planning the International Border Metropolis."

We'll also have the honor of our own vice president for political action, Chris Pearson, recap the primary results and give us the whys and wherefores about the winners



Chris Pearson

and losers and who survived through to the November general election.

Several of our endorsed candidates will learn their fate by primary results alone, so this should make for a very interesting evening. If you don't know Pearson, he has a fascinating background in local politics, and as a labor executive for many years. He started his professional career in San Diego in law practice and has worked closely with local politicians and labor groups, including the San Diego and Imperial Counties Labor Council.

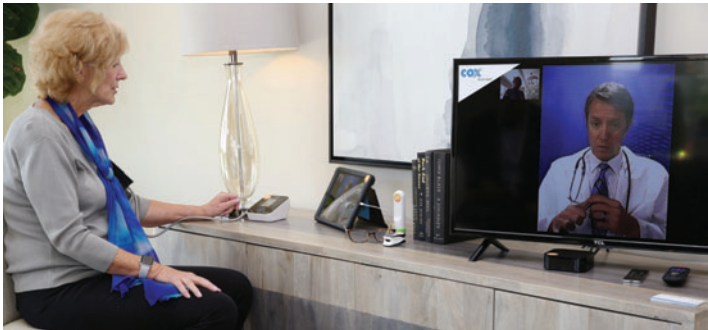
He is currently spearheading our club's push to contact all 13,000 registered La Mesa Democrats to get out the vote in the upcoming primary election, working on behalf of our endorsed county-wide candidates Matt Strabone (County Clerk/ Assessor/Recorder) Genevieve Jones-Wright (District Attorney), and David Myers (Sheriff).

LMFDC meets the first Wednesday of every month at the La Mesa Community Center, 4975 Memorial Drive in La Mesa starting at 6:30 p.m. For more information on club events and membership, visit lamesafoothillsdemocraticclub.com.

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

6 SMART HOME ESSENTIALS

With so many devices and home automation available these days, turning your house into a smart home is easier than you might think. But, there are some things to keep in mind when deciding which devices are essential – and what kind of internet service you'll need to maximize your smart home experience.



- **A home speaker that doubles as a virtual assistant.** Current models can answer questions, turn on lights, play video, access virtual assistants like Siri or Alexa, share weather and news updates, act as a timer, and play music on demand. Some models even help you shop online.
- **Home cameras.** The latest in home monitoring such as Cox Homelife allows for remote live video viewing from your smartphone, video recording and customizable notifications.
- **Smart lights.** Replace existing light bulbs with energy efficient bulbs that can be controlled remotely with a few taps on your smartphone or tablet. Cox Homelife has an automation feature to control indoor and outdoor lights, bringing you (and your pet) peace of mind while you're away from home, as well as saving energy and money.
- **Smart locks.** Remotely control doors in your home. Features can include voice commands, customized chimes, activity logs, integration with other smart devices, and special codes for friends, dog walkers, and deliveries.
- **Smart thermostats.** Programmable thermostats allow you to remotely turn the air and heat in your home up and down, and on and off. Save money and energy, and arrive to a warm or cool home.

- **Smart Search entertainment.** There are many options to watch TV and stream content online, and Cox's Contour TV service brings smart search options, Netflix integration, a voice-controlled remote, and cool apps together into one service that is easy to navigate. Speak into the remote to find the programming you want to watch – use a famous movie quote, the title of a show, a genre, or the name of an actor. You can even say "free movies," and available titles in the On Demand library will pop up.

Just as important as the devices you select is the internet service you choose.

In San Diego, Cox Communications recently doubled internet download speeds automatically for the majority of its customers at no additional charge. Preferred, the company's most popular tier of service, is now up to 100 Mbps, while Essential and Starter, which are ideal for lighter users with one to five devices connected to the home network, doubled to 30 Mbps and 10 Mbps, respectively.

For households with multiple family members who want to connect dozens of devices simultaneously, are heavy gamers or have the need for the fastest speeds around, Cox's Gigablast service offers download speeds of 1 gigabit (1,000 Mbps).

Take a short quiz on the speed advisor at www.cox.com to determine which speed is right for your household.

Cox is also improving the in-home internet experience with Panoramic WiFi, which provides "wall-to-wall" WiFi coverage so you have a connection wherever you may roam in your smart home.



SUDOKU & CROSSWORD PUZZLE ANSWERS FROM P. 19

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

GRAB	DEEDS	SCAN
WOM	ELMER	EIRE
TIME	INCO	INTE
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SEX	LITL	FOES
HAI	LANAI	ASS
FETA	FOKS	SGO
NEB	ROOT	PANA
NEW	FO	LOVE
REND	BA	REND
LESS	ONES	WES
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A career fair that cares

Jeff Clemetson
Editor

Getting a job is tough work — especially if you have special needs. But a unique work program at two San Carlos special needs schools aims to give their students the experience to succeed in the workforce.

On April 18, the Springall Academy held its annual Career Fair and, for the first time, was joined by its sister school the Sierra Academy of San Diego. Springall's fair goes hand in hand with its Workability Program, which is funded by a grant from the state.

"We have students through our grant that are 16 and older that work out in the community with a job coach," said Springall director Janae Aguilera. "So making those connections really helps our students get placed out there

and learn those job-related skills, and a lot of them do end up getting hired on after they graduate."

During the Career Fair, students dress for success in interview clothes and are given mock interviews by school counselors before going into the fair and interacting with the businesses.

"The students get to go around and ask questions, they have their own clipboards," Aguilera said. "They kind of have a scavenger hunt that they go on to learn how to ask questions about the careers, that back and forth conversation to gain more information."

Some of the businesses that participated in this year's fair included YMCA, Starbucks, Kona Ice Snow Cone, Snapology, Pet-tential and individual professionals, including paramedics, a computer technician, an animal trainer, and a chef.



(l to r) Jennifer Burns from Pet-tential and Julie Bouchard from Snapology share business insights to Springall and Sierra Academy students at the career fair.



For a few of the businesses, the Career Fair was part of an already ongoing partnership with the schools in hiring students as part of the Workability Program.

Edditha Maaba, the workability assistant and transition coordinator at Springall, said the schools have a certain amount of money to teach work experience transitional skills and job readiness skills to students. For the off-campus program, partner businesses train students for work and the school pays the students real money through the grant.

"So we have some students working at restaurants like On The Border. We have students working at Smart & Final, students that work at Marshalls and students that work at a company called Snapology that works with Legos," she said. "So, they get real money that they can use in whatever way that they want."

At the career fair, Snapology franchise owner Julie Bouchard talked to students about being an entrepreneur and how buying a franchise works. Snapology is a Lego-based company that builds kits for educational settings and birthday parties. Springall and Sierra students help put all the pieces back into their proper containers.

"As you can imagine, our kits get very messed up and very disorganized because when the kids are using them the pieces kind of get all over," Bouchard said, adding that she currently employs around 10 students from each school. "They help us out so much. We get so much done when they're there and the kids are just wonderful."

Another business at the fair that also hires students from the Workability Program is Pet-tential, which makes natural dog treats. The business grew from a nonprofit program called AEFCT (Autism Experts Empowering Families & Children Together), said AEFCT Adult Program Coordinator Jennifer Burns.

The Pet-tential program began in November of last year and currently employs four students, who bake the company's



(l to r) Edditha Maaba and Elena Lesse
(Photos by Jeff Clemetson)

wheat- and gluten-free coconut and peanut butter treats using the San Carlos Rec Center kitchen and then sort and package them at the school.

"It's a great cause. The whole idea of the dog treats is amazing, but it's really giving these teens and adults job skills — that's what it's about," Burs said, adding that the students are excellent employees and often compliment her and each other all during the work day. "It's just such a positive work environment."

Although it does not happen all the time, there are students who end up staying with companies past their time in the program.

"We have some of those employers that some of our students will work at, and then continue that work after they graduate as well," said school counselor Elana Lesse. "It's a great opportunity for them to put on a resume to help them get a job after school."

Lesse also pointed out that some students have jobs unrelated to school programs, including at places like fast food restaurants and even Costco.

"It's challenging to get jobs there but they're familiar working with our students," she said.

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

► News briefs, from page 3

Preventing workplace harassment through systemic litigation and investigation is one of the six national priorities identified by the Commission's Strategic Enforcement Plan (SEP). The EEOC advances opportunity in the workplace by enforcing federal laws prohibiting employment discrimination. More information is available at eoc.gov.

Amazon expands grocery delivery from Whole Foods Market to San Diego

On April 24, Amazon and Whole Foods Market launched free two-hour delivery of natural and organic products through Prime Now in San Diego. Prime members can shop through Prime Now for bestselling items including fresh produce, high-quality meat and seafood, everyday staples, a selection of alcohol and other locally sourced items from Whole Foods Market. Prime members receive two-hour delivery for free and ultra-fast delivery within one hour for \$7.99 on orders of \$35 or more. The service launched earlier this year with plans for continued expansion across the U.S. throughout 2018. Customers can start shopping from Whole Foods Market selection at primenow.com or by using the Prime Now app available on Android and iOS devices.

"We've been delighted with the customer response to free two-hour delivery through Prime Now, and we're excited to bring the service to our customers in Denver, Sacramento and San Diego," said Christina Minardi, Whole Foods Market executive vice president of operations in a press release. "Today's announcement is another way that we are continuing to expand access to our high-quality products and locally sourced favorites."

Delivery from Whole Foods Market through Prime Now is available daily from 8 a.m. to 10 p.m. Customers can visit primenow.com or download the Prime Now app and enter their zip code to see if they are in the service's delivery area.■

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**PATRICK
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High School

Patrick Henry High School News

Elizabeth Gillingham

PHHS wins first place

Congratulations to Patrick Henry High School (PHHS), who was named the first-place winner in the high school category of the 2017-18 EDCO Recycling Challenge. PHHS waste reduction and increased recycling resulted in a 28.56 percent waste diversion rate, garnering Henry the top district honor and a \$1,250 prize award.

The goal of the Recycling Challenge is to reduce waste and increase recycling in our schools to facilitate compliance with state law requiring school districts to divert 75 percent of our waste from landfill disposal by 2020. Winners were determined based on overall waste diversion, bin fullness and weight surveys, and level of recycling

education and outreach programs implemented on campus through March 31, 2018. Result were also based per capita student enrollment.

On April 24, Principal Listy Gillingham, plant operations supervisor Cathy Murphy, and teacher Lara Dickens attended the board meeting to accept the award. JROTC Community Service Club student leader Kalani Piotrowski formally was invited to accept the award on behalf of the students of PHHS. She encourages cadets to help on and off campus with litter removal and recycling events. They collect commingled recycling bins from classrooms and take them to the recycling dumpsters. They also do campus litter patrols every Thursday after school.



(l to r) Kasey Bitter, Olivia Van Houten and Alonzo Robles took home first prize at the 2018 Regional Chevron Engineering Design Challenge and will be advancing to the finals in May. (Photos courtesy PHHS)

Students earn first place in an Engineering Design Challenge!

Patrick Henry students Kasey Bitter, Olivia Van Houten and Alonzo Robles took home first place at the 2018 Regional Chevron Engineering Design Challenge. The students competed against 15 teams from all across San Diego County in an all-day event earlier this month.

The competition assesses student skills across multiple skill areas. Students are given a design brief and, over the course of the day, build and submit sketches and software models of their solution. At the end of the day, teams present a product proposal to a team of industry judges

and are scored on their originality, professionalism and persuasiveness.

Patrick Henry's team of ninth-grade students beat out the competition (most of whose teams were comprised of much older students) and will be advancing to the state finals in May.

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Student of the Month Jesse Stewart

Jesse Stewart was named PHHS Student of the Month for April. Stewart was honored at the Allied Gardens Kiwanis breakfast and received much praise from her principal, Listy Gillingham, who was on hand to give this special award.

"Jesse is a mature, dependable, and dedicated Link Crew Leader (for the last two years)," stated Michael Pinto in his nomination of Stewart. "Traditionally, we see the excitement for Link Crew dwindle once students move on to their senior year. Not Jesse. She always volunteers to go

above and beyond her required hours for tutoring, special events, Patriot Day, and Henry Hoopla planning. She always greets teachers and students with her warm smile and personality to match. Her dedication and creative ideas helped make Henry Hoopla Period a huge success and her continued innovations made it evolve throughout the year to make it more organized and effective. She is a model student and a model Link Crew Leader and a pleasure to work with in all aspects."

Lara Dickens in her recommendation for scholarship noted Stewart for her volunteerism with the Environmental Club.

"Jesse has volunteered as a member of the Environmental Club since her sophomore year and is currently a dedicated volunteer in the Aquaponics Club," she stated. "She is passionate about service-learning and looks at volunteering as an opportunity to gain experience and network with other students."

"She is willing to work hard and sweat. She has done everything from campus litter patrols, to moving our school thrift store across campus, to assisting the Rolando Street Fair with their zero-waste goals. The Rolando Street Fair

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► PHHS, from page 12

asked our club to assist fair patrons with disposing of their waste. We helped make sure recycling stayed free of trash and vice versa. Most students opted to correct mistakes without the fair-goers knowledge.

“Ms. Stewart found this a teachable moment. She was polite and helpful and concerned by the number of people unaware of the proper way of disposing

of their trash. She took photos and gave a presentation in class about waste disposal habits and practices.

“I know that I can count on Ms. Stewart to get things done. When we retrofitted the aquaponics system with a larger tank, she jumped at the opportunity to redraw and measure the system. Her notes are extremely detailed and will help next year’s club members tremendously.”

Congratulations, Jesse!

Track team excels

Congratulations to Patrick Henry Track and Field. The boys team won the Eastern League title for the third year in a row and kept their undefeated streak going at three years!

The girls team captured their first Eastern League title since 1983 with a three-way tie reporting one loss for the season.

Congratulations to senior Jacob Austin for breaking the school record in the shot put event (throwing 48 ft. 1 in.) and who was undefeated in both the shot put and discus for the season.



(l to r) Sydney Cummings, Clara Lane, Beni Burkett, Felix Rosell, Shawn Lee, Grace Tarantino, Kaiwen Tsou. (Not pictured: Ryan Quasarano, Hunter Gavin, Jesse Stewart, and Luc Galif) (Courtesy PHHS)

PHHS Aquaponics Club news

The PHHS Aquaponics Club was invited to return to the TEDx Kids @ El Cajon event on Saturday, April 21 for the third year in a row. Their goal is to raise awareness of the benefits of aquaponics and other sustainable agricultural practices.

The event itself showcased students and programs that support STEM activities. Students in the club worked on a 10-gallon model of the 300-gallon system they manage at school and gave presentations to event-goers non-stop from 9 a.m. to 3 p.m.

Schools and programs looking for support with starting an aquaponics system at their school should contact Ecolife Conservation.

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

► Law and order, from page 2

makes him a better candidate for sheriff.

Meyers attacked Gore over a lack of transparency in the sheriff’s department, specifically citing recent reporting by San Diego CityBeat that exposed the county’s high rate of inmate deaths, to which Gore responded by suing the publication to try and obtain its sources.

“We’re seeing a double digit increase in elder abuse, in domestic violence, in hate crimes across the county of San Diego,” Meyers said. “And instead, the current sheriff, the chief law enforcement officer, is too worried about exposure in the media.”

On gun control, Meyers said he would enforce current laws and take guns from people who have mental illness or commit crimes like domestic violence. Meyers said he would make

getting concealed carry weapon (CCW) permits easier than current policy, and accused Gore of cronyism when it comes to issuing them.

“The current sheriff has been using, essentially, the issuance of CCWs as a carrot and stick, only rewarding his buddies,” Meyers said, citing complaints that CCWs are mostly issued in Rancho San Diego and La Jolla.

To deal with gaining public trust over officer involved shootings, Meyers said he supports body worn cameras for all officers and expanding the County Law Enforcement Review Board (CLERB), which he says is purposefully underfunded by Gore.

“When you have a law enforcement leader who doesn’t support the underlying principles of independent review, then we get what we get,” he said.

Meyers blamed the backlog on testing rape kits in the

county on Gore’s budget priorities and vowed to test all kits.

“The sheriff’s budget is a billion dollars; what it takes is leadership,” he said.

Meyers said he is not for enforcing immigration laws because of his experience with a program he developed that laid out how local, state and federal authorities should work together along the border.

“The anchor of the program is that we do not and will not enforce immigration laws because that just creates fear within communities. I’ve seen it,” he said, adding that he supports California’s sanctuary state law.

“There is nothing about SB54 that would prevent me as sheriff, now and in the future, from working with federal authorities to keep our communities safe,” he continued. “Absolutely nothing.”

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



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Good eats off the beaten path

Restaurant Review

Frank Sabatini Jr.



Carve is a modern, American bistro residing in a unique king-of-the-road location. To the benefit of consumers, it's easy to find since there are no other retail businesses along this colorless stretch of Aero Drive. In addition, the

food is of high caliber, ranging from hearty to wholesome.

The eatery is a culinary beacon amid office buildings and new condo developments. In fact, it fronts one of them – the Olympus Corsair housing units. It's the only commercial kitchen you'll see for a few miles once you start heading east on Aero Drive off state Route 163.

Owner Chris Karetas isn't nuts about the location, admitting that the bulk of his business stems from consumers

who live and work along the road. As a result, he axed dinner service last year and isn't ruling out opening a second location in a high-traffic neighborhood like Little Italy, Cardiff or Encinitas.

In the meantime, he serves up a repertoire of salads, sandwiches and plates that have attracted a fair share of devoted followers. Having grown up in the food service industry from an early age when his father ran concessions and cafeterias, Karetas relies on batch cooking and uses house recipes for nearly everything, including craft sodas.

Visiting as a twosome, we started with the green goddess salad, named more for its green ingredients than the perky lemon vinaigrette dressing used on them. In this age of gourmet salads, never do I encounter roasted fennel in the mix. Asparagus and chickpeas are rarities, and English peas prove a lovely herald to springtime. Indeed, this was a killer medley.



Owner Chris Karetas (Photos by Frank Sabatini Jr.)

Pastrami is smoked and steamed in-house after receiving a secret house-made rub. It comes out super tender and ends up thickly sliced on two different sandwiches: the caloric "Carve 'strami" featuring the additions of maple bacon, creamy Mornay sauce, Dijon mustard and pickles; and the "smokin' 'strami" layered with Swiss cheese, coleslaw, pickles and Russian dressing.

We chose the latter and devoured it without encountering a speck of chewy gristle. Served on toasted ciabatta, it was as good as any creation from a Manhattan deli.

My companion was especially fond of the "turkey jam" sandwich, which offered an underlying sweetness from fig jam. The standout feature,

See CARVE page 15 →



The top-selling smokin' 'strami sandwich



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Carve is quaint on the outside, and sleek and airy inside.

► Carve, from page 14

however, was the dreamy combination of the jam and buttery melted brie. Lurking in the background was a hint of horseradish sauce, a nice complement that could have perhaps been given a louder voice.

Both sandwiches were served with excellent house-made chips. Other choices include the “Aero Club” constructed with roasted turkey breast, bacon, avocado, tomato and Parmesan aioli; and the “Italian hero” stacked with smoked ham, soppressata and provolone cheese.

There are also grass-fed burgers, which taunted the heck out of us with their char-grilled aroma when we first walked in.

Carve

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a newsroom I worked in when fearing the effects of eating from the junky cafeteria over time.

Other protein options for the plate entrees are ancho-rubbed chicken breast and flat-iron steak. The additional sidekicks are french fries and mac n’ cheese, should you want to add a dose of naughty cholesterol to your meal.



Grilled salmon with salad and roasted potatoes

Though we succumbed to the “make a plate” category, choosing the catch of the day (salmon) as our protein; baby kale salad as our seasonal vegetable; and roasted potatoes as the starch. Lucky for the nine-to-fivers in the area we saw taking this option. It’s exactly the kind of lunch that prevents cubical workers from develop- ing “office butt,” as we used to call it in



A turkey, brie and fig jam sandwich with house chips
(Photos by Frank Sabatini Jr.)

Therein lies the appeal of Carve. It’s a place that welcomes both lawless and healthy eaters, and where quality isn’t compromised by slapdash cooking. Karetas isn’t trying to reinvent the wheel. But he’ll do well introducing his tasty concept to the rest of San Diego if he opens another location.

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

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News from the Mission Trails Regional Park Foundation



Jennifer Morrissey

Calling all artists

The Mission Trails Regional Park Foundation (MTRPF) offers the opportunity for visual artists to display their work at the Mission Trails Regional Park Visitor & Interpretive Center. The exhibitions are limited to wall-hung, two- and three-dimensional works, and can showcase one artist as well as small or large groups. Two exhibitions are organized each year that combine the work of artists wishing to exhibit, but who are not part of a formal group and who do not wish for a solo exhibition.

The exhibitions are on view for a period of six weeks, and the artists are given the opportunity to have an “opening” in the Visitor Center. Certain jurying criteria must be followed as outlined by the MTRPF, and



'Garden Storm' by M. Winklea was recently exhibited in the Visitor Center.

all funds raised by the Mission Trails Regional Park Art Program are used to support programming and park improvements.

Applications for exhibitions are only available and accepted from May 1 through June 30 for the next exhibition year. Entry deadline for 2019 is Saturday, June 30. For more information, please visit our website at mtrp.org.

Get involved in the park

There are many opportunities for you to get away and participate in free, educational outings at Mission Trails Regional Park, which now encompasses more than 7,200 acres. Whether your interest is star gazing, birding, or just getting to know MTRP better, there are several ways to get involved.

In partnership with the San Diego Astronomy Society, Mission Trails Regional Park (MTRP) offers free star parties at both the Kumeyaay Lake Campground Day Use Lot near Santee and the West Sycamore staging area, east of Scripps Ranch. In May and June, the events will take place 8–10 p.m., meeting on May 25 at West Sycamore and on June 8 at the Kumeyaay Lake Campground. The events are always weather permitting, and



Amateur astronomers at a recent Mission Trails star party (Photos courtesy MTRPF)

cloudy skies or rain cancel the event. Find out more about the San Diego Astronomy Society at sdaa.org, and directions to West Sycamore are available on mtrp.org

On the last Saturday of each month, MTRP trail guide and resident birder Winona Spollock leads a 90-minute class to learn five simple techniques for identifying birds at a glance. You'll also learn how to use a field guide so if you have one, bring it along. This free program begins at 1 p.m. in one of the Visitor Center classrooms, and our next installment is on May 26 — join us!

Did you know that Lake Murray is part of Mission Trails Regional Park? After a guided walk at Lake Murray with a volunteer MTRP Trail Guide, you'll never see this local treasure the same way again! Every third Tuesday of the month, a 90-minute “walk and talk” takes place 9–10:30 a.m. The meet-up location for

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- Guided Nature Walks** – 9:30 a.m., Wednesday, Saturday, Sunday each week – Visitor Center
- Guided Nature Walk** – 8:30 a.m., second and fourth Saturday each month – Kumeyaay Lake Campground
- Birding Basics** – 1 p.m., last Saturday each month – Visitor Center
- Bird Walks** – 8 a.m., third Saturday each month – check website for meeting location
- West Sycamore Nature Walks** – 8 a.m., third Sunday each month – Stonebridge Parkway in Scripps Ranch
- Family Discovery Walks** – 3 p.m., fourth Sunday each month – Visitor Center
- Discovery Table Demos** – 10 a.m.–1 p.m., second Saturday each month – Visitor Center
- Live Hawk Demos** – 9 a.m.–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 – Kumeyaay Lake Campground Day Use Lot
- Trail Improvement Volunteer Crew** – 8 a.m., third Sunday each month – Kumeyaay Lake Campground Day Use Lot
- Park Beautification Volunteer Crew** – 8 a.m., fourth Saturday each month – Kumeyaay Lake Campground Day Use Lot
- Star Gazing with San Diego Astronomy Association** – Sunset to 10 p.m. – check website for date and locations
- Native American Flute Circle** – 1–3 p.m., second Sunday each month – Visitor Center Outdoor Amphitheater
- Wild Read Book Club** – 1:30 p.m., May 13 – RSVP Required – Visitor Center
- Free Concert** – 3 p.m., Sunday, May 6, Peter Sprague, guitar – Visitor Center
- Free Concert** – 3 p.m., Sunday, May 20, Lillian Palmer, vocalist – Visitor Center
- Free Concert** – 3 p.m., Sunday, June 3, Celtic Notes & Strings – 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.

June 19 is the ballfields; check the MTRP website for future months' meet-up locations.

Upcoming events

On Sunday, May 20, vocalist Lillian Palmer will perform at MTRP, a free concert that

begins at 3 p.m. Palmer will perform works by George Gershwin, Cole Porter and others, with Ed Kornhauser on keyboard and Doug Walker on bass.

See MTRPF page 17 →



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How to eat a bullfrog

David D. Cooksy

[Note: This is the first of a four-part “How to” series. In future issues look for “How to eat a catfish,” “How to eat a dragonfly,” and “How to eat a crawdad.”]

Yuck! Why in heavens name do we need to know “how to” eat any of these creatures? What does knowing “how to” have to do with Mission Trails? And do I really want to see “how to?” The answer is simple. We are privileged to observe the seldom seen behavior of how animals in Mission Trails go about obtaining and consuming their prey.

December was a very good month for photography in Mission Trails as I captured two of the “how to” segments within a few days, courtesy of the same great blue heron at Kumeyaay Lake as it consumed first a bullfrog, then a catfish.

The first step, the most important, is the hunt and capture of the bullfrog and I am not certain that is the easiest step for a great blue heron. The hunt can take a very long time and the catch being a life and death struggle may not always be successful. But in this instance the hunter made short

work of this step as it pulled out a serious sized bullfrog in mere moments.

I have tracked and photographed the great blue heron, great egret, and snowy egret for many years. For some reason the next step of “how to” is identical for each: what appears to be playing with your food. In this example of a bullfrog, the heron held the frog in its great bill to crunch and squeeze and flip about, only to drop the frog in the water to be hauled out for more tossing and crunched up a bit more, swished around in the water again, crunched up a bit more. At times this appeared more cruel than preparatory for the inevitable conclusion as there is seemingly an element of entertainment. It was all so casual.

Of course, the purpose of the exercise is survival — a meal. And no matter the meal — be a bullfrog, a catfish, a dragonfly, or a crawdad — all ultimately serve their purpose going down one way: head first. Whether the meal is still alive as it slides down the hatch I cannot be certain. Some meals are consumed very quickly with little preparation; other meals seem to take much longer. In this instance, I cannot imagine the frog knew what hit it, let alone

Great Blue Heron (*Ardea herodias*) Facts
Size: Length-4-5 ft., wingspan-5-6 ft., weight-up to 6 lbs.
Range: year-round in San Diego
Color Pattern: blue-gray with wide black stripe over eye, predominantly white head; yellow/orange bill, black legs and feet
Behavior: Wade slowly along shoreline, or stand statue-like still, may swim short distances to catch prey, hunts anything aquatic plus land mammals, insects, birds
Habitat: Salt or fresh water, open coastline, marshes, rivers, lakes, and grasslands
Nests: high in trees; 3-7 eggs, up to 3 broods per year.
Source: allaboutbirds.org

the long minutes of preparation before consumption. Regardless, after much tossing and crunching, washing and flipping, the meal is maneuvered head-first and with a few flicks of the beak is gone. Based upon my observation, the consumption of bullfrog is not a delicate process. As the great bird flew away shortly after completing the meal, I was unable to ask the most obvious question: does it taste like chicken?

—David Cooksey is a trail guide at Mission Trails Regional Park. For more information about the park’s free offerings, opportunities, updates and events, visit mtrp.org or call 619-668-3281. 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■



A great blue heron snacks on a bullfrog in Mission Trails (Photo by David Cooksy)

iNaturalist Observation of the Month: Phainopepla

Patricia Simpson

I will always remember the first time I saw a phainopepla. I was at the Old Mission Dam walking around and saw a striking, shiny black bird topped with a mohawk zooming fast through the trees. I thought for sure this was an exotic bird which had escaped from a local owner! I later learned the red-eye wonder was a phainopepla, a local Mission Trails Regional Park bird, wild as can be.

The iNaturalist observation is a female, more grayish in appearance than her male counterpart. In flight, a wide white bar shows near the tip of the wing.

I am sure you have noticed the mistletoe atop trees by the river. It’s a favorite on the phainopepla menu. According to All About Birds, a single bird can eat upward of 1,100 mistletoe berries in a day. Now I’ll let you guess how mistletoe seeds spread out on plants and what type of “glue” keeps them in place atop a branch. Being part of the silky-flycatcher family, phainopepla also enjoy insects: beetles, flies, true bugs and caterpillars. Oh my!

You can find out more fun facts about phainopepla at bit.ly/2JZrmBK.

—Patricia Simpson is a trail guide at Mission Trails Regional Park.■



Phainopepla (Courtesy MTRP)

► MTRPF, from page 16

For several years, Mitsuo Tomita and Charles Carter have organized free concerts at the MTRP Visitor Center, which take place twice a month. See a list of upcoming performers at mtrp.org, or pick up a list of all of our 2018 performances at the MTRP Visitor Center.

Every second Sunday of the month, 1–3 p.m., hear a Native American flute circle in the MTRP Visitor Center. Come on Sunday, June 10 to hear them and also attend the reception for the MTRP Annual Amateur Photo Contest, 2–4 p.m.

The MTRP Visitor & Interpretive Center is located at 1 Father Junipero Serra Trail, San Diego, CA 92119,

and is open daily from 9 a.m. to 5 p.m. Admission is free.

—Jennifer Morrissey is executive director of the Mission Trails Regional Park Foundation, a 501(c)(3) non-profit public benefit corporation. To learn how you, your community group or company can support Mission Trails Regional Park, please contact jmorrissey@mtrp.org.■

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San Diego Community News Network

News from the Allied Gardens Grantville Community Council

Shain Haug

The largest parcel of the city's real estate that remains for development is the SDCU Stadium and the surrounding parking lot. The Allied Gardens Grantville Community Council (AGGCC) town hall meeting on Tuesday, May 22, at 6:30 p.m. at the Benjamin Library (Zion Avenue and Glenroy Street) will offer an analysis of the competing proposals for development of the property. Because this very large property is close to Allied Gardens/Grantville, its future development will impact our neighborhood. Whether property is developed into a combined sports complex, housing development, and river park as proponents of the SoccerCity plan proposes; developed as offered by Friends of SDSU as a west campus for San Diego State; or developed by the city through the long-term planning process, it will add significantly to demands on our community.

Developments envisioned in competing proposals would sharply increase neighborhood traffic. The SDSU West proposal would increase the demand for student housing and the growth of "minidorms" in Allied Gardens/Grantville. This demand combined with the city's recent easing of regulations regarding the building of "granny flats" has the potential to dramatically change our neighborhood. Given the

high stakes of development, it is critical for our residents to learn as much as possible about the competing proposals before they vote on Nov. 6.

On April 7, the Ascension Lutheran Church and the Community Council hosted the first community Arbor Day event at the future site of the Allied Community Gardens at the Ascension Lutheran Church. A special thank you to all the community members who joined us to celebrate with us. It was a fun-filled day to celebrate the more than 60 trees planted by San Diego Urban Forestry along Zion Ave and by planting nine fruit trees in the community garden. The Allied Gardens Benjamin Library participated by providing flower seeds and pots for the kids to take home. Local community members Trip and Emily Frost provided live music for the more than 50 attendees at the festivities. San Diego Urban Forestry with Davey's Landscaping donated and helped plant the fruit trees while our Allied Community Garden representatives signed up community members for 4-by-10-foot garden beds.

Ascension Lutheran Church continues to be a major supporter of our neighborhood. They are donating the use of a significant portion of their property and are making a major investment of their time and resources to this most valuable project. The Community

Council is proud to follow their leadership in this important community endeavor.

There are still garden plots available for the year. Information on how to sign up for a plot is found on the Allied Gardens/Grantville Community Council website, aggccouncil.org.

There is a need for more trees in the community. You can be in the lead by getting free trees on your street. Contact us and we will help you get started. There are different levels of commitment that community members can make, so please send an email to let us know how you are willing to help. You can reach us through our aggccouncil.org; use the "Contact Us" link to send an email. One of our board members will respond to let you know where your help is most needed in getting our urban forest established.

The AGGCC board of directors meets on the first Tuesday of each month at 6:30 p.m. at the Benjamin Library, at the corner of Zion Avenue and Glenroy Street. Our next board meeting will be on Tuesday, June 5. Join us!

[Jessica Reed, Sophia Frost, Barry Price, and Pat Haug contributed to this article.]

—Shain Haug is president of the Allied Gardens/Grantville Community Council. Reach him at aggccshain@yahoo.com. Visit aggccouncil.org for more information. ■

Del Cerro Action Council news

Jay Wilson

The quarterly Del Cerro Action Council (DCAC) meeting was held on April 26 and featured reports from police and elected officials as well as information about the ColRich site, changes at the Montgomery-Gibbs Airport and more.

City of San Diego and SDSU police reports

City of San Diego Community Police Officer John Steffen stated there were no violent crimes over the past month. There were nine property crimes and seven were vehicle break-ins. To report homeless concerns, use the city's free Get It Done app.

Corporal Mark Peterson, the SDSU Police Community Resource Officer, informed us that graduation for SDSU will be May 11–13. This will generate a high volume of traffic for eastbound traffic exiting on College Avenue during those three days. SDSU hired Charles Kay as the new police chief for SDSU. He was formerly with the San Diego Police Department.

Elected and appointed officials report

Liz Saidkhanian, council representative for Councilmember Scott Sherman, provided an update on the Rancho Mission Park Playground. The contract

should be awarded in July or August. Construction is scheduled to begin in the fall of 2018 and should be completed in the fall of 2019.

Jonathan Clark, the new community representative for Rep. Susan Davis, reported Davis has been working on new FAA regulations regarding drones; particularly making it a crime for an unauthorized drone to fly into areas such as wildland fires, as this has grounded water drop airplanes. She is also working with the Navy to have them look into the sewage spill concerns with the Tijuana River, as the Navy is planning on a new \$1 billion expansion of the Navy Seal

facility on the Silver Strand. The concern is the sewage runoff into the ocean may be detrimental to Navy Seal exercises.

Rachel Gregg, community relations manager for SDSU, stated the new president is Adela de la Torre. She will assume her duties on June 28. Gregg also announced there will be no tuition increases for the 2018-19 school year. The SDSU Master Plan Update is scheduled to go to the trustees for approval in the next several months. Gregg again offered to give a tour of SDSU to anyone. You may reach her at rgregg@sdsu.edu.

See DCAC page 20

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CREATORS NEWS SERVICE By Charles Preston

- ACROSS**

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10 Collegiate Greek soc.
14 Food or game bird
15 Cowboy's competition
16 Painter Bonheur
17 One way to live

20 Stitch
21 Billfold contents
22 Landlord
23 Tear
25 Swaps
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29 Philippine island
30 Haley epic
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34 Clothes

35 Some are for tuning
36 Greek cheese
37 Balaam's animal
38 Roofed patio
39 OT book
40 Spoilers of the vines
42 Lends a hand
45 Native Americans
46 Rough-textured cloth

47 Air: comb. form
49 Melancholy
52 Almost too late
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56 Fudd or Gantry
57 Unit of matter
58 Look over
59 Exploits
60 Navigational device
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13 Asian mountain goats
18 Sweet stuff
19 Small ponds
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25 Racetrack habitue
26 Country of SE Asia
27 Facades
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29 Educational assoc.
31 Mother of invention
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35 Prepared for slaughter
36 Obsession, with idee
38 City of northern France
39 Theme

40 Plant fungus
41 To-dos
42 Title word of a long-running play
43 Relating to sound
44 Hindu scriptural narrative
47 Peak
48 Made do, with out
50 Cupid
51 Promo tape
53 de France
54 Children's game

► **DCAC**, from page 19**ColRich housing project now All Peoples Church**

Executive Pastor Kendall Laughlin from the All Peoples Church and Marcela Escobar-Eck, a principal with the Atlantis Group, a land planning firm, gave an update on the new plan for the former ColRich housing development south of the Chevron Service Station. The church was informed the land was for sale.

They are working with the city to determine a new land designation. They hope to go to Navajo Community Planners, Inc. within a month or two and they will keep us updated as well as they move forward.

They are aware of the traffic concerns. There will be no daycare or school-type activities at the church. It will primarily be Sunday services. The church will be aesthetically pleasing with respect to the single-family homes adjacent to their property.

The congregation, including children, is about 1,100. They currently hold three services on Sunday morning. The initial plan would hold up to 500 people. Pastor Robert Herber, who leads the congregation, emphasized they want to be very good neighbors and a positive member of the community.

Montgomery-Gibbs Airport Master Plan Update

In addition to upgrades of the physical plant; expanded hanger space, increased tie-downs and the tower, additional landing space is being proposed for the main runway. The runway is not being lengthened, but the point of where planes may touch down is to be lengthened by up to 1,176 feet. This will certainly generate more air traffic.

Joe Regan, a Del Cerro resident and former military and commercial pilot has been following the plan as it moves forward and has attended several of the community input meetings. He gave a presentation on the proposed expansion from a residents' perspective.

A proposed change is to the approach to Runway 28 (landing from the east over Lake Murray, Del Cerro and Allied Gardens). Planes could be lower by 60 feet.

To lessen noise, Regan proposed rules on planes approaching Runway 28 based on size of the aircraft requiring them to have certain navigation equipment to govern landings.

Regan concluded by stating we need airplane noise monitors in Del Cerro. Information will be posted on the DCAC website as it becomes available. Go to our website for more information.

Other business

There is an update about water bills on the DCAC website from the Public Utilities Department.

The DCAC is requesting the city evaluate the intersection of Del Cerro Boulevard and Marne Avenue for posting a "No U-turn" sign for east-bound traffic on Del Cerro Boulevard at this intersection.

The DCAC will also contact the property manager for the Windmill Farms Shopping Center to provide a safer pathway for walking customers using the driveway entrance from Del Cerro Boulevard at Marne Avenue.

The next meeting of the DCAC will be on Thursday, July 26, 7 p.m. at Temple Emanu-El. Visit the DCAC website at delcerroactioncouncil.org.

—Jay Wilson is secretary of the Del Cerro Action Council. Reach him at jwilson2@gmail.com. ■

San Carlos Area Council news**Mickey Zeichick**

The next meeting of the San Carlos Area Council (SCAC) will be Wednesday, Sept. 5 at 6:30 p.m. at the San Carlos Branch Library, 7265 Jackson Drive — our guest speaker to be determined.

At our annual meeting on May 2, we elected new officers: Mark Schulze, president; Patty Mooney vice president; Mickey Zeichick secretary/treasurer. We also welcomed new board member David Coppa.

At our last board meeting we discussed many things — among them was that we have been having poor turnout at our bi-monthly meetings. We discussed starting our meetings later than 6 p.m., and if we should continue to meet every other month. It was voted at the board meeting to recommend to the membership at our annual meeting the following:

1. Our next meeting is July 4 so we decided to be dark in July. We discussed having the meeting on July 11, but that conflicts with the Navajo Community Planners, Inc. meeting.

2. Rather than bi-monthly meetings, we would have monthly

meetings starting in September 2018.

3. Rather than the meeting hours being 6 p.m. to 8 p.m., we will have the meeting time 6:30 p.m. and end at 8 p.m. This will allow folks to get home from work, have dinner and spend time with their family before coming to a shorter meeting.

All items were voted on and approved at our annual meeting.

We will continue having excellent speakers, but we will alternate between having a speaker at one meeting and having the reports from elected officials at the next meeting. While it is comforting to know that our elected officials attend other town council meetings, and while we know that Wednesday evening meetings seem to be popular, we still feel that is the best fit for us — at least at this time. If you would like to weigh in on this, please contact me.

Meanwhile, we will continue to pursue the dog park, continue the push for our new library, work with the San Carlos Recreation Council, be involved with Mission Trails Regional Park, and the Navajo Community Planners and other matters involving our city of San Diego — San Carlos area.

Our May 2 speaker, Darnisha Hunter from Mayor Kevin Faulconer's office, was very informative regarding many different subjects — homelessness in San Diego, the acquisition of the Navigation Center and the storage center, The Alzheimer's Project, the controversial Park & Recreation Department funding matters regarding the recreation councils, and the lack of cooperation between the parks department and the councils. Hunter is a real go-to person in the mayor's office and she has offered her assistance to us.

SCAC elections were held on May 2, but if you are interested in joining our board of directors, please let us know. The time commitment is approximately three hours a month — but more if you want. 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 have a topic you would like to learn about, please contact me at mrzeichick@gmail.com.

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



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Katherine Boo

Pulitzer Prize-winning journalist and
MacArthur Genius Grant recipient

Wednesday, May 16 at 7:00 PM

San Diego Central Library @ Joan
A Irwin Jacobs Common, Morgan
Auditorium

Located at 330 Park Blvd. Parking and walking
entrance are at the corner of 11th Avenue and K Street.

2 hours parking with validation

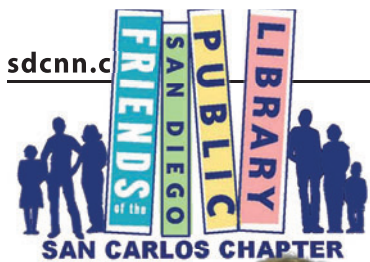
Free to the public

reservations at <http://bit.ly/2u7uxo4>

helenedison.ucsd.edu

SD Public Library

UC San Diego



Sue Hotz



How-To Festival

Want to learn something new this Memorial Day weekend? Have you ever wondered how to do something? Saturday, May 26, 11 a.m.–3 p.m., 14 branch libraries will take part in a How-To Festival, featuring different, short how-to presentations. The San Carlos Branch will be teaching how to: “Make Dog Biscuits” at 11 a.m.; “Talk About Books You’ve Never Read” at 11:30 a.m.; “Make a Shutterfly Scrapbook” at 12:30 p.m.; “Create a ‘Zine” at 1 p.m.; “Make Delicious Vegan Cookies” at 1:30 p.m.; and “Make a Flower Arrangement” at 2 p.m. Details of the presentations at all 14 branches can be found on our website. No pre-registration is required and patrons may attend one or all of the presentations.

National Free Comic Book Day

What fun! We thank the San Diego-based IDW Publishing company for supplying all of the comic books distributed throughout the San Diego Public Library system on May 5, for National Free Comic Book Day. Our thanks also to San Carlos Friends of the Library Book Sale Chair Ron McFee who got this ball rolling years ago with IDW, and all of the library staff who added to the day with costumes, crafts, and our own Star Wars Scavenger Hunt.

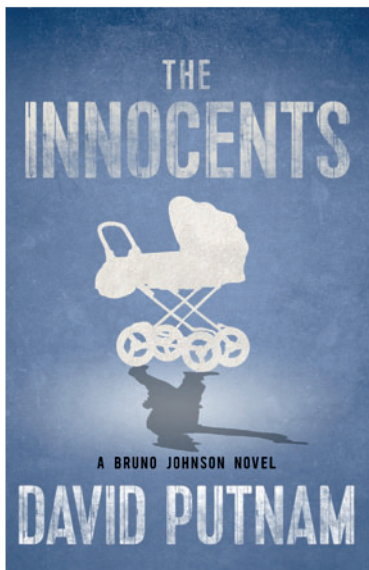
“May the 4th Be With You”

During the entire month of May, in celebration of Star Wars Day on May 4, we are having a “Star Wars” Scavenger Hunt. Follow clues to find letters hidden throughout the library that will reveal a secret message sent from Yoda to Luke Skywalker. Turn in your deciphered secret message to the front desk to claim a prize! All ages may join in the hunt.

Challenge Island

May 23, 4–5:15p.m., Challenge Island, a science

Summer programs and festivals at San Carlos library



Author David Putman will discuss his book ‘The Innocents’ on May 25. (Courtesy SCFOL)

program for kids ages 8–12, presents “Jaguar Claws.” Kids will learn about jaguars, why they are at the top of the rain-forest food chain, and design and create a jaguar claw game. Registration is required; call 619-527-3430.

Summer Reading Program (SRP)

The 2018 Summer Reading Program, “Reading Takes You Everywhere,” runs June 1–Aug. 1. Register online at sandiego.gov/public-library, where you will find this year’s SRP rules for winning prizes.

The San Carlos Branch is offering eight special SRP performances that will delight the entire family. All performances are on Wednesdays at 2:30 p.m., and last about 45 minutes. We kick off the summer on June 20, with “Passport to Animal Adventure,” brought to us by Pacific Animal Productions. Meet animals from around the world and learn about the adaptations required for survival in their unique habitats. Animals may include a fox, tegu, and kestrel.

Our final SRP special event is Aug. 15, with Hullabaloo entertaining us with awesome toe-tapping music. Look for the entire summer activity schedule in the backpacks of Dailard, Green, Gage, and Benchley-Weinberger students.

The Library Shop’s Where’s Waldo @ the Library contest will again run throughout the

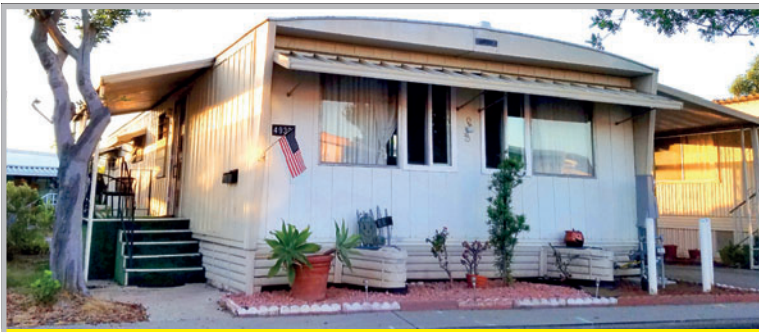
month of July. Patrons finding Waldo at each branch will receive a button designed by their branch. Ask our librarians for information on how you can enter the button design contest for the San Carlos Branch.

Art shows

May 8–31, the photos of published and award-winning photographer, Gerry Tietje, will beautify the walls of our Winer Family Community Room & Art Gallery. Amazing photos of birds, some caught midair catching prey, others on nature’s perches, are all part of this show. Tietje, a retired engineer, also depicts nature in pen and ink drawings brightened with watercolors. Meet this awesome photographer at his reception, Saturday, May 19, noon–2 p.m. Refreshments will be served.

“Gorgeous” describes the San Carlos Garden Club’s “Arts Alive: a Show in Living Color.” Club members’ colorful floral arrangements were paired with paintings by Maria Louisa Dominguez and Barbara Stewart. Zandy Gelmaher, one of 142 guests, won the beautiful door prize plant. Thank you one and all! We anxiously look forward to the club’s next show. Interested in joining the Garden Club? Meetings are 11:30 a.m.–2 p.m. every fourth Tuesday, September–June. Call club president, Gayle Regan at

See SCFOL page 22 —————>



Classic Cliffs Mobile Home

Listed at \$54,900 this 1965 Crusader is just steps from the Clubhouse, Pool and Hot Tub! Just minutes from Admiral Baker Golf Course & Mission Trails Regional Park is this 2BR/2BA with over 1000 sf. Newer forced air heater, hot water heater, some dual glazed windows and beautiful vinyl kitchen floor.

Home features an open kitchen, dining, living room floor plan, beautiful built in cabinets in the dining room, functional kitchen bar and light fixtures. Bedrooms have charming built in cabinets for all your treasures. You’ll love the fruit trees, roses, easy care yard, and shed.

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What can you learn about senior living at our Lunch and Learn? Oodles.

Ask questions. Take a tour. Ask more questions. Try the food. Ask even more questions. You get the idea. It’s casual, it’s complimentary and you’re invited.

La Vida Real’s next Lunch and Learn is on Wednesday, May 23rd from 11:30am-1:30pm.

Please call 619.592.8067 to RSVP.

INDEPENDENT & ASSISTED LIVING • MEMORY CARE

LA VIDA REAL

11588 Via Rancho San Diego • Rancho San Diego, CA • 619.592.8067 • LaVidaRealSeniorLiving.com

RCFE# 374603565

► SCFOL, from page 21

619-287-0175 for details. New members are always welcome.

Speakers, authors and books

Friday, May 18, 2–3 p.m., join us for an enlightening talk given by the San Diego History Center. Hear and see what San Diego was like during WWI. New military bases were added to our landscape. Learn how San Diegans felt about the war and how they contributed to the war effort.

On Friday, May 25, 2–3 p.m., author David Putman talks about his novel, “The Innocents,” his first prequel of a planned four-book series, about the trials and tribulations of Bruno Johnson, a newly minted Los Angeles County Sheriff-Violent Crimes detective. Putman himself is a retired veteran law enforcement officer and detective with many exciting stories to tell.

June 14, 12:30–2 p.m., the Library Book Club is discussing Chris Bohjalian’s, “The Sandcastle Girls.” This historical novel is the story of love and survival of a grandmother during the Armenian genocide in Aleppo, Van, and Gallipoli in 1915, as told to her grand-daughter, years later, through flashbacks.

Free OASIS programs

On June 8, 2–3 p.m., learn why adequate hydration is vital to good health at “Hydration for Health.” Learn

about what factors influence hydration needs; what are indicators of being safely-hydrated, healthy beverage options and beverages to avoid, and helpful tips for staying well-hydrated. Every attendee will receive a free healthy snack and wellness guide with recipes and tips for healthy living at both events.

Dates to remember

- May 13: Mothers’ Day
- May 16, 4–5:30 p.m.: SCFOL monthly meeting, please join us
- May 22: Youth Chess CANCELED
- May 26, 11 a.m.–3 p.m.: How-To Festival
- May 28: CLOSED, Memorial Day
- June 1: City-wide Summer Reading Program begins
- June 1, 1:30–3:30 p.m.: Friends of the Library only, Used-Book Pre-sale
- June 2, 9:30 a.m.–3 p.m.: SCFOL Monthly Used Book Sale
- June 5, All Day: San Carlos Branch is a VOTING site. Library is OPEN; all activities are CANCELED
- June 7: Last day of Do Your Homework @ the Library for 2017-18 school year
- June 20, Wednesdays at 2:30 p.m.: our SRP Special Programs begin

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

Happening at the Allied Gardens Library

Danielle Ghio

A big shout out to our wonderful Friends of the Library group! This amazing group of volunteers work tirelessly to stock and organize our ongoing book sale in the Reading Lounge, as well as set up and run our semi-annual monthly book sales to support many of the fun-filled library programs we offer. Please join us in a big “thank you” for all that they do and we hope that you can stop by and show your support by joining up or shopping one of their many book sales.

How-To Festival

On May 26 at noon, we will be hosting a variety of how-to workshops where you can learn how to use aromatherapy, emergency first-aid skills, or how to buy a house in today’s market. And don’t think we forgot the kiddos; there is a How To Make Slime workshop as well as How To Make Nutritious Smoothies class! Plus, we will have a craft table where everyone can explore their creative sides. Please visit the library or its Facebook page to find out workshop times. No sign up required.

Vegan Adventures: Thai cooking edition

Tuesday, May 22 at 6:30 p.m., join us for our Vegan Adventures class. This month we will be taking a closer look at all the amazing vegan dishes

that Thai cuisine has to offer. There might even be some delicious samples to try.

Socks for Stand Down 2018

Starting now through June 18, Senate Pro Tem Toni Atkins will be once again hosting a sock drive for our homeless veterans and their families. If you have any new socks that you no longer need or can’t use, please consider bringing them into the library and donating them to this great cause.

Online resources

Have you had to opportunity to check out any of our fantastic online resources lately? Not only do we offer a wide variety of online articles and databases ranging from magazines and newspapers to ancestry and homework help but we also have a vast e-collection for you to explore. Visit the San Diego Public Library’s website and discover all that we have to offer from the comfort of your home.

Kids’ Corner

Living Coast Discovery Presents: Hooterific on Saturday, May 12, at 10:30 a.m. Ever wonder what it is like to walk in the shoes of an owl? Learn about the unique adaptations an owl has to help it survive. Students will learn about the beak, feathers, and wings as they dress up a classmate. And your class is sure to have a “hooterific” time meeting one of our owl ambassadors through this program!



Learn about owls when Living Coast Discovery Center presents 'Hooterific.' (Courtesy Living Coast Discovery Center)

We continue to offer our popular Teen Scene, which takes place on Tuesdays at 3 p.m. with the addition of two new programs: Video gaming at the library and Game On! board games at the library. Video gaming is offered every Wednesday 12:30 –2:30 p.m. and Game On! is every Thursday 3–5:30 p.m. We hope to see you there!

We continue to offer story times 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.

The library will be closed Monday, May 28, for Memorial Day but will reopen Tuesday at our regular time, 11:30 a.m.

As always thanks for reading and we look forward to seeing you at the library!

—Danielle Ghio is youth services librarian of the Allied Gardens/Benjamin Branch Library. Reach her at dghio@sandiego.gov.

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BUSINESS & RETAIL

- Accountant
- Acupuncture
- Adult Business
- Antiques
- Appliances Store
- Art Gallery
- Attorney
- Auto Dealership
- Auto Repair Shop
- Bank
- Barber
- Best Local Community Event
- Best MMA or Boxing Gym
- Bike Shop
- Boutique

- Chiropractor
- Collective
- Consignment/Resale
- Cosmetic Services
- Credit Union
- Day Spa
- Dentist
- Dermatologist
- Doctor
- Dry Cleaner
- Financial Planner
- Florist
- Furniture Store
- Garden Supply

- Gym/Workout Studio
- Hair Salon
- Hardware Store
- Hospital
- Hotel
- Insurance Broker
- Jewelry
- Lawyer
- Manicure/Pedicure
- Massage
- New Business
- Optometrist
- Personal Trainer
- Pet Boarding/Day Care

- Pet Groomer
- Pharmacy
- Pilates
- Plumber
- Real Estate Agent
- Real Estate Office
- Solar Company
- Tanning Salon
- Tattoo/Piercing Studio
- Veterinarian/Veterinary Hospital
- Waxing or Threading Salon
- Yoga Studio

MISSION TIMES COURIER

COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR

ONGOING EVENTS



'Peter and The Starcatcher'

Through May 13

Lamplighter Theatre presents "Peter and The Starcatcher," the musical swashbuckling prequel to "Peter Pan" that reveals the origin story of "the boy who wouldn't grow up." The Lamplighter's cast of 12 will portray over 100 characters, including pirates, orphans, secret agents, a queen and more.

Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. at Lamplighters Community Theatre, 5915 Severin Drive, La Mesa. Tickets are \$23 adults, and \$20 for students, seniors and active military; available at lamplighterslamesa.com.

Gator By The Bay

Through May 13

San Diego's festival celebrating all things Cajun. Blues, zydeco, salsa, swing, NOLA jazz, country and more will be performed on seven stages over four days — over 100 music acts. Food vendors will provide authentic Cajun and Southern food, including over 10,000 pounds of crawfish. Music

starts at 6 p.m. Thursday; 4 p.m. Friday; 11 a.m. Saturday and Sunday at Spanish Landing Park, 3900 North Harbor Drive, San Diego. Ticket passes range \$20–200, depending on number of days in pass and package; available at gatorbythebay.com.



'Sherlock Holmes: The Final Adventure'

Through May 19

Grossmont College presents a play about the world's most famous detective. Sherlock Holmes and his sidekick Watson are on the case when the King of Bohemia is blackmailed and caught up with a famous opera singer.

May 10, 11, 12, 17, 18 and 19 at 7:30 p.m., and special matinee performances on May 12 and 19 at 2 p.m. at the Grossmont College Stagehouse Theatre, 8800 Grossmont College Drive, El Cajon. Tickets are \$10–\$50; available at bit.ly/2ymyrU.

FEATURED EVENTS



Senior Health Fair

Fair includes health screenings, prescription consultation, fitness demonstrations and balance screenings. Visit with exhibitors and educators on topics such as fire safety, dementia support, volunteer opportunities and more. 10 a.m.–1 p.m. at the La Mesa Community Center, 4975 Memorial Drive, La Mesa. Free. Call 619-740-4214.



Film: 'The Greatest Showman'

Starring Hugh Jackman and Michelle Williams about the birth of show business and a visionary who rose from nothing to create spectacle that became a worldwide sensation.

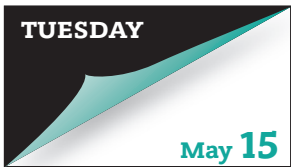
1 p.m. at the College Avenue Center, 6299 Capri Drive. For ages 60 and up. Free.



Spring Coin Show

The Heartland Coin Club of El Cajon hosts a coin show featuring 30 dealers who will present U.S. and foreign coins, currency and related numismatic items for sale. A Coins FO Kids Corner will feature information about coin collecting, plus free and discounted items for youth interested in numismatics.

10 a.m.–4 p.m. at the Cunnane Social Center at the Guardian Angels Church, 9310 Dalehurst Road, Santee. For more information, call John Weiss at 619-448-8702.



Write Your Own Memoir

Ever want to write your memories and you just don't know where to start? Come to this practical and informative presentation lead by Emily Nye

to help you create a legacy for you and your family. 12:45 p.m. at the College Avenue Center, 6299 Capri Drive. For ages 60 and up. Free.



Concert: Ayrton Pisco

Performances of classical and popular songs performed on viola.

12:30 p.m. at the College Avenue Center, 6299 Capri Drive. For ages 60 and up. Free.



Tierrasanta Crafts Fair

Tierrasanta's annual Crafts Fair features beautiful hand-made craft items made by talented local artisans, food vendors, and activities for children.

9 a.m.–3 p.m. in the Newbreak Church parking lot at 10791 Tierrasanta Blvd. Tierrasanta's Patriot's Day Parade starts at 10 a.m. on Tierrasanta Boulevard. Barbecue dinner is from 4–9 p.m. at the Community Rec Center Park. A fireworks display will be held at dusk. For more information, call Amy at 858-573-2648 or email amyhall@san.rr.com.



'Violin with Love'

Virtuoso violinist Jonathan Leviim will present a classical concert of popular classical violin masterpieces that will include musical arrangements by composers such as Bach, Handel, Dvorak, Paganini, Marcello, Albinoni, Massenet, Schubert, Chopin, Gluck, Mozart, Kriesler, Rachmaninoff and more. A special musical tribute will also be paid to honor our remarkable men and women of the U.S. Armed Forces.

12:30 p.m. at Point Loma/Hervey Branch Library, 3701 Voltaire St. in Point Loma. Tickets are \$25, available at door or by calling 858-740-4049.



How to Receive Medical Aid in Dying

Learn how to utilize the California End-of-Life Option

Act. Don't wait until it's too late to end your suffering by peacefully hastening your death.

Dr. Bob Uslander, MD, and Elizabeth Semenova, ACSW, MSW, MTS, will discuss finding a doctor, the steps required, the time frame to expect, what medication is used, approximate costs, what this kind of death is like, family involvement, and more.

1:30–3:30 p.m. at the Scottish Rite Event Center, 1895 Camino Del Rio South, Mission Valley. Free and open to the public. For more information, visit hemlock-societysandiego.org or call 619-233-4418

Young Musicians Ball

The second annual Young Musician's Ball honors musicians and performers of the Heartbeat Music & Arts Academy and throughout San Diego. Choreographer/actor/author Darrin Henson will be guest speaker and the evening will feature performances by 2018 graduating seniors Kwesi Chan-Williams, Hazel Marie Jenkins, Alexandria Payton and special performances by Heartbeat Academy students.

5–8 p.m. at the San Diego Performing Arts Center, 4579 Mission Gorge Place. Tickets for the fundraiser range \$25–\$5,000; available at bit.ly/2JK10Um.



Our Stories

Ruth Benjamin, artist and poet, will share her own poetry and watercolor paintings and Elithe Belofsky will share her unique personal journey, which was just chronicled at the Library of Congress. This will begin a series where College Avenue Center members share their personal stories.

12:45 p.m. at the College Avenue Center, 6299 Capri Drive. For ages 60 and up. Free.



Safari Express

The San Diego Zoo will bring some special critters for attendees to meet and will teach about their habitats, eating habits, and unique attributes.

12:45 p.m. at the College Avenue Center, 6299 Capri Drive. For ages 60 and up. Free.



Concert: Robert Parker

Robert Parker sings and plays piano.

12:30 p.m. at the College Avenue Center, 6299 Capri Drive. For ages 60 and up. Free.



Kroc Kids presents: 'Madagascar, Jr.'

Through May 27

Join Alex the Lion, Marty the Zebra, Melman the Giraffe, Gloria the hip-hop Hippo and of course, those hilarious, plotting penguins as they bound onto your stage in the musical adventure of a lifetime. Based on the smash DreamWorks animated motion picture, "Madagascar, Jr." follows all of your favorite crack-a-lackin' friends as they escape from their home in New York's Central Park Zoo and find themselves on an unexpected journey to the madcap world of King Julien's Madagascar.

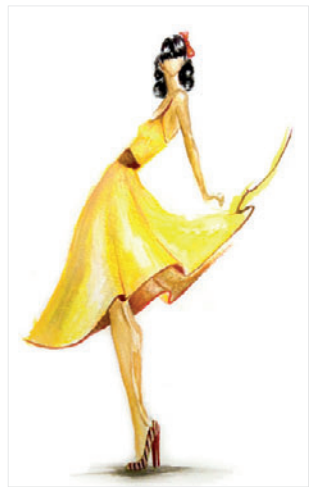
7 p.m. Friday and Saturday, 2 p.m. on Sunday at the Joan Kroc Theatre, 6611 University Ave. For more information, call 619-269-1540.



Santee Street Fair & Craft Beer Festival

Santee's annual event, now in its 10th year, will feature over 300 food and craft vendors, live music, carnival rides and more. A "Heroes Stage" will honor military families and photo memorial about the war on terror titled "Fallen Soldier of California" will be on display at the San Diego Christian College.

10 a.m. at Riverview Parkway and Town Center Parkway, Santee. Admission to the fair is free and open to all ages. Admission to the Craft Beer Festival is \$25 for 10 testers and meal, advance purchase; \$25 for 10 tasters, \$15 for five tasters day of event. For more information or to purchase tickets, visit santeestreetfair.com.



Friends Fashion Fling

This Friends of East County Arts, Inc. fundraising event features complimentary Champagne, catered lunch, live music, silent auction, opportunity drawings, and the main event — a fashion show. 11 a.m.–2 p.m. at the Ronald Reagan Center, 195 East Douglas Ave., El Cajon. Tickets are \$70, available at friendsofarts.org. For more information, call Judy Moore at 619-442-2778.

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July 6 - BetaMaxx

August 3 - Manny Cepeda Orchestra

September 7 - The PettyBreakers

October 5 - Bad Hombres

6:00 - 8:00pm on the First Fridays
June - October



agfirstfridays.com

Save the Date!

Friday, June 1st, 6-8pm

Band: Pop Vinyl

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