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Booming success



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Catch and not release



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OperaNEO students perform C.W. Gluck's "Armide" at the Palisades Presbyterian Church Amphitheater in 2017. (Courtesy operaNEO)

Not your average opera

Jess Winans

When Peter Kozma originally moved from Budapest to the United States in 2002, he didn't know he would end up

directing an entire opera company in San Diego.

After finishing his master's in stage directing at the University of Texas a year later, Kozma went on to serve as the resident artist speech

director of the Minnesota Opera, later moving to Columbus, Ohio to direct the opera program at Ohio State — a position he held for four

See OPERANE0 page 12 —>

Parks plan update underway

Jeff Clemetson
Editor

The City of San Diego is taking its first steps in updating its parks master plan — a process it hasn't undertaken since 1956, and according to city officials is long overdue.

"There's more people in the city now. Our city is denser. We have very different trends in recreation," said Shannon Scoggins, project manager for Parks Master Plan update.

"People recreate differently than they did 60 years ago. Shuffle board was popular in 1956 and its not popular now. We have all kinds of new sports

coming online like pickleball and cricket and quite a lot of other recreation that's not necessarily field based — skateboarding, that kind of thing.

So, we're looking to update how we plan for parks, recreation facilities and programs."

Updating the parks plan will come in four phases and take three years, said Skoggins. The first phase is a learning phase where the city looks at its existing parks while simultaneously gathering public input through a series of workshops and on-line tools. The first workshop was held June 6 at the Linda Vista Recreation Center, which

See PARKS PLAN page 2 —>



Parks Master Plan update project manager Shannon Scoggins at the June 6 workshop in Linda Vista (Photo by Jeff Clemetson)

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Local coach creates aid for power hitters of all ages

INSIDE THIS ISSUE



NEWS BRIEFS



The Junior Patriot American All Stars celebrate their Section 6 victory. (Courtesy CA District 33)

Junior Patriot Americans win Section 6

On July 10, the Junior Division Patriot American Little League All Star team beat Encinitas 9–8 to win the Section 6 Junior Baseball Championship tournament. Patriot American went undefeated in the four-team double elimination tournament, also beating teams from Rancho Buena Vista and Rancho Penasquitos.

The Patriot American Junior All Star team are 13 and 14 year old players from Mission Trails, Allied Gardens and Rolando Little League. The team is managed by Tyler Hemmings.

Patriot American entered the Section 6 tournament after beating Patriot National 2–0 in the District 33 All Star tournament on July 3. The double elimination district tournament was comprised of a total of six teams. Earlier in the tournament, the Patriot National Team had defeated the Patriot American Team, knocking them into the loser's bracket. The Patriot American Team fought back through the loser's bracket and ultimately faced the Patriot National Team again. Up until the final game, the Patriot National Team was undefeated. In the end, the Patriot American Team defeated the Patriot National Team in back to back games to win the tournament and then moved on to the Section 6 All Star Tournament.

See NEWS BRIEFS page 5 —>



Dr. Roy C Springer, MD
Family Medicine



Dr. Stephen Reitman, MD
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► Parks plan, from page 1

focused on in City Council District 7. Residents from inside and outside the district were invited to give input on what they like and don't like about the parks they have, suggest where new parks could be built, and share what their personal park priorities are.

"So, pick your top three. Do you want off-leash dog parks? Do you want more soccer fields? Do you want more swimming pools? That sort of thing," Scoggins said. "We really need to understand priorities because the reality is that we don't have funding to make all improvements so we do need to provide some kind of strategic plan at the end of the day that provides what it most important moving forward."

Kirstin Skadberg, an environmental planner and Mission Hills resident, attended the workshop because she cares about the future of parks in the city and how they are funded.

"I do use the parks quite a lot. I think they're important in San Diego and I think we're really lucky to have the ones that we do have," she said, adding that she often frequents Mission Trails Park, even though Balboa Park is much closer to her home. She counts herself as fortunate for being able to use all the parks in San Diego.

"One of my concerns is making sure that we get parks in places where we don't have that many right now — like for people who don't have a

car and can't just drive wherever they want in San Diego County like I can, that they have parks close to their homes, that their kids can use too," she continued.

Increasing parks equity is one of the major goals and reasons for updating the parks master plan, said San Diego Planning Department Director Mike Hansen.

"The accessibility of parks across the city is not equal at the moment and we are trying to make sure that people in different communities and the urban communities have accessibility just as much as the newly master planned communities," he said.

Parks needs are much higher in older, infill urban areas than in recently built planned communities. Other areas of concern are neighborhoods like Mission Valley that are changing from retail and commercial areas to more mixed-use with new residences.

"We are absolutely looking at Mission Valley and what sort of park needs are appropriate there in the future, that's a key component of that plan, definitely," Hansen said, adding that the plan for paths

and parks along the San Diego River is a main priority.

For District 7 City Councilmember Scott Sherman, updating the outdated master plan is a chance for the city to reprioritize how parks are funded.

"We haven't had the master plan updated in over 60 years. Needless to say, it's a little out of date," he said. "How we spend the money, what we do with the money, how we calculate what parks are required and how to

do those things are incredibly inefficient at this point."

One area of improving efficiency, Sherman said, is the process the city uses to calculate the number of acres a neighborhood needs and how fees collected from developers pay for parks.

"When developments are done, [the developers] have to pay a fee for parks in the community. But so many of these communities are built out so there's no room or land to make a park and that money sits there and doesn't do anybody any good," he said, adding that the only thing the money is being spent on is administrative fees.

"We're looking at different ways of calculating parks, needs for parks and how the money is spent," he continued. "Instead of letting it sit there and wait for an opportunity to build a new park in a pretty built out area, why don't we take that money and put it into the existing parks? Spend it quicker more efficiently and upgrade our parks to be the best they can be in the City of San Diego."

The parks master plan update will also reexamine how the city determines what will

count as a park. The plan will decide whether existing regional parks should count as adequate park space so that new developments near them can have reduced development impact fees for new parks and hopefully bring down the cost of building housing.

"Balboa Park is not considered a park for our parks needs master plan — totally excluded," Sherman said. "So, you can build something on Sixth Avenue, right across the street from Balboa Park, the jewel of San Diego, and you have to pay park fees to build a park somewhere else, even though the park is right across the street. We all know Mission Trails, 11,000 some-odd acres of park, it also isn't counted as a park."

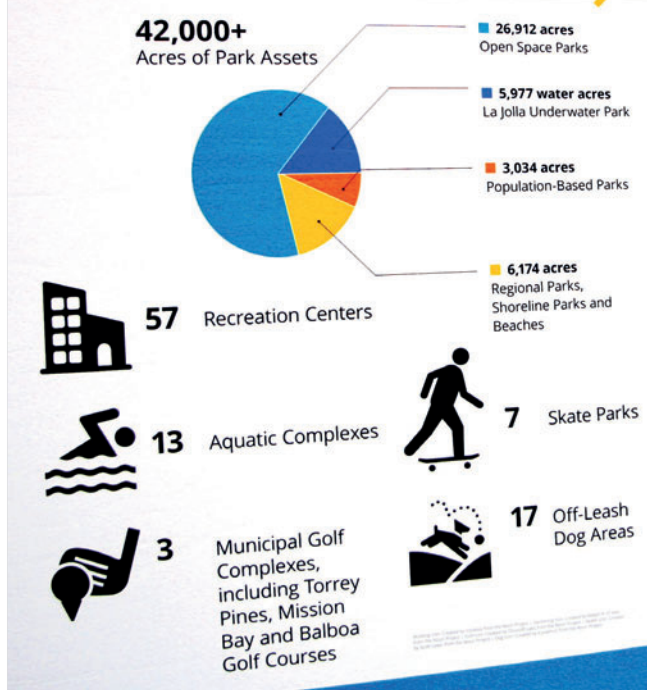
The workshop in Linda Vista was the first of many held throughout the month of June as part of the plan update's phase one to gather public input. For those who couldn't attend one, there is an online workshop at cityofsandiego-parksplan.com.

After the public input is completed, the next phase will be to analyze the data collected and start putting together a new plan. Phase three will be about developing a long-range park plan and will also include public input workshops. The final phase will be implementing the plan that "will shape the future of the city's parks and recreation facilities and programs for 20 to 30 years," Scoggins said.

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

San Diego Parks and Recreation Today

The City of San Diego operates and maintains a diverse and valued park system that serves millions of residents and visitors each year. The park system is made up of parks, recreation facilities and programs. The City park system does more than fulfill the public's need for leisure. It also supports San Diego's economic base through tourism and greatly enhances the City's ability to attract and retain businesses.



An informational board at the June 6 workshop showing existing conditions of parks in the city today (Photo by Jeff Clemetson)

"I am a geriatrician and caregiver for my 94-year-old mother. I heard about Arrive Rides through a professional organization, and began using the service for my mother. It's changed my life. We had difficulty using Lyft and Uber because my mother does not use a cell phone, and cannot wait outside until the ride comes. Drivers were leaving, she was late or missed appointments, and we were all frustrated.

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— Michelle Dhanak, MD Geriatrician,
ElderConsult Geriatric Medicine

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Lake Murray fireworks a success

Doug Curlee
Editor at Large

July 4 was a good night at Lake Murray.

Several weeks ago, there had been serious doubt the Lamke Murray Fireworks and MusicFest celebration — a day-long music concert culminating in the pyrotechnic display — would even happen.

Fundraising had not gone well, and many large donors who made last year's party happen didn't show up this time.

"We need about \$75,000 to make it happen," said Rob Hotz at the time. He's one of the hardworking committee people who puts the event together.

But somehow, it came together — \$77,500 dollars came through GoFundMe and other donations, and several businesses who were new to the mix came through in the pinch.

Several of those were from La Mesa, which came as a pleasant surprise to Hotz.

"We knew a lot of people from La Mesa came last year, and we figured it'd catch on there with some businesses. It apparently did," he said.

A major contributor to the fundraising effort is Stornburg Orthodontics, a San Carlos dental practice that pitched in the \$15,000 to be the title sponsor for the event.

Dr. Kurt Stornburg says it was a no-brainer for his office.

"This community is where most of our patients come from, and giving back to the community is only good practice," he said. "We donate to other things as well, but this is important to the community. No doubt we'll be back again next year."

The concert started at 11 a.m., and ran right through



A brilliant fireworks display over Lake Murray (Photos by Brett Alan Photography)

until the 9 p.m. scheduled fireworks display.

Organizers of the event and the nine food vendors said the morning and afternoon crowds may have been a little smaller than last year, but that things began to pick up as evening approached.

By the time the fireworks touched off, Ron Hotz figures there were 10,000 people there to watch and cheer — many of whom had parked as far away as Patrick Henry High School. That is a very long walk.

In addition to seeing more funding for the Lake Murray fireworks come from La Mesa, extra security was also donated to the event by the La Mesa Police Department, which provided their services free of charge.

Additional La Mesa involvement was demonstrated by the appearance of two very attractive and dynamic young

ladies — Miss La Mesa, Kelli Loper and Miss Teen La Mesa, Kennedy Dirken.

I caught the two of them at the start and finish line for the children's pillowcase sack races.

Couldn't resist asking Loper if they knew they'd be doing this when they won their titles.

"No, not really," she replied, "but what we mainly do is raise donations for things — and we're really good at that."

Might want to put them on the team for next year's fundraising.

We'll know in August whether there's enough money to seed the effort for next year's celebration.

There probably will be — the committee's gotten pretty good at this.

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



A traditional sack race



Miss La Mesa and Miss Teen La Mesa join in a tug-of-war.

How to Sell High: Avoid these Three Mistakes When Selling Your Home

San Diego - When you decide to sell your home, setting your asking price is one of the most important decisions you will ever make. Depending on how a buyer is made aware of your home, price is often the first thing he or she sees, and many homes are discarded by prospective buyers as not being in the appropriate price range before they're even given a chance of showing.

Your asking price is often your home's "first impression", and if you want to realize the most money you can for your home, it's imperative that you make a good first impression.

This is not as easy as it sounds, and pricing strategy should not be taken lightly. Pricing too high can be as costly to a homeseller as pricing too low. Taking a look at what homes in your neighborhood have sold for is only a small part of the process, and on it's own is not nearly enough to help you make the best decision. A recently study, which compiles 10 years of industry research, has resulted in a new special report entitled "Homesellers: How to Get the Price You Want (and Need)". This report will help you understand pricing strategy from three different angles. When taken together, this information will help you price your home to not only sell, but sell for the price you want.

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-270-1494 and enter 1016. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to learn how to price your home to your maximum financial advantage.

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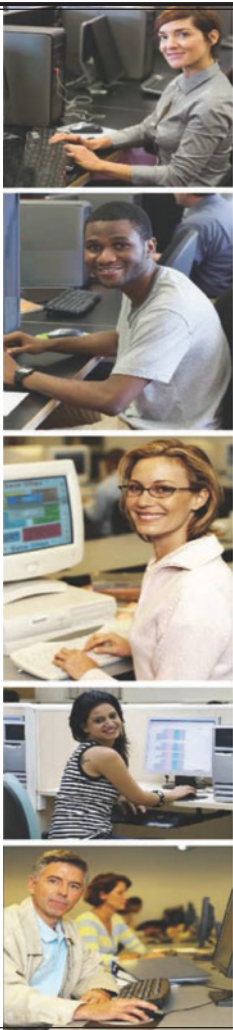
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New app ‘MyWaterEasy’ to launch soon

District 7 Dispatch



Scott Sherman

The city of San Diego will soon be launching a new web portal and mobile app that will provide customers with direct access to the tools needed to manage their water account.

What does it do?
MyWaterEasy is a new web-and-mobile based app which gives customers access to water usage, outage notifications and more. The customer portal enables customers to see their water usage anytime during the billing cycle. After registering and providing up-to-date contact information, the customer can elect to receive water alerts. The alerts will notify customers if their water usage indicates a potential leak or abnormal usage.

What else does it offer?
The app also provides services such as making online bill payments, and requesting opening and closing accounts or even transferring your bill to a new address. MyWaterEasy puts payment options and must-know water information in the palm of your hand.

You're in control
Save money by knowing your daily and hourly consumption

history, water usage comparisons by day, week, month, year and supporting information such as weather trends. This enables you to better understand and make informed decisions about your water use and associated water bill.

How easy is MyWaterEasy to find?
Please go to customerportal.sandiego.gov or search “MyWaterEasy” in the App Store or Google Play.

You can now help others with ‘H2O SD’
The MyWaterEasy app has an additional feature which allows you to help others by donating to the H2O SD program. This program helps low-income and fixed-income water utility customers. Your tax-deductible donation goes directly to helping qualified low-income customers receive a \$100 credit on their water bill. You can use your credit or debit card to make a one-time donation, or you can set up a recurring donation.

While much more work needs to be done to improve customer service, I hope this app will help District 7 residents better manage their water bill.

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

Bry to lead Dem panel on ‘Why Women Must Lead’



La Mesa – Foothills Democratic Club

Tina Rynberg and Jeff Benesch

When Alexandria Ocasio-Cortez, a 28-year-old activist endorsed by the Democratic Socialists of America, took out 10-term Democratic Rep. Joe Crowley in New York’s 14th District, it sent shockwaves through party establishment. Was Ocasio-Cortez’s election a harbinger of things to come for Democrats or an isolated phenomenon?
Will progressive Democrats, particularly women, have similar success against Trump-backed Republicans in November? And why are women such an important cog in the party’s “Blue Wave” hopes to turn the House, the Senate and statehouses nationwide to Democratic majorities this November? Will the nomination of Brett Kavanaugh, a jurist with a long history of conservative rulings and opinions, to the soon-to-be-vacant SCOTUS seat now held by Anthony Kennedy, create even more trepidation among voters concerned with women’s reproductive rights, gender inequity in the workplace, gerrymandering, voting and

gay rights, affirmative action, presidential executive power, and many other divisive issues and drive Democratic voters to the polls this November?
These are the issues to be explored at the next La Mesa Foothills Democratic Club (LMFDC) meeting by our expert panel, led by San Diego City Council Pro Tem Barbara Bry on Wednesday, Aug. 1 at the La Mesa Community Center. Bry is the founding president of Run Women Run, an organization devoted to getting women to not only run for office, but to win.
Bry represents San Diego’s City Council District 1 and serves as chair of the Committee on Budget and Government Efficiency. She’s the vice chair of the Public Safety and Livable Neighborhoods Committee, and is a member of both the Committee on Rules and the Committee on Economic Development and Intergovernmental Relations. She was sworn into office on Dec. 12, 2016.
Under Bry’s leadership as chair of the Budget Committee, San Diego adopted a fiscally responsible FY 2018 Budget that sustains essential neighborhood



Councilmember Barbara Bry

services, enhances public safety, restores funding for the arts, designates funding for the implementation of the Climate Action Plan, and supports other important city services.
In the community, Bry serves on the board of directors of Planned Parenthood of the Pacific Southwest, the Jewish Community Foundation of San Diego, and the San Diego Jewish Women’s Foundation, and she is a member of San Diego Rotary Club 33. Bry is a high-tech entrepreneur and community leader who worked her way through

See BRY page 5 —————>



Cox High Speed Internet Now Twice as Fast in San Diego

When it comes to the internet, one of the things consumers value most is speed. It frees up their time by completing tasks faster. It makes watching a movie or listening to music more enjoyable. And, for video game enthusiasts, it could be the difference between winning or losing.
So, how much speed do you need? That depends on how you’re using the internet, and how many connected devices you have in your home.
Whether you’re using the internet for basic search, paying bills, and shopping online, or are a multi-generational household with multiple connected devices streaming simultaneously, there’s some great news on the internet speed front.
Cox Communications, which already offers some of the fastest consumer internet speeds in the nation, recently doubled the speed for most of its customers in San Diego County.
Download speeds for Cox High Speed Internet doubled for three of its service plans: Starter, Essential and Preferred. The speed increases went into effect automatically for all Cox High Speed Internet customers with those service plans in San Diego.
The new download speed for Preferred, the company’s most popular tier of service, is now up to 100 Mbps.

The Starter and Essential plans are ideal for lighter users with one to five devices connected to the home network. The new download speed for Essential is now up to 30 Mbps and Cox Starter is now up to 10 Mbps.
“Speed increases are one of the many ways we continually add value for our high speed internet customers,” said Suzanne Schlundt, Vice President of Field Marketing for Cox Communications. “Today, the majority of Cox customers in San Diego are now enjoying speeds twice as fast.”
Even faster speeds are available with the company’s Ultimate and Gigablast service plans, which have been made possible by continual investments in Cox’s network coupled with the deployment of new technology and infrastructure.
Cox offers a variety of internet service plans, so households can select the option that best fits their needs. Take a short quiz on the speed advisor at www.cox.com to determine which speed is right for you.
Cox is also improving the in-home WiFi experience with Panoramic WiFi, ensuring wireless internet service is “wall-to-wall” fast throughout every nook and cranny of the home.
“Our internet customers have embraced Panoramic WiFi,” said Schlundt. “Our technicians will literally walk your home from wall to wall to identify any dead spots and turn them into live spots so that you can have an optimal wifi experience in your home.”
Cox plans to invest \$10 billion in its infrastructure over the next five years, with a focus on enhancing the customer experience inside and outside of the home. The company already provides its internet customers with access to more than half a million wifi hotspots nationwide.
Gig Speed Ahead
Cox, which was the first company to launch residential gigabit speeds in San Diego under the name Gigablast, has continued the expansion of gigabit speeds to households countywide. Gigabit speeds (1,000 Mbps) are the fastest residential internet speeds around.
When you have a gigabit connection, you can download 100 songs within three seconds, 1,000 photos in 16 seconds, and a two-hour movie in eight seconds. You can also run dozens of connected devices simultaneously at blazing fast speeds, which is key if you are planning on adding any of the increasingly popular smart home devices to your household.
For more information on gigabit speeds and to see how fast they are, go to www.cox.com/giglife.

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► **Bry**, from page 4

college and graduate school, earning a master’s degree in business from Harvard. She was on the founding team of several local high-tech companies, including ProFlowers.com, which has created hundreds of local jobs. Additionally, she served as the first associate director of CONNECT, and is the founder of Athena San Diego, the leading organization for women in the San Diego tech and life sciences community.

The La Mesa Foothills Democratic Club represents the communities of San Carlos, Del Cerro, Santee, La Mesa, Mt. Helix, Allied Gardens, College Area, Casa de Oro, and other nearby communities.

LMFDC meets the first Wednesday of every month at the La Mesa Community Center, 4975 Memorial Drive in La Mesa, just off University Avenue. All local residents are welcome to join our 7 p.m. meetings, with a half hour social time at 6:30 p.m. with snacks, desserts, salads and beverages supplied by the members. New memberships start at only \$15 from now to the end of the year.

—Tina Rynburg is president and Jeff Benesch is vice president of programming for the La Mesa Foothills Democratic Club. Reach them at jeffbenesch@gmail.com or visit bit.ly/2N3Kksw.■

News and notes from your County Supervisor

Dianne’s Corner

Dianne Jacob



Get in the Zone: East County gets downright toasty in the summer. There’s no better time than now to head to your friendly, neighborhood Cool Zone.

These designated gathering spots are geared toward older adults and persons with disabilities who need shelter from the summer heat.

They are also a great place to make friends. To find the location of a Cool Zone near you, go to coolzones.org or call 1-800-339-4661. The county started the Cool Zone program nearly 20 years ago.

Fired up and ready to go: I was proud to stand with public safety officials and community leaders recently to mark the 10th anniversary of the creation of the County Fire Authority.

Under the Authority, we have made huge strides in improving fire protection

and EMS services across our backcountry. It looks like we’re facing a tough year for wildfire, but we’re as prepared as ever.

Make sure you are ready as well. Start by going to readysandiego.org.

CSI San Diego: The county recently held a ribbon-cutting for its new crime lab. The Kearny Mesa facility will provide forensic science services to over 30 law enforcement and criminal justice agencies in the region.

Public safety has been, and will continue to be, our No. 1 priority. And this lab will play a big role in keeping the peace.

I want to thank all our brave women and men in law enforcement. To Sheriff Gore, and his deputies and staff, thank you for all you do.

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

► **News briefs**, from page 1

Patriot American will now advance to the Southern California State tournament in Aliso Viejo. Ten sections compete in the 10-day tournament starting July 21.

Grantville nonprofit receives large grant

Just in Time for Foster Youth (JIT) — a nonprofit based in Grantville — has been awarded a \$100,000 Mission Support grant from Alliance Healthcare Foundation (AHF). The grant will support JIT’s work to engage a caring community to help transition-age foster youth achieve self-sufficiency and well-being.

This is the third consecutive year JIT has received a Mission Support grant from AHF. This year’s \$100,000 grant will allow JIT to innovate and improve its services for young people who exit the foster care system without family support. The grant is part of AHF’s nine-year commitment to nonprofit organizations dedicated to advancing health and wellness in San Diego and Imperial Counties.

In a press release, interim AHF executive director Elizabeth Dreicer stated, “Grants are awarded to nonprofits in San Diego and Imperial counties who serve the most vulnerable of our populations: the poor, children, elderly and the homeless. The 2018 Mission Support Grant amounts range from \$25,000 to \$100,000 per recipient, totaling \$1 million.” She noted that the awarded organizations can use the funding as they see fit, allowing them to apply

the grant in a way that best meets the most pressing needs of the people they serve.

“Through Alliance Healthcare Foundation’s core operating Mission Support grant program, Alliance Healthcare Foundation models what mission-driven collaboration looks like,” said JIT Executive Director Don Wells. “This program allows us to be more adaptive to the evolving needs of the transition-age foster youth we serve daily. We’re encouraged to spend our time thinking about what works, not what’s likely to get funded.

“One of our participants once said that when he left foster care, he had a dream, but he lacked the means to achieve that dream without the critical resources and relationship support he thankfully received from us,” Wells continued. “The Mission Support funding from Alliance Healthcare Foundation reflects the same sort of investment, providing the means, inspiring confidence and allowing us the flexibility to create responsive, innovative services that are essential to the youth we serve.”

Junior Achievement teams with YMCA

Junior Achievement (JA) — a Grantville-based economic educational program — will be partnering with YMCA of San Diego County in a “strategic collaboration.”

The new initiative will allow YMCA veteran, Steve Rowe, to serve as JA’s interim chief executive officer, as JA searches for

See NEWS BRIEFS page 7 —————→



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Letters

Throw the book
Re: “Firefighters save Del Cerro from Adobe Fire” [Volume 24, Issue 6 or bit.ly/2K7vO5U]

It was shocking to see (in person — not the inadequate photo with the article) the actual devastation of all the palm trees.

In order to lessen the probability of the two 12-year-olds becoming adult arsonists, they should be subject to extensive community service (e.g. burn victims’ assistance, etc.) and substantial recovery costs from their parents.

Looking forward to a follow-up article on the penalties proposed.

—Art Ballantyne, San Carlos■

Guest editorial

CPUC pipeline decision proves commitment to clean energy

Colleen Cochran

As a woman and a mother who is deeply concerned about climate change, a decision by the California Public Utilities Commission (CPUC) a few weeks ago enabled me to take a break from my feelings of dread. In fact, I all out rejoiced.

On June 21, 2018, the five-member CPUC swiftly and unanimously decided to reject San Diego Gas & Electric (SDG&E) and Southern California Gas’ (SoCalGas) bid to install a 47-mile-long, 36-inch diameter gas pipeline in San Diego County. The pipeline had been contested by Santee residents, and environmental groups, such as Save Mission Trails and Sierra Club, since one potential route would have taken it through Mission Trails Regional Park.

The line would have been named Pipeline 3602.

After the vote, I felt confident that California state agencies are truly committed to environmental protection.

Matthew Vespa, staff attorney for EarthJustice, said “It’s actually thanks to everything California has been doing that we don’t need this pipeline. Midway through this case, the legislature passed SB 350 and SB 32. That helped us a lot; it helped us to tell the story that this is where we are going, and fossil fuels don’t have a place in that world.”

Senate Bill 350, the Clean Energy and Pollution Reduction Act, requires a 50 percent renewable portfolio standard (RPS) by the year 2030. That is, this standard requires that half of the

utilities’ energy sales must be from renewable resources, such as solar or wind energy.

Senate Bill 32, the California Global Warming Solutions Act, requires a 40 percent reduction in greenhouse gas emissions below 1990 levels by the year 2030.

To meet these goals, a whole suite of measures must happen. Presently, we are seeing massive electric vehicle charging investments. The California Energy Commission recently passed regulations requiring solar panels on nearly all new houses, with additional incentives for electric space and water heating. Locally, six cities that make up 50 percent of San Diego County’s population have committed to obtaining 100 percent of their electricity from clean energy sources by 2035.

“All of these things add up to reduce gas demand, thus making the need for the pipeline obsolete,” Vespa continued.

With the CPUC vote, California announced that investing in new fossil fuel infrastructure makes no sense.

The CPUC determined that SDG&E and SoCalGas had “not shown why it is necessary to build a very costly pipeline to substantially increase gas pipeline capacity in an era of declining demand and at a time when the state of California is moving away from fossil fuels.”

From the time the utilities’ proposal to build a new pipeline first crossed his desk, Vespa started to argue that the line would become a stranded asset.

“The pipeline already would not have been

necessary on its first day of operation, which would have been in 2023. Its usefulness would have decreased every year after that,” he said. “By 2050, we should have moved past relying on fossil fuels at all. Yet, San Diegans would have been paying over \$2 billion up until 2063 because of the way the revenue requirement works.”

With the CPUC vote on Pipeline 3602, California asserted that economic prosperity and environmental sustainability are not mutually exclusive.

“We can get to these climate goals and a basically carbon-free energy system at the same cost as a business-as-usual scenario, provided we don’t invest in fossil fuel infrastructure, provided we pivot to clean energy at every opportunity,” Vespa said.

California is well on its way to reaching the 50 percent RPS goal. In 2017, the California Energy Commission reported that about 30 percent of retail electricity sales in California were from renewable sources, mostly wind and electric, but also geothermal, biomass, and small hydroelectric.

By rejecting the pipeline, California showed it takes the climate change crisis seriously. And crisis it is. According to the majority of climate scientists, the earth’s average surface temperature has increased by more than 1.4 degrees Fahrenheit over the past 100 years. This temperature rise coincides with the time period in which humans engaged in large-scale endeavors to extract and burn buried hydrocarbon resources (fossil

fuels), including coal, oil and natural gas.

NASA reported that 2016 was the warmest year on record globally. The U.S. Forest Service reported that, in that year alone, 62 million California trees died. Since 2010, 102 million died in the state’s drought-stricken forests. Across the world, heat waves are longer, glaciers and ice caps are melting, and animal species are facing extinction.

Bill McKibben, who founded the environmental group 350.org, warns if we don’t act fast, eventually we will have a climate that can no longer sustain civilization as we know it.

On June 21, 2018, the day the CPUC rejected the utilities’ proposed natural gas pipeline, California showed it’s not going to be stuck in the past; it’s moving forward with resolve and innovation.

California, as a trailblazer and the sixth largest economy in the world, is going to continue to prove that environmental sustainability and economic prosperity can go hand in hand. My hope is that the rest of the nation will follow suit, quickly.

To learn more about the climate change, I recommend The National Research Council video series entitled “Climate Change: Lines of Evidence.” This series can be viewed at the bottom of the homepage on climatechange.ca.gov.

—Colleen Cochran is a legal editor and a San Diego-based coordinator for Food & Water Watch, an energy and environment advocacy group based in D.C.■

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► News briefs, from page 5

a new CEO. Rowe served the YMCA for 38 years before retiring in December 2016. Under his leadership, the nonprofit successfully raised \$20 million to build two new facilities and provide major renovations to the original YMCA facility in La Mesa.

“We are looking forward to working with Steve and the YMCA team to help JA accomplish its goal of serving 20 percent of the San Diego student population by 2020,” stated JA board of directors chair Linde Hotchkiss.

JA and YMCA have a unique partnership that began in 2003. When JA launched Mission Fed JA Finance Park in 2015, YMCA was one of the first community partners to support the new high-tech budgeting center with their prominent “YMCA Shop” that has impacted 18,000 young adults since the park opened.

“We are grateful for this continued collaboration that further strengthens JA’s mission on educating students about financial literacy, work readiness and entrepreneurship, with the Y’s focus on youth development, healthy living and social responsibility,” Hotchkiss stated.

Red Cross looking for hero nominations

The American Red Cross of San Diego/Imperial Counties is looking for “ordinary” people with extraordinary courage

— someone who has saved a life, helped a neighbor in need, or made a difference in their community — to be nominated for the group’s 16th Annual Real Heroes Breakfast.

“Not all heroes wear capes; in fact, we’re surrounded by unsung heroes every day. Perhaps you know a family member, colleague, neighbor or friend who has performed a selfless act of bravery or humanitarian service. We want to recognize ordinary people with extraordinary courage right here in our communities,” said Sean Mahoney, regional CEO of the American Red Cross of San Diego/Imperial Counties, in a press release. “We are seeking nominations from the public to locate and honor the many deserving heroes among us.”

The annual Red Cross Real Heroes Awards Breakfast honors those making an impact through their brave and compassionate actions, demonstrating a true commitment to creating safer, stronger communities.

Since the event’s inception, over 100 heroes have been honored. Watch the inspirational stories of previous honorees at youtube.com/SDICRedCross.

This year, honorees will be celebrated across nine categories: adult, animal welfare, community leader, community partner, fire and rescue, humanitarian, law enforcement, military and youth. For complete category descriptions, visit redcross.org/sandiego/realheroes.

Heroes are nominated by the public and are chosen by an awards selection committee

comprised of local community leaders and event sponsors. Honorees are then selected based on the degree to which their actions uphold the values of the Red Cross humanitarian mission, and leave a lasting and positive impact on the residents of the community.

This year’s Real Heroes award recipients will be honored at the event on Friday, Oct. 12, 2018, aboard the U.S.S. Midway Museum.

To nominate a hero, submit a nomination form by July 31 via the avenue easiest for you: online at redcross.org/sandiego/realheroes; by email at Events.SanDiegoCA@redcross.org; by fax at 858-309-1285; or by postal mail at Red Cross, Attn: Real Heroes, 3950 Calle Fortunada, San Diego, CA 92123.



Volunteers from Crusader Soccer Club and Boy Scouts Troop 950 after cleaning Pershing Middle School fields (Courtesy CSC)

Crusaders Soccer Club’s community service

On Saturday June 9, the Crusaders Soccer Club (CSC) Competitive Division Boys

See NEWS BRIEFS page 19 —>

Scout soars with spiritual project



Volunteers take a break while working on the new brick cross at St. Therese. (Courtesy of Frank Wolfstange)

On the weekend of June 22–24, a total of 42 volunteers toiled at the corner of College Avenue and Navajo Road to help Francisco Wolfstange complete his Eagle Scout project — a large cross paved in bricks and planter beds with draught-tolerant perennials.

Wolfstange was introduced to scouting while attending first grade at St. Therese. He was also baptized at the church. In choosing this Eagle project, he expressed a desire to leave a legacy and acknowledge the important role of the church in his life.

St. Therese parishioners donated around \$1,800 to help fund the project. At several masses, Father Peter Bosque introduced Wolfstange and shared with parishioners his family’s deep connection

with scouting in general and the challenge of becoming an Eagle Scout in particular.

Major project donors included St. Therese parishioner Dave Brown, owner of Stonecutters, Inc. RCP Block and Brick donated all the decomposed granite, sand, and custom-order brick pavers.

The project brought together dozens of people from the St. Therese, scouting, and Grossmont High School communities, including two of the nuns from the Trinitarian convent in Del Cerro (Sisters of Mary), who brought the tired volunteers some delicious snacks on Sunday.

In addition to scouting, Wolfstange is a lacrosse player at Grossmont High School, where he will graduate from in 2019 and then pursue a university degree in physics.■

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Patrick Henry High School News

Elizabeth Gillingham

District honors PHHS top 1 percent for Class of 2018

Patrick Henry High School (PHHS) honored the top 1 percent of the senior class at Sea World last month in the San Diego Unified School District's annual Salute to Excellence event. Every high school in the district was represented and students were honored by their principals through a special recognition program. PHHS was proud to name the following students as the Senior Class Top 5 for their outstanding GPAs:

No. 1: Ben Kelly, 4.86 GPA, going to Yale University



(l to r) Ryan Nguyen, Phoebe Nguyen, Jonathon Schindler (salutarian), Ben Kelly (valedictorian), and Luc Galaif

No. 2: Jonathon Schindler, 4.83 GPA, going to UCLA
No. 3: Luc Galaif, 4.77 GPA, going to UCLA
No. 4: Phoebe Nguyen, 4.73 GPA, going to UCLA
No. 5: Ryan Nguyen, 4.71 GPA, going to UCSD

Henry NJROTC takes the Stillwell Award

Congratulation to Patrick Henry High School's (PHHS) Naval Junior Reserves Officer Training Corps (NJROTC) program for winning the highest award offered during the 72nd Joint Brigade Pass in Review program last month held at Lincoln High School.

Each year, the district provides opportunities for units

to compete for individual and team activities and awards. Points are calibrated and the unit with the highest overall team score takes the Stillwell Award home with them as the first-place team. This competition is always fierce and includes reviewing scores from academic contests, drill team competitions, and other athletic challenges.

PHHS came in first, second, and third in almost every event, which gave them the edge over schools like Scripps Ranch, Serra, and Point Loma. We are proud of the work done and would like to recognize our teachers Ron Flaherty (commanding officer), Michael Maley, and Tony Velarde for their outstanding leadership throughout the year.

Triple E Awards

Bea Evenson, a local philanthropist, generously donated funds to Patrick Henry High School (PHHS) to award students who have exhibited the "three E's" — Excellence, Ethics and Enterprise — in community service. Awards have been given in the past for many activities, including participation and achievements in various community organizations and all manners of volunteer work at hospitals, parks, libraries, charitable events, churches, synagogues, homeless shelters, humane societies, and other contributions to the community. This has been a very special tradition at PHHS for over 35 years and we are proud to give the Triple E award to four special students this year.

Here is a quick description of each award winner this year:

Victoria Tolley: Toria earned her Gold Service Award from her Girl Scouts

troop by finding a sustainable way to provide support for Haven House, the preschool for homeless children at the San Diego Rescue Mission. Toria was inspired to volunteer at Rady Children's Hospital because she experienced first-hand the comfort and support provided to her and her family when her sister had to have surgery. As a result, she volunteered to help with the Radiothon where she answered the phones and took donations. She also volunteered at the hospital's Miracle Makers event, where donors brought a new toy and in return they gained admission to play games and participate in fun activities.



(l to r) Victoria Tolley, Martha Montoya, Jonathon Marshall, and Brian Kessler (Photos courtesy PHHS)

Martha Montoya: Over the last three years, Martha dedicated over 100 hours of community service to support Reality Changers' mission to

become agents of change in her community. The staff at Reality Changers reported that they were always able to rely on Martha for projects in the office as they knew she could get the job done quickly and efficiently. She was quick to volunteer for every service project opportunity and represented the team in a positive manner making a meaningful contribution to the work she was doing.

Jonathon Marshall: Jonathon spends his volunteer

See PHHS page 9

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► PHHS, from page 8

hours at Kaiser Hospital and St. Therese Parish, making a significant contribution in two wonderful organizations. At Kaiser, Jonathan can be found greeting patients, their families and other hospital visitors by directing them to their destination, offering wheelchair assistance when needed and helping people feel more comfortable in the hospital environment. At his church, Jonathan is one of the core team members for the Middle School Youth Group as he helps lead and facilitate their weekly meetings as well. He also sings during Sunday masses.

Brian Kessler: Brian likes to volunteer at the Nazareth Retirement Home where he plays the piano for the residents once a week. Brian also works with his mom in support of the Thousand Smiles Foundation where they travel to Ensenada, Mexico to help with free dental checkups and oral surgeries. Brian helps by setting up the surgical instruments and works as a hospital runner as well. Brian also volunteers at Rady's Hospital, where he works at the information desk and by locating resources, answering questions, and escorting patients and visitors to their destinations.

Meet Henry's new Men's Basketball Varsity coach

Patrick Henry High School Athletics' department is happy to introduce Coach Kenny Caesar as our new Men's Basketball Varsity Coach. As affirmation of the growth of the men's basketball program, the search included 18 highly qualified applicants. Coach Caesar returns to his alma mater following a highly successful nine years as head coach at Mater Dei Catholic High School, where he posted a record of 175-91, winning 20 or more games five times.

Coach Caesar is eager to get started and stated, "I am extremely excited to come home to my alma mater. I have been a head basketball coach here in San Diego for the past 11 years. I have had the privilege of playing and working for great coaches such as Mike Dunlap, Mike Brown, Tom Bennett and Dr.

Rich Rider. My goal is to create an environment that is centered around character, teamwork and accountability. I look forward to meeting our student-athletes and parents very soon."

Coach Kenny was a graduate of California Lutheran University in 1995. He then went to play basketball in Albury, Australia. On returning from overseas, he went back to graduate school as a graduate assistant and received a master's degree in curriculum and instruction and worked under Dr. Rich Rider at Cal Lutheran.

Following grad school, he took a job as a tutor for a pop



Coach Kenny Caesar

group called Dream under Sean "Diddy" Combs and Bad Boy Records. After touring around the country and in Europe, he felt the desire to return to the basketball court.

In 2001, he was hired at St. Augustine as an assistant coach, history and speech teacher. While he coached at Saints, the team went to three CIF Championship games and won two. In 2005, they finished the season 31-1, losing the state title game.

In 2006, he was hired by Cleveland Cavaliers' then-head coach Mike Brown (a former roommate) for player development and video breakdown.

In his nine years as the head coach at Mater Dei Catholic High School, he built one of the most successful programs in the CIF-San Diego section. By his fourth year at Mater Dei, they went to their first CIF Championship game losing to Army/Navy in 2013. In 2014, his team went 30-3 and won the CIF championship against Francis Parker, going undefeated in San Diego. Under his leadership, they won six straight league titles going undefeated in league five of those six seasons, compiling a record of 58-2. Mater Dei have been in the Open division the two last years and finished the season ranked No. 4 in the county this past season.

"I would like to thank the Athletic Director Cody Clark and Principal Elizabeth Gillingham for this amazing opportunity to be the Boys Head Basketball Coach at Patrick Henry," Caesar said.

PHHS Model UN team continues to excel

Patrick Henry High School was a leading school in the Junior Model United Nations Conference, held last month at the Joan Kroc Institute for Peace and Justice building at University of San Diego.

We had 29 freshmen compete, and 14 of them won awards — four of them (Olivia Newell, Ella Brooks-Kamper, Andrew Gordon, and Ben Gonzalez) won the gavel in their committees, the highest award possible. Olivia Newell also won the Patrick Pierson Spirit

of Economics award, the only award that is given to a single delegate across the entire, 442-student conference.

We also had 27 Henry students staff the conference, putting in hours of work grading, evaluating, and running committee sessions. Our upperclassmen were part of the 60-plus person Secretariat, who were responsible for running every aspect of the conference made up of high school students from Scripps Ranch, Mira Mesa, Toran, Point Loma, and Patrick

Henry High Schools. They graded papers, assembled resources, and, at the actual conference, acted as chairs for committees — leading debate and making sure each delegate was able to participate.

The entire conference was led by the secretary-general, Kalos Chu, a Henry senior. Working with him, he had five Henry students (Arbi Leka, Kelly McCormack, Phoebe Nguyen, Jordan Furtak, and Max Mittleman) who served as head chairs, which meant that they

were in charge of the other staff members in their committee rooms. Megan Peck served as an assistant secretary-general, part of the five-person team responsible for organizing the entire conference, where she assisted Kalos in any capacity needed to create a successful experience for all the attendees.

Special thanks goes to Henry teacher/advisor, Mr. Jim Davis, who has grown the program back to full-strength as a thriving academic club on campus.

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

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Del Cerro Action Council news

Jay Wilson

The next Del Cerro Action Council meeting is Thursday, July 26 at Temple Emanu-El at 7 p.m.

Adobe Fire

We have asked for someone from the city of San Diego's Park and Recreation's Open Space Division and Rachel Gregg, the community relations manager for SDSU to provide an update on the restoration of the canyon that was greatly impacted by the Adobe Fire. The fire started on Smoke Tree property and burned city of San Diego and SDSU property.

The city of San Diego's mutual aid agreements with a number of fire agencies resulted in a very aggressive response from agencies throughout the county to the Adobe Fire; including San Diego Fire-Rescue, CAL FIRE, Heartland Fire Rescue, Santee Fire Department and San Diego Gas and Electric in partnership with CAL FIRE. Fighting the fire included a number of engine companies, 200 firefighters and strike teams, plus two fixed-wing aircraft and three water-dropping helicopters. Thank you to Incident Commanders Chief Yamane and Chief Lozano and all the agencies for helping save our community.

Battalion Chief Dan Froelich called requesting assistance in locating space for the Fire Command Center. Thank you to Temple Emanu-el and St. Therese for accommodating the command centers throughout the fire. The day after the fire, there were still 100 firefighters and strike team members, plus 15 engine companies on the line to ensure there were no flare-ups.

After the fire, Kevin Powers, a student in Dr. Eric Frost's Homeland Security Masters Program at SDSU, flew the burned area with a drone. Visit our website at delcerroaction-council.org to access the Dropbox link which contains aerial photos and videos of the burned area. The damage to the environment is extensive.

One of our concerns is the increasing possibility of an El Niño weather-pattern, which is nearing 50 percent according to the May forecast released by the National Southern Service Climate Prediction Center. Without a major effort by SDSU and the city of San Diego, the run-off and erosion will be significant with heavy rains. It would most likely also increase the flooding by the Alvarado Creek/storm drain in Grantville.

See DCAC page 19 →

News from the Allied Gardens/Grantville Community Council

Shain Haug

The next Allied Gardens/Grantville Community Council (AGGCC) Town Hall Meeting will be on Tuesday, July 24, at 6:30 p.m. at the Benjamin Library at the corner of Zion Avenue and Glenroy Street. District 7 Councilmember Scott Sherman will speak on issues relevant to our community.

The lead article in last month's Mission Times Courier dealt with Accessory Housing Units (ADUs), commonly known as "companion units" or "granny flats," and how they alter the character of our community. California legislation compels cities like San Diego to use ADUs to meet the requirements for affordable housing. The city's ordinances appear to comply with the law as interpreted by the California Department of Housing and Community Development. But serious questions remain as to how the city passed the implementing ordinances and what was left out of the ordinances. These are the questions we want to pose to Councilmember Sherman:

- State zoning law and city of San Diego ordinances call for public examination of land use regulations and of material modifications of those rules. ADUs will increase density in residential zones. Shouldn't the ADU ordinances go through

the community planning groups in the same manner as community plan development?

- State law allows local ordinances to require the property owner to be a resident as a condition of a permit to construct an ADU. The city ordinances are silent on this point, thereby allowing both the ADU and the main dwelling to be rentals. Why did the city fail to include this vital consideration of owner residence in the ordinances?

- State law allows local flexibility on the physical location of the ADU on the lot, the only condition being that any limitation cannot unreasonably restrict the right to a permit. An informal opinion of the California Department of Housing and Community Development is that a restriction to a backyard location would be reasonable so long as there is room. Why does the city ordinance fail to recognize the unfortunate impact of front-yard ADUs on our community?

- Local ordinance waives a portion of the fees for an ADU building permit. What is the reason for that abatement?

- A related issue is the question of the increase in parking that will follow the rental of these units. It appears most of Allied Gardens is in a "Transit Priority Area" because of proximity to public transit lines. However, it is very hard to find the specific rules and how they apply to our neighborhood. What additional on-site parking will be required with the construction of an ADU?

The AGGCC board of directors meets on the first Tuesday of each month at 6:30 p.m. at Benjamin Library, at the corner of Zion Avenue and Glenroy Street. Our next board meeting will be on Tuesday, Aug. 7.

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

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2. ANIL
3. SIRE
4. ROOK
5. ORGY
6. CANOE
7. AIR
8. MALE
9. ASSAM
10. TET
11. BOLE
12. TET
13. THESS
14. BOB
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17. TAL
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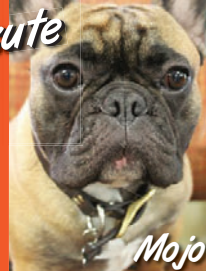
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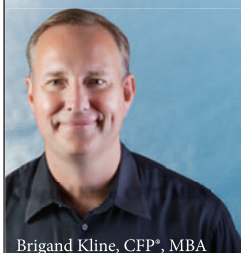
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► operaNEO, from page 1

years. It was there he got the idea for something new and exciting.

"I decided I wanted to do something else with my life rather than being in academia," Kozma said. "The limitations in academia didn't make me happy so I wanted to do something else."

In 2010, Kozma and his wife moved to San Diego and explored how to start a young artist training program. In 2012, they founded OperaNEO — a training program for aspiring opera professionals. The opera training culminates with performances at the Palisades Amphitheater, located at the Palisades Presbyterian Church on Birchwood Street in Allied Gardens.

"For our first couple of years, we tried hosting our

performances at more traditional theatrical venues like the Point Loma Nazarene University performance space," Kozma said. "We sort of plunged into this open air theater experience in 2015. Since then, we've loved it so much that we basically moved all of our performances there, except our cabaret performances which we hold at the Encinitas Library."

The OperaNEO company holds auditions in 13 different cities including Boston, New York, Chicago, Austin, Seattle and others for a \$39 audition fee. Each year, they choose around 30 to 35 singers to join the program, which makes it quite competitive, considering the fact they had over 400 people audition this year.

The program lasts five weeks and attendees are housed free of charge in guest rooms with host families.

Transportation from the airport to their homes and to and from classes and performances is also free.

OperaNEO offers two different programs for students. The first is a Studio Artist program for younger, less-experienced students priced at \$3,600. This program offers one-on-one coaching

with world-renowned artists, two voice lessons a week and coaching with a vocal coach once a week. Additionally, Studio Artist program attendees receive dramatic coaching, movement classes and master classes.

"I love working with young singers, it gives me a lot of joy," Kozma said. "They always look at art with fresh eyes and enthusiasm and love, there's no professional fatigue yet at all. It's always about discovery and excitement and they look at art with curiosity."

OperaNEO's second program for Apprentice Artists, is for more experienced artists. Apprentice Artists receive a \$800 stipend to participate in the program and free tuition. Additionally, Apprentice Artists are typically given lead roles in OperaNEO performances and are given opportunities to network with professionals.

Some OperaNEO alumni have went on to perform in famous opera companies such as the Boston Opera, Chicago Opera Theater and others.

"At OperaNEO, they teach you that the main goal for each singer is to showcase themselves as an individual versus a cookie-cutter singer," said Rancho Bernardo native and two-time program attendee Sarabeth Belon. "If you go to these big schools like Juilliard or others, they will just fit you into a mold to market you. At this program, they encourage each person to find what's unique about themselves so they can use it to make themselves stand out from the crowd."



operaNEO founder and artistic director Peter Kozma (Photos courtesy operaNEO)

To kick off their performance season, OperaNEO is moving indoors for the "Aria Marathon 2018" on July 15 at 6 p.m. inside of the Palisades Presbyterian Church. The event is free, with a suggested \$25 donation and serves to showcase the work of the Studio Artist program students.

From July 27-28, starting at 7:30 p.m., OperaNEO will be holding its annual Cabaret at the Encinitas Library located at 540 Cornish Drive. General admission tickets are \$24 and in addition to performances, a buffet dinner will be offered.

To wrap up their summer, OperaNEO returns to the outdoor stage at Palisades for a packed schedule in August with performances of "The Merry Widow" by F. Lehár Aug. 2, 4 and 12; "Partenope" by G.F. Handel Aug. 3 and Aug. 5; and "Idomeneo" by W.A. Mozart Aug. 10-11.

All August shows start at 8 p.m. and there will be food trucks available for audience

members to purchase refreshments. Also noteworthy is that there will be English subtitles available for foreign performances.

"Let go of your preconceived notions about opera," said Apprentice Artist Sara Womble. "This is not, 'Let's dress up in a fancy dress and sit in an uncomfortable seat and watch people sing' type of thing. There are food trucks and a party and the show is not people in old fashioned costumes. This is people doing an adaptation of a classic with subtitles. For those who think opera is boring, I'd challenge them to ever be bored during an OperaNEO show."

For more information about OperaNEO, visit their website operaneo.com or Facebook page, facebook.com/operaneo.

—Jess Winans is the editorial assistant at the San Diego Community News Network, parent company of the Mission Times Courier. You can reach her at jess@sdccnn.com ■



A 2016 production of "Don Giovanni" with subtitles flashed on a screen above the stairs

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OGGI'S: 27 YEARS LATER

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Four years after Oggi's opened a pizzeria in Del Mar in 1991, it jumped into San Diego's budding arena of microbrewing. Locally, there were only a handful of craft brewers on the scene — Karl Strauss, Pizza Port and AleSmith to name a few. Today, the franchise has spread its dough and suds to 16 locations throughout Southern California and Arizona, and with a portfolio of 10 original beers to boot.

The Mission Valley location puts all of those beers on minor discount during happy hour, when they're each \$1 off. The result is an affordable \$5 per glass. The same

price reduction applies to guest beers, which are normally \$7.

With more than two decades of steady growth, the modern-day name — Oggi's Sports | Brewhouse | Pizza — reflects a family-friendly environment dominated by sports games broadcast across two dozen flat screens. No matter where you sit in the spacious dining room or bar lounge, you'll barely need to reposition your head to view a match.

Intent on washing down some half-price noshes with my beers, I planted myself in a roomy booth and zeroed in on Oggi's newest beer, City by the Sea. It's a crisp West Coast-style pale ale.

In beer-speak, the promo card suggests flavors of blueberry, papaya and rose blossom. I instead picked up brisk notes of citrus, grapefruit to be exact, and the promised medium-high bitterness from the hops. Very drinkable.



Oggi's new City by the Sea pale ale



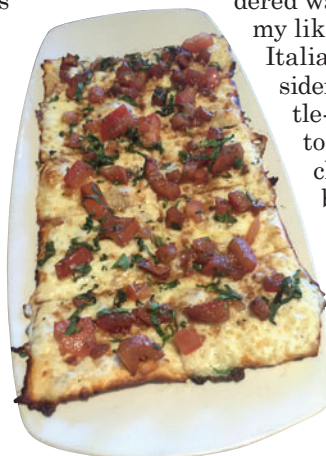
Flat screens and seating options are abundant (Photos by Dr. Ink)

The beer paired swimmingly to a bruschetta flatbread pizza, one of several items on the happy hour menu. (Oggi's regular pizzas aren't on the list.) It featured a thin pastry-like crust and bursts of sweetness from balsamic vinegar drizzled on top of the cheese and diced tomatoes.

After depleting my pale ale, I switched to the bar-rel-aged Black Magic Stout, one of Oggi's pioneer brews that netted a gold medal several years ago at the San Diego International Beer Competition. It's hearty and full-bodied, yet without coming across as weighty.

Conversely, the "Italian" chicken quesadilla I also ordered was too heavy for my liking. And not very Italian in nature, considering it uses chipotle-flavored tortillas to capture blackened chicken, smokey bacon and cheddar cheese. Despite fresh basil and mozzarella in the mix, this is essentially an American Southwestern creation.

Oggi's success has allowed it to become philanthropic. To date, it has raised more than \$100,000 for charities that include the Wounded EOD Warrior Foundation, the Boys & Girls Clubs of America, and various food pantries.■



Bruschetta flatbread

RATINGS

Drinks: 🍷🍷🍷🍷

Fans of stout can expect sturdy notes of coffee and chocolate — without the bitterness — from the award-winning Black Magic Stout. The newest in Oggi's beer portfolio is City by the Sea, a fizzy thirst-quenching pale ale with discernible hops.

Food: 🍴🍴🍴🍴

Two thumbs up for the bruschetta flatbread for its thin crust and sweet balsamic drizzles on top. However, the "Italian" quesadilla with blackened chicken and bacon equated to heavy, American bar grub.

Value: 🍷🍷🍷🍷

Brews, wine and well drinks are only \$1 off, although you can save several dollars on food items such as flatbread pizzas, loaded fries, lettuce wraps and more.

Service: 🍷🍷🍷🍷

In the absence of price listings on an otherwise descriptive beer menu, a server didn't know any of the price points and had to ask for them at the bar. But a manager beat him to the chase and jotted down the regular prices for me.

Atmosphere: 🍷🍷🍷🍷

Nearly two dozen flat screens broadcasting sports games look over a clean and expansive dining area and bar lounge.

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Vegan businesses find home in Grantville

Carmen Matthews

Although the vegan lifestyle has been around since 1944, in recent years, its popularity has increased. Within the San Diego Grantville community, there are three businesses in Mission Square Center, 6171 Mission Gorge Road, that support the community's growing interest in veganism.

Mission Square Market

The Mission Square Market is a convenience store and is the only 100 percent vegan general store in San Diego. Owner and manager Sunny Bhanage partners with local small businesses, such as Flora Bakeshop, and farmers

market vendors, such as Kelly's Croutons and Edible Alchemy to expand options for vegans from around San Diego County. Within Mission Square Market, patrons enjoy ordering build-your-own sandwiches. Some of the choices include vegan versions of Reuben sandwiches; Philly cheesesteaks and Gardein beef strips. One of the biggest challenges for those who want to become vegan is to no longer eat cheese. Mission Square Market solves this by offering products such as Violife Cheese — a vegan-popular, coconut oil-based cheese that is imported from Greece. In the back portion of the store, you can find vegans from around the county attending weekly events such as Nacho Taquitos Night on Tuesdays

and Wednesday Wellness. These events bring together those who are either vegan or are vegan-curious. Mission Square Market didn't start as a 100 percent vegan store. At first, it was a blended vegan and vegetarian store. Bhanage made the switch in June, after local vegans convinced him to go 100 percent vegan. He also donated all items that weren't vegan to the Sam and Rose Stein Education Center, a Vista Hill Special Education Program.

The Purple Mint

The Purple Mint bistro offers a 95 percent vegan and 5 percent vegetarian menu. The dining area is spacious with easily accessible seating, neutral colors, and an opportunity



The Purple Mint serves Asian-inspired vegetarian and vegan dishes. (Photos by Jeff Clemetson)

to dine inside and on the covered patio. The Purple Mint menu is based upon Pan-Asian meals. Diners come from all over the county. Some choices from their menu include, Peking "duck," "salmon" vermicelli noodle soup, yam and sweet potato curry, and "prawns" in "lobster" sauce. "Some popular takeout orders are vegan orange chicken and, banh mi, the popular Vietnamese sandwich," said Sara Le, one of the managers. In addition to their Vietnamese and fusion menu, The Purple Mint offers smoothies and a juice bar, based upon 100 percent natural juice, with no additives.

Donut Panic

Bubbah, the owner of this vegan doughnut shop, came

to San Diego years ago on a student visa. And from the beginning, he and his daughter intended their business to be a vegan doughnut shop, but they also offer traditional doughnuts. Their clients come from Los Angeles, Vista, Oceanside, and throughout San Diego County. This doughnut shop, according to Linda, his daughter, "was not always easy. One year after opening, a driver drove through the window and the display case. It took two years to rebuild our client base." Donut Panic also holds social board game nights, art shows, and live music.

—Carmen Matthews is a freelance writer in San Diego. Reach her at vjudo@hotmail.com.



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iNaturalist observation of the month: Mountain lion

Patricia Simpson

It's official. There's a big cat at Mission Trails — a mountain lion (*puma concolor* ssp. *cougar*). Of course, we all know that, but this is the first visual documentation on iNaturalist for our location, thanks to dash-cam video footage captured on March 29. The feline was spotted off Cowles Mountain running across Navajo Road and two photos of the cat were posted by user mike275 at bit.ly/2Kwwime. If you have attended the great mountain lion lecture by our fellow trail guide Don Endicott, you will already know these stellar mammals are among the most discreet. Despite their large size, they are seldom seen. They are usually aware of our presence

long before we can detect them and are masters at hiding and camouflage. iNaturalist has a fair number of Mountain Lion observations in California (388 to be exact), but 98.5 percent of them are trail-cam photos or scat/track photos. People rarely see the felines and when they do, they probably are not too preoccupied with grabbing their camera or phone to record the occasion. In the presence of such a great predator, I'd imagine that once the witness is assured his or her heart is still in his chest, self-preservation becomes the most pressing concern. For a reminder of what to do if you encounter a mountain lion, visit bit.ly/299fexu. —Patricia Simpson is a trail guide at Mission Trails regional Park.■

David D. Cooksey

[Editor's note: This is the third of a four-part "how to" series. Look for "How to eat a crow-dad" in a future issue.]

This series is a description of the hunting and consumption of prey by the big birds of Mission Trails Regional Park. In the first segment, I described how a great blue heron (*ardea herodias*) captured and consumed a bullfrog; in the second, how a great blue heron ate a catfish. In this segment, I describe how a snowy egret (*egretta thula*) catches and consumes a dragonfly. If catching prey represents the most difficult step of a meal, the snowy egret displays masterful hunting skills when catching a dragonfly. In fact,

for one I recently photographed, it was so easy, the meal was literally snatched out of the air as it flew past. As with the way the blue heron eats a bullfrog or catfish, before consuming prey a certain preparation by the snowy egret is required. In the case of the dragonfly, the snowy egret crunches the insect in its bill, drops it on the ground, steps on it, picks it up, tosses it in the air, catches it, crunches it again ... repeats these steps as necessary. After properly prepared, prey is consumed head first. The snowy egret manipulates the dragonfly into position and, with some difficulty, swallows it down. While photographing the sequences of bullfrog and catfish, it was difficult to determine whether the prey was

Snowy egret facts (From allaboutbirds.org)

- Size:** length 22–26 inches; wingspan 39 inches
- Color:** all white with black bill, black legs, yellow at base of bill and yellow feet
- Food:** fish and other small aquatic animals
- Behavior:** may stand still and wait for prey, or may chase prey in shallow water

still alive after the considerable preparation. However, I am quite certain the dragonfly was still alive as the wings were buzzing. —David D. Cooksey is a trail guide at Mission Trails Regional Park.■



(clockwise from top left) The snowy egret stalks, catches then swallows a dragonfly in Mission Trails Park. (Photos by David D. Cooksey)



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Jennifer Morrissey

Supporters gather for presentation on geology of Mission Trails

Members of the Mission Trails Regional Park (MTRP) community gathered for a special reception and presentation by Pat Abbott, Ph.D., a world-renowned geologist, presenter, and author of numerous books including “Geology--Mission Trails Regional Park.” A catered reception on the Visitor Center terrace preceded the presentation, and MTRP supporters had the opportunity to mingle and take in the stunning view of Mission Gorge.

During his lecture, Dr. Abbott explained the four phases of geologic history of MTRP, looking back over the past 126 million years. As Abbott demonstrated, the rocks within the park give testimony to very different topographies and climates.

This special program was organized to recognize friends and donors of the MTRP Foundation for their dedication and support of MTRP projects, programs, and initiatives. If you'd like to be invited to future donor events, please make a contribution to the MTRP Foundation! For more information, contact Foundation Executive Director Jennifer Morrissey at 619-582-4502 or email mtrp@mtrp.org.



Michael Peddecord's "Sphinx Moth on Sage" was this year's winner of the Mission Trails Regional Park Foundation 26th annual Amateur Photo Contest. (Courtesy MTRPF)

Photo contest winners announced

On June 10, the winners of the Mission Trails Regional Park Foundation 26th annual Amateur Photo Contest were announced. Organized by Betty and Mike Ogilvie, the photo contest offers visitors to the park the opportunity to share their unique perspective of Mission Trails, one of the largest urban parks in the United States.

The MTRP Foundation received more than 180 entries from photographers of all ages, submitted in categories including landscapes, plants, and animals. The Best of Show award was presented to Michael Peddecord for his "Sphinx Moth on Sage." Congratulations to

all our winners, and thank you to the local photographers who participated.

Blind Lady Ale House to host fundraiser

The good people at Blind Lady Ale House — a favorite spot for pizza and craft beer — will donate a percentage of all sales on Sunday, July 29, to support Mission Trails Regional Park (MTRP)! Gather up the friends and head to Blind Lady Ale House (BLAH) anytime that day to enjoy their award-winning pizza and craft beer knowing that your good time is also supporting the MTRP Foundation's education programs!

The funds raised from the event will help bring more

MISSION TRAILS REGIONAL PARK EVENTS CALENDAR*

Wildlife Tracking Walks: 8:30 a.m., first Saturday each month – Visitor Center

Guided Nature Walks: 9:30 a.m., Wednesday, Saturday, Sunday each week – Visitor Center

Guided Nature Walks Kumeyaay Lake Campground: 8:30 a.m., second and fourth Saturday each month – KLC Campground

Birding Basics: 1 p.m., last Saturday each month – Visitor Center

Bird Walks: 8 a.m., third Saturday each month – check website schedule for meeting locations

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

Native American Flute Circle: 1 p.m.–3 p.m., second Sunday each month – Visitor Center Outdoor Amphitheater

Free Concert Series: 3 p.m., Sunday, July 15, jazz pianist, Yuko Maruyama – Visitor Center Theater

Free Concert Series: 3 p.m., Sunday, Aug. 5, jazz vocalist, Allison Adams Tucker – Visitor Center Theater

Summer Twilight Walks: 7:15 p.m., July 7 and July 21 – meet at Bushy Hill Parking Lot, across from KLC Campground

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

schoolchildren to experience MTRP, from elementary school field trips to sixth grade overnight campouts at MTRP's Kumeyaay Lake Campground.

At BLAH, there will also be an opportunity drawing that includes gear from REI, gift certificates, and experiences. So mark the calendar, tell your friends, and plan to join us! Blind Lady Ale House — recently recognized by the Food Network as being one of the

best pizza places in the country — is open on Sundays from 11:30 a.m. to midnight and located at 3416 Adams Ave. in Normal Heights. Enjoy a family-friendly atmosphere with open seating, but bring your ID if you plan to partake.

—Jennifer Morrissey is executive director of the Mission Trails Regional Park Foundation. Reach her at jmorrissey@mtrp.org.■

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San Diego Community News Network

San Carlos Area Council news

Patty Mooney

All San Carlos residents are welcome to join us at the next meeting of the San Carlos Area Council (SCAC) on Wednesday, Sept. 5, 6:30–8 p.m., in the San Carlos Branch Library, 7265 Jackson Drive. We have changed the time in order to accommodate more people's schedules. We are fortunate to have elected officials' office representatives providing updates at every meeting. As a change, our monthly meetings will alternate between more in-depth reports from elected officials' representatives one meeting, then the next month's meeting will have a speaker as the focus; so on those evenings, elected official updates will be brief.

I have attended SCAC meetings as a spectator for several years, and have enjoyed hearing from quite a variety of speakers on many topics. Now I am honored to be vice president along with my husband Mark Schulze as president. We'd like

to invite all our neighbors to come and take advantage of these short meetings where you can share your concerns and questions with people like our local police liaison, Community Relations Officer John Steffen, and our San Diego Fire Department Battalion Chief.

At our May meeting, our guest speaker was special assistant to Mayor Faulconer, Darnisha Hunter. She spoke eloquently about several issues. One big issue that concerns all of us is the city's strategic plan for housing the homeless. As we are all aware, the issue of homelessness has crept into our quiet neighborhood. The best way to stay tuned into this issue and many others, such as potholes, infrastructure, water usage, what's new at Mission Trails, etc. is to join us at the free SCAC meetings.

Also, please consider joining the SCAC. The dues are modest (\$7 per household). Please help support us by sending 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 SCAC Secretary Mickey Zeichick at mrzeichick@gmail.com.

If you enjoy reading and finding a good deal, the San Carlos branch of the San Diego Library is having their monthly Friends of the Library Book Sale on Saturday, July 7, from 9:30 a.m. to 3 p.m. I've even found some first edition copies of books signed by the authors. It's a real treasure-trove.

By the time you see this column, the Lake Murray Fourth of July fireworks and concert series will have already occurred. It promises to be another fun-filled day for family and friends in the community. We are privileged to have these festivities in our own backyard. Please support our sponsors and contribute whatever funds you can for next year's event.

—Patricia Mooney is vice president of the San Carlos Area Council. Reach her at patty@crystalpyramid.com.■

► DCAC, from page 10

Lake Murray Fireworks & MusicFest

Another big thank you to the Lake Murray Fireworks and Events Foundation for producing another spectacular July Fourth Fireworks & MusicFest at Lake Murray. The goal of \$80,000 was reached to cover the cost to produce another outstanding community-based event. The volunteer committee did an excellent job and the committee is already raising money for next year's event. Donations can be made at LakeMurrayFireworks.org.

New SDSU president

We have invited Adela de la Torre, the new SDSU president, to introduce herself to Del Cerro and update us on her vision of the future of SDSU. Unfortunately, she is unavailable for our July and October DCAC meeting dates. We have

asked for some available dates and we may move the date of our October meeting to accommodate her availability.

At the time this article was submitted, there was no update on the All Peoples Church, Montgomery-Gibbs Executive Airport Master Plan Update or the proposed Del Cerro Maintenance Assessment District.

Mark your calendar for Thursday, July 26 at 7 p.m. and join us for our quarterly meeting of the Del Cerro Action Council.

Have a safe summer and make certain you have cleared the appropriate "defensible space" around your home to protect it as much as possible from a wildland canyon fire. Remember, embers can travel up to five miles.

—Jay Wilson is secretary of the Del Cerro Action Council. Visit delcerroactionconcil.org.■

► News briefs, from page 7

2006 team coached by Seth Tunick, and the Girls 2008 team coached by Ivan Melendez, joined with Boy Scout Troop 950 for a morning clean-up in and around the two artificial turf fields at Pershing Middle School. They cleaned up the fields, inside and outside the fence surrounding the fields, as well as the hillsides on Boulder Lake and San Carlos Drive.

This was a project initiated by Spencer Scribner, a father whose son plays on the Boys 2006 CSC Team. CSC teams practice and have games on the turf fields. Boy Scout Troop 950 meets at Pershing Middle School and is always willing to lend a hand for a community service project. In total, 31 bags of trash were collected. Additionally the sidewalks were swept, and about a cubic yard of dirt was moved off the sidewalks and returned to the hillside.

The CSC teams and Boy Scout Troop 950 agreed this would be done regularly as a community service project.

Registration for CSC's Recreational Fall Season program for children ages 3 to 18, which begins on Saturday, Sept. 8 and ends July 31. Visit crusaderssoccer.com for more information about the season and other upcoming clinics and camps.■

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PUZZLES ANSWERS ON PAGE 10

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

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By Charles Preston

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- 1 Leather-working tool
4 Quahog
8 Ballet finale
12 Put down
14 Precedes iota
15 Author Paton
16 Town zone
17 Wore

DOWN

- 11 In the manner of
13 Flue valves
14 At that place
20 Island off Fuzhou
21 ___ vous pla"t
24 Latex insulation
25 Last traces
26 "...body ___ body..."
27 Titter
28 Kingsley or Martin
29 Islands, in Bari

- 39 Asian holiday
40 Summers, in Evian
41 Cuban-American pianist
42 Quiet ___
45 ___ a person than
46 Easel does it
47 Virile
48 Signs of summer
55 Chess piece

- 56 Extravagant
57 Bacchanalia
59 Indigo shrub
60 Pertaining to birth
61 Beget
62 Undiluted
63 Chop ___
64 Calligrapher's tool

ACROSS

- 1 In the manner of
2 Conflicts
3 Place
4 Delineate
5 Mother of Castor and Pollux
6 Like ___ of bricks
7 Pear-shaped instrument
8 Assuredly
9 Hodgepodge

- 10 Humid
11 Price
13 Flue valves
14 At that place
20 Island off Fuzhou
21 ___ vous pla"t
24 Latex insulation
25 Last traces
26 "...body ___ body..."
27 Titter
28 Kingsley or Martin
29 Islands, in Bari

- 30 The Highwayman poet
31 Surges
33 Droop-nosed flyers
36 Nuclear components
37 Where Christ stopped?
38 Short Spanish jackets
43 Blur

- 44 Lode load
45 Type of orange
47 Savage eel
48 Stuff
49 Superior
50 Roulette bet
51 Hawaiian feast
52 Room follower
53 Mastery
54 Monster
58 Longing



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CENTURY 21
Award

Stay cool at Allied Gardens Library

Kathryn Johnson

Hawley! Ages 7-10. Limited space so sign up required!

Monday SRP events

● **July 16 – Bayou Brothers** has a sound straight out of Louisiana's dance clubs, bayou festivals and backyard crawfish boils. They will rock you right on into "Fat Tuesday" with their extensive experience and endless enthusiasm to deliver a rousing, rollicking, heart thumpin', foot stompin' musical gumbo y'all won't soon forget!!!

● **July 23 – Noteworthy Puppets** presents "Kid Zorro: The Bilingual Puppet Musical." This show takes you on a musical adventure to Spanish California and sets the origin of the popular masked outlaw against the backdrop of Dia de Los Muertos. In this original musical adventure, Zorro must save the Mission from a corrupt politician and his diabolical plan!

● **July 30 – Living Coast Discovery Center** presents "Totally Tidepools." Life is tough in the tidepool! We will put on our claws, suction cups or feet to discover what amazing adaptations help tidepool animals survive and if we are lucky there might be a few animal friends from the tidepools joining us as well!

Come help us celebrate **Harry Potter's Birthday** on July 31, 3–5 p.m. We will be playing games, making wands, bookmarks, house ties, giving out some fun swag to take home and, of course, having cake. We encourage you to dress up and represent your favorite character or house! This event is suitable for ages 5-12 years old, but all Muggles are welcome! We look forward to seeing you there!

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

Many of our readers may already be familiar with San Diego Public Library's vision to be the place for opportunity, discovery and inspiration. During the month of July, we would like to add that we are also the place to cool down during the balmy weeks of July. In fact, if you prefer your ambient temperature on the cooler side, you are welcome to relax in what the staff has come to call the "meat locker" — aka the reading lounge.

We also have loads of programs for adults and kids to enjoy while getting a respite from the heat.

On Saturday, July 14 at 2 p.m., attendees of **Handmade @ Your Library: Butterfly Terrarium** will create a "mini garden" for the house-plant-challenged using dried flowers, preserved moss, rocks, shells and more. All supplies will be provided but feel free to bring your own figurines and found objects. Please register for this program by calling 619-533-3970 or by stopping at the circulation desk.

In August, our **Book Club** will be reading "The Hidden Life of Trees" by Peter Wohlleben. Please join us for a fun discussion of this powerful reminder to slow down and tune into the language of nature. The meeting will take place on Tuesday, Aug. 14 at 1 p.m. Copies of the book are available for check out at the circulation desk.

Throughout the month of August, every Friday at 10 a.m. the library, in partnership with the Parks and Recreation department, will be presenting four, one-hour **Kids to Canyons** classes to help to connect youth to nature by encouraging exploration and the study of the world around us. Presented by local author of "Nature Adventures," Linda

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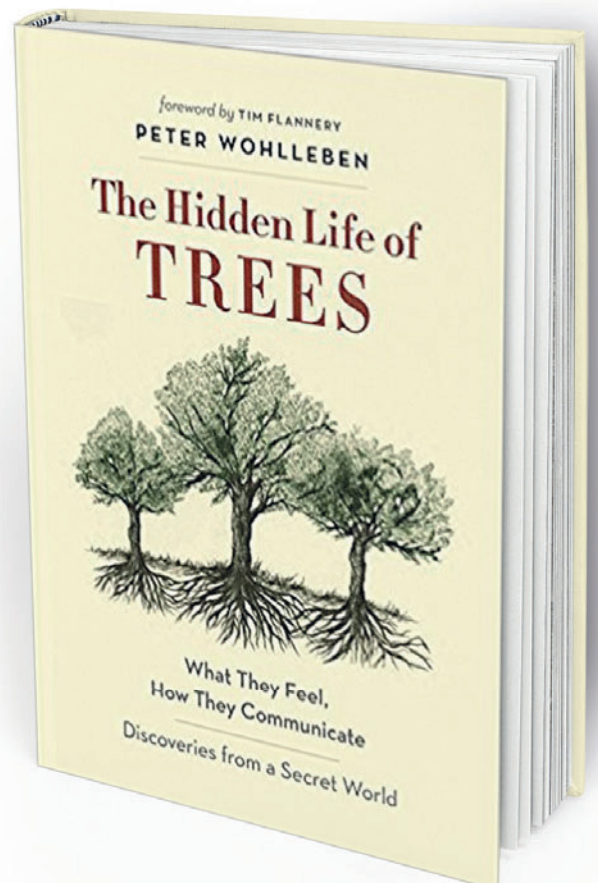
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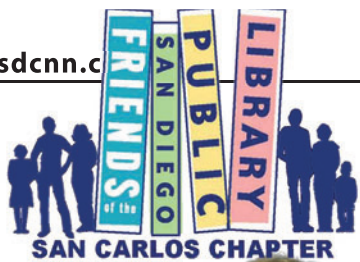
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The Allied Gardens Library Book Club will read and discuss "The Hidden Life of Trees" by Peter Wohlleben.



Sue Hotz



Summer Reading Program events

The San Diego Public Library's Summer Reading Program (SRP), "Reading Takes You Everywhere," ends in August. To win prizes, register before Aug. 1, at sandiego.gov/public-library.

The San Carlos Branch has five remaining SRP special events. The entire family will enjoy our Wednesdays at 2:30 p.m. shows which last about 45–60 minutes. There were over 120 attendees at our first event held in the children's area of the library due to Community Room space constraints. Can you say, "We need a larger library?" This is not a "quiet hour" at our branch.

Mad Science - Jangala Book, on July 18, will have us tromping through a "jangala," the Sanskrit word for jungle. We'll explore the jangala by listening to its sounds, discovering its creatures, and experimenting with the chemical elements found in its native plants and insects.

July 25, be amazed by the magical prowess of Amazing Dana! Audience participation and comedy will entertain all.

Local marine scientists from World Below the Waves on Aug.

1 will teach us about seals, whales, dolphins and more, including a close-up look at preserved specimens.

Aug. 8, Literature Comes to Life! Audience members will have a chance to act out "Whale Is Stuck: An Arctic Adventure," written by Karen Hayles. Stacey Wein, teacher and children's theater actress, provides expert direction and luxurious costumes.

Aug. 15, Hullabaloo entertains with quality music the whole family can enjoy!

Find Waldo! Join in the Library Shop's Where's Waldo @ the Library contest going on at all 36 branches until July 31. Pick up a passport at the San Carlos Branch to learn the contest details.

Weekly "Just-for-Fun" adult activities

Adult Craft Circle meets on Mondays, 1–5 p.m. Make new friends; come for an hour or stay for four. Crafts range from knitting to jewelry making. There are no rules; make whatever you want. There are plenty of experienced crafters willing to share their tricks of the trade. Crafters meet in the Winer Family Community Room & Art Gallery.

Our free *Mind/Body Fitness for Older Adults* is limited to 25 participants who are admitted on a first-come, first-served basis. The class includes chair yoga exercises and meets Tuesdays, **2:30–3:30 p.m.** in the Community Room.

A personalized e-Reader Clinic is offered every Thursday from 10–11 a.m. Show up at 10 a.m. and ask a librarian at the front desk for instruction on how to borrow free eBooks and eAudiobooks, and search the databases of the San Diego Public Library system for a wide range of subjects. You must bring your personal e-Reader, library card, and know your library PIN number.

OASIS, local speakers, and authors fill our second, third and fourth Fridays, 2–3 p.m. spot. All programs are free, and each presentation is unique, covering a huge variety of subjects. Please check the branch's calendar of events or sancarlosfriendsofthelibrary.org website for program details.

Meditation for adults meets on the second through fifth Saturdays, 9:30–10:30 a.m. This stress reduction activity is free and those new to meditation are always welcome. Do you have high blood pressure, suffer from panic attacks, or just feel that you are losing control of situations? Meditation techniques can help.

July art show

July 10–Aug. 2, our Art Gallery will bloom with Ellen Parry's gorgeous oil paintings depicting landscapes of Northern Baja's back country and ranch lands. Parry feels that, "just as earlier artists like Edgar Payne, Edward Weston, Alfred Mitchell and William Wendt first traveled

to the American West to find their muse, today's artists can visit Baja California and find vast views unspoiled by urban development. Baja offers artists a vision of what the California's landscape was like in the 1920s and 1930s."

Parry draws from skills acquired as both a private sector graphic artist and as a visual arts teacher in the Grossmont Union High School District to create her beautiful paintings. An artist reception in Parry's honor will be held Saturday, July 21, noon–2 p.m. Refreshments will be served.

Authors and books

History buffs, on July 27, 2–3 p.m., don't miss author Elizabeth Cobbs speaking about, "The Hamilton Affair." This historical novel is based on the true story of the marriage of Alexander Hamilton and Elizabeth Schuyler, their life during and after the American Revolution, and Hamilton's fateful duel with Aaron Burr. With an American History Ph.D. from Stanford University, Cobb's fiction and nonfiction books have won numerous awards. Also a Fulbright Scholar, Cobbs has served on the Historical Advisory Committee of the U.S. State Department and on the jury for the Pulitzer Prize in History.

Aug. 9, 12:30–2 p.m., the Library Book Club is discussing, "The Other Einstein," by Marie Benedict. This novel

weaves historical facts about Albert Einstein and his first wife, Mileva Maric, a gifted physicist in her own right, into a very intriguing story that inspects their relationship, and the possible contributions Mileva may have made to the Theory of Relativity.

Free HHSA program

July 20, 2–3 p.m., a County Health and Human Services Agency (HHSA) representative will discuss how "Good Mental Health is Ageless." This presentation dispels myths, stigmas, and barriers surrounding older adults' mental health. The talk includes the signs and symptoms of adult mental health issues and gives the audience self-assessment tools. Emphasis is placed on prevention activities such as: physical activity, social interaction, interpersonal relationships, life learning, and finding humor in life.

Dates to remember

- July 18, 4–5:30 p.m.: SCFOL monthly meeting. Please join us.
- Aug. 3, 1:30–3:30 p.m.: Friends of the Library only, Used-Book Pre-sale. Join SCFOL during the sale
- Aug. 4, 9:30 a.m.–3 p.m.: SCFOL Monthly Used Book Sale

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



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- ☐ Caulk around tub
- ☐ Install moulding
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Best Local Community Event	Financial Planner	Optometrist	Waxing or Threading Salon
Best MMA or Boxing Gym	Florist	Personal Trainer	Yoga Studio
Bike Shop	Furniture Store	Pet Boarding/Day Care	

DINING & ENTERTAINMENT

American Cuisine	Catering	Fine Dining	Live Music Venue	Romantic Dining
Bakery	Chinese Cuisine	French Cuisine	Local Winery	Rooftop Lounge
Barbecue	Cocktail	Greek Cuisine	Lunch	Salad
Beer List	Coffee Shop	Golf Course	Margarita	Sandwich
Billiards	Comedy Club	Happy Hour	Martini	Seafood
Breakfast	Comfort Food	Health Food Store	Mexican Cuisine	Sports Bar
Brunch	Deli	Hot Wings	Movie Theater	Steakhouse
Buffet	Dessert	Indian Cuisine	New Restaurant	Sushi
Burger	Dinner	Irish Pub	Nightclub	Thai Cuisine
Burrito	Doughnut Shop	Italian Cuisine	Outdoor Dining	Theater
Business Lunch	Food Truck	Japanese Cuisine	Pet Friendly Dining	Vegetarian/Vegan
Casino	Family Restaurant	Jazz Bar	Pho/Noodle House	Wine Bar
Casino Buffet	Farmers Market	Juice Bar	Poke	
Casual Dining	Fast Food	Late Night Dining	Pizza	

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MISSION TIMES COURIER
COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR

ONGOING EVENTS



Young Actors' Theatre:
'Shrek the Musical'
Through July 22

"Once upon a time, there was a little ogre named Shrek ..." And thus begins the tale of an unlikely hero who finds himself on a life-changing journey alongside a wisecracking donkey and a feisty princess who resists her rescue. \$25–\$32. July 13, 14, 20 and 21 at 7 p.m.; July 14, 15, 21 and 22 at 2 p.m.; and July 19 at 10 a.m. Joan B Kroc Theatre, 6611 University Ave.



'Love/Sick'

Lamplighters Community Theatre presents a play by John Cariani about flawed romantic relationships. July 6–Aug. 5 at the Lamplighters Community Theatre, 5915 Severin Drive, La Mesa. Fridays and Saturdays at 8 p.m. and Sunday matinees at 2 p.m. Tickets range \$19–\$22, available at lamplighterslamesa.com. ■

FEATURED EVENTS



**Movies & More
by the Lake: 'Moana'**
Crafts, inflatables, food trucks and more will pair with a showing of Disney's "Moana" at Santee Lakes. Activities begin at 6 p.m. and movie starts at dusk. Cost is \$10 for parking. Santee Lakes Recreation Preserve, 9310 Fanita Parkway, Santee. Visit santeelakes.com.



Festival of the Bells
Only once a year — on the day celebrating the founding of Mission San Diego de Alcalá — is the mission's quintet of bells sounded. On July 14 and July 15, Festival of the Bells will celebrate the 249th anniversary of the founding of Mission San Diego de Alcalá. Saturday, 7–11 a.m. is the pancake breakfast (pancakes, eggs, sausage and OJ or coffee), for \$7 per adult, \$4 per child. The Blessing of the Bells begins in the church at noon on Saturday. At 3 p.m. on Sunday is the blessing of the animals with live entertainment, an art walk, a high-end rummage sale, food and beverage vendors, arts and crafts for sale, games and great family fun. All proceeds from this fundraiser go toward the ongoing

restoration and preservation of the mission. For more information, contact chairperson Misty Suposs at 619-985-2114 or by email at festivalofbells@hotmail.com.



PAWmicon

The Helen Woodward Animal Center presents a family-friendly event that includes carnival games, opportunity drawings for comic-themed prizes, dog-friendly goodies, gifts from Blue Buffalo and the shops at Hazard Center, fun snack options, and the all-important PAWSplay Contest for superheroes and their heroic dogs. Contest participants can dress up as a duo, or simply enter their pawsome pup. The contest is \$10 to enter, and entrants will receive a goodie bag (while supplies last). All funds raised will go to the pets and programs at Helen Woodward Animal Center. 10 a.m.–noon at Hazard Center, 7610 Hazard Center Drive. Visit animalcenter.org for more details.

Learn Everything About Hospice and Palliative Care
The Hemlock Society of San Diego presents a panel of experts certified in hospice and palliative care. 1:30–3:30 p.m. at the Scottish Rite Center, 1895 Camino Del Rio South. Free and open to the public. Visit hemlocksocietysandiego.org.

'Wilde/Coward'

A one-man tribute to two geniuses of the British theatre — Oscar Wilde and Noel Coward — features excerpts, monologues, songs, and quotes from their best works,

including "The Importance of Being Earnest," "Blithe Spirit," "Present Laughter & Private Lives" and more. Starring San Diego area director and actor Larry Steckling. 7 p.m. at the Lamplighters Theatre, 5915 Severin Drive, La Mesa. \$10 available at lamplighterslamesa.com.

Aria Marathon

Get to know the Opera NEO Young Artists of 2018 one aria at a time. No RSVP necessary. Free event, suggested donation is \$25. 6–9 p.m. at Palisades Presbyterian Church, 6301 Birchwood St. Visit operaneo.com.



'Beethoven, In His Time'
with David Amos

Ludwig van Beethoven was a German composer and the predominant musical figure in the transitional period between the Classical and Romantic eras. Mr. Amos, who is the conductor of the Tifereth Israel Community Orchestra, will play recordings of some of this composer's finest works. 12:45 p.m. at College Avenue Center, 6299 Capri Drive. Free.



Don't Get to Know Me: Jeffrey Joe Tribute Concert
A tribute concert and album release for Jeffrey Joe's posthumously released album "Don't Get to Know Me." Organized by Jeff Berkley of Berkley Sound and Jeffrey's fiancée, Carina Wheatley, the tribute will feature local musicians who performed on the album, including the Euphoria Brass Band, Rob Thorson, Josh Hermsmeider, Sky Ladd, Steph Johnson, Lindsay White, Veronica May, and other long time contemporaries Gregory Page, Larry Grano and more. More than your typical tribute show, Jeffrey Joe will also be "present" through the magic of technology. 6 p.m. at Vision: A Center for Spiritual Living, 4780 Mission Gorge Place. Tickets are \$20, available at jeffreyjoe.homestead.com.

Kids concert: Hullabaloo

Acoustic children's music group Hullabaloo perform a show for the whole family. This event also features an art and science team conducting a living laboratory of imagination, inventions using drawing, building, painting,

writing, model making and more. 11 a.m.–noon at the Art Science Complex in Grossmont Center, 5500 Grossmont Center Drive, La Mesa. Free event.



Bachata concert:
Héctor Acosta "El Torito"

Hector Acosta "El Torito" is a bachata musician from Dominican Republic. 8:30 p.m. at the Blue Agave Nightclub, 6608 Mission Gorge Road. Tickets \$40, available at Alvarez Westernwear, 619-266-0240; Soccer USA, 619-282-8322; Sabores Colombianos, 619-756-7741; Blue Agave Nightclub, 619-521-3194; and ticketmaster.com.

Santee Summer Concert
Series: Fortunate Son

City of Santee presents a summer concert with Creedence Clearwater Revival tribute act Fortunate Son. 6:30 p.m. at Town Center Community Park, 550 Park Center Drive, Santee. Free.

Myths and Facts
about Hospice

Jeanine Lortscher from Sharp Hospice presents a workshop and interactive program to help better understand details of hospice care and also to explain how hospice is more than just end-of-life care. 12:45 p.m. at College Avenue Center, 6299 Capri Drive. Free.



Live music: Mark and Laura Flores

Duo Mark and Laura Flores play Western swing, folk, and popular music on guitar and vocals. 12:30 p.m. at College Avenue Center, 6299 Capri Drive. Free.

'Alice: A Wonder-Full Musical'
Through July 29

Christian Youth Theater presents "Alice: A Wonder-Full Musical" that parallels the theme of Lewis Carroll's famous story, "Alice in Wonderland," the whimsical tale of a girl whose curiosity propels herself into a wild world of imagination, now with a fresh and enthralling approach. Set in a modern day high school, Alice takes a musical journey down the "rabbit hole," as she meets unforgettable characters and embarks on an adventure of self-discovery. At Patrick Henry Performing Arts Center, 6702 Wandermere Drive. Fridays and Saturdays at 7 p.m. Matinee shows on Saturday at 2 p.m.

and Sunday at 4 p.m. Tickets range \$14–\$20; available at cytsandiego.org.



**Film and Discussion:
'My Words, My Lies, My Love'**
Ralph de Lauro leads a discussion following a presentation of 2010 German language film "My Words, My Lies, My Love." Daniel Bruhl and Hannah Herzsprung headline this breezy, bubbly, crowd-pleasing romantic comedy. David (Bruhl), a sad-sack waiter, becomes a literary sensation when he passes off a found manuscript as his own to impress a lady. Complications ensue when the true author blackmails his way into David's life. 1 p.m. at College Avenue Center, 6299 Capri Drive. Free.



'Beauty and The Beast'
Through Aug. 4

The Grossmont College Summer Theatre Arts Conservatory program presents "Beauty And The Beast," adapted from Gabrielle-Suzanne Barbot de Villeneuve's classic fairytale "La Belle et la Bete." The Grossmont production will mix classic storytelling with a modern musical twist. July 26, 27, 28 and Aug. 2, 3 at 7:30 p.m.; and July 27, 28 and Aug. 1, 2, 4 at 2 p.m. in the Grossmont College Stagehouse Theatre, 8800 Grossmont College Drive, El Cajon. Tickets \$10–\$15, available at bit.ly/2ymyrcU.

Santee Summer Concert
Series: The Ultimate Stones

City of Santee presents a summer concert with Rolling Stones tribute act The Ultimate Stones. 6:30 p.m. at Town Center Community Park, 550 Park Center Drive, Santee. Free.



Live music: Tony de Torre
Tony de Torre sings Sinatra, Tony Bennett, Neil Diamond and other popular music. 12:30 p.m. at College Avenue Center, 6299 Capri Drive. Free.



Arsenio Hall
Actor and comedian Arsenio Hall, famous for his roles in "Coming to America" and "Harlem Nights" as well as his syndicated show "The Arsenio Hall Show," brings

his standup routine to Sycuan Casino. 8 p.m. at Sycuan Casino, 5469 Casino Way, El Cajon. Tickets range \$59–\$69, available at suyucan.com.



Film: 'A Wrinkle in Time'
This film from 2018 starring Reese Witherspoon, Oprah Winfrey and Mindy Kaling is based on the best-selling book by Madeleine L'Engle. After the disappearance of her scientist father, three peculiar beings send Meg, her brother, and her friend to space in order to find him. 1 p.m. at College Avenue Center, 6299 Capri Drive. Free.



Santee Summer Concert
Series: Sully & The Blue Eyed Soul Band

City of Santee presents a summer concert with R&B, soul and country act Sully & The Blue Eyed Soul Band. 6:30 p.m. at Town Center Community Park, 550 Park Center Drive, Santee. Free.



**AG First Fridays:
Manny Cepeda Orchestra**
Salsa band Manny Cepeda Orchestra will perform at Allied Gardens First Friday. 6 p.m. in Allied Gardens Community Park, 5155 Greenbriar Ave. Free.



Santee Summer Concert
Series: Wingstock

City of Santee presents a summer concert featuring music from the summer of 1969 performed by Back to The Garden. 5:30 p.m. at Town Center Community Park, 550 Park Center Drive, Santee. Free.



**Movies & More
by the Lake: 'Coco'**
Crafts, inflatables, food trucks and more pair with a showing of Disney's "Coco" at Santee Lakes. Activities begin at 6 p.m. and movie starts at dusk. Cost is \$10 for parking. Santee Lakes Recreation Preserve, 9310 Fanita Parkway, Santee. Visit santeelakes.com. ■

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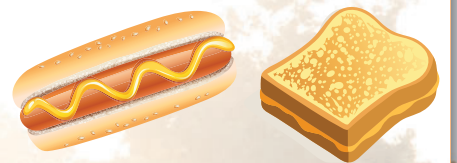
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