

## INSIDE THIS ISSUE

■ **FEATURE**  
Harmonious event



Youth Harmony Day brings barbershop music to Allied Gardens. **Page 3**

■ **FOOD & DRINK**  
Stylish Italian



North Italia moves into Fashion Valley Mall. **Page 14**

■ **NEWS**  
Hospital upgrade



Kaiser Zion completes construction to improve 'patient experience.' **Page 22**

### ■ **ALSO INSIDE**

Opinion .....	6
Politics .....	7
Community .....	8
Mission Trails .....	12
Education .....	16
Classifieds .....	18
Library .....	20

### ■ **CONTACT US**

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

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

www.sdcdn.com  
San Diego Community News Network



Cox Conserves Hero award winner Phil Pryde (Courtesy of Cox Communications)

## San Carlos resident recognized for commitment to outdoors

Joyell **Nevins**

San Carlos resident Phil Pryde has many achievements to be proud about — helping establish the first federal wilderness area in San Diego County, co-authoring an environmental textbook, acquiring land for Silverwood Wildlife Sanctuary,

stopping the build of an environmentally hazardous flood channel, and now the first-ever National Cox Conserves Hero award winner. The award comes with a \$50,000 donation to San Diego River Parks Foundation (SDRPF) in Pryde's name.

"He's incredible — so dedicated to preserving the

environment and inspiring the next generation of environmentalists," enthused Ceanne Guerra, spokesperson for Cox Communications.

Cox Conserves Heroes has been a regional competition of Cox Enterprises, parent company of Cox Communications,

See **COX HERO** page 4 →

## MTS OKs transit center housing developments

### Grantville Trolley Station a likely favorite for early investment

Dave **Schwab**

The search for desperately needed affordable housing recently got a boost from the Metropolitan Transit System (MTS), whose board voted unanimously in October to allow underutilized parking lots to be transformed into affordable homes.

MTS board's vote followed release of an April report by Circulate San Diego titled "Real Opportunity," which provides detailed recommendations for how MTS can stimulate the creation of new homes adjacent to transit stations. The report included new research



The Grossmont Trolley Station is an example of how housing can be built right next to the trolley line. (Photo by Jeff Clemetson)

See **MTS HOUSING** page 5 →

## NEWS BRIEFS



(l to r) District 7 Community Forestry Advisory Board member Vince Mikulanis, CAUFC Executive Director Nancy Hughes, Sophia Frost and Jessica Read (Courtesy Vince Mikulanis)

### AGGCC members recognized for tree planting project

The California Urban Forests Council (CAUFC) gave statewide recognition to the Allied Gardens Grantville Community Council (AGGCC) and members Jessica Read and Sophia Frost during an awards ceremony on Oct. 26.

CAUFC is the nation's oldest urban forest advocacy organization and is celebrating its 50th anniversary this year. Their mission is to "expand sustainable urban and community forests to improve the quality of life for all Californians," and the Zion Avenue Beautification project for which Read and Frost were recognized does just that. The project was one of two statewide recipients of the "Best Urban Forestry Project."

The project planted nearly 60 trees along Zion Avenue, completely transforming one of the gateways into Allied Gardens. As these trees grow, they will help calm traffic, provide the community with shade, beauty, and a host of environmental and social benefits.

While the City of San Diego planted the trees, there is still a need to water them. Many of the residents along Zion Avenue have volunteered their time to water the trees adjacent to

See **NEWS BRIEFS** page 2 →

## HOMESELLERS

The Real Estate market in San Diego has shifted.  
See what your home will sell for today.  
Free computerized list w/pics  
of area home sales and current listings.

www.toddsellshomez.com  
Free recorded message  
1-844-855-8502 ID # 1061

Todd Iacono BHHS Cal DRE 2043068



Dr. Roy C. Springer, MD  
Family Medicine



Dr. Stephen Reitman, MD  
Internal Medicine & Geriatrics



### OUR FAMILY CARES FOR YOURS

Center For Family Health is East County's top destination for excellence in Primary Medical Care

With over 100 years of combined experience, Sharp has rated our physicians in the top 1% in San Diego

Our on-site Dermatologist, Dr. Alexander Stein, MD, FAAD, sees new patients for dermatological and cosmetic exams

New Patients Welcome - Most major insurances accepted, including Sharp and Medicare - Call today to make an appointment

Center For Family Health • 6280 Jackson Dr. Ste 8, 619-464-1607



Dr. Mirwais Saifi, MD  
Family Medicine



Dr. Halya West, MD  
Family & Holistic Medicine

# SDCNN wins five Press Club awards

SDCNN Staff

On Tuesday, Oct. 30, nearly 500 members of the press gathered at the Joe & Vi Jacobs Center at Market Creek for the 45th annual San Diego Press Club Excellence in Journalism Awards.

More than 400 awards were given out to local magazines, non-daily newspapers, online and daily newspapers, trade publications, podcasts, radio stations, television channels and their writers, reporters, editors, broadcasters and photographers.

The San Diego Community News Network (SDCNN) earned five awards in total under non-daily newspapers categories.

Jeff Clemetson, editor of the Mission Times Courier, earned first place in the Non-daily Newspapers, Series category for “Remembering Pearl Harbor” and its partner “A Fortunate Encounter.” The series began with a story about Allied Gardens resident Arthur Roemmich, a 100-year-old veteran who served on the USS Northampton — a ship that was saved from

being bombed in Pearl Harbor. After reading the article, San Carlos resident Felicia Hamwey realized her father, Lloyd Smith, was also aboard the USS Northampton. Hamwey then organized a reunion for the two WWII shipmates, which was featured in the second part of the series. To read the series and the letter to the editor from Hamwey, visit [bit.ly/RememberingPearlHarbor](http://bit.ly/RememberingPearlHarbor).

Sara Butler, editor of the San Diego Uptown News, was presented with two awards. The first, second place in the Non-daily Newspapers, Public Service/Consumer Advocacy category, was for “Dockless Bike Craze.” The Uptown News story featured a comprehensive explanation of the different types of dockless bikes in the Uptown area and highlighted how locals felt about their sudden appearance. Visit [bit.ly/DocklessBike](http://bit.ly/DocklessBike) to read the piece.

Butler also placed second in the Non-daily Newspapers, Breaking News category for



Mission Times Courier editor Jeff Clemetson with his San Diego Press Club award (Photo by Sara Butler)

“Turning Down the Music,” in Uptown News. The story broke the news that Lestat’s West would be closing its doors, and Butler was the only local journalist to meet with its co-owner. To read the award-winning breaking news story, visit [bit.ly/TurningDowntheMusic](http://bit.ly/TurningDowntheMusic).

Albert Fulcher, editor of Gay San Diego and San

Diego Downtown News, earned two awards. The first was for “Beating the odds” — a feature story for Gay San Diego about Marine Corps veteran Liz Carmouche, the first openly gay lesbian mixed-martial arts fighter. “Beating the Odds” won second place in the Non-daily Newspapers, Military category. To read the story, visit [bit.ly/Caramouche](http://bit.ly/Caramouche).

Fulcher was also awarded first place in the Non-daily Newspapers, Reviews: Live Performance category for “Empowerment Through Music,” published in Gay San Diego. “Empowerment Through Music” reviewed the San Diego Gay Men’s Chorus’

“Movie Night” held this past April. To read the award-winning review, visit [bit.ly/EmpowermentThroughMusic](http://bit.ly/EmpowermentThroughMusic).

In addition to the five awards to SDCNN editors, a sixth award was given to Gay San Diego columnist Nicole Murray Ramirez for his regular column “Conversations with Nicole.” ■

## Correction

In last month’s Best of Mission Times Courier [Volume 24, Issue 10 ‘Best Of Mission Times Courier’ special section], under the category Retirement Living, La Vida Real was improperly identified as the Silver winner and Paradise Village as the Gold winner. The actual Gold winner was La Vida Real and the Silver winner Paradise Village. The Mission Times Courier regrets the error. ■

### ► News briefs, from page 1

their homes. Frost, Read and the rest of the members of the AGGCC volunteer their time to water the trees, ensuring their survival especially during this summer’s long dry spell.

An avid bike rider, Read has met the challenge by using her bike and a small trailer to transport gallons of water to provide to the trees. This endeavor was assisted by Councilmember Sherman’s office by providing funding to purchase “gator bags” for many of the trees. These green bags are fitted to the base of the tree and allow up to 15 gallons of water to slowly percolate into the soil, watering the trees slow and deep, helping encourage proper root development.

The urban forest in the Allied Gardens community is starting to show its age, with many trees recently requiring removal. Actions by citizen groups like AGGCC help ensure the city does its part and gets trees back in the ground when they are removed. The Zion Avenue Beautification project also provided inspiration for others in the area, including the creation of an urban fruit forest at Ascension Church’s community garden.

Residents interested in taking advantage of the city’s free tree program can request a tree to be planted by the city by signing up at [sandiego.gov/blog/free-tree-sd](http://sandiego.gov/blog/free-tree-sd). For more information on urban forestry visit [caufc.org](http://caufc.org), [sdrufc.com](http://sdrufc.com), or contact District 7 Community Forestry Advisory Board member Vince Mikulanis at [vince.mikulanis@davey.com](mailto:vince.mikulanis@davey.com).

### Volunteers needed for tax season

The American Association of Retired Persons (AARP) Foundation is looking for people who are good with numbers, people or computers — or all three — to work as tax aides for the upcoming tax season.

Tax year 2018 will present volunteers with new challenges because of major changes to the tax code. Volunteers will be trained on how to prepare basic tax returns and learn about all the tax deductions and credits that benefit eligible taxpayers. You don’t need to be an AARP member or be a retiree to volunteer. This free program is available to any and all persons.

Each year from Feb. 1 through April 15, trained

See NEWS BRIEFS page 7

SRG  
SENIOR  
LIVING

Bring the whole family out to enjoy the holiday season, as you take in our decorated community and discover why so many love to call La Vida Real their home.

Savor delicious winter treats and take in some festive entertainment sure to put you in the holiday spirit.

So join us for our **Home for the Holidays Tour of Homes** and grab hold of some seasonal cheer (and maybe a cookie, too).

# Home for the Holidays Tour of Homes

Friday, December 7th • 1:00-5:00pm

Please call 858.345.2521 to RSVP today.



**GOLD  
WINNER:**  
Best  
Retirement  
Living

## LAVIDA REAL

INDEPENDENT & ASSISTED LIVING • MEMORY CARE

11588 Via Rancho San Diego • Rancho San Diego, CA  
[LaVidaRealSeniorLiving.com](http://LaVidaRealSeniorLiving.com) • 619.592.8067

# Youth Harmony Day brings barbershop bonanza

Jeff Clemetson  
Editor

San Diego Chorus Master Director Kathleen Hansen wants people to know that barbershop harmony has come a long way since its days of wide-brim hats and striped suits. And that progression will be on full display at Youth Harmony San Diego's sixth Youth Harmony Day at Lewis Middle School on Saturday, Nov. 10.

"I describe it as: 'This is not your grandfather's barbershop,'" she said. "These are young and accomplished quartets."

Youth Harmony Day is an all-day workshop for middle school and high school chorus and barbershop singers from around San Diego County, culminating in a showcase performance featuring the young singers as well as headliner acts.

Performing this year along with the student choirs are quartets Fortunate Sons, SoloVoce and The Newfangled Four — a top 10 ranked Barbershop Harmony Society quartet.

Around 100 students are expected to attend the workshop and perform at the showcase. The students will work all day alongside the featured performers as well as the clinicians Hansen and Pacific Coast Harmony director Royce Ferguson.

This year will be Patrick Henry High School junior John Yokoyama's fourth Youth Harmony Day workshop. He has been singing barbershop since junior high and attends the workshop for the learning experience and the camaraderie.



The Newfangled Four headline the Youth Harmony Day Showcase on Nov. 10. (Courtesy photo)

"If you're going there for the music, definitely Royce, the director, helps you so much to develop everything about your voice," he said, describing what young singers get from attending the workshop. "You can also go for friends. Everyone involved with music, they're just good people."

This will be Patrick Henry junior Andrew Minjares' second workshop. He attended last year's Youth Harmony Day on the advice of Yokoyama.

"He thought it would be a good experience for me, turns out he was right," Minjares said.

Minjares and Yokoyama both sing with a group called Pacific Suns and are looking forward to performing this year's showcase alongside The Newfangled Four, who Yokoyama said has "millions of views on YouTube."

Genesis Wong will be attending her fourth workshop this year. She said she has been involved in chorus for a long time and even traveled to Iceland to perform. She looks forward to

Youth Harmony Day to see old friends and meet new ones.

"What I really love about it is being able to come together with all the people who are there for the exact same thing you are there for — to get yourself involved with music and perform on stage," she said. "It ends up being like a family."

Although Youth Harmony Day has a lot of returning students every year, the event also attracts first-timers.

"It is really exciting to see the students get engaged and excited about singing in harmony together and discover barbershop harmony," Hansen said.

Part of the reason young people are discovering singing is because of TV shows like "The Voice" and "The Sing Off."

"The downside of those competition shows, however, are that they get a bit judgy," Hansen added. "I really like when they have positive experiences. I think 'The Voice' does an excellent job of that, really encouraging people to use their voice and improve and share their music with others because I believe that everyone can sing. It's just a matter of practice. Like any other skill. Anyone can learn to do it."

The Youth Harmony Day Showcase is Saturday Nov. 10 at 7 p.m. at Harvey Lewis Middle School, 5170 Greenbriar Ave. The Showcase is open to the public and tickets are \$10 for adults, and free for all students. For more information or to purchase advance tickets, visit youthharmonysd.com.

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



San Diego Chorus Master Director Kathleen Hansen (Courtesy photo)



Pacific Coast Harmony director Royce Ferguson (Courtesy photo)



(l to r) Genesis Wong, John Yokoyama, Anastacia (last name withheld by request) and Andrew Minjares will be attending this year's Youth Harmony Day workshop and perform in the showcase. (Photo by Jeff Clemetson)

## Why Homeowners Leave Thousands Behind When Selling Their Homes

San Diego – A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of this matter is that fully three quarters of homesellers don't get what they want for their homes and become disillusioned and worse financially disadvantaged when they put their homes on the market.

As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get your Home Sold Fast and For Top Dollar". To order your FREE copy of this report, call toll-free 1-800-270-1494 and enter 1000. You can call anytime, 24 hours a day, 7 days a week.

Get your free special report Now to find out how you can get the most money for your home.

Courtesy of Dan Smith eXp Realty BRE 01346593



**PULMONARY REHABILITATION IS MEDICARE APPROVED**

**CALL FOR FREE LUNG FUNCTION TEST AND CONSULTATION:**

**619-488-6422**

**La Mesa Rehab**  
Pulmonary Rehabilitation

[www.LaMesaRehab.com](http://www.LaMesaRehab.com)

**Jeff Rosa** President/ Broker

**#1 in 92120**

**Call Jeff To Sell Your Home!**



**Be The First Inside This NEW Listing!**  
3678 Mission Mesa way • \$427,500 • 2 Bedrooms, 2.5 baths, 1,226 Sq. Ft. Stylish Interior, Vaulted Ceilings, Garage Parking, Low HOA Dues!

**Do you know what your home is worth?**  
Call Jeff Rosa ... Helpful insight and strategies to maximize your home's value

**I can sell your home too!**  
**Jeff Rosa's Clients Sell Fast & For Top Dollar!**

[www.JeffRosaHomes.com](http://www.JeffRosaHomes.com) | [Jeff@jeffrosahomes.com](mailto:Jeff@jeffrosahomes.com)  
San Carlos/Del Cerro Real Estate Expert | Unparalleled Marketing

**Allen & Rosa**  
A REAL ESTATE BROKERAGE

An Equal Opportunity Broker. If you have a relationship with another agency, this is not intended as a solicitation. Information provided by SANDICOR, Inc. and is deemed reliable but not guaranteed. CA BRE#01452880

► **Cox Hero**, from page 1

and the Trust for Public Land since 2008 (2009 in San Diego). The public nominates “unsung heroes” who are helping to conserve, preserve and enhance outdoor public spaces. Those heroes are reviewed by a panel of environmental experts and executives; this year, the San Diego panel included a reporter who covers environmental issues in Orange County, a former Cox Conserves Heroes winner; a representative from I Love a Clean San Diego; and a representative from Bank of America, a supporter of the program.

Winners receive a \$10,000 check to go to the nonprofit of their choice. The level of participation has grown so much in the last decade that Cox Enterprises decided to make it a national contest. Each regional winner had a video made of them, and the national public's vote determined the winner.

Pryde has been fighting for and educating about the environment since the late 1960s, and was elated to hear that he won — but he is quick to note he is not a lone wolf.

“I thought ‘gee whiz’ [when I first learned of the award]; nobody does anything by themselves. I have to give thanks to all the people who have helped me,” Pryde said.

Pryde first discovered the power of the people when he moved to San Diego from Seattle, Washington. He had attended graduate school in Seattle and accepted a teaching

position at San Diego State University — a place where Pryde felt he could work for a lifetime. That prediction came true. Pryde was a professor at SDSU for 32 years in the Department of Geography, where he edited and partially authored all five editions of the textbook “San Diego: An Introduction to the Region.” Pryde still serves as professor emeritus and third reader for masters theses.

His initial drive from Washington to San Diego in 1971 took him through Los Angeles, where Pryde made a pitstop by the Los Angeles River. In 1938, a section of that river had been turned into a flood control channel by the U.S. Army Corps of Engineers. By the 1970s, according to Pryde, the channel had lost its natural beauty and was overrun by pollution and trash.

When he arrived in San Diego, Pryde noticed that river was still natural, but heard of a plan by the Army Corps to do the same thing as in Los Angeles.

“I said, ‘not on my watch,’” Pryde recalled.

He became the point person for opposition to the building of the channel. The Sierra Club San Diego, San Diego Audubon Society, and Citizens Coordinate for Century 3 (C3 San Diego) all came on board to assist in the fight. More than 1,000 people showed up at the public hearing, and Pryde himself wrote a well-researched letter to the Corps pointing out the flaws in their plan and logic.

The Army Corps decided to forego the flood channel, made a list of nine alternatives, none of which were feasible, and in 1988 completed the First San Diego River Improvement Project (FSDRIP). FSDRIP covers a 7,000-foot section of the river from Qualcomm Way west to Highway 163, including flood control improvements, revegetated channel banks, and buffer zones.

Pryde has since had several interactions with government entities, and has discovered patience is the key.

“I guess I’m just stubborn — I stick with it,” he said. “You just got to hang in there, be the last man standing.”

He saw this when working with the U.S. Forest Service to create San Diego County’s first wilderness area. The service wanted to make the protected land a smaller area, due to the existence of a service road within the property (a federal law stated that wilderness areas could not have a road go through them). Pryde and the Sierra Club rebutted that the road in question was not a public road, just a track for service workers and rangers. They took their argument all the way to Congress, and in the end, as Pryde notes happily, “We won.”

Pryde’s patience won out again when working on behalf of the Silverwood Wildlife Sanctuary, owned by the San Diego Audubon Society. He was on the committee in charge of land purchasing, and learned about a federal law concerning unused public property: If a



Pryde teaching young students about insects (Courtesy Cox Communications)

property borders a private organization that benefits the public in a certain way, that land can be turned over to the organization, Pryde said.

“I thought, ‘well what the heck?’” Pryde recalled. “That would be an idea!”

That idea turned into a 7-year process, as no one had actually attempted the land turnover before. But now, the sanctuary has grown to 785 acres, still private, and still pristine.

Pryde is still in the thick of government mire. His current project is working with SDRPF in creating the Discovery Center at Grant Park. It will be an 11-acre open space park and visitors’ center right across from iFly and SpringHill Suites.

After four years, approval has finally been given through the city, and construction for

utility lines is about to begin. The funding is there for the lines, and campaigns are in the works for the other phases. The prize money from Cox is slated to go towards this new center. And after that, who knows what will be next for, as Pryde puts it, “America’s Finest County”?

“I will be a conservationist as long as my health holds out,” Pryde declared. “Because it matters. Because most people don’t realize how much the natural environment does for them — our world economy would utterly collapse if the environment was not doing free things for them [like pollination].”

—Freelance writer Joyell Nevins can be reached at [joyelle@gmail.com](mailto:joyelle@gmail.com). You can also follow her blog *Small World, Big God* at [swbgblog.wordpress.com](http://swbgblog.wordpress.com).



**PRESTON'S**  
**TIRE**  
**Auto Repair**

All Repairs For Any Vehicle  
**If It Has 4 Wheels, We Can Fix It!**  
Local Family Owned Since 1986

**The Best Alignments And Tires In Town**









8300 Center Dr. La Mesa  
Schedule Service Call **619.460.8311**








By Enhancery Jewelers,  
Kathleen White,  
Graduate Gemologist, GIA

**HOLIDAY GIFT IDEAS -  
PLUS 40 DAYS OF 40% OFF\***



Just in time for your holiday shopping you can take advantage of our 40th Anniversary specials featuring 40 days of 40% Off\* select merchandise throughout the store.

Fancy colored diamonds are very hot! We have large selection of “Cocoa”, black, blue, yellow, and green diamonds set in many styles ready to surprise that special someone on your gift list.

This year stackable rings and bracelets are very stylish as are layering necklaces in all lengths. Fashion definitely is saying more is better. We have a large variety in stock in silver and all colors of gold, white, yellow or rose.

For the guy on your list we have a selection of stainless steel, tungsten and carbon fiber jewelry for the trendsetter. Watches are definitely appreciated and we offer many of the extra large sizes that are trending now.

We also custom design and there is still time to create a unique one of a kind gift if we get started soon.

As always Enhancery Jewelers has a wide assortment of these items on hand for all you gift giving needs.

**November birthstone - Topaz or Citrine**

Topaz occurs in a range of different colors from deep golden yellow to sherry pink “Imperial Topaz” and blue. Topaz has been known for at least 2000 years and is one of the gemstones which form the foundations of the twelve gates to the Holy City of the New Jerusalem.

Citrine is beautiful yellow quartz named after the French word “citron” meaning lemon. It is hard and durable with bright color and lively sparkle. It varies from pale yellow to rich golden yellow to a dark orange, called Madera citrine.



Martin and Kathleen White have owned Enhancery Jewelers for over forty years. They specialize in diamond and gemstone jewelry, custom design, appraisals, and jewelry and watch repairs. Find us on Facebook and check out our monthly specials or shop online at [www.enhancery.com](http://www.enhancery.com).

**ENHANCERY**  
jewelers  
Since 1978

4242 Camino Del Rio N. #17  
(next to chilli's at I-8 & Mission Gorge)  
**619.282.3900**

► **MTS housing**, from page 1

demonstrating a large number of MTS-owned parking lots are substantially underutilized.

“It won’t be until next year that Requests For Proposals (RFPs) go out,” said Rob Schupp, MTS director of marketing and communications, about transit parking redevelopment.

An RFP document solicits business proposals through a bidding process from agencies or companies interested in procuring a commodity, service or valuable asset.

Schupp noted MTS has already been active in developing its transit-station properties.

“Under construction now are 67 units at our Encanto station (Villa Encantada at 505 62nd St. and Imperial) that are 100 percent affordable,” he said adding, “We reduced our parking requirements there by 42 percent.”

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

The MTS spokesperson said exclusive negotiations are also underway with developers for the Grantville trolley station “to build a combination of for-rent and student housing numbering at least 425 units.”

Schupp pointed out another major rental project at the Grossmont Transit Center in La Mesa has been developed

with 527 units (15 percent affordable). In that project, underground parking was required for transit use. MTS leased the property for 99 years.

“We project revenue to be more than \$600 million over the length of the lease,” Schupp added.

Circulate San Diego, a regional nonprofit dedicated to advancing mobility, has proposed alleviating the affordable housing crunch by transforming MTS parking lots into low-income housing. Circulate’s proposal, published in the Real Opportunity report, shows MTS has at least 57 acres of available property, much of it underutilized transit parking lots.

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

“MTS is planning to create a manual for processing these projects within three months,” said Colin Parent, Circulate’s executive director and general counsel. “We anticipate at least the start of the RFPs to begin in 2019.”

Without disclosing any sources, Parent added, “There has been a variety of interest from developers. Proposals have already been submitted to MTS for the Grantville site, and the E Street site. After the publication of our report, we have heard from about a dozen developers asking for additional information about opportunities with MTS properties.”

Two spokespersons for the San Diego Housing Federation, which advocates for regional affordable housing, said reuse of underutilized trolley parking lots is a step forward. But they insist some of the rules of the game need to be changed.

“What we’ve pushed for is an analysis of the needs and demands on each site, and respond to that,” Russell said asking, “If only 10 percent of a site is used, why should you have to replace 100 percent of the parking?”

Federation policy director Laura Nunn said providing affordable housing in MTS parking lots serves two purposes: reducing greenhouse gas emissions while offering low-income residents a viable transportation option.

“Lower-income households have a much lower propensity to own cars,” Nunn noted. “Lower-income households also live more densely, with more people per dwelling. By having a dedicated percentage of affordable housing near transit, it aligns with the goal of promoting transit ridership, which also helps reduce greenhouse-gas emissions. It makes sense.”

MTS is all in on helping out where it can with affordable housing development, said Schupp. But he added it is only one small answer to finding an overall solution to the affordable housing crisis.

“The MTS board supports the full development of our property as Transit Oriented Development is critical for our region’s growth and achievement of Climate Action Plan



This underutilized parking lot next to the Grantville Trolley Station is one of the most likely areas to be developed for housing under the new MTS plan. (Photo by Jeff Clemetson)

goals,” Schupp said. “We will be more aggressive in marketing the properties. But even at full build-out, MTS will deliver only a small portion of the new housing needed in the region.”

Schupp noted estimates are that the regional shortfall of affordable housing presently exceeds 100,000 units. He described Circulate San Diego’s estimate of accommodating 8,000 affordable housing units on MTS’s approximately 60 available transit station acres as overly ambitious from a zoning perspective.

“This equates to 133 units per gross acre,” Schupp said. “There is no land outside of Downtown with zoning that allows that kind of density. Also, that kind of development would require Class A mid-rise buildings, which is very expensive to build and doesn’t pencil out.”

The property at Grantville, cited Schupp, is zoned for 109 units per acre. “But feasibility studies show that the land can only support between 40 and 53

units per gross acre,” he said. “So the effort to fully develop these properties — which is in everyone’s best interest — is going to require city zoning changes. And the 8,000 units, however attractive, is likely not achievable.”

Characterizing the leveraging of public space for affordable housing as “good,” Russell added, “We need to think smart because the scale of the problem is enormous. Every dollar spent on housing in public spaces helps us achieve our goals of promoting transit ridership and decreasing greenhouse gas emissions.”

Russell is optimistic about ultimately finding ways to supply the growing need for affordable housing region wide.

“This is solvable,” he said. “But it’s going to take a long time, and it’s going to take a series of actions, like this.”

—Dave Schwab is a San Diego-based freelance writer. Reach him at [dschwabie@journalist.com](mailto:dschwabie@journalist.com). ■

**Mobile Pet Grooming with Love!**

Full Service • Customized

Because Your Furry Family Members Deserve Special Care

**Awesome! Doggies**

[AwesomeDoggies.com/CNG](http://AwesomeDoggies.com/CNG)  
(619) 324-7304

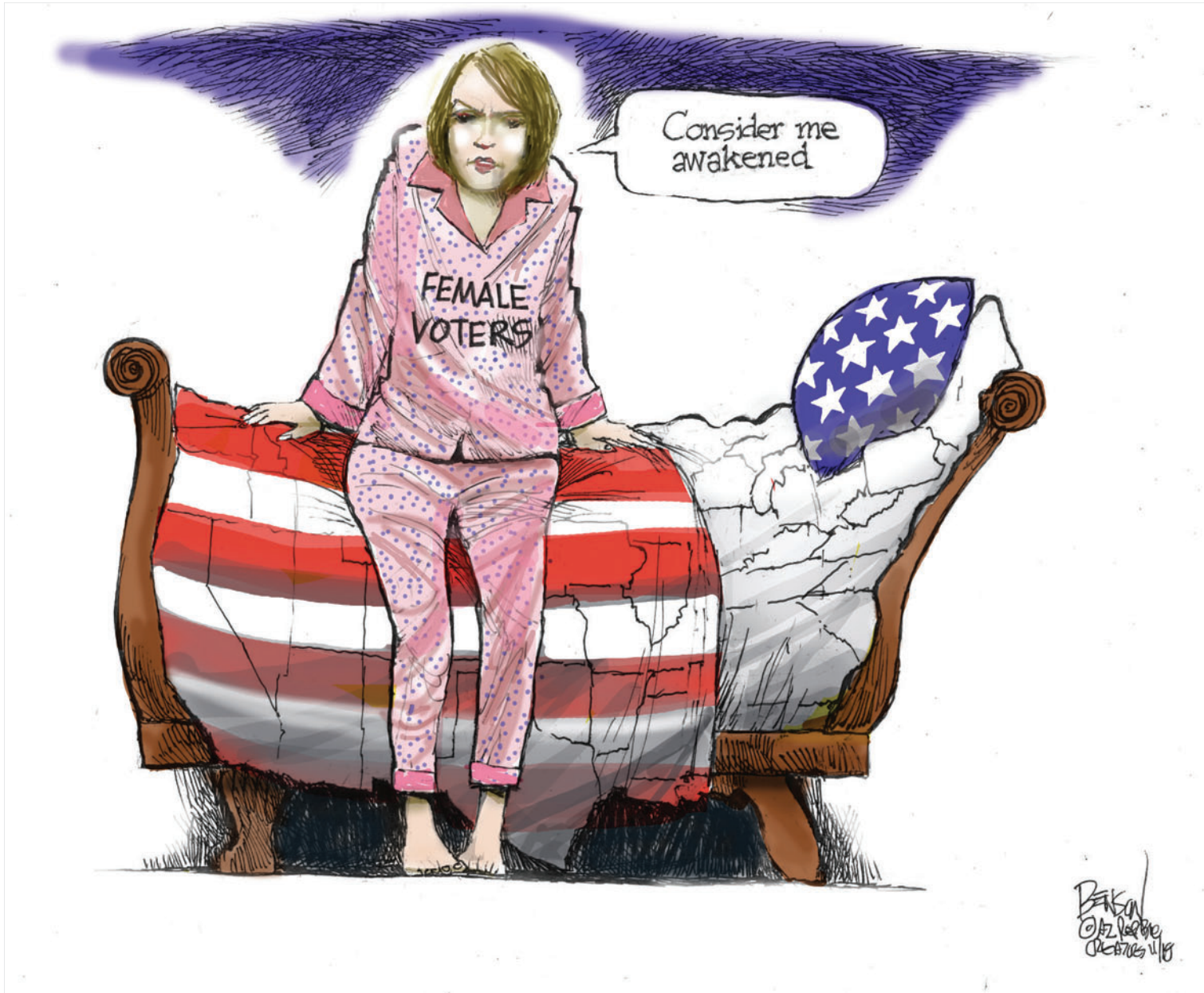
**VOTED The Best MEXICAN CUISINE**  
By the Readers of the *Mission Times Courier* in the “Best Of” Competition

**AND! VOTED THE BEST MARGARITA & BEST OUTDOOR DINING TOO!**

- Authentic Cuisine
- Fresh Tortillas
- Strolling Mariachis
- Catering & Banquets
- Kid’s Menu

**Thank You!**

**CASA DE PICO**  
MEXICAN RESTAURANT  
5500 Grossmont Ctr Dr.  
La Mesa, CA 91942  
619.463.3267 [CasaDePico.com](http://CasaDePico.com)



Letters

Local cartoons, please  
Re: Political cartoon  
[Volume 24, Issue 10]

I'd like to ask the Mission Times Courier to stop running cartoons on national political topics. The newspaper's reason for existence is to inform and connect our local community on things of local importance. The cartoons are often politically divisive and snarky. There's enough of that going on elsewhere. I have no problem with sharp opinions being presented, but those in the cartoons don't seem relevant or helpful in a small community paper. Maybe you can solicit cartoons on varied local topics from local residents, including high school students.

—Roni Breite.■

Mission Times Courier is delivered every month to virtually every home and business in Grantville, Allied Gardens, Del Cerro, and San Carlos.



Heather Fine  
(619) 961-1957  
heather@sdcn.com



Guest editorial

Region's water supplies sufficient for 2019 and beyond

Jim Madaffer

A welcome rainstorm in mid-October provided the first significant relief from months of very hot and dry weather — and then the weather turned hot and dry once again. That cycle is a reminder of two important facts of life of San Diego County:

- On average, we get about 10 inches of rain a year — far less than what we need to sustain our \$220 billion economy and 3.3 million people.
- With continued investments in water supply reliability and water-use efficiency, we can continue to thrive in this amazing place.

As we look toward the rainy season, it's worth taking stock of why we have sufficient supplies for 2019, regardless of the weather.

Water managers measure rainfall from Oct. 1 through Sept. 30, what we call the "water year." Water year 2018 just ended, and it was the second-driest in San Diego dating back to 1850, with just over 3 inches of rain at Lindbergh Field. In terms of water supply for the region, that barely registers — and it's a reminder that we haven't had enough local water supply to meet local demands for more than 70 years.

Another key factor in the water supply-demand equation is



heat — and yes, local temperatures have been significantly higher than normal for nearly five straight years. In many months, the average daily maximum temperatures have been more than 4 degrees above the long-term averages.

Higher temperatures, coupled with a flourishing economy, put upward pressure on water use. Thankfully, the San Diego region continues to embrace water-use efficiency. In fact, cumulative regional municipal and industrial potable water-use over the past three-plus years was 17 percent below base year 2013 levels.

Water resource stewardship is part of the region's legacy going back decades. Not many people remember it these days, but we sponsored the original state legislation in 1991 to require low-flow toilets, a

standard that has saved countless billions of gallons worldwide. And the Water Authority continues to offer water-use efficiency resources at WaterSmartSD.org.

While we embrace WaterSmart living, we also have executed strategic plans to withstand dry spells and emergencies such as earthquakes. An array of investments, including the Claude "Bud" Carlsbad Desalination Plant and a landmark conservation-and-transfer agreement in the Imperial Valley, mean we have ample water for projected demands in 2019 and beyond.

While the U.S. Drought Monitor classifies San Diego as a region of "Severe Drought," that does not reflect water supply conditions. We don't need extraordinary conservation measures right now, but rather a continued commitment to use water efficiently. That's because we have made — and we continue to make — the investments necessary to fuel our economy and quality of life even when dry spells last for years.

—Jim Madaffer is board chair of the San Diego County Water Authority.■

Mission Times COURIER

444 Camino Del Rio South, Suite 102  
San Diego, CA 92108  
(619) 519-7775  
MissionTimesCourier.com  
Twitter: @MssnTimesCourier

<b>EDITOR</b> Jeff Clemetson (619) 961-1969 jeff@sdcn.com	<b>SALES &amp; MARKETING DIRECTOR</b> Mike Rosensteel (619) 961-1958 mike@sdcn.com
<b>EDITOR AT LARGE</b> Doug Curlee (619) 961-1963 doug@sdcn.com	<b>MARKETING MANAGER</b> Francisco Tamayo (619) 272-1279
<b>CONTRIBUTING EDITORS</b> Albert Fulcher, x110 Sara Butler, x118	<b>SALES INTERNS</b> Nic Carle Allie Droze
<b>WEB &amp; SOCIAL MEDIA</b> Jess Winans, x102	<b>ADVERTISING CONSULTANTS</b> Heather Fine, x107 Norma Bialas, x113
<b>COPY EDITOR</b> Dustin Lothspeich	<b>ACCOUNTING</b> Priscilla Umel-Martinez (619) 961-1962 accounting@sdcn.com
<b>CONTRIBUTORS</b> Jeff Benesch Bat Boerner Charles Carter Elizabeth Gillingham Shain Haug Sue Hotz Kathryn Johnson Jim Madaffer Patricia Mooney Jennifer Morrissey Joyell Nevins Tina Rynberg Frank Sabatini Jr. Dave Schwab Patricia Simpson George Varga Jay Wilson	<b>SALES ASSISTANTS</b> Erik Guerrero Eric Diaz
	<b>EDITORIAL ASSISTANT</b> Jess Winans
	<b>EDITORIAL INTERN</b> Jules Shane
	<b>PUBLISHER</b> David Mannis (619) 961-1951 david@sdcn.com
	<b>PUBLISHER EMERITUS</b> Jim Madaffer



**OPINIONS/LETTERS:** Mission Times Courier encourages letters to the editor and guest editorials. Please email submissions to jeff@sdcn.com and include your phone number and address for verification. We reserve the right to edit letters for brevity and accuracy. Letters and guest editorials do not necessarily reflect the views of the publisher or staff.

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

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

**DISTRIBUTION:** Mission Times Courier is distributed free the second Friday of every month. © 2018. All rights reserved.

sdcn  
SAN DIEGO COMMUNITY NEWS NETWORK, INC.

Mission Times COURIER

SAN DIEGO DOWNTOWN NEWS

GAY SAN DIEGO

La Mesa COURIER

MISSION VALLEY News

Uptown News

IFPA  
afcp  
CIRCULATION VERIFICATION COUNCIL

# Republican Women give generous donation



Pat Boerner

Our annual Fashion Show fundraiser at Bali Hai in October was well attended and a huge success. Part of the proceeds were allocated to a local, nonprofit organization and we were pleased to make a generous donation to Canine Companions for Independence/Veterans in Oceanside. Kat Culkin, our president, presented the check and expressed appreciation for all that they do. Knowing that this donation goes toward training dogs to aid our veterans in dealing with various everyday challenges gives us a great deal of satisfaction. “Never forget our veterans” is something we take very seriously.

Our Dec. 11 meeting will be in the form of a holiday party at the home of Ginny Wisley. Members will bring a delicious array of appetizers and desserts to share and enjoy. Once again this year, we will be collecting toys and gifts for San Diego Military Outreach Ministries. This charity helps out junior enlisted families in gratitude for their service and sacrifices. It specifically donates to families with young children that are trying to survive on a low salary in our expensive California economy. These families are extremely appreciative. This festive party is a wonderful way to enjoy the spirit of the season. We welcome any local Republican women interested in making new, like-minded friends and in learning ways to volunteer and promote our philosophy and agenda. It will be a fun, informal way to get to know each other and chat about election results. For more information, contact Marjie at 619-990-2791 or visit our website [navajocanyonrwf.org](http://navajocanyonrwf.org).

As of this writing, we are anxiously awaiting the election on Tuesday, Nov. 6. We are doing our best to aid candidates in getting their messages out and help to inform voters on

the issues, and especially the importance of getting out the vote. We have been very active in attending fundraisers for candidates, walking precincts, making phone calls, writing out postcards and communicating through social media. The one thing everyone seems to agree on is that the party with the greatest voter turnout will be the most pleased with the election results. There are opportunities to volunteer and be involved throughout the year, so please don't feel that after the November election that the job is done — it is an ongoing commitment.

We will be back at La Mesa's Brigantine restaurant on Tuesday, Jan. 8, 2019, with an invigorating speaker to kick off the new year. Check-in time begins at 10:30 a.m. and the meeting begins at 11 a.m. A full-course luncheon will be served at noon with the speaker following at 12:45 p.m. Cost is \$25 and reservations are absolutely required due to limited seating and usually a sold-out crowd. Cash and checks are accepted, but sorry, no credit cards. To join us, please RSVP to Marjie at 619-990-2791 or RSVP to [ncrwf99@gmail.com](mailto:ncrwf99@gmail.com). For more information on all our activities, visit us at [navajocanyonrwf.org](http://navajocanyonrwf.org) and like us on Facebook.

—Pat Boerner writes on behalf of the Navajo Canyon Republican Women, Federated.■

# Pure Water moves forward, construction beginning soon



San Diego's goal to provide one-third of its own water by 2035 took a major step recently when the City Council approved a low interest loan that will finance nearly half of the first phase of the Pure Water program.

The \$614 million loan comes from the EPA's Water Infrastructure Finance and Innovation Act (WIFIA) and will cover 49 percent of the \$1.25 billion project.

The WIFIA program was created to accelerate investment in the nation's water infrastructure by providing long-term, low-cost supplemental loans for regionally and nationally significant projects.

The Pure Water program will offer a cost-effective investment for San Diego's water needs and will provide a reliable, sustainable water supply. Pure Water will eventually recycle up to 83 million gallons of water daily once the project is completely finished.

The first phase of Pure Water is scheduled to begin construction in 2019 and open in 2021. It will expand the city's potable water production capacity by 30 million gallons per day to replace the use of imported water.

The project will require construction of new facilities, pump stations, and pipelines



San Diego's water recycling program will produce 83 million gallons of water a day. (Courtesy City of San Diego)

along with upgrades to current facilities.

This important project will provide the San Diego region with a clean, safe, and sustainable water source for generations.

For more information on the Pure Water program, please visit [purewatersd.org](http://purewatersd.org).

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

## ► News briefs, from page 2

AARP tax-aide volunteers prepare federal and state tax returns for low- and middle-income taxpayers, with special attention to those aged 60 and older. AARP Foundation tax-aide volunteers receive training, including tax preparation training and IRS certification prior to working with taxpayers. This training is free and takes about two weeks early in January. All documentation is provided and computers are loaned for the duration of the tax season.

AARP Foundation is particularly interested in wheelchair-bound volunteers as well as Spanish-speaking volunteers.

Interested persons should visit online at [aarp.org/taxaide](http://aarp.org/taxaide), or call Ray Smith at 619-583-6685. Volunteers must sign up by Dec. 15 to become IRS-certified in time for the 2018 tax season.

.....

**Alvarado opens new geriatric care center**

Alvarado Hospital's new Senior Care Specialty Services Department received the final clearance to open, and began receiving patients on Nov. 5. The new department completed its final comprehensive survey by the California Department of Public Health on Oct. 30.

See NEWS BRIEFS page 19 →

### LOLA'S HAIR & SKIN CARE

- COLOR
- HIGHLIGHTS
- PERMS
- BALAYAGE
- FACIALS
- WAXING

CALL FOR AN APPOINTMENT NOW  
**619\*283\*0606**  
8312 Lake Murray Blvd. Suite N

### SPECIALS

- Partial Highlights with Blowdry **\$55.00**
- Classic Basic Facial **\$45.00**
- Haircut, Blowdry & Style **\$25.00**
- Long Hair Extra

## ST. THERESE ACADEMY

DEL CERRO | ALLIED GARDENS

# NOW ENROLLING!

PRE-K THRU 8TH GRADE

Thank You for Voting Us Best Of!

Call today  
**(619) 583-6270**  
Preschool License #372005988  
6046 Camino Rico San Diego, CA 92120

## SELLING OR BUYING A HOME?

I WILL SAVE YOU THOUSANDS IN \$\$COMMISSIONS\$\$

SELLING: I List Home For 1%  
BUYING: Receive a 25% Commission Rebate

### Call LJ Woodard

**(619) 794-9966**

Go to my Website  
[www.LJWoodard.com](http://www.LJWoodard.com)

#1 Discount Broker in San Diego!  
One Percent Listing Group Inc | DRE 01446472

## Put Us to work for you today!

LIVING AND WORKING IN DEL CERRO

CENTURY 21 Award

Linda Lee Harris  
SRES  
REALTOR-Associate  
CALBRE 01238752  
[homesbylindaharris@gmail.com](mailto:homesbylindaharris@gmail.com)  
619-820-4789

Joan Hay  
SRES, CRS  
Broker-Associate  
CALBRE 00599034  
[joanhayc21@gmail.com](mailto:joanhayc21@gmail.com)  
619-994-2816

### New Listing! Great family park!

Manufactured home centrally located in Kearny Mesa area  
3 Bedrooms, 2 Baths, 1,320 sq. ft.  
Built in 2006. New paint and vinyl flooring.  
Master has large bathroom with double sinks, separate tub/shower & huge walk-in closet  
2 Car attached tandem carport, with storage shed.  
**\$175,000 Call for details**

# Roy Zimmerman returns to headline holiday party



Tina Rynberg and  
Jeff Benesch

We all look forward to a joyous new year, and finally reigning in the calamitous and criminal enterprise operating out of the White House and Congress, and perhaps take steps to slow the ravaging of our planet and provide a healthy future for our children and grandchildren. How appropriate is it that La Mesa Foothills Democratic Club welcomes back singer/songwriter Roy Zimmerman to highlight our holiday festivities on Wednesday, Dec. 5. Members remember Roy's hilarious and biting satire from years past and we should all be entertained anew given the last 24 months of Trump world. What can one person do about racism, gun violence, climate change, income inequality, bigotry, ignorance, war and

greed? "Write funny songs," says Roy Zimmerman! Over 20 years on stages, screens and airwaves across America, Roy has brought the sting of satire to the struggle for peace and justice. His songs have been heard on HBO and Showtime, and he has recorded for Warner/Reprise Records. His YouTube videos have garnered over 7 million views and he's a featured blogger for the Huffington Post. His latest work is called "ReZist," bringing laughter and encouragement to progressive-minded people who need a lot of both in the age of Trump. Roy says that by calling out the world's absurdities and laughing in their face, he's affirming the real possibility for change. As tradition holds, we will welcome all members and guests to enjoy our holiday feast, with turkey, ham, and all the trimmings supplied by the club. Members and guests are encouraged to bring appetizers, side dishes, salads, and/or desserts to augment the club's meat carvings, veggie entrees and beverages. We'll start our



Folk singer Roy Zimmerman (Courtesy LMDFC)

festivities at 6 p.m., so come prepared to share time with fellow liberals and enjoy our wonderful potluck dinner. We ask each member and guest to contribute \$15 cash (suggested donation) at the door to offset the costs of our wonderful performer. We'll be meeting at the usual place, the spacious La Mesa Community Center, 4975 Memorial Drive, just north of University Avenue in La Mesa. Because of the overflow crowds for this annual event, we ask willing and able members to park by the Little League field and take the short walk up the stairs to the Community Center. Let's leave the adjacent parking lot for those who need to be in closer to the meeting room. As in past years, we also ask each member and guest to contribute to our annual holiday charities. Again this year, we are supporting the efforts of the food bank at Santa Sophia Church to feed needy families in the Casa de Oro area. Please bring canned and nonperishable foods that can help provide for the several hundred local families in need during the holiday season. They also like to give out "street-ready" foods such as high protein bars, fruit and nut snacks, and pop tarts. We also support the efforts of La Mesa United Methodist Church, which offers the city's homeless citizens hot showers and other necessities during the cold and wet winter season. We ask that you bring some new, unused toiletries and/or gently used clothing for those who don't take these items for granted. Shoes and new socks are particularly appreciated. Lastly, we ask each member, and those who have not yet

See FOLK SINGER page 9 —>

# Allied Gardens/Grantville Community Council news

Shain Haug

The Allied Gardens/Grantville Community Council's (AGGCC) Nov. 27, 2018 Town Hall meeting will address the Zephyr Special Needs housing project for homeless veterans now under development at the old Motel 6 on Alvarado Canyon Road. The meeting will be attended by Brendon Bergen, of Affirmed Housing, and Jonathon Castillo, of People Assisting the Homeless (PATH). As we come to the end of the year, it is a good time to review the AGGCC's activities during 2018. A great year it was. The newsletter we publish every other month is a great resource. It is full of important information about our community and the doings of local government. Our thanks to Julie Stollenwerk, John Kunkel, and Terri Lattman for faithfully getting this out to our subscribers and thanks to our advertisers for their loyalty. Because of Marilyn Reed's extraordinary leadership, we began the year with the holiday lights at the Kiwanis Triangle and at the fly-over bridge and the Holiday Festival. AGGCC held six Town Hall meetings and offered information on and discussion of urban forestry, stadium area development, and homeless housing; and we heard from state Senator Toni Atkins and Councilmember Scott Sherman on matters of government operations. AGGCC expanded our relationships with Foster and Marvin schools and we began regular contact with GADS (Grantville, Allied Gardens, Del Cerro, San Carlos), a new association of local business owners. Cassie Rivaldi gave us the benefit of her expertise and established a fine website at aggccouncil.org. The California Urban Forests Council (CaUFC)

was founded in 1968 as the first urban forest council in the nation. We worked with this organization in planting and maintenance of 65 trees along Zion Avenue. Thanks to the watering and care the trees receive from their neighbors, they are flourishing. A grand canopy is only a few years away. Our board members Sophia Frost and Jessica Read led this effort and received the Best Urban Forestry Award from CaUFC. Their commitment is nothing short of amazing. Our Beatification Committee hosted an Arbor Day event in association with the opening of the Allied Gardens Community Garden. The garden (located on the grounds of Ascension Lutheran Church) is the result of the leadership of the church and its partners and of contributions of money, materials, and trees by local merchants. Every bit as important as what was done is what we hope to take on in 2019. There is so much more that needs to be accomplished. The short list includes website updating, continuation of the Zion Avenue Tree Project, expansion of the Urban Forestry throughout the community, development of our relationship with the local business community, Town Hall meetings on matters of importance to the communities, expansion of our newsletter subscriptions, and maintenance of the foliage around the Allied Gardens sign on Waring Road. Membership on the board of directors is critical to our continued work but only 10 of us are active, barely enough to continue our present work. If you join the AGGCC board of directors, we promise you this: We will support and encourage your special passions for the neighborhood. You will not be asked to do more than the tasks you take on and, of greater importance, to work on no more than projects that you bring to the council. The Allied Gardens we love is ours to preserve and Grantville is beginning a momentous change in which we must be a part. The communities need you. This is your opportunity to be proud of your part in our important work. 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. The board is dark in December. The next meeting will be on Tuesday, Jan. 8, 2019 (delayed one week because of the New Year's Day holiday). —Shain Haug is the president of the Allied Gardens/Grantville Community Council. Reach him at aggccshain@yahoo.com, or visit aggccouncil.org.■

**VisitingNeighbor**  
WE'RE CLOSE... AND WE CARE

**Visiting Neighbor gives you Residential Assisted Living from the comfort of your own home**

**Dressing • Bathing • Medication  
Meals (Restaurant Quality) • Transportation  
We Also Have Activities, Fitness, Music,  
Tea Time And Much More!**

**NO MINIMUM VISITATION REQUIREMENT**

VISIT US AT [WWW.VISITINGNEIGHBOR.COM](http://WWW.VISITINGNEIGHBOR.COM)  
**619-272-6796**

**Kennedy Electric**  
619-464-6568  
Complete Electrical Service and Installation  
Residential • Commercial

- Experienced Professionals
- Competitive Prices
- Bonded & Insured
- Swift Response

**No job is too small...  
No problem is too large!**  
**To reach us please call:**  
619-464-6568  
**Email Address:**  
[info@tomkennedyelectric.com](mailto:info@tomkennedyelectric.com)  
**Web Address:**  
[www.tomkennedyelectric.com](http://www.tomkennedyelectric.com)

We can help you through your next electrical project from troubleshooting a power loss, to installation of LED recessed lights to an upgrade of your service panel.

Lic #C10-516913

BBB ACCREDITED BUSINESS A+

# San Carlos Area Council news

Patricia **Mooney**

This year's trick-or-treaters have come and gone, and Halloween decorations are now stashed back in our garages. It's November, traditionally a time to count our blessings. Here we are in America's finest neighborhood, in America's finest city. If you think about it, San Carlos is tucked into a true "Golden Triangle" of Mission Trails Regional Park, Cowles Mountain and Lake Murray. We're living in "Heaven on Earth" and we have much for which to be grateful. So take advantage of the beauty and easygoing climate; take a stroll or a bike ride at Mission Trails or around Lake Murray; or treat yourself to the views from the top of Cowles Mountain. Enjoy the amazing amenities of our own backyard.

On Nov. 1, San Carlos Area Council (SCAC) President Mark Schulze and I attended the VIP grand opening of the 24-Hour Fitness club that has moved into the old LA Fitness premises. Having

been members of LA Fitness for many years, we were both impressed by how much elbow grease it must have taken to re-imagine and renovate the facility. The handball courts and child care room are both gone, replaced by a dedicated spin class room and aisles of workout machines. The pool and jacuzzi are ready to go. The men's and women's locker rooms are both spanking clean and they each feature several showers and a sauna. It's 24-Hour Fitness' 35th club in San Diego. General Manager Matt Ryan, who served as a Marine, and prior to that a college football star, greeted us warmly. He said that the club is happy to employ community members and help us get fit.

We've got a new grocery story (Aldi) and a new gym (24-Hour Fitness). The Orchard Supply Hardware is closing with presumably another business to take its place. So when, oh when, will we ever see a new library? The one advancement toward this goal that we've seen in 20 years is a new sign with an architectural rendering of what the new library will



24-Hour Fitness cut the ribbon on its new San Carlos facility on Nov. 1. (Photo courtesy Patty Mooney)

look like. According to David Ege, our branch librarian, the adjoining parcel, formerly a gas station, underwent environmental testing months ago with a report issued in April. The city will not purchase that land to facilitate library expansion until the testing is complete and the county signs off. In August, the county had questions. It is now November and the Christmas wish on many a library-lover's list is to finally break ground on the new library for which our community has patiently been waiting — for over 20 years. San Diego County, the ball is in your court.

Consider becoming a SCAC member. The dues are modest (\$7 per household and \$15 for a business). Help support this local volunteer-run organization by sending a check 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 San Carlos Area Council President Mark Schulze at mark@crystalpyramid.com.

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

► **Folk singer**, from page 8

joined or renewed, to please pay our modest 2019 dues at our December meeting. We'd love to get a head start on our annual Membership Drive as we are now approaching 500 members! Remember, it's only \$30 for the whole year, and we still offer silver level memberships at \$45, and gold level at \$60 for those that can give a little more. Please bring cash or check for our membership sign-ups and renewals.

La Mesa Foothills Democratic Club draws members from the communities of Allied Gardens, San Carlos, Del Cerro, the College Area, La Mesa, Mt. Helix, Casa de Oro, Santee and other nearby East County Communities. All residents are welcome to attend our monthly meetings which take place on the first Wednesday of each month. Please visit our website for coming events at lamesafoothillsdemocraticclub.com and like us on Facebook.

—Tina Rynberg is president and Jeff Benesch is vice president of programming for the La Mesa Foothills Democratic Club. ■

# SHOP LOCAL

YOU should be connecting with customers within a 5 mile radius of your location!

WE DON'T HORSE AROUND!

Keith Everett  
Construction  
& Handyman Service

619.501.7480

HOME REMODELING

- Room Additions
- Kitchens
- Bathrooms
- Window Replacement
- Patio Covers
- Decks
- Fences
- Brick Walls
- Slabs and Paving
- Artificial Turf

HOME REPAIRS

- Water Heater Installed
- Plumbing
- Drain Cleaning
- Electrical
- Ceiling Fans
- Light Fixtures
- Tile Work
- Dry wall
- Painting
- Roofing

NO JOB TOO SMALL!

TRINITY  
YOGA AND FITNESS

We're Still Thankful

40% OFF Packages

November 10th-30th! Limit 6. (Each package is valid 30 days from activation. All packages must be used by April 10th 2019)  
Purchase on website trinityyoga@att.net or call or text Sally to purchase in studio.

Mission Times COURIER  
BEST OF  
2018

Where You Find the True Spirit In You & The True Spirit of Yoga

Trinity Yoga & Fitness Studio, Inc. 7428 Jackson Drive

619-672-6352

Barbie's Nails And Tails  
PET GROOMING

Mission Times COURIER  
BEST OF  
2018

New Pet Sitting Hours 7AM to 7 PM

\$10.00 OFF ANY SHORT  
HAIR BREED  
Grooming Service!  
Must Bring In Coupon!  
Exp Date 12-13-18

Barbie's Nails & Tails Pet Grooming

6628 Mission Gorge Rd. Ste. A San Diego 92120

619.806.3056

Comfortable Handcrafted Mattresses

You're Going To Love The Way You Sleep, We Guarantee It!

Free Custom Pillow and Luxury Sheets With Mattress Purchase

180 Night Comfort Guarantee

619.303.9505

8366 La Mesa Blvd., La Mesa, Ca 91942  
www.MattressMakers.com

Rafael and Valeria's Shoe Repair

619-583-3276 Cell: 619-921-7049

5160 Warning Rd. San Diego

Serving All Brands Of Shoes, Boots, Bags,  
Luggage, Zippers, Coloring

"Just In Time For Fall!"

Boots On Sale \$69.00 to \$79.00

Other Styles Available

Open Mon-Fri 7AM - 6PM Sat 7AM - 4PM

Donate your car to the  
CARS FOR KIDS program

- Complete automotive maintenance and repair
- Early bird / Night drop off service
- ASE Master Certified Technicians
- Complimentary shuttle service
- 36 month / 36K mile warranty
- AAA Approved facility

6267 Riverdale St. San Diego 92120

619-280-9315 • johnsautomotivecare.com

## Family Owned for Over 50 Years

More  
Important  
Than Ever



This long service has given us a great respect for people and meeting their needs whether it is for

- Local Burial • Cremation
- Pre-Needs
- Transfers to a Faraway Place

Serving San Diego County with Reverence & Dignity

[www.featheringillmortuary.com](http://www.featheringillmortuary.com)  
(619) 583-9511 Teri Featheringill  
General Manager  
6322 El Cajon Blvd. San Diego, CA 92115  
License# FD1083



**Seiko Properties**  
**619.251.1088**  
[www.seikoproperties.com](http://www.seikoproperties.com)  
CA - BRE #00993287 AZ - DR #812922

**COMMUNITY & BUSINESS REAL ESTATE**



**Daniel Bonin**  
619.218.9873  
Lic. # CA BRE# 02021065



**Daniel Leenerts**  
619.384.5447  
Business Manager

**Coldwell Banker West**  
**David Ripplinger-Realtor**  
**Discover The Difference**  
Serving Del Cerro, San Carlos & Surrounding Areas

*My Professional Mission Is to Deliver  
The Highest Customer Service To Promote  
The American Dream Of Home Ownership  
And To Aspire To Excellence Through Education  
While Adhering To The Highest Standard Of Honesty,  
Trust, Integrity & Professionalism"*

**Licensed in California  
and Washington State**  
**CALIDRE #01938478**

**619-300-0347**  
davidriplinger@gmail.com  
SDHomesByDesign.com

## Del Cerro Action Council news

Jay Wilson

The October meeting of the Del Cerro Action Council (DCAC) met on Monday, Oct. 22, to accommodate the very busy schedule of Dr. Adela de la Torre, the new president of San Diego State University and our special guest for our meeting.

"I have only been on the job for 100 days and so far, I am being a listener to everyone from SDSU staff to community leaders. I want to make sure SDSU is a good neighbor," de la Torre said, before taking questions on a variety of issues.

### How do you see the project at Qualcomm?

"In the last three months, I have seen a tremendous demand for SDSU to grow. It is the only contiguous property available to us. Realistically, we have to move forward to acquire that land. With it, we can attract the kind of industry that will compliment SDSU. We have over 100,000 applicants for students and grad students. The opportunities are great at SDSU and the Qualcomm campus will greatly enhance our opportunities. Sixty percent of SDSU students end up living and working in San Diego."

### A homeowner who lives on Adobe Falls Road at Mill Peak asked if SDSU could raise the height of the fence. The current height is not a good deterrent to keep individuals from climbing over the fence and down into the Adobe Falls area.

President de la Torre stated that should not be a major project and she was confident it could be done.

### What is the future of developing Adobe Falls for homes?

"The vision is different from development of Adobe Falls. Qualcomm is much more attractive. The housing projects are in the 2007 master plan, but we do not have Adobe Falls housing in the current plans as far as I am concerned."

### What about the Adobe Falls area following the fire?

Dr. Frost responded to the Adobe Falls problem. Frost

reiterated that there is a lot that can be done from SDSU in a positive manner. He also mentioned the problem with the runoff from rains that will impact the property downstream.

### Dr. de la Torre commented on how the state college and the UC systems work.

"The SDSU master plan began in 1968. A group of individuals decided we would have a divided system. Times have changed. Look at SDSU now, and realize the volume of what we can offer. We have 19 doctoral programs. Currently we have to negotiate to expand our doctoral programs. There are new doctoral degrees and we have to bargain with the UC system to offer these new programs. We need to find a way to allow the system to operate in the most beneficial way. There is politics involved in the UC system dividing the UC and state system. It is time to modify the master plan. We have the faculty who can offer the next level of academics. There is strong interest in updating the master plan. I would assume that within two years, there will be a change to benefit SDSU."

### What percentage of students are commuters?

"Over 50 percent of students live around here are 'community students.' Next year, we will have 7,200 on-campus beds. Beginning next year, freshmen will not be able to have a car on campus."

### How can we increase cooperation between SDSU and the local schools with an emphasis on STEMM (science, technology, engineering, math and music)?

"All of the SDSU faculty is interested."

### How can Del Cerro support you and SDSU?

"One of the things that is important is that we know about the issues well in advance. There are also opportunities for us to work with the community using our professors and expertise. We need to hear from you. I want to hear from the ground up."



SDSU President Dr. Adela de la Torre  
(Courtesy SDSU)

Dr. de la Torre thanked everyone for the invitation and the opportunity to meet with us, hear our concerns and for us to understand she is committed to working with us.

### Update from Councilmember Sherman

Liz Saidkhanian, the director of outreach for Councilmember Scott Sherman, reported on calls to Councilmember Sherman's office regarding renewed homelessness in Chaparral Canyon. The police responded and removed the homeless from the canyon. She also stated the city had received a grant to assist with the removal of brush in Chaparral Canyon.

Saidkhanian was asked if the canyon property could become the property of the city's Park and Recreation Department. The answer was the property below Lake Murray Dam, which makes up Chaparral Canyon, belongs to the Water Department ratepayers. In addition, there are security issues because of the property's proximity to Lake Murray Dam.

She also reported that construction began in September on the new playground at Rancho Mission Park. It is a nine-month project.

### All People's Church

Kristen Byrne with the Atlantic Group, gave a brief update on the All People's Church that is to be built below the Chevron Service Station. The church has submitted plans for a preliminary review to the city. She stated that Ken Smith will be the architect and Hammond Construction will build the church.

### Old business

It was reported that a second request has been submitted to the city to replace the "No U Turn" sign for eastbound traffic on Del Cerro Boulevard.

The property management firm for the Windmill Shopping Center has been contacted regarding painting pedestrian walkways on the entry roads to the shopping center from Del Cerro Boulevard and Madra Avenue.

Next DCAC meeting will be on Thursday, Jan. 24, at 7 p.m. at Temple Emanu-El.

—Jay Wilson is secretary of the Del Cerro Action Council. For more information, visit [delcerroactioncouncil.org](http://delcerroactioncouncil.org). ■



## The Gift Of Health

The greatest gift you can offer yourself or a loved one.

- Nutrition Counseling
- Personal Training
- Chiropractor
- Acupuncture
- Yoga / Pilates
- Spa Services
- Ayurveda
- Massage

**\$20 OFF any 1 hour wellness service**  
Not to be combined with any other offer or applied to any existing contract or package. Expires 12/31/18

**envision**  
PERSONALIZED HEALTH

619-229-9695 [www.envisionpersonalizedhealth.com](http://www.envisionpersonalizedhealth.com)  
4620 Alvarado Canyon Road | Suite 14 | San Diego | CA 92120



# SHOP LOCAL

The Mission of GADS as an inclusive group of local business representatives, is to gather and share relevant information for our areas' success. We help promote each business independently and collectively. We encourage buying locally, supporting growth and education, participation and community outreach.

**Come Join Us For Our Next Meeting**  
**Dec 14, 2018**  
**7:30AM – 9AM**  
At Brother's Restaurant  
5150 Waring Rd  
[heather@sdenn.com](mailto:heather@sdenn.com)/951.296.7794



**GADS**  
Grantville Allied Gardens Del Cerro San Carlos

Sponsored by  
**Mission Times COURIER**

## BROTHERS FAMILY RESTAURANT

We would like to invite you to our Family Owned Business to try our **AMAZING HOME COOKING** (our Grandma Jennie Pancakes are a must) OR COME HAVE SOME FUN WITH US ON **BINGO NIGHT**

On the third Thursday of every month we have an evening with great food, and 5 games of Bingo for only \$17.00 per person.

**Hope to see you there!** 5150 Waring Rd, San Diego, Ca 92120





**CARRILLO & SONS**  
COLLISION CENTER  
Personalized Service Since 1981

*Wrinkles are cute on your dog... not on your car!*




**Mojo**


Your community collision center

4680 Old Cliffs road • San Diego, CA 92120 • (619) 287-7200 • carrillonsons.com

## CD coming due? Compare our rates.



**Alex M Zubak**  
Financial Advisor  
10330 Friars Rd Ste 115  
San Diego, CA 92120  
619-516-0155



**Edward Jones**  
MAKING SENSE OF INVESTING

MKT-58941-A Member SIPC



**PayLo**  
by SignaPay  
AUTHORIZED RESELLER

"Your Local Neighborhood Merchant Processing Partner"

**Mark Gillette**  
REGIONAL SALES MANAGER

With PayLo you can save money on your credit card processing, with UNLIMITED transactions for one low monthly fee!

**619-518-8701**



**GROCERY OUTLET**  
bargain market

*Happy Thanksgiving From Our Family To Yours!*  
**Chris & Gay**

5185 Waring Rd San Diego • **619.764.4595**  
Open Daily 7AM – 9PM

## Sometimes your best friend is your banker, and that's okay.



**FDIC**  
EQUAL HOUSING LENDER

We make you our top priority with local decision-making and less red tape. So, come on in. We're ready to put you first, second and third. And fourth. And fifth.

**Mission Gorge Branch (619) 400-0400**  
6515 Mission Gorge Road, Suite 6515  
Mon-Fri – 9-6pm, Sat. 9-1pm

**[HomeStreet] Bank**



**Jersey Mike's**  
SUBS  
jerseymikes.com

**BUY TWO GIANT SUBS GET THE 3RD FREE!**  
\*of equal or lesser value

OFFER VALID ONLY AT 6545 MISSION GORGE ROAD LOCATION  
Hurry! Offer expires 11-8-2018. One coupon per person per visit per day. Not to be combined with other offers. No cash value. Redeemable in person only. ©2017



6545 MISSION GORGE ROAD | SAN DIEGO, CA | 619-563-7827

## What's your retirement number?

Here's mine: (619) 419-0238



Visit us in Mission Valley!  
591 Camino De La Reina  
Suite 730  
San Diego, CA 92108



**Mission Trails FINANCIAL**



**Mission Times COURIER**  
**BEST OF**  
2018  
MISSION TIMES COURIER



Brigand Kline, CFP®, MBA



**GADS**  
Grantville Allied Gardens Del Cerro San Carlos

**Join the GADS Networking Association**  
**Put Your Ad Here!**


For More Information Contact [heather@sdenn.com](mailto:heather@sdenn.com)



**YOUR HANDYMAN:** Garbage Disposals & Plumbing, Painting/Dry Wall Repairs, Termite Damage/Dry Rot, Window Screens, Door Lock Repair/Replacement, Deck & Fence Repairs, Ramp Construction

**Norm Johnson**  
Licensed Contractor \* Bonded \* Insured  
Mobile: **619-316-6676**  
Email: [njconstructioninc@gmail.com](mailto:njconstructioninc@gmail.com)







**Mission Trails DENTISTRY**

**Visiting the dentist just got better!**

The offices of Dr. Bradley Ross and Dr. Lee Landes have teamed up at Mission Trails Dentistry!

Now open 5 days a week and evenings.

**MISSION TRAILS DENTISTRY**  
Offering the finest in compassionate and comprehensive dental care.  
6902 Navajo Road (at Jackson Drive), San Diego, CA 92119 • 619-582-9700 • [www.missiontrailsdentistry.com](http://www.missiontrailsdentistry.com)



Arbor Day and birds of prey

Mission Trails Regional Park Foundation

Jennifer Morrissey

Each December, Mission Trails Regional Park (MTRP) celebrates Arbor Day to beautify the park, recognize the importance of trees in our environment, and create more shady areas for Mission Trails' current and future visitors. The fall season provides the ideal planting conditions for young trees, and this year we will plant 10 coast live oaks at Mission Trails' Kumeyaay Lake Campground (KLC). We will have an additional 10 trees at our nursery to be planted by MTRP staff as needed over the course of the year. Everyone is invited to the tree planting on Saturday, Dec. 1 at 9 a.m., meeting at the KLC Day Use Lot. The holes will be pre-dug; gloves and comfortable shoes are recommended and registration is not required. Whether or not you are able to come to the public planting on Dec. 1, you can support this effort by donating \$100 to sponsor one of the 20 trees. Make a lasting impact on Mission Trails by sponsoring an oak tree to be enjoyed by park visitors for years to come. Many families have made a tradition of underwriting an Arbor Day tree in honor or in memory of a loved one. The recognition will be included in the MTRP Arbor Day Donor Book. To learn more about donating a tree to Mission Trails



'Birds of Prey from All Angles' will feature a visit from Huxley the Harris's Hawk. (Courtesy MTRPF)

and/or participating in the annual Arbor Day event, please visit [mtrp.org/arborday](http://mtrp.org/arborday) or contact the Mission Trails Regional Park Foundation at 619-668-3280. Arbor Day at Mission Trails is sponsored by City Councilmember Scott Sherman, the city of San Diego's Parks and Recreation Department, and the Mission Trails Regional Park Foundation. 'Birds of Prey from All Angles' On Thursday, Nov. 29, Bob Gordon, M.D., will share his new, informative, and enjoyable talk, "Birds of Prey from All Angles," at the Mission Trails Regional Park Visitor and Interpretive Center.

Gordon, a retired physician, has published many scientific papers including "The Use of Canines in the Detection of Human Cancers." In retirement, Bob's interest in and involvement with raptors has grown, and includes assisting with raptor rehabilitation for Project Wildlife. Gordon regularly presents educational talks and demonstrations at Mission Trails, The Nat, and the San Diego Zoo. In the last five years, his experience as a licensed falconer has added a new dimension to his thinking about conservation and nature's preservation. During his lecture, Gordon will consider birds both spatially and figuratively. New

MISSION TRAILS REGIONAL PARK CALENDAR OF EVENTS\*

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

West Sycamore Nature Walk: 8 a.m., third Sunday each month – Stonebridge Parkway in Scripps Ranch

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

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

Family Discovery Walks: 3 p.m., fourth Sunday each month – Visitor Center

Discovery Table Activity: 10 a.m.–1 p.m., second Saturday each month – Visitor Center

Live Hawk Talk Activity: 9 a.m.–noon, first Sunday each month – Visitor Center

Kids Nature Story & Craft with a Ranger: Every third Saturday, ages 5–7 start at 10 a.m.; ages 8–10 start at 11 a.m. – Meet at KLC Campground Kumeyaay Lake Picnic Structure, RSVP to 619-668-3279.

West Sycamore Volunteer Crew: 8 a.m., first Sunday each month – check our website calendar for meeting locations

Habitat Restoration Volunteer Crew: 8 a.m., second Saturday each month – check our website calendar for meeting locations

Trail Improvement Volunteer Crew: 8 a.m., third Sunday each month – check our website calendar for meeting locations

Park Beautification Volunteer Crew: 8 a.m., fourth Saturday each month – check our website calendar for meeting locations

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, Nov. 4, Quartet Nouveau – Visitor Center Theater

Star Gazer/Telescope Parties: Nov. 17, 5 p.m. – meet at KLC Campground Day-Use Parking Lot. Cloudy skies/rain cancels. Check our website calendar for meeting locations and updates

\*Partial listing of monthly events at Mission Trails Park. Please view our website for full calendar of free activities, programs, and updates at [mtrp.org](http://mtrp.org), or call 619-668-3281.

information will include the latest on bird evolution, classification, natural and human threats, as well as the practice of falconry. This program is geared for all nature lovers, even those who have little to no knowledge of raptors. Huxley, Gordon's Harris's Hawk and frequent companion, will be the moderator for the Q&A following the lecture. You can ask Huxley about his abatement experiences. Gordon and Huxley don't require "even a Mc-mouse" as thanks for their presentation, but they encourage attendees to make a donation to the Mission Trails Regional Park Foundation to support its mission and help protect Mission Trails. Reservations are required. Learn more and register at [mtrp.org/hawktalk](http://mtrp.org/hawktalk). —Jennifer Morrissey is executive director of the Mission Trails Regional Park Foundation.■

Cox Contour TV filling consumer hunger for apps



Home entertainment options continue to expand with Cox Communications

With the addition of YouTube Kids and NPR One to its menu of apps, Cox Communications' Contour TV continues to bring more options to home entertainment, whether you're watching a cable network on demand, accessing a movie on Netflix, or listening to NPR while doing household chores. Contour TV already offers Netflix, YouTube and iHeart Radio apps, which eliminate the need for a secondary device or input switch. Now, with YouTube Kids and NPR One, Contour brings even more age-appropriate content to the TV screen for younger members of the family, and the informative, quality audio programming of NPR One for those who want to stay abreast of current events – particularly as election day gets closer. Cox Contour customers can simply use their voice remote control to easily and quickly access shows, movies and music by speaking into their voice remote control to access the apps. Just say things like "Netflix," "YouTube Kids," or "National Public Radio," and Cox Contour will go straight there. The programming can also be accessed by going to the "Apps" section of the Contour guide:

**Netflix:** Catch up on past and current episodes of your favorite Netflix shows with Contour 2 and a Netflix subscription—no need to toggle between remotes or TV inputs. It's as easy as changing the channel.

**YouTube:** Easily search billions of YouTube videos with your voice remote control and set parental controls so that the app can only be accessed with a PIN.

**YouTube Kids:** Access family-friendly videos, from favorite shows and music to video tutorials on how to build a model volcano. You can also flag videos for review by the YouTube Kids team and monitor what your children are watching through the "watch history" function.

**NPR One:** Access a stream of local and national news, stories and podcasts from National Public Radio (NPR) that help keep listeners informed, engaged and inspired.

**iHeart Radio:** Listen to more than 800 live radio stations over a range of genres, including Pop, Country, Alternative Rock, Hip-Hop, and R&B. So, the next time you want to watch a makeup tutorial, do-it-yourself video or your child's soccer game on YouTube, you don't have to settle for viewing it on your smartphone when Contour delivers the same content on your TV screen. And, it's as easy as the push of a button.

**Fantasy Football and more...** Contour TV also offers apps for local weather and extended forecasts, checking real-time traffic before you leave the house, minute-to-minute stock updates, daily horoscopes and sports. The Sports app lets you check live sports scores and statistics, find live games on TV, and see upcoming schedules. You can even watch TV and use the Sports app at the same time – which comes in handy when your two-year-old is enthralled with his or her favorite show. And, now that it's football season, the Fantasy Football app helps CBS Sports Fantasy Football players keep up with their fantasy teams on the same screen as the live games themselves (or any other program). To access the apps on Cox Contour, customers simply need a compatible Contour receiver and Cox High Speed Internet service. **For more information on Cox Contour, visit [www.cox.com](http://www.cox.com).**

SUDOKU & CROSSWORD PUZZLE ANSWERS FROM P. 19

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

CROSSWORD ANSWERS

Across: 1. SNE, 2. NAD, 3. DER, 4. SO, 5. ERO, 6. NER, 7. O, 8. I, 9. TAL, 10. NA, 11. VE, 12. BAR, 13. ON, 14. AL, 15. I, 16. BAR, 17. HA, 18. HA, 19. JU, 20. LI, 21. FO, 22. UR, 23. TI, 24. ST, 25. ME, 26. AN, 27. ER, 28. MI, 29. TI, 30. AL, 31. TA, 32. RI, 33. AN, 34. TI, 35. OT, 36. IC, 37. AS, 38. TR, 39. ID, 40. EN, 41. TI, 42. CO, 43. RE, 44. AD, 45. BA, 46. RA, 47. SP, 48. RE, 49. AD, 50. SE, 51. SO, 52. SA, 53. VA, 54. KI, 55. NG, 56. GE, 57. OR, 58. GE, 59. FE, 60. AR, 61. EL, 62. IA, 63. ET, 64. IN, 65. LI, 66. AM, 67. RO, 68. MS, 69. JO, 70. LT.



Climbing milkweed (Photo by M. Basden)

# iNaturalist Observation of the Month: Milkweed

Patricia **Simpson**

You may have read about the decline of the beloved monarch butterfly (*Danaus plexippus*) and most of you likely have heard of an effort to help the species by planting milkweed in residential gardens. Indeed, plants of the milkweed sub-family (Asclepiadoideae) are the only suitable hosts for the monarch, and urban sprawl has put a dent in the availability of these perennial jewels.

There is little said about the distinctive beauty of milkweed flowers. They are almost instantaneously recognizable for their unique and complex structure. As in our observation of the month of Hartweg's climbing milkweed (*Funastrum heterophyllum*) by kyle161, found at bit.ly/2PagaJz, there is usually a circular cluster of several flowers (inflorescence) at the end of a stem. Each small bloom has petals (corolla), but the center of the flower looks intricate and very different from most garden blossoms. The anther and stigma are fused to form a round disk called gynostegium. That disk, in turn, is surrounded by five pitcher-shaped structures called "hoods," from which a single appendage called a "horn" shoots out. In the climbing milkweed, the hoods are curved toward the center in such a way we can't really see the horns.

Planting milkweed in your yard can help the monarch population, but make sure to take a few factors into consideration before grabbing that shovel.

Plant native species. Avoid tropical milkweed (*Asclepias curassavica*) which is carried by many nurseries since it is easy to grow. Yes, the butterflies might like this plant and the blooms are colorful, but tropical milkweed is invasive in Southern California and will naturalize around riparian areas. We now find it around Lake Murray. Tropical milkweed also has a different growth cycle than our native species and there is speculation among scientists that it may interfere with the monarch's ability to migrate in a timely fashion. Narrowleaf milkweed (*Asclepias fascicularis*) is another native milkweed found in the park and would be a good alternative to tropical milkweed. Check with

your local nursery for availability of narrowleaf milkweed plants or be adventurous, order seeds online and start your own.

Certain species can be toxic. If you have curious pets and you are unsure of the toxicity of the species you are using, plant your milkweed out of their reach.

Finally, check out this video for identification and life cycle of common milkweed — please note that common milkweed (*Asclepias syriaca*) is not a native of San Diego county, but the blooms look very similar to our native species: bit.ly/2yOkUdG.

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

# Red-eared slider spotted by Mission Dam

George **Varga**

While Marty Fink and I were on patrol, we were struck by the fully exposed river bottom above Old Mission Dam. A small puddle of water was up against the dam on the north bank. Roughly 30 yards above the dam, a larger body of stagnant water was found. Sunning on some decaying plant life in the puddle, we saw a turtle that turned out to be a red-eared slider (*Trachemys scripta elegans*), also known as the red-eared terrapin. The name comes from the red stripe around the ears and the turtle's ability to easily slide off rocks and logs back into water.

Sliders are poikilotherms, meaning that they are unable to regulate their body temperature and depend solely on the temperature of their environment. For this reason, they are often found sunning themselves to warm up before cooling down in the water. The red-eared slider is native to the southern United States and northern Mexico. In the United States, it is the most popular pet turtle and has become the most commonly traded turtle in the world. Because of pet releases, it has become an invasive species in many regions around the world. Wherever they have been introduced, the slider's voracious appetite not only decimates native crayfish,



The red-eared slider turtle is an invasive species in Mission Trails regional Park. (Photo by George Varga)

snails, tadpoles, fish, and insects but also marine vegetation essential to sustaining native organisms. It has the distinction of being in the top 100 of all invasive species according to the International Union for Conservation of Nature (IUCN).

The shell of turtles is divided into two parts. The dorsal, or upper part is called the carapace. The ventral, or bottom part is called the plastron. The carapace of red-eared sliders can reach 16 inches (40 cm) in length.

Since the red-eared slider is not native to our area, it (or its ancestor) was left to fend for itself by someone who could no longer care for it. It seemed to be enjoying the warm sunshine and was not disturbed by our presence. The native western pond turtle (*Actinemys marmorata*) is shy around humans and is not likely to be seen in Mission Trails.

—George Varga is a trail guide at Mission Trails Regional Park.■



## Senior Care Specialty Services at Alvarado Hospital

**Comprehensive Medical and Behavioral Health Care for Seniors 65 and up.**

The Senior Care Specialty Services program at Alvarado Hospital is a dedicated medical and behavioral health unit for our seniors, 65 and up.

We offer care for our seniors who may suffer from behavioral health issues that may be compounded with other medical problems, all in a secure, inpatient setting 24-hours-a-day.

**Call us at (619) 229-7307 for more information.**



**Alvarado Hospital Medical Center**  
Member of Prime Healthcare

# A FIRST TASTE AT THE NEW NORTH ITALIA

LGBT community member and former “Top Chef” contestant heads the kitchen

## Restaurant Review

Frank Sabatini Jr.



Not since the rise and fall of Prego more than a decade ago in the Hazard Center has Mission Valley seen a stylish, modern Italian restaurant emerge.

That newly built, cube-like structure you see in front of Bloomindale’s at the east end of Fashion Valley Mall is North Italia, a softly lit space with midcentury nuances geared for serving high volumes of artisan pizzas, homemade pastas and upscale entrees.

North Italia is the second venture by Fox Restaurant Concepts to descend on the shopping mall. It recently

opened Blanco Tacos & Tequila near the second-level food court, where the only other option for scoring Italian food while shopping your brains out is at the fast-casual Sbarro. For many, that’s good enough rea-

national audiences and his fellow competitors at a time when gay chefs typically stayed in the closet.

“It’s not the machismo boy’s club anymore. People in the industry are more culturally sensitive—and this company welcomes everybody,” Sweeney said of his new Phoenix-based employer that trained him at North Italia locations in Irvine and Las Vegas. (Nationwide, there are about a dozen in total.)

The menu, he added, is driven by the company’s chefs and other personnel. It is steeped in traditional Italian recipes, but with contemporary spins such as the subtly sweet scamorza cheese (instead of mozzarella) that oozes from the centers of arancini made with mushroom risotto (instead of plain risotto). Served in a trio with comforting marinara sauce, the orbs look exactly like meatballs. But their



Pasta with chicken in pesto

son to run downstairs to North Italia for a pricier meal.

Serving as executive chef is Rich Sweeney, known fondly in the LGBT community for the American comfort fare he dished up at R Gang Eatery in Hillcrest. He owned the restaurant from 2010 to 2015, and later headed the kitchen at Waypoint Public in North Park.

Sweeney also became known as a contestant on Bravo’s “Top Chef” (season five), on which he came out to



Arancini in marinara sauce



A modern Italian restaurant arrives to the east end of Fashion Valley Mall. (Photos by Frank Sabatini Jr.)

crispy fried texture and light, earthy flavor prove otherwise.

In another starter are three halves of sizable, grilled artichokes. Common to immigrant-Italian households, the bar is raised here with adornments of sea salt, Grana Padano cheese and lemon aioli. The petals on these chokes, however, weren’t the meatiest. But their hearts were chunky and luscious.

With hubby in tow, the comped media/VIP supper was part of a two-day dress rehearsal leading up to the restaurant’s Nov. 7 opening. We were seated

along windows looking into the impressive exhibition kitchen, where a composed Sweeney could be seen playing general to an army of sous chefs and cooks, inspecting every dish with careful scrutiny before they left the kitchen.

In the spacious dining room, distinguished by parlor lamps and a full cocktail bar, squadrons of wait staff tended to guests. Everyone was required to work on those days, and we detected no hiccups in the service operation while proceeding to two entrees.

A beautiful green pesto sauce cloaked bell-shaped gigli pasta and tender strips of

See NORTH ITALIA page 15 —>

### North Italia

7055 Friars Road  
(Mission Valley)

619-343-2301  
northitaliarestaurant.com

Prices: Salads, soups and small plates: \$8 to \$18  
Pizzas, \$15.50 to \$18  
Pasta dishes, \$17.50 to \$22  
Entrees, \$22 to \$38

## HEALTHY FOODS SATISFY



Do you know  
of our  
“Chef Program”  
We Create  
DAILY  
FROM  
SCRATCH  
Salads &  
Baked Items  
WE PREP  
FOR YOU

**Salad Bar**  
**Full Service Deli**  
**Farm Fresh Produce**  
**Old Fashion Meat Market**  
**Baked Goods**  
**Nutritional Supplements**  
**Beer & Wine**

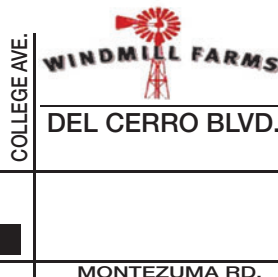
6386 Del Cerro Blvd.  
(619)287-1400

www.windmillfarms.net

Receive The Farms updates & ads through Facebook

OPEN: Sundays 9am-8pm • monday-saturday 8am-9pm

Find us on  
Facebook



## California BBQ & Oven Cleaning

Commercial & Residential

“The most thorough BBQ and oven cleaning service!”

We come to you! Have your BBQ or oven professionally steam-cleaned using non-toxic, biodegradable, USDA-approved products.

- We service all makes and models
- Experienced, reliable, local staff
- Extend the life of your BBQ
- Improve the quality and flavor of food
- Eliminate carcinogens for healthier cooking
- Use your appliance the same day after cleaning

**You will be amazed at the transformation!**

**\$25 OFF**  
with this ad



CALIFORNIA  
**BBQ & OVEN**  
CLEANING SERVICES

Call Today!  
(858) 210-2034  
www.CalBBQ.com

► North Italia, from page 14

chicken breast in a dish that was one teaspoon away from being too salty to eat. The main culprit was brined capers garnishing the ingredients. Sweeney assured afterward he would instruct his team to lighten the sodium in the pesto sauce, which sports a



Italian donuts (bombolini) served atop lemon curd

unique blend of spinach, basil, and Parmesan cream used for added silkiness.

In need of no tweaking, except in quantity, were three diver scallops served over Parmesan risotto, butternut squash and Brussels sprout leaves. The big, sweet mollusks were crowned elegantly with crispy shallots. But for a list price of \$29, I would implore the company to add just one more scallop to the dish. Undoubtedly, the average diner will crave an extra ounce of the pearly flesh and will likely return for the meal again if they get it.



Diver scallops over Parmesan risotto (Photos by Frank Sabatini Jr.)

In view of meat-and-cheese boards, pizzas, filet of beef, pasta Bolognese and other luscious items flying out of the kitchen, we concluded dinner with a plate of bombolini.

Served four to an order, these super-airy Italian yeast donuts sat in a pond of lemon curd and vanilla mascarpone. It's one of those confections—if eaten in private—that you

could stuff into your mouth like some sugar-crazed kid devouring pillows of cotton candy.

But North Italia feels too sophisticated for that kind of behavior, at least in the warmed-up phase that we experienced it. Though with the invasion of holiday shoppers right around the corner, the reality that you're eating and drinking in a mall restaurant might become more obvious than it normally will once the seasonal commotion subsides.

For Sweeney, who is accustomed to feeding modest neighborhood crowds — he's primed and eager for the tsunamis of mass consumers wishing to celebrate their shopping victories over fine Italian-inspired cuisine.

"I was ready for a change and for something that was



Esteemed chef Rich Sweeney returns to the local dining scene. (Courtesy photo)

going to keep pushing me," he said.

—Frank Sabatini Jr. is the author of 'Secret San Diego' (ECW Press) and began his local writing career more than two decades ago as a staffer for the former San Diego Tribune. You can reach him at fsabatini@san.rr.com.■



## New Ownership With Tastier Food

**THE OMELETTE FACTORY**  
Fresh Country Style Breakfast & Lunch  
www.omelettefactorylamesa.com

**WE HAVE A SURPRISE COMING SOON! STAY TUNED!!!**

5270 Baltimore Dr. - La Mesa  
619-460-4423  
Open 7 days 6 am - 2 pm

**2017 BEST OF LA MESA**

### BUY ONE entree and get a SECOND FREE

with the purchase of two beverages  
Valid at the La Mesa location only.  
Expires 12-13-18  
(up to a \$10 value).

**Free Entrée**  
with Purchase of Entrée & 2 Drinks  
Valid Mon-Fri, With coupon, Max Value: \$9.95  
Not valid with any other offer.  
Expires 12-13-18

**Authentic Greek, Mexican or Traditional American Meals here at Patty's Café!**

**Patty's Café**  
6155 Lake Murray Blvd., La Mesa, CA 91942 (Next to Big Lots)  
Mon- Sat 7:30 am to 9:00 pm Sun 7:00 am to 3:00 pm

**\$5.00 OFF**  
On \$25 or More  
Valid Mon-Fri, With Coupon  
Not valid with any other offer.  
Expires 12-13-18

**LONGHORN BAR & GRILL**  
6519 Mission Gorge Rd.  
Located in the Vons Shopping Center  
**619.283.0831**

**Now Featuring 12 Beers On Tap**

**\$5.00 off**  
of any order \$25.00 or more with this coupon  
one coupon per table, not good with any other offer or discount.  
Valid thru 12-13-18

**HAPPY HOUR**  
MONDAY - FRIDAY  
3PM TO 6PM

**TROY'S GREEK RESTAURANT**  
10450 Friars Rd. • 619.281.7741  
Monday – Saturday 7AM to 9PM  
Sunday 9AM to 9PM

**BREAKFAST • LUNCH • DINNER**

**\$5.00 OFF** When You Spend \$25.00 Or More!  
One per table, One per visit.  
Dine in only cannot combine with any other offer.  
Exp. 12-13-18

**15% OFF** Your Entire Meal!  
One per table, One per visit.  
Dine in only cannot combine with any other offer.  
Exp. 12-13-18

**2018 MISSION TIMES COURIER BEST OF**

**Wongs Golden Palace Restaurant & Sports Bar**  
Serving Fine Chinese Cuisine For 52 years!

**NOW FEATURING**  
Cherrie Blossom  
Sushi & Ramen  
Lunch & Dinner Specials  
Open Every Day At 11:30 AM Tuesdays Open At 4 PM  
7126 University Ave. La Mesa • 619-465-9222

**\$5.00 OFF**  
\$25.00 or More  
Dine-In Only  
Exclude Any Specials or Offers  
Valid for Food Only From Restaurant Menu  
Exp Date 12-13-18

**Restaurant Owners**

**PLACE YOUR AD HERE**

Reach Over 28,000 Homes & Businesses  
Let Us Help You  
Bring More Customers To You

For More Information Call Heather 951.296.7794



**PATRICK  
HENRY**  
High School

Patrick Henry High School News

Elizabeth Gillingham

## National Merit Scholarship semifinalist

Patrick Henry High School (PHHS) is proud to announce that we had two students earn recognition for having exceptional academic promise demonstrated by their outstanding performance on the qualifying test used for the program entry. Maya Rozenshteyn and Sarah Kosci are proudly representing Henry High School with this

great honor. Their high scores on the PSAT (Preliminary SAT) placed them in the top 2 percent among 16,000 other semifinalist students in the country out of the 1.6 million students who took the assessment. Their semifinalist status earns them a chance to qualify in the spring as a finalist where they may earn merit scholarship award money.

On Sunday, Oct. 7, the PHHS Circle of Friends sponsored a picnic at Allied Gardens Park. Circle of Friends is an ASB club at Patrick Henry that creates and fosters friendships between students with special needs and their non-disabled peers. Henry has over 50 general education students who are actively involved in the club.

The club sponsors several off-campus events each year including a picnic, Winter Holiday Dance, and End of the Year Banquet. Students also eat lunch in a specified area each Monday and Tuesday in order to spend time together and build relationships.

Jim Achenbach and Tianna Reitman are the facilitators of



(l to r) Ali Nouredine, Jayden Orta, Joy Churchill, Janesa Orta, Lauren Weber, Veronica Smith, Gwen Crow, James Breault (Photos courtesy PHHS)

the club and help the students coordinate all of the fun with co-presidents, Joy Churchill, Alyssa Lozano and their student board. The student board also meets weekly to discuss and upcoming events.

The students with special needs enjoy spending time with their general education

counterparts and it creates a more welcoming environment at Henry as students wave and greet each other in the hallways. Students with special needs also feel more comfortable in the general education classes as they already know some of the students that are enrolled there.

## New physical education

As much of the state of California has rolled out common core standards and curriculum, physical education is also moving in that direction as well. With a new school year comes a new class of freshman ready to take on the challenges of a high school,

standards-based, common-core aligned physical education course. What that might look like to freshman at Patrick Henry can be very different from anything they might have experienced during their middle school or elementary years. What makes it different? Well,

we're less concerned with "play" and most concerned with a concept called "physical literacy."

Physical literacy is a term that encapsulates all of what a public education high school physical education class should look like: learning, growing, challenging and changing. Students are focused on not just activity for activity's sake, but for the purposes of growth, both mentally and physically, understanding the "why" of movement and skill, not just the "how." It is the hope of this freshman physical education teacher to take them on a journey through their freshman year that moves them toward a life of health and wellness beyond their physical education class experience. Play and activity are great, but when students understand the how and why of those concepts, they own what they have learned and are capable of using it for purposes that will carry them far beyond the class.

For more information, you might want to check out the YouTube video, "What is Physical Literacy."

—Terri Clark



New standards for physical education standards promote "physical literacy."

## October Student of the Month

Senior Darartu Mulugueta was nominated for the Kiwanis student of the month and was honored last month at the Kiwanis Breakfast. Vice Principal Bill Miller accompanied Mulugueta and her family and he presented to the club why she was selected. Mr. Miller noted that in almost every teacher's description of Mulugueta, she was described for being respectful, polite, and kind. He stated in his speech about Mulugueta: "In class, she's very dedicated and takes ownership of her learning. One teacher had the privilege to work with her in Spanish 3/4 and currently she's doing great in that same teacher's AP Spanish class! She is a friendly, respectful and engaged student that participates in class. She is always prepared and asks thoughtful questions. From the conversations I've had with her, she also seems to have her integrity meter fully intact. Darartu is a member of our Link Crew. She is a committee chair on the executive



Darartu Mulugueta

board of Link Crew, as well (like being leaders of leaders of leaders). She is the best of the best!"

One Henry teacher stated, "Darartu is a kind, hard-working student. She always has a positive demeanor." Her AP U.S. History teacher from last year stated, "Darartu Mulugueta is a strong student from APUSH last year. Very active in two student clubs, including speaking at March for Our Lives. She is transferring to Pennsylvania at the end of the month and I know a lot of teachers are sad to see her go."

We have loved working with Mulugueta and will wish her well at her new school!

## Life lessons from Gandhi's grandson

Born in 1934 in Durban, South Africa, Arun Gandhi is the fifth grandson of India's legendary leader, Mohandas K. "Mahatma" Gandhi. Growing up under the discriminatory apartheid laws of South Africa, he was beaten by white South Africans for being too black and black South Africans for being too white; so, Arun sought eye-for-an-eye justice.

However, he learned from his parents and grandparents that justice does not mean revenge, it means transforming the opponent through love and suffering.

Grandfather taught Arun to understand nonviolence through understanding violence.

See PHHS page 17 →

**Pacific**  
COMPUTER SERVICES

Professional • Friendly • Responsible • On-Site Support

- Virus Removal & Recovery
- Laptop & Desktop Repair
- Home Network Set-Up & Service
- PC Tuneups & Upgrades
- Internet Security
- On-Site Training
- Project Assistance

**Finally A Positive Computer Experience!**

**Call Mike!**  
(619) 784-6045  
mikebaker5317@gmail.com  
www.pacificcompsvcs.com

**Senior and Veteran Discounts!**

EXPERT REPAIRS • HOME, OFFICE & REMOTE SUPPORT • EXCELLENT SERVICE

► PHHS, from page 16

“If we know how much passive violence we perpetrate against one another we will understand why there is so much physical violence plaguing societies and the world,” Gandhi said. Through daily lessons, Arun says, he learned about violence and about anger.

Arun shares these lessons all around the world and on Oct. 26, he Skyped with Erin Mangahis’ English classes during fifth period in the PHAME building. The students had the opportunity to hear his message on non-violence and learning about controlling your anger and using it for good to make the world a better place for all. Students were able to ask him questions directly immediately following his presentation.

“The most striking part to me was Gandhi’s explanation of passive violence, the unconscious and sometimes conscious acts, thoughts, and beliefs we hold that lead to physical violence,” English teacher Andrew Myette stated. “He posed: ‘If someone did this to me, would I be hurt or helped by it?’



Arun Gandhi, fifth grandson of Mohandas Gandhi, Skypes with students at PHHS. (Courtesy PHHS)

## ‘Screenagers’ movie screening

Encouraging students to study tuba can be a difficult sell at any school, but it is a critically important instrument in almost any orchestra. This year, tuba, baritone, and euphonium players will be invited to perform in Tuba Christmas San Diego at Patrick Henry High School, co-sponsored by the Patrick Henry Instrumental Music Program and the Cowles Mountain Community Foundation on Dec. 8 in PHAME. Tuba Christmas has occurred in almost every city in the United States for 45 years, inviting all tubists, young and old, novice and virtuoso, to perform in a nonthreatening environment. It is particularly important for tuba students to develop a positive association with the instrument and to encourage their music by playing with other musicians, both professional and amateur.

Morning rehearsal starts at 8 a.m. Musicians will register for \$10 and receive a book of nondenominational, seasonal holiday music for \$20 or \$25, depending on size. Musicians will set up their chairs and stands themselves. They will be encouraged in advance to bring a towel for their instrument. They will then rehearse until noon, breaking for lunch.

The afternoon concert starts at 1 p.m. There will be a free sing-along concert, open to the community. Musicians will be encouraged to put away their chairs and music stands, as well as have the audience pick up after themselves. No food or drink allowed in the facility.

## PATRICK HENRY ARTS, MEDIA, AND ENTERTAINMENT CALENDAR\*

**Dec. 8:** Tuba Christmas in San Diego, Free entrance at 1 p.m.  
**Dec. 13:** PHHS Choir Concert, at 6 p.m.  
**Dec. 19:** PHHS Instrumental Music Concert, at 6 p.m.  
**Jan. 10:** PHHS Airband Concert, 4–6 p.m.  
**Feb. 20-24:** PHHS Drama Dept. presents “The Addams Family,” nightly at 6 p.m.  
**March 14:** PHHS ASB presents their Variety/Improv Night at 6 p.m.  
**March 21:** PHHS Choir Concert, at 6 p.m.  
**April 24:** PHHS Pops Concert in PHAME at 6 p.m.  
**May 23:** PHHS Choir Concert, at 6 p.m.  
**May 30:** PHHS Instrumental Music Concert, at 6 p.m.

\*Most events at PHHS will sell tickets for \$10 each, unless noted otherwise. Please check our website for updates as some events are subject to change.

Perhaps, I thought, if I were more mindful, more discerning, I could help those I encounter daily, but don’t give much of a thought; if I were more mindful, I could help those I don’t encounter daily, but don’t give much of a thought; if I were more mindful, and gave more of a thought, I could help change the world.”

Arun is very involved in social programs and writing, as well. Shortly after Arun married his wife Sunanda, they were informed the South

African government would not allow her to accompany him there. Sunanda and Arun decided to live in India, and Arun worked for 30 years as a journalist for The Times of India. Together, Arun and Sunanda started projects for the social and economic uplifting of the oppressed using constructive programs, the backbone of Gandhi’s philosophy of nonviolence. The programs changed the lives of more than half a million people in over 300 villages and they still continue to grow. Sunanda died in February of 2007 and the family is working to establish a school in the poorest rural part of India in her name.

Arun is the author of several books. The first, “A Patch of White” (1949), is about life in prejudiced South Africa; then, he wrote two books on poverty and politics in India; followed by a compilation of M.K. Gandhi’s “Wit & Wisdom.” He also edited a book of essays on “World Without Violence: Can Gandhi’s Vision Become Reality?” And, more recently, wrote “The Forgotten Woman: The Untold Story of Kastur, the Wife of Mahatma Gandhi,” jointly with his late wife Sunanda.

## Tuba Christmas San Diego

Attention all parents and community members. Are you watching kids scroll through life, with their rapid-fire thumbs and 6-second attention spans? Physician and filmmaker Delaney Ruston saw that with her own kids and learned that the average kid spends 6.5 hours a day looking at screens. She wondered about the impact of all this time and about the friction occurring in homes and schools around negotiating screen time — friction she knew all too well.

In “Screenagers,” as with her award-winning documentaries on mental health, Delaney takes a deeply personal approach as she probes into the vulnerable corners of family life, including her own, to explore struggles over social media, video games, academics and internet addiction. Through poignant, and unexpectedly funny stories, along with surprising insights from authors, psychologists, and brain scientists, “Screenagers” reveals how tech time impacts kids’ development and offers solutions on how adults can empower kids to best navigate the digital world and find balance.

PHHS is offering this special screening in PHAME at 6 p.m. on Nov. 29 for \$5 (adults) and \$2 (children) to help all parents (any age level) be prepared for how to set the parameters and boundaries for their own children. Please review the movie trailer at screenagersmovie.com for more information.

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

**COMPUTER PROBLEMS?**

Very Slow Computer  
Setup Problems  
Strange PC Behavior  
Virus Warnings

Help!

Protect Your Family Finances — Music — Photos

**COMPUTER HELP IN YOUR HOME**

**619 992-5882** BBB MEMBER

Trusted in Homes for 28 years

San Carlos • Del Cerro • Allied Gardens • Mission Gorge

## Looking for a great OPPORTUNITY?



We are seeking experienced, motivated advertising sales consultants for our six community newspapers.

Must be knowledgeable of these areas and have a minimum of one year advertising sales experience. The ideal candidate is an energetic team player who is bright, positive, creative and personable who relates to small business owners and can assess their advertising needs. Fulltime, base plus commission. For more information about our community newspapers, visit us at **sdenn.com**.

Resume to David Mannis at **David@sdenn.com** (619)961-1951

**ELAM’S**

**Hallmark**

GOLD CROWN

[www.ElamsHallmark.com](http://www.ElamsHallmark.com)

Your Neighborhood Gift Store!

**Countdown to Santa's Arrival**

**Select Countdown Products 30% Off**  
**November 22 - November 26**

**Tree Trimmer Ornaments Buy One, Get One 50% Off!**



**(619) 465-8112**

Located in the  
**Grossmont Shopping Center**

## COMMUNITY CLASSIFIEDS

## Auto Donations

**Donate Your Car to Veterans Today!** Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398

## Autos Wanted

**DONATE YOUR CAR - FAST FREE TOWING** 24hr Response - Tax Deduction UNITED BREAST CANCER FOUNDATION Your donation can help save a life! 877-654-3662

**CARS/TRUCKS WANTED!!! All Makes/Models** 2002-2018! Any Condition. Running or Not. Top \$\$\$ Paid! Free Towing! We're Nationwide! Call Now: 1-888-985-1806

**CARS/TRUCKS WANTED!!! 2002 and Newer!** Any Condition. Running or Not. Competitive Offer! Free Towing! We're Nationwide! Call Now: 1-888-416-2330.

## Education

**AIRLINE MECHANIC TRAINING - Get FAA Technician certification.** Approved for military benefits. Financial Aid if qualified. Job placement assistance. Call Aviation Institute of Maintenance 866-453-6204

**MEDICAL BILLING & CODING TRAINING!** Train at home to process Medical Billing & Insurance! CTI can get you job ready! 1-833-766-4511 AskCTI.com HS Diploma/GED required

**AIRLINES ARE HIRING - Get FAA approved hands on Aviation training.** Financial Aid for qualified students - Career placement assistance. CALL Aviation Institute of Maintenance 888-686-1704

## Financial

**Over \$10K in debt? Be debt free in 24-48 months.** Pay nothing to enroll. Call National Debt Relief at 866-243-0510.

**Do you owe more than \$5000 in Tax Debt?** Call Wells & Associates INC. We solve Tax Problems! Personal or Business! IRS, State and Local. 30 years in Business! Call NOW for a free consultation at an office near you. 1-877-746-4933

**Reverse Mortgage: Homeowners** age 62+ turn your home equity into tax-free cash! Speak with an expert today and receive a free booklet. Call 1-866-880-2444

## Health &amp; Fitness

**Suffering from an ADDICTION to Alcohol, Opiates, Prescription Painkillers or other DRUGS?** There is hope! Call Today to speak with someone who cares. Call NOW 1-855-866-0913

**VIAGRA and CIALIS USERS! 100 Generic Pills SPECIAL \$99.00 FREE Shipping!** 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Espanol

**\$\$\$VIAGRA & CIALIS! 60 pills for \$99.** 100 pills for \$150 FREE shipping. NO prescriptions needed. Money back guaranteed! 1-800-943-1302

## Help Wanted

**25 TRUCK DRIVER TRAINEES NEEDED!** Earn \$1000 per week! Paid CDL Training! Stevens Transport covers all costs! 1-877-209-1309 drive4stevens.com

## Home Improvement

**BATHROOM RENOVATIONS. EASY,** ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 888-912-4745

## Medical

**ATTENTION OXYGEN THERAPY USERS!** Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. FREE information kit 800-984-1293

**OXYGEN - Anytime. Anywhere.** No tanks to refill. No deliveries. The All-New Inogen One G4 is only 2.8 pounds! FAA approved! FREE info kit: 844-558-7482

## Misc. For Sale

**Women's Levi Jeans, many used** pairs, sizes 10-12. Call 619-466-3887

**KILL ROACHES-GUARANTEED!** Harris Roach Tablets, Sprays, Traps, Concentrate. Available: Hardware Stores, Home Depot, homedepot.com

## Miscellaneous

**GENERIC VIAGRA and CIALIS! 100 Pills \$99.00 FREE Shipping!** 100% guaranteed. 24/7 CALL NOW! 888-889-5515

**Lung Cancer? And Age 60+? You And Your Family May Be Entitled To Significant Cash Award.** Call 866-428-1639 for Information. No Risk. No Money Out Of Pocket.

**Call Empire Today® to schedule a FREE in-home estimate on Carpeting & Flooring.** Call Today! 1-800-508-2824

**\$\$\$OLD GUITARS & AMPS WANTED\$\$\$** GIBSON\*FENDER\*MARTIN. ALL BRANDS. TOP DOLLAR PAID. CALL TOLL FREE 1-866-433-8277

**DIRECTV CHOICE All-Included Package.** Over 185 Channels! ONLY \$45/month (for 24 mos.) Call Now- Get NFL Sunday Ticket FREE! CALL 1-855-781-1565 Ask Us How To Bundle & Save!

**Unable to work due to injury or illness?** Call Bill Gordon & Assoc., Social Security Disability Attorneys! FREE Evaluation. Local Attorneys Nationwide 1-855-498-6323 [Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL (TX/NM Bar.)]

**Sleep Apnea Patients - If you have** Medicare coverage, call Versus Health-care to qualify for CPAP supplies for little or no cost in minutes. Home Delivery, Healthy Sleep Guide and More - FREE! Our customer care agents await your call. 1-844-545-9175

**AT&T Internet. Get More For Your High-Speed Internet Thing.** Starting at \$40/month w/12-mo agmt. Includes 1 TB of data per month. Ask us how to bundle and SAVE! Geo & svc restrictions apply. Call us today 1-833-707-0984

**DISH TV \$59.99 For 190 Channels** \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Call 1-855-837-9146

**A PLACE FOR MOM. The nation's largest senior living referral service.** Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-844-722-7993

**Spectrum Triple Play! TV, Internet & Voice** for \$29.99 ea. 60 MB per second speed No contract or commitment. More Channels. Faster Internet. Unlimited Voice. Call 1-855-652-9304

**Earthlink High Speed Internet. As Low As \$14.95/month** (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-855-520-7938

**Stay in your home longer with an American Standard Walk-In Bathtub.** Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-844-374-0013

**Start Saving BIG On Medications! Up To 90% Savings from 90DAYMEDS!** Over 3500 Medications Available! Prescriptions Req'd. Pharmacy Checker Approved. CALL Today for Your FREE Quote. 844-776-7620

**Cross Country Moving, Long distance Moving Company,** out of state move \$799 Long Distance Movers. Get Free quote on your Long distance move 1-800-511-2181

**HughesNet Satellite Internet - 25Mbps starting at \$49.99/mo!** FAST download speeds. WiFi built in! FREE Standard Installation for lease customers! Limited Time, Call 1-800-610-4790

**HEAR AGAIN! Try our hearing aid for just \$75 down and \$50 per month!** Call 800-426-4212 and mention 88272 for a risk free trial! FREE SHIPPING!

**INVENTORS - FREE INFORMATION PACKAGE** Have your product idea developed affordably by the Research & Development pros and presented to manufacturers. Call 1-888-501-0236 for a Free Idea Starter Guide. Submit your idea for a free consultation.

**DIATOMACEOUS EARTH-FOOD GRADE 100% OMRI Listed-Meets Organic Use Standards. BUY ONLINE ONLY:** homedepot.com

**PREGNANT? CONSIDERING ADOPTION?** Call us first. Living expenses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 888-652-0785

**Stay in your home longer with an American Standard Walk-In Bathtub.** Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-855-534-6198

**SAVE ON YOUR NEXT PRESCRIPTION!** World Health Link. Price Match Guarantee! Prescriptions Required. CIPA Certified. Over 1500 medications available. CALL Today For A Free Price Quote. 1-866-293-9702 Call Now!

**A PLACE FOR MOM has helped over a million families find senior living.** Our trusted, local advisors help find solutions to your unique needs at no cost to you. Call 855-741-7459

**CASH FOR CARS: We Buy Any Condition Vehicle, 2002 and Newer.** Nationwide Free Pick Up! Call Now: 1-800-864-5960.

**DISH TV \$59.99 For 190 Channels + \$14.95 High Speed Internet.** Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply 1-800-718-1593

**NEW AUTHORS WANTED! Page Publishing will help you selfpublish your own book.** FREE author submission kit! Limited offer! Why wait? Call now: 866-951-7214

**Reach millions of homes nationwide** with one easy, affordable buy in the NANI Network! For more information go to [www.afcp.org/nani](http://www.afcp.org/nani)

## Services

**DOG GROOMING Caring For Our Community's Dogs Since 1985.** ALL ABOUT GROOMING 619-583-3644 Large open air pens for comfort & safety. Only the owner grooms your pet. 7525 Mission Gorge Rd at Princess View Dr. See our Photo Gallery at [www.chgala.com/AllAboutGrooming](http://www.chgala.com/AllAboutGrooming)

**BATHTUBS REFINISHED like new** without removal. Bathtubs-Kitchen Sinks-Washbasins. Fiberglass and Porcelain. Over 25 years in San Carlos. Lic.#560438. 619-464-5141 (07/16)

**German Setter Tile and Stone Professional stone/tilesetter** with 30 years experience. European craftsmanship. Punctual & dependable. License# 872804. Contact Jens Sedemund: 619-415-6789 or [jens@germansetter.com](mailto:jens@germansetter.com) (3/17)

**ROOFING & REPAIRS Veteran Owned** in San Diego since 1993. Full roof and repairs. FREE ESTIMATES. Discounts available. Lic# 691295-C39. 619-823-7208 (9/17)

**Linda's Puppy Love, licensed,** insured pet sitting service offering daily walks, cat care, overnight stays-your home, lots of love. 619-857-3674 [www.lindaspuppylove.com](http://www.lindaspuppylove.com) or email [lindasmith-lp@gmail.com](mailto:lindasmith-lp@gmail.com)

**STRONGER, SAFER SENIORS.** Personal training for all ages from beginner to advanced. Workout in your home,

residential facility or outdoors. Certified 21 years. FREE consultation. Email [pkmelody@sbglobal.net](mailto:pkmelody@sbglobal.net) or call Pam at 619-962-7144. [www.strongersaferseniors.com](http://www.strongersaferseniors.com)

**Tree Service Certified Arborist. 911** On Every Job! Free Estimates. Lic. 536515 Insured. 619.672-8166 Ryken Tree Service.

**WIDOW OR WIDOWER? Interested in participating in friendly social activities?** You are welcome to join our very active club: WIDOWS OR WIDOWERS (WOW) of SAN DIEGO. Website: [www.wowso.org](http://www.wowso.org) Phone: 858-278-3884, 619-579-5930, or 619-448-7113

## Wanted to Buy

**Wants to purchase minerals and other oil and gas interests.** Send details to P.O. Box 13557 Denver, Co. 80201

**TOP CASH FOR CARS, Any Car/Truck,** Running or Not. Call for INSTANT offer: 1-888-417-9150

**ADVERTISE to 10 Million Homes** across the USA! Place your ad in over 140 community newspapers, with circulation totaling over 10 million homes. Contact Independent Free Papers of America IFPA at [danielleburnett-ifpa@live.com](mailto:danielleburnett-ifpa@live.com) or visit our website [cadnetads.com](http://cadnetads.com) for more information

**Reader Advisory: The National Trade Association** we belong to has purchased the above classifieds. Determining the value of their service or product is advised by this publication. In order to avoid misunderstandings, some advertisers do not offer employment but rather supply the readers with manuals, directories and other materials designed to help their clients establish mail order selling and other businesses at home. Under NO circumstance should you send any money in advance or give the client your checking, license ID, or credit card numbers. Also beware of ads that claim to guarantee loans regardless of credit and note that if a credit repair company does business only over the phone it is illegal to request any money before delivering its service. All funds are based in US dollars. Toll free numbers may or may not reach Canada.

**Cash for unexpired DIABETIC TEST STRIPS.** Free Shipping, Best Prices & 24 hr payment! BBB Rated A+. Call 1-855-440-4001 [www.TestStripSearch.com](http://www.TestStripSearch.com). ■

**Craftmatic®** Adjustable Beds **RATED #1** by Consumers Nationwide on CONSUMER AFFAIRS.COM

**#1 Name Brand Adjustable Bed! Trusted Over 40 Years!**

Available In All Mattress Types  
Including Our New Cool Gel Memory Foam

Discover Craftmatic For Less!

Shop By Phone & SAVE

Up to **50% Less** Than The Leading Memory Foam Brand

For Prices & Free Information:  
**866-425-2975**

**DENTAL Insurance**  
Physicians Mutual Insurance Company

A less expensive way to help get the dental care you deserve

- ✓ If you're over 50, you can get coverage for about \$1 a day\*
- ✓ No wait for preventive care and no deductibles - you could get a checkup tomorrow
- ✓ Keep your own dentist! You can go to any dentist you want
- ✓ Coverage for over 350 procedures including cleanings, exams, fillings, crowns...even dentures
- ✓ NO annual or lifetime cap on the cash benefits you can receive

**FREE Information Kit**  
**1-877-308-2834**  
**[www.dental50plus.com/cadnet](http://www.dental50plus.com/cadnet)**

\*Individual plan. Product not available in MN, MT, NH, NM, RI, VT, WA. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY; call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q; Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN) 6/20/05-09/17 MB17-NM0386c

**AIRLINE CAREERS**

Get FAA approved maintenance training at campuses coast to coast. Job placement assistance. Financial Aid for qualifying students. Military friendly.

Call Aviation Institute of Maintenance  
**800-481-7894**

**Business & Services - Contact Heather Fine, email [heather@sdenn.com](mailto:heather@sdenn.com) or call 619-961-1957**

**CAR SALES**  
**NEW OR USED...**

**Shan Persaud**  
**WILL GET YOU IN**

the **Ford** you want!

(619) 952-3102  
[cpersaud@socalpenske.com](mailto:cpersaud@socalpenske.com)

Penske Ford - 8970 La Mesa Blvd.

**COMPUTER SERVICES**

the **COMPUTER ADMIN**

Call Us Anytime!  
We're Here To Help You!

**TIM FRONCZEK**  
**619.713.7422**  
**TheComputerAdmin.com**

Follow us on Facebook at:  
[Facebook.com/TheComputerAdmin](https://www.facebook.com/TheComputerAdmin)

**CONTRACTOR**

**Home Transformation**  
Home Transformations  
All Types Of Interior & Exterior  
Remodeling and Repairs  
High Quality Craftsmanship  
35 Years' Experience  
References Available  
Licensed Bonded Insured

Ca Lic # 809751  
**Free Estimates**  
**858.663.6570**

**DENTAL IMPLANTS**

**Ronald S. Lessem, DDS**  
Dentistry - Implantology,  
Cosmetic, Oral Surgery,  
Endodontics, Sedation  
Dentistry Evening, Sat. &  
emergencies, TLC

7557 El Cajon Blvd. Suite A  
**La Mesa, CA 91942**  
(619) 255-7480

**ELECTRICIAN**

**Fischbeck Electric Inc.**  
For all of your electrical needs.  
Solar systems, Green energy  
savings, panel upgrades and  
changes, remodels, recessed  
lighting, etc. CA Lic. #900788  
(10-12)

**(619) 749-7105**  
**[www.FischbeckElectric.com](http://www.FischbeckElectric.com)**

**GARDENER**

**GARDENER**  
Expert Work. Reasonable Rates.  
Sprinklers, Clean-ups, Tree  
Trimming, Lawn Maintenance,  
Drought Resistant, Drip Irrigation,  
Weed Management And More.

• 40 Years Experience •  
John McCue LIC# 001283

**CALL 619-464-4910**

**Mission Times COURIER**

Read Mission Times  
Courier online  
Visit us at [sdenn.com](http://sdenn.com)

**HOUSE CLEANING**

**Lori's House Cleaning**

Reliable.  
Reasonable Prices  
Great References

"Call For A Free Estimate"  
**619.340.9426**

**LANDSCAPING**

**Turner Landscaping**

- Landscaping
- Lawns
- Hedges
- Weeding & Trimming

**We Do It ALL!**  
Allied Gardens Resident Since 1983  
25 Years' Experience Specializing  
In Local Communities.

- Licensed
- Free Estimates
- Reliable
- Weekly
- Biweekly & Monthly Service Available

**Call 619-287-6947**

**PAINTING**

**MK Co.**  
**PROFESSIONAL PAINTING & HOME REPAIR**

**SERVING YOUR HOME IMPROVEMENT NEEDS**  
**INTERIOR & EXTERIOR PAINTING**  
**RESIDENTIAL UPGRADES & REPAIRS**

Mike Kull • CSLB 710547  
Contractor Since 1995  
**619.540.6946**  
**[mikekull@cox.net](mailto:mikekull@cox.net)**

**PLUMBING**

**ideal**  
PLUMBING • HEATING • AIR • ELECTRICAL  
SINCE 1960

Water Heaters/Tankless • Drain Stoppages  
Toilets • Faucets • Garbage Disposals  
Camera Inspections of Drains  
Water Softeners & Filtration  
Heating & Air Conditioning  
Indoor Air Quality  
Electrical Repairs & Upgrades  
Kitchen & Bath Remodeling

**619.583.7963**  
**IdealService.com**  
Lic#348810  
Serving San Diego Since 1960!

**PRESSURE CLEANING**

**Power Washing**

**Commercial Residential**

Storefronts, dumpsters  
stucco cleaning, gutters,  
sidewalks, gum removal,  
patios, day porter service

**619-460-8177**  
**[sdklean.com](http://sdklean.com)**

**REMODELING**

**Pykles Remodeling**

- Bath & Kitchen Remodeling
- Plumbing Repairs & Installations
- Heating and A/C Repair & Installations

Kitchen & Bath Showroom  
**Free Estimates**

**619-463-1600**  
8348 Center Dr. La Mesa

**YOUR AD HERE**

**Reach over 200,000 readers**

Call David  
**619-961-1951**  
[David@sdenn.com](mailto:David@sdenn.com)

**San Diego Community News Network**

**Mission Times COURIER**

Affordable Ad Rates - Great Results!

For advertising info call:  
**Heather Fine**  
(619) 961-1957  
[heather@sdenn.com](mailto:heather@sdenn.com)

# Mission Trails concerts moves to Mission Trails Church

Charles **Carter**

Recently the Mission Trails Regional Park (MTRP) Foundation made a decision to cancel the bi-monthly Sunday free concert series that was in its seventh, very successful season at the MTRP Visitor Center. The concert series was initiated when Dr. Mitsuo Tomita approached Jay Wilson, then the executive director of the MTRP Foundation, with the proposal to hold free concerts on Sunday afternoons. Dr. Tomita volunteered to book the musicians, and the concert series was born. The concerts quickly became very popular and the musical talent continued to improve. Initially, there was one concert a month and it soon became twice a month. The attendance grew to between 75 and full capacity at 93 people attending every concert.

I began volunteering in 2011 by coordinating the activities at the concerts; meeting groups, providing programs, introducing the musicians and handling the donation basket for the musicians. Desiree Cera also joined our cadre of volunteers to assist at the concerts. The concert series has always featured a wide variety of San Diego's top quality musicians and singers from jazz, classical, Shakuuchi flutes, Celtic harp, marimbas, Tibetan singing bowls, choirs, bluegrass and renaissance just to name a few. When it was announced the concert series at the MTRP Visitor Center would end this December, the initial challenge was where do we go? I immediately called Wilson and asked for his input. He recommended the Mission Trails Church at 4880 Zion Ave. and offered to contact the pastor,

Kyle Walters, about the opportunity to host the concerts. Pastor Walters was interested and presented the idea to his board. Fortunately, they approved the concert series and agreed to initially host one concert a month beginning in January 2019 on the second Sunday of the month at 3 p.m. The sanctuary will easily hold 140 people. It is a great location, good acoustics, and has ample parking. Dr. Tomita is working on the concert schedule and it will be announced in December. Mark your calendar for Sunday, Jan. 13, 3 p.m. at the Mission Trails Church located at 4880 Zion Ave. in Allied Gardens.

—Charles Carter volunteers his time and talent to coordinating free public concerts at Mission Trails Park, and now Mission Trails Church.■

## ► News briefs, from page 7

Senior Care Specialty Services is a dedicated geriatric behavioral health program that provides cognitive, emotional, and behavioral care in a secure, 24 hours a day inpatient setting to address both medical and behavioral health needs of senior citizens. "As medical care has improved, our life expectancy has increased," explained Michelle Rispoli, director of Senior Care Services, in a press release. "Our population has aged, and we're seeing more and more of a need for geriatric care in our community. Alvarado Hospital is here to fill that need." Seniors 65 years and older who suffer from behavioral health issues that may be compounded with medical or neurological problems, such as Alzheimer's or Parkinson's disease, can receive comprehensive treatment by Alvarado's team of physicians, psychiatrists, nurses, and therapists. Common behavioral health disorders that will be treated are:

- Anxiety.
- Bipolar disorder.
- Dementia with behavioral disturbances.
- Depression.
- Post traumatic stress disorder.
- Schizoaffective disorder.
- Schizophrenia.

"Our entire team at Alvarado worked hard to make this happen, and it's great to finally see Senior Care Specialty Services come to fruition for our community," said Alvarado Chief Nursing Officer Peggy Jezsu in a press release. "I'm proud of the resourcefulness and professionalism that we showed here to make this vision a reality."

"This new unit is one part of what we see as Alvarado's role in our community," said Alvarado CEO Robin Gomez in a press release. "Senior Care Services, along with our new, expanded, soon to open

Emergency Department, are two examples of our hospital evolving to fit the needs of the people we serve, including those most vulnerable." For more information about the Senior Care Specialty Services program at Alvarado, call 619-229 7307.



Most of the Crusaders Soccer Club Girls 2007 Competitive Division team and a member of the 2012 Girls Recreational Division Belgium Unicorns following the practice and clinic for the Unicorns. (Photo by Angelica Wagner)

**Crusaders Soccer Club news** Being a member of a Crusaders Soccer Club team is more than just playing on that team. Working with younger players is also part of the program. Recently, members of coach Jim Miller's Girls 2007 Competitive Division team visited his granddaughters' Girls 2012 Recreational Division team, the mighty Belgium Unicorns. Coach Miller's team held a special practice and clinic for the young Belgium Unicorns team members and followed up by attending one of the Belgium Unicorns games to cheer them on. The Thanksgiving Soccer Clinic will be held Nov. 19, 20 and 21, 8:30–10:30 a.m. at the Pershing Middle School fields. Players will learn the proper techniques and skills to

become a better soccer player. The Recreation Division Camp is for boys and girls born between 2006 to 2012 and the Competitive Division Camp is for players born between 2007 to 2010. The cost is \$65 for Recreational Division players and \$100 for Competitive Division players. Visit sandiegocrusaders.com to register and for more information. All players attending should arrive wearing a shirt, shorts and soccer shoes and bring plenty of water. Parents/guardian will need to sign each player in at the beginning of the camp on Nov. 19. The fall season for Crusaders Soccer Club ends on Saturday, Nov. 17. On Sunday, Dec. 1, registration will open up for the Crusaders spring season which will commence on Sunday, March 3. Games are played on Sunday so as not to conflict with Little League, Patriot Baseball League and Navajo Girls Fastpitch Softball. The season consists of eight Sunday games with no games on Easter Sunday. Registration includes a uniform consisting of shirt, shorts, socks and insurance. Jersey Mike's in the Vons shopping center is a continuing sponsor for Crusaders Soccer Club's recreational and competitive programs. Visit sandiegocrusaders.com for more information about the club.

**Youth rugby offered at SDCCU Stadium** The OMBAC Wallabies, which touts itself as "the premier youth rugby club in San Diego," is getting underway with its youth club season for boys and girls under 8- and under 14-year-old leagues. The

See NEWS BRIEFS page 22

# WORSHIP DIRECTORY

**Calvary Chapel**  
by Mesa  
Wed. Night.....6:30pm to 8:00pm  
Sat. Night.....6:30pm to 8:00pm  
Sunday.....10:00am to 11:30am  
Tuesday.....6:30pm to 8:00pm  
**619-697-7221 Pastor Chris Pawlowski and Pastor Dave Riley**  
Calvary Chapel 7525 El Cajon Blvd.  
La Mesa, CA 91942.

**Mission Times COURIER**  
Read Mission Times Courier online  
Visit us at [sdcdn.com](http://sdcdn.com)

## WORSHIP DIRECTORY

Advertise your Church in the Worship Directory & Reach 28,000 Readers

Call Heather @ **951.296.7794**  
**Heather@sdcdn.com**



# PUZZLES

ANSWERS ON PAGE 12

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

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

© 2014 Janric Enterprises Dist. by creators.com

## CROSSWORD Independence

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21							22			
23								24		25				
				26	27	28	29		30			31	32	33
34	35	36	37					38		39				
40					41				42		43			
44				45		46				47				
48					49		50							
				51		52				53	54	55	56	57
58	59	60			61		62	63	64					
65					68						67			
68					69						70			
71					72						73			

CREATORS NEWS SERVICE By Charles Preston

- ACROSS**

1 Conflicts

5 Wanders

10 Stunner

14 Coup d'\_\_

15 Bay

16 Aka Charles Lamb

17 Silkworm

18 Gaze

19 NC cape

20 Hanoverian heavy in America

22 Chichi's alert

23 Dictum

24 Or follower

26 Silent star

30 Feast

34 10 Down, e.g.

39 Met's rival

40 Fall color

41 A singing Wash- ington

43 Aural

44 Wedding site

46 Patriots

48 Doubly nasty

50 Carter's catcher

51 Obscure

53 Dependence

58 Joke response

61 Bang-up holiday

65 Not under

66 Love Story star

67 Building beam

68 Meathead

69 Pilot Balbo

70 Church area

71 Love god

72 Pro-consumerite

73 Dirk
- DOWN**

1 Fortnight units

2 Courtyards

3 Weather warning

4 Bachelors

5 Succeed

6 Aware

7 Winglike

8 Blend

9 Toughens

10 1776 player

11 Fridge item

12 Ananias

13 Vetch, e.g.

21 Mongolian waste- land

25 Hydro resort, e.g.

27 Tack on

28 Check

29 Indochinese region

31 Ms. Kett

32 Seed envelope

33 Gooden and Erving

34 Kiddie conveyor

35 Hold sway

36 This: Sp.

37 Flags

38 Memorable mime

42 Broadway beauty

45 Arikara

47 Holy Roman emperor

49 Connect anew

52 \_\_ Arenas, Chile

54 Archaeologist's site

55 Citylike

56 Cudgel

57 Babe Ruth's num- ber

58 Edge

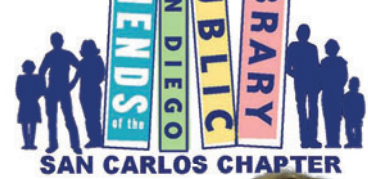
59 Maintain

60 Sandwich

62 Conduct

63 Dink Stover's school

64 Do—a played by Signoret



Sue Hotz



### Awesome art show

In the Winer Family Community Room & Art Gallery, Nov. 6–29, be awed by the drawings of award-winning illustrator and 1977 Patrick Henry High graduate, Terry Naughton. See beloved Disney characters (remember the Beast in “Beauty and the Beast,” the genie in “Aladdin,” and Zazu in “The Lion King”), sports figures, and more. Naughton will be

the keynote speaker at the San Carlos Friends of the Library (SCFOL) General Membership meeting, Wednesday, Nov. 14, 4–5:30 p.m., at the library. The meeting’s agenda is on the SCFOL website — all are all invited to attend. If you miss Naughton on the Nov. 14, meet him during his artist reception, Nov. 17, noon–2 p.m., in our art gallery.

### Christmas stockings

Are you looking for new Christmas stockings to hang on your mantel or perhaps to act as unique gift holders stuffed with goodies? Dec. 4–Jan. 3, choose from the beautiful hand sewn stockings, created by Grace Gabriel, hanging in the Community Room & Art

Gallery. You may purchase these one-of-a-kind Christmas stockings for the small price of \$12 each. “How to buy” instructions will be posted. Phone Gabriel while you are at the library; she lives very close to the San Carlos Branch and will promptly be there to assist you.

### The USS Midway

Nov. 16, 2–3 p.m., a Midway Museum docent will amaze us with facts about “The Floating City.” About 5 percent of the USS Midway’s 4,500 crew were pilots; the other 95 percent operated a floating city at sea — restaurants, barber shops, city utilities, convenience stores, police, hospital, newspaper, hotels, laundry and much more — so that the pilots could launch when the nation called. Explore with us this three-football-field-sized floating city at sea.

### Park Ranger visit

Nov. 14, 2:30–3:30 p.m., ages 5–10 will have a special visit from Julie Aeilts, park ranger at Mission Trails Regional Park. Aeilts will share information about the animals in Mission Trails Park, the essentials of being a well-prepared hiker, the duties and responsibilities of being a ranger, and will bring specimens such as snakeskins, pelts, pellets, and wildlife track casts.

### Literature Comes To Life

Kids from the audience are invited on Dec. 8, 1–2 p.m., to bring to life scenes from

the children’s Hanukkah story, “The Runaway Latkes,” by Leslie Kimmel. This program develops oral skills and confidence in kids of all ages.

### Library Book Club selection

The Library Book Club on Dec. 13, 12:30–2 p.m., is reading Beryl Markham’s memoir, “West with the Night.” The era is the early 1900s; the setting moves from a horse-race farm in Kenya to another in Molo, then to London and eventually returns to Kenya. Markham’s life was full of adventures — she hunted with the natives, trained racehorses, and became a courageous aviator. National Geographic chose Markham’s memoir as one of its top 10 adventure books.

### Note from SCFOL President Joan Hayes

2018 has flown by and the San Carlos Friends of the Library (SCFOL) has had another busy year supporting the San Carlos Branch Library. Branch event attendance continues to increase and we look forward to news about building a larger branch facility.

SCFOL personnel changes this year include Bill Bischoff, who took over as Volunteer Coordinator from retiring, Lee Ottman. Bischoff is updating the SCFOL volunteer roster and looking for additional book sale helpers. Another retiree, Author Program Chair Carlene Hemric, relocated, and Lesley

Frazier is now signing up authors for our 2019 series. The Winer Family Community Room & Art Gallery walls are covered monthly with inspiring new art displays created by local artists. Shows are scheduled by artist and SCFOL Art Chair Barbara Stewart. Meet these talented artists at the monthly artist receptions.

Please log onto the SCFOL website where our branch’s calendar and program descriptions are updated by Publicity Chair Sue Hotz, who also writes this column and sends out SCFOL newsletters. Bobbi Dennis keeps the membership list organized. Our current SCFOL membership stands at 196 annual members, with an additional 116 Life Members, whose names are displayed in the Winer Family Community Room & Art Gallery.

Revenue from our monthly Used Book Sales, membership dues, and donations, enabled SCFOL to contribute \$20,000

See SCFOL page 21



“El Cid Balboa” by Terry Naughton (Courtesy Terry Naughton)



“Boris and Ivan,” a painting by local artist Terry Naughton (Courtesy Terry Naughton)

# SAVE MONEY!

**We charge by the job, not by the hour!**

**Tom DiNardo Plumbing Inc.**

Call Tom at  
**(619)582-1646**

Bonded & Insured  
CA Lic 850535

MasterCard VISA DISCOVER NOWUS BBB ACCREDITED BUSINESS

[www.TomDinardoPlumbing.com](http://www.TomDinardoPlumbing.com)

## Benefits of choosing Tom DiNardo Plumbing:

- Tom personally performs all work so you know the job will be done right.
- 100% satisfaction guarantee or the service call is free! (\$90.00 value)
- A+ rating with Better Business Bureau

# GREENPAL

[www.yourgreenpal.com](http://www.yourgreenpal.com)

An app that connects homeowners needing lawn care with local professionals has launched in San Diego.

GreenPal, based in Nashville, is already being used in **23 states** by more than **300,000 homeowners**, according to company officials.

Homeowners can list their lawns with their service date and lawn care needs. Lawn care companies then bid on the properties based on the Google street and aerial images and any other lawn details the homeowner provides.

Homeowners can then select who they want to work with based on vendor’s ratings, reviews and price. Once the law care company has completed the service, it sends a time-stamped photo of the completed work. Homeowners pay using the app and can set up more appointments.

Co-founder Gene Caballero said the app has already launched in about 40 major markets around the U.S., including Tampa, St. Petersburg, Atlanta, Charlotte, Orlando, among others.

To visit GreenPal, visit

<https://www.yourgreenpal.com/local/lawn-care-san-diego-ca>

# Happenings at Allied Gardens/Benjamin library

Kathryn Johnson

October was all about the pumpkins. Thanks to everyone who entered our annual pumpkin coloring contest. Once again, we had some very colorful and creative entries. In fact, 9-year-old Sivan's entry gave us all a chuckle.

### Fitness Fun returns

This fun, light aerobic workout will return to its regular Friday rotation at 11:15 a.m. The class includes dance steps, chair aerobics, toning with weights and bands and a cool down. While this free class is open to everyone, older adults will benefit from the movements that improve balance and stability. Please note, there will be no class on Nov. 23.

### Vegan Adventures: Tofu the Ancient Superfood

Participants will learn how to create delicious and satisfying meals using all plant-based food products and ingredients. This hands-on culinary lab will give you an opportunity to practice making recipes, taste test new products and learn to create new healthy meals. All ages welcome. Tuesday, Nov. 13 at 6 p.m.

### Library hours in November

We will be closed on Nov. 12 in honor of Veterans Day. Thanks to all our veterans for your service!

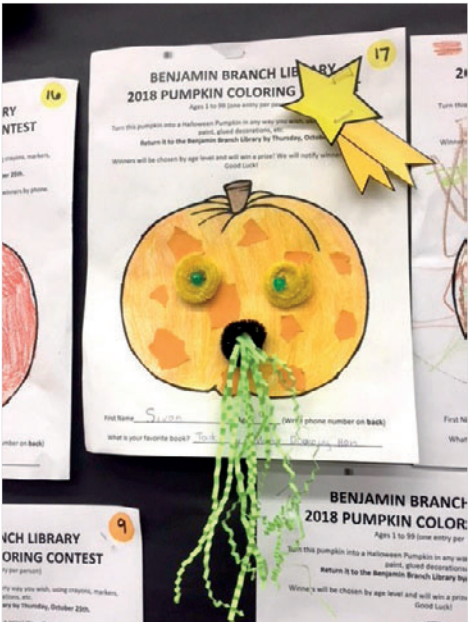
We will also have a change in schedule on Nov. 21, the day before Thanksgiving. Our hours this day will be 9:30 a.m. to 6 p.m. so we can get home and get our turkeys in the oven. Happy Thanksgiving to all. Oh, and we will be closed on Thanksgiving as well.

### Library Book Club

Our monthly book club will be reading selections for Raymond Carver's "Call Me if You Need Me." Copies of the book are available for check out at the circulation desk. November's book club will take place on Tuesday, Nov. 13 at 1 p.m.

### On display

Our very own Friend of the Library treasurer, Sheila Padgett, has graciously lent us some of her late father's World War II memorabilia to display. Be sure to take a look at some of the souvenir postcards and



An entry by Sivan in the pumpkin coloring contest. (Photos courtesy Allied Gardens Library)

keepsakes from the 1940s. In fact, thanks to this display, we know what wax vestas are.

### Handmade @ the Library

Join us November for Handmade @ the Library, holiday edition! We will be making bath bombs on Nov. 10 at 2 p.m. Space is limited, sign up online at sandiego.librarymarket.com. Upcoming programs take place on Nov. 24 and Dec. 8, both at 2 p.m., and registration for these events will open on Tuesday, Nov. 13.

—Kathryn Johnson is managing librarian of the Allied Gardens/Benjamin Branch Library.■

### ► SCFOL, from page 20

to the San Diego Public Library Matching Fund. This fund is matched by the city of San Diego and used by the branch libraries to purchase materials, programs, and equipment. Thanks to Ron McFee and all who make our book sales so successful!

We honored four SCFOL Volunteers this year, Su Bonnet, Sue Dennis, Jo Matthews and Evie McGhee, at the Friends of the San Diego Public Library (FSDPL) annual meeting. They represent all of our enthusiastic volunteers. FSDPL will celebrate its 40th anniversary in 2019.

There would be no Friends of the Library without libraries. Kudos goes to our wonderful Branch Manager David Ege. Ege, assisted by library assistants Sarah Hendy-Jackson and Stephanie Kern, put together an intriguing speaker lineup. Ege also organized a super successful first annual robotics event! Awesome Youth Services Librarian Erin Moore coordinated the branch's standing room only Summer Reading Program and outstanding youth recurring and special event programs.

I look forward to another year as your president of SCFOL and working with a great board, volunteers, and library staff. The annual SCFOL General Membership meeting is Wednesday, Nov. 14, 4–5:30 p.m. Please join

us then for a very exciting program and at our monthly third Wednesday at 4 p.m. SCFOL board meetings. See you at the library!

—Joan Hayes

### Dates to remember

- Nov. 10, 3–4 p.m.: College admission essay assistance
- Nov. 12: CLOSED, Veterans Day, city observed
- Nov. 13, 2:30–3:30 p.m.: Adult Mind/Body Fitness resumes
- Nov. 14, 4–5:30 p.m.: Annual SCFOL General Membership meeting. All are welcome.
- Nov. 14, 6:30–7:30 p.m.: College admission essay assistance
- Nov. 17: In-N-Out reading program ends, ages 4-12. Sign up at the library.
- Nov. 21: Thanksgiving Eve has early library hours 9:30 a.m.–6 p.m.
- Nov. 21, 2:20–3:30 p.m.: CANCELED "After-School-Special"
- Nov. 22: CLOSED Thanksgiving Day
- Nov. 28, 4–4:45 p.m.: CANCELED, LSX "Inside Out"
- Nov. 30, 1:30-3:30 p.m.: Friends of the Library only, Used-Book Pre-sale. Join SCFOL during the sale
- Dec. 1: 9:30 a.m.–3 p.m.: SCFOL Monthly Used Book Sale

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



World War II memorabilia on display at the library courtesy of Sheila Padgett

**NOW OPEN**  
SATURDAYS, 9AM – 5PM!

**SMILE**

**We'll handle the rest!**

**FREE Implant Consultation**  
**FREE 2nd Opinion**

**We Specialize in Smile Makeovers, Implants & Oral Surgery**

**Ronald S. Lessem, DDS**  
619-255-7480 • [www.drlessem.com](http://www.drlessem.com)  
Fellow of Implant Dentistry • Convenient La Mesa Location!  
7557 El Cajon Blvd. Suite A • La Mesa, 91942

**2017 BEST OF MISSION TIMES COURIER**

**2BR/2BA/1204SF**  
Proximity to UCSD  
La Jolla/\$579,000

**Mary Jane Harris**  
(619) 518-1159  
Allison James Estates & Homes  
DRE#00890886

**6BR/5BA/5334SF**  
Alvarado Estates/Big Views  
San Diego/\$1.9M-\$2.1M

**Kassy & Lindy Kaiser**  
(619) 265-0454  
Keller Williams Realty  
DRE#01889763

**GET READY TO**

If you're planning to buy or sell a home or property, we would like to help you put your plan in motion. Here are some properties that are currently on the market, but they'll be going fast. Give one of us a call! **It's your move....**

**MOVE**

► News briefs, from page 19

club has international, certified coaches and welcomes all interested players, regardless of experience.

Practices are Tuesdays and Thursdays at 6 p.m. at Little Q within the SDCCU Stadium facility. Team matches are played in January through mid-March.

Rugby is the fastest-growing youth sport in America and a 2016 addition to the summer Olympics. Visit [om-bacwallabies.com](http://om-bacwallabies.com) for more information.



Mayor Faulconer (center) speaks at a press conference, held on the street where the 1,000th mile was repaved (Photo by SDCNN)

Three years, a thousand miles

On Monday, Oct. 29, Mayor Kevin L. Faulconer and City Councilmembers Mark Kersey and Lorie Zapf announced that crews have fixed 1,000 miles of streets in a three-year period. Back in 2015, the mayor pledged to meet this goal within a five-year time span.

The mayor's infrastructure goal for the city was achieved

two years ahead of schedule, which set a record pace for street repair. Currently, the city fixes approximately 25 miles of streets in an average month. Ten years ago, the city only repaired this number of miles in an entire year.

"One thousand miles represents our commitment to improving the quality of life in our neighborhoods, restoring pride in our communities, and building a better future for all San Diegans," Faulconer said at a press conference. "This is really 1,000 miles and counting because we're going to keep paving until every street in every neighborhood gets fixed. This is a great start and we know there's a lot more work to do."

Many factors contributed to this accomplishment, including tripling funding for road repair, rotating street crews to each council district to fill potholes, and expanding the city's infrastructure program.

"With the help of the City Council's first-ever Infrastructure Committee, we've cut bureaucratic red tape and prioritized funding to put neighborhood road repairs first," added Councilmember Kersey, who is also the chair of the council's Infrastructure Committee.

For more information about the repaired streets, visit [streets.sandiego.gov](http://streets.sandiego.gov). ■

# Kaiser Zion completes upgrade project

Jeff Clemetson  
Editor

On a Sunday evening at the end of September, residents along and around Burgundy Street near Kaiser Zion Hospital were woken by a loud, strange mechanical noise. Recent construction at Zion led the neighbors to believe that the grinding sounds emanating from the hospital rooftop might be permanent, so they organized to get to the bottom of the mysterious noise.

Fortunately, the issue was only temporary. The sound was from two large fans attached to the hospital's air vent system — a requirement of California's Office of Statewide Health Planning and Development for hospitals under construction — which will soon be uninstalled and removed on Nov. 20.

In the meantime, Kaiser worked to minimize the noise from the temporary fans by repositioning them and adding insulation.

"That seems to have resolved the issue," said Tana Lorah, community and government relations manager for Kaiser Permanente. "Once we became aware that there was a community impact, there was an immediate response to try and mediate that."

Now the residents of Burgundy Street and surrounding areas will be able to rest easier — and they aren't the only ones. The fans that brought the noise in the first place are a final step in a years-long project to upgrade Zion's "patient experience" by converting the hospital from shared, double bed rooms to single bed rooms and other upgrades.

The \$400 million project to upgrade Zion was initiated in 2010 to coincide with



The new Zion Cafe at Kaiser Zion hospital (Photo by Jeff Clemetson)

construction of Kaiser's brand-new San Diego Medical Center.

"We would never want someone to think, 'Oh, we're at the nice one [the new hospital],'" said Kaiser Permanente San Diego media relations manager Jennifer Dailard. "Of course the care is the same, but we wanted the patient experience to be mirrored in either medical center. The most outdated part of Zion was that people still had to share rooms."

In addition to converting Zion's hospital rooms to single bed, the upgrade project also included adding solar panels to the roofs, installing electric vehicle charging stations to the garage, installing LED lighting throughout the hospital, re-landscaping the grounds with drought-tolerant plants, improving the signage in and around the hospital, interior painting, and some technology upgrades meant to improve the comfort for patients.

"At the new San Diego Medical Center, every room has a footboard where patients can do a number of things like order room service or look at informational and instructional

wellness videos," Dailard said. "Zion added a similar technology only using tablets."

Other construction at Kaiser Zion included the Zion Café on the first floor, new lobby areas where people can now wait comfortably and tap into WiFi, and an upgraded cafeteria as well. The hospital also created more clinical space by removing walls and reconfiguring modules.

The reconfiguration of Zion and the completion of the new hospital also allow Kaiser to assign different medical expertise to each, making them less crowded.

"We basically took one hospital and we split it in half," Dailard said. "One of the plans when we were able to open the San Diego Medical Center was not to have both hospitals have labor and delivery, or both hospitals have orthopedics. We actually house certain specialties in one hospital or the other, which is really a nice experience."

Pediatrics and labor and delivery are now performed at San Diego Medical Center and Zion is home to Kaiser's orthopedic center. Other clinical and medical specialties are still being worked out where they will be offered, Dailard said; however, both hospitals will offer emergency room services. And the hospital configurations may stay in flux, depending on demand.

"We always want to have room to grow," Dailard said. "There are still some areas of Zion that are not spoken for. We always build for a little wiggle room. For instance, our San Diego Medical Center, we have permits and plans to add a north tower if needed one day if our capacity grows."

—Reach Jeff Clemetson at [jeff@sdenn.com](mailto:jeff@sdenn.com). ■

Infusion Home Design

**IHD**  
INFUSION HOME DESIGN

**Your Full-Service Real Estate Listing & Staging Experts!**

**IHD**  
INFUSION HOME DESIGN

LIST - STAGE - SELL

Pacific Sotheby's INTERNATIONAL REALTY

**Cynthia Lingg • 619.840.7979**  
[cynthialingg@gmail.com](mailto:cynthialingg@gmail.com)

Lic. # 01385641

**Listed at \$169,900**

Near the Heart of San Diego is The Cliffs 55+ Senior Mobile Home Park. Situated near the top of the park is this 2008 2 BR, 2 BA with Den 1625 square feet Goldenwest Manufactured Home. The large VIEW lot features mature Ficus Trees, Real Grass, Sprinklers and Drip Irrigation, a water softener and floor to ceiling Oversized Shed. House has a Shingle Roof, Evaporative Cooler, New Hot Water Heater and Large Tandem Carport. You are welcomed to the Porch and entry with a Canvas Awning. The home has Vaulted Ceilings, North Facing Dormer Window, Entertainers Kitchen Island with Custom down Draft Gas Cook Top, Spacious solid surface Counter Tops and Walk in Pantry. There is a Large Den adjacent to the Living Room, Two Hallway Closets, Spacious Guest Bath and Nice Sized 2nd Bedroom. The Master is huge with a spacious Closet, dual sinks and Jetted bath tub; step in shower, and full wall linen closet. Best of all - the space rent is only \$1,199!

**Mike Barbusca**  
Sales Agent  
**619-379-6587**

**Mobile Home Connection**  
San Diego's Mobile Home Connection since 1993

**2018 BEST OF MISSION TIMES COURIER**



New lobbies make waiting at Zion Hospital more comfortable. (Photo by Jeff Clemetson)



Upgrades included adding EV charging stations in the parking lot. (Photo by Jeff Clemetson)



The new single bed rooms at Kaiser Zion add comfort to the patient experience. (Courtesy Kaiser Permanente)

MISSION TIMES COURIER  
COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR

ONGOING EVENTS



**'Butterflies Are Free' Through Nov. 11**  
The Lamplighter Theatre presents its rendition of Leonard Gershe's 1969 play about a blind aspiring songwriter who falls in love with a free spirit in Manhattan. "Butterflies Are Free," winner of the 1970 Tony for Best Stage Actress, is a touching and entertaining drama about finding one's way in the world. Directed by George Bailey. Tickets are \$22; students and military \$19. 5915 Severin Drive. For tickets and show times, visit [bit.ly/2OQsSsF](http://bit.ly/2OQsSsF). ■

FEATURED EVENTS

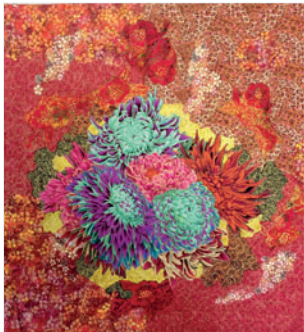


**Christopher Dale & Jackie Venson**  
Special house concert featuring 11-time San Diego Music Awards nominee Christopher Dale and Texas guitar sensation Jackie Venson. Doors open at 6:45 p.m. for the 7:30 p.m. performance at 5972 Adobe Falls Road. \$25 advance tickets available at [bit.ly/2qobssZ](http://bit.ly/2qobssZ). Guests are encouraged to bring a potluck item and their own beverages.



**Youth Harmony Day Showcase**  
Harmony singing students join master barbershop quartets Fortunate Sons, The Newfangled Four and SoloVoice with a showcase

performance to conclude Youth Harmony's all-day workshop. 7 p.m. at Harvey Lewis Middle School, 5170 Greenbriar Ave. Tickets are free for students, \$10 for adults. Buy at the door or at [youthharmonysd.com](http://youthharmonysd.com).



**Artist reception: 'The Nature of Things'**  
The Mission Trails Regional Park Foundation (MTRP) is pleased to present a fine art exhibition featuring eight award-winning fabric artists: Judith Bender, Doria Goocher, Cuauhtémoc Q. Kish, Gillian Moss, Kathy Piper, Pamela Day Puckette, Heather Urquhart, and Lisa Yoder who are all part of the group named The Grateful Thread. The Grateful Thread is a group of San Diego County art quilters who have been meeting for three years for the purpose of exhibiting their work. Previous exhibits have been at Gallery 21 in Spanish Village Art Center, Balboa Park and in Encinitas. Several members have shown nationally and internationally. The group meets regularly to critique their work. The quilts cover a wide range of expression, both representational and abstract. The artists use surface design techniques such as hand dyeing, painting, silk screening, digital printing, photo transfer and embellishment. This exhibit will be on display in the Mission Trails Regional Park Visitor Center Art Gallery, 1 Junipero Serra Trail on Nov. 10–Dec. 7. The public is cordially invited to a reception at the Art Gallery on Sunday, Nov. 11, 2–4 p.m.



**Oasis Tech Fair**  
San Diego Oasis hosts its sixth annual tech fair, which aims to address the needs of older adults in a rapidly changing digital world. Highlights of this year's expo include a workshop on voice-activated devices, a briefing with local law enforcement on methods to prevent fraud and identity theft, and the always-popular "Ask

the Experts" demo. Join volunteers from local Boy Scout and Girl Scout troops, who provide tech support and demos for older adults with questions about their personal tech tools. Lunch will be provided, and admission is free. 9:30 a.m.–2:30 p.m. 5500 Grossmont Center Drive. To learn more or to register, go to [bit.ly/oasistech](http://bit.ly/oasistech).



**'8000M' Through Nov. 18**  
The Moxie Theatre, in partnership with Golden Shards Productions, present "8000M" — a play from David Greig directed by Alice Cash. Follow the story of an exhibition team attempting to reach one of the world's highest peaks and see their struggle to survive the harsh conditions together. Featuring a cast fresh off a sold-out run in New York City, "8000M" premieres for the first time in San Diego at the Moxie Theatre, 6663 El Cajon Blvd. Tickets are \$25 or \$15 for students. For tickets and show times, visit [bit.ly/8000MSD](http://bit.ly/8000MSD).



**Holiday Lighting Celebration**  
The city of Santee's annual Holiday Lighting Celebration offers fun activities for children and adults, ranging from sledding down a hill made with actual snow, holiday crafts, face painting, shopping, food vendors and live music. The wintery ambience will be heightened with a light dusting of snowflakes throughout the event and the presence of several oversized inflatable characters such as Snoopy, Olaf, Nemo and more. The free event starts at 5:30 p.m. with the pinnacle event — the lighting of the 20-foot tree — at 6:10 p.m. at Santee Trolley Square Shopping Center, 9884 Mission Gorge Road.



**Alternative Christmas market**  
Join the La Mesa First United Methodist for an alternative Christmas market. This alternative market aims to share love with others, promote self-sufficiency, help the homeless, and support church mission work. Representatives from local and international nonprofits will be in attendance. 9 a.m.–12:30 p.m. 4690 Palm Ave.



**Aztecs For Life blood drive**  
San Diego State University and the American Red Cross are partnering to host the second annual Aztecs for Life blood drive. With the goal of collecting 400 pints of blood, multiple campus groups and associations have joined together to help organize the drive, recruit donors and volunteer time for the 10-hour blood drive. Associated Students, Student Housing, Arts Alive, Marching Aztecs and Pep Band, Athletics, and SD-SU Alumni are among the organizations participating. 10 a.m.–8 p.m. at Viejas Arena, 5500 Canyon Crest Drive. To make an appointment, visit [RedCrossBlood.org](http://RedCrossBlood.org) or call 1-800-733-2767 and use code: Aztecs.



**'She Kills Monsters' Through Dec. 8**  
Grossmont College Theater Arts presents a play written by Qui Nguyen about a young woman who stumbles into a world of Dungeons &

Dragons in order to search for the identity of her deceased sister, whom she didn't get a chance to know. "She Kills Monsters," directed by Jason Heil, is a comic romp into a world filled with fantasy, adventure, romance and more. Nov. 29, 30 and Dec. 1, 6, 7, 8 at 7:30 p.m.; matinees Dec. 1 and 8 at 2 p.m. at Grossmont Stagehouse Theatre, 8800 Grossmont College Drive, El Cajon. For tickets and more information, visit [bit.ly/2RjhWWi](http://bit.ly/2RjhWWi).



**La Mesa Holiday in the Village Through Dec. 8**  
La Mesa Holiday in the Village will once again be ringing in holiday cheer for everyone near and far. Friends and family will have the chance to take part in the free, festive fun with live music, cozy fires, dancing, craft vendors, food, and a kids area bigger than Santa's toy shop. Come by ready to shop, dine, and bask in La Mesa's joyful atmosphere as this honored tradition transforms the town into a Winter Wonderland for the whole family. To apply to be a vendor or more information, visit [lamesavillageassociation.org](http://lamesavillageassociation.org) or reach out to Katie Halvin at 619-458-5966.

**Hanukkah Party and Celebration**  
A luncheon will be served at noon, which will include potato latkes and sufganiyot (jelly donuts). A concert and celebration at 12:30 p.m. with Deborah Davis, vocalist and instrumental musicians from of the Second Avenue Klezmer Group. They will play a variety of Yiddish, Hebrew, and traditional Jewish music. Lunch is a suggested donation of \$4 for adults aged 60 and over and a fee of \$7 for all others. The concert is free. At the College Avenue Center, 6299 Capri Drive.



**A Merry Poppins Holiday Tea**  
Friends of East County Arts, Inc. is pleased to present A Merry Poppins Holiday Tea

on Dec. 8, 11 a.m. at Holy Trinity Parish Hall, 405 Ballard St., El Cajon. Every guest at the "Practically Perfect In Every Way" festive afternoon will be greeted with a glass of Champagne from "Poppins Pub" on arrival, delicious catered lunch, delectable desserts, and live entertainment provided by The Footnotes from Grossmont High School. There will be a "Poppins Mercantile," where guests can purchase homemade limoncello, delicious cranberry-almond granola, various baked goods, cucumber melon salt scrub, and beautiful Christmas ornaments. Guests will also be able to participate in a silent auction and opportunity drawings. Tickets for the event are \$50. Make reservations and pay online at [friendsofecarts.org](http://friendsofecarts.org) or contact Judy Moore at 619-442-2778 to make your reservations by phone.



**Arts for Learning: All About Jazz**  
College Avenue Center presents an educational program about the history and foundation of the music form of jazz. This program features guest artist, Rob Thorson and his trio. This informative and entertaining program will trace the story of jazz music through the years and play exciting music reflecting this diverse genre of music. This program is free. 1 p.m. at the College Avenue Center, 6299 Capri Drive.



**Enchanted Village**  
Noah Homes presents an Enchanted Village complete with lit trees, magical cottages, live performers, a snow machine, interactive exhibits and more to entertain guests of all ages. All proceeds benefit adults with developmental disabilities. Friday through Sunday, Dec. 14–16 and Dec. 21–23, 4–8 p.m. at Noah Homes, 1256 Campo Road, Spring Valley. Adult tickets \$14.99; children 3–12 \$9.99; children 3 and under free. Tickets and information at [enchantedvillage.org](http://enchantedvillage.org). ■

**ideal**  
Kitchen & Bath  
REMODELING

**ideal**  
PLUMBING • HEATING • AIR • ELECTRICAL  
SINCE 1960

**ideal**  
ELECTRICAL SERVICES

(619) 583-7963 • idealService.com • 5161 Waring Rd • Lic# 348810



Don & Melissa Teemsma  
2nd Generation Owners,  
Ideal Plumbing Heating  
Air Electrical

### Fall Home Maintenance Checklist

With cooler weather on the horizon, now is the perfect time to tackle your Fall home maintenance tasks. You never know when the weather will turn cold, and when it does, you'll want to make sure your home is ready. Call us today to help you plan ahead for the Fall months! 619-583-7963.

#### • Furnace Tune Up

Service your furnace to maintain optimum performance during the Fall season and all year round. Regularly scheduled maintenance helps prevent costly downtime and repairs that could have been prevented. The proactive approach of preventative maintenance saves you money by lengthening your equipment life and improving its efficiency.

**Filters:** A filter change will help to cut down on energy use and save you money on your energy bills.

**TIP:** Know your filter! Some filter types are washable and can be reused. Others, such as electrostatic, carbon or allergy/hepa are specialty filters and need to be replaced with a like kind, or require special service.

#### • Area Drains & Rain Gutters

Even San Diego has rainy days. Rain water can cause water to back up around your home, especially if your outside drains are clogged. If you have area drains and rain gutters, test them to insure they have good drainage.

**ideal**  
ELECTRICAL SERVICES

#### • Smoke & Carbon Monoxide Detectors

Smoke alarms save lives. If your home's smoke and carbon monoxide detectors run off batteries, Fall is a good time to check or change the batteries and make sure the detectors operate properly. According to the *National Fire Protection Association* smoke alarms should be replaced every 10 years.

#### • Outdoor Lighting

The days are getting shorter, and now that we've "Fallen Back" we lose one more hour of daylight. Remember to keep your outdoor areas well-lit, safe and secure. Make sure your home is illuminated outside so when you come home in the evenings, you can safely and easily enter your home. One way to accomplish this is by installing motion sensor lights or dusk-to-dawn lights. Ideal electricians are knowledgeable and experienced to get you set up with the lighting system that will best suit your needs.

### Upcoming Events - Please Join Us!

## CAROLING on MT. HELIX

A free traditional holiday gathering at Mt. Helix Park

**Saturday, December 15**

**4:00 pm - 7:00 pm**

(Program begins at 6 pm)

Join us for our 28th annual Christmas sing-a-long atop Mt. Helix! Fun for the whole family with photos and visits with Santa, Christmas crafts and delicious treats with warm drinks. Join in singing with a community choir as the Nativity is reenacted. **We will be collecting gently used blankets for the needy in our community if you'd like to leave yours behind!**



MT. HELIX PARK  
FOUNDATION

#### PARKING

Parking and complimentary shuttle lots are located at the intersection of Vivera Dr. and Mt. Helix Dr. near the San Miguel fire station and at Grossmont High School. Shuttles will begin at 4 p.m. and run continuously throughout the event. The last shuttle ride down the mountain will be 7:45 p.m.

For more info, visit  
[www.MtHelixPark.org](http://www.MtHelixPark.org)

**FALL REBATES ARE BACK!**  
October 1 - November 30, 2018

**YORK®**

INSTALL CONFIDENCE

YORK® Heating & Air  
Conditioning Rebate

Up To **\$1,700\***



\*Rebate savings depends on equipment purchased and program availability. See dealer for details.

idealService.com

619-583-7963

**ideal**  
PLUMBING • HEATING • AIR • ELECTRICAL  
SINCE 1960

**\$15.00 OFF\***  
**Your Next Service Call!**

Present coupon at time of service. Not valid with any other offer. Valid for service calls of 1-hour or more. Technician to verify special upon arrival. Not valid towards Service Maintenance Agreement Contract.  
**Expires 12-31-18**