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San Diego Community News Network



Vicki Nickerson is a former bodybuilder who now runs a holistic wellness center in Grantville. (Courtesy Vicki Nickerson)

## A holistic approach to fitness

Envision founder uses life experience to bring well-rounded approach to her wellness gym

Margie Palmer

There have been many trends in health and fitness that have emerged in the past 20 years. From aerobics to CrossFit, and from the South Beach Diet to the ketogenic eating plan, many throughout the U.S. are consistently looking to take advantage of the newest “fast-fix” to help them shed pounds and get in shape.

But Vickie Nickerson, owner of Envision Personalized Health Center in Grantville, believes that full-body wellness is about more than fad diets and exercise plans. In her view, these types of goals are best accomplished by taking a more holistic approach.

The native San Diegan’s path toward wellness began in the 1980s, after an anxiety- and stress-related hospitalization had doctors encouraging her to eat better, sleep better and to start going to the gym.

“When looked for a trainer to help me, I didn’t find one. There weren’t any certifications for personal trainers at that time, but I met someone who was going to San Diego State University who was studying kinesiology,” she said. “He taught me some things and helped me with supplements and the more I worked out, the stronger and more powerful I felt.”

See ENVISION page 4 →

## Navajo planning group discusses new year’s priorities

Jeff Clemetson  
Editor

Flooding and the SDSU West site were focused discussions of the first meeting of the Navajo Community Planners, Inc. (NCPI) on Jan 9 as the group met to begin setting the year’s priorities.

NCPI board chair David Smith wasted no time in laying out a priority he will undertake in the coming months — flooding of Alvarado Creek in Grantville. In his opening chair



(l to r) NCPI board chair David Smith, board member Robert Weichelt, vice chair Matt Adams, and board member Dan Smith (Photo by Jeff Clemetson)

See NCPI MEETING page 10 →

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## NEWS BRIEFS

### Mission Times Courier launches new website

Online readers of the Mission Times Courier may have noticed a few changes to the design of the paper’s website over the last few months. In an effort to update its online presence, Mission Times Courier parent company SDCNN set out at the end of 2018 to revamp all six of the community newspaper group’s websites.

In addition to cleaning up outdated categories and a layout that wouldn’t load correctly to smartphones and tablets, the update gave each paper an opportunity to offer more content for readers. For example, in the online News section under politics, readers can find articles from city, county and state representatives that do not always make it into the print editions of the paper. A new Business section will have real estate and finance articles as well as house our “Expert Advice” articles, sponsored links and Best of Mission Times Courier winners. The Arts & Entertainment section of the website includes arts, theater, film and books articles from around the region. Under the Lifestyle section, travel, fashion, pets and fitness articles that appear in other SDCNN papers are now shared with Mission Times Courier readers.

Also in our Lifestyle section is a category called “Navajo Voices” where readers can submit stories about Navajo neighborhood life — personal stories or stories about community events or people. The first submission for the new section is a story titled “Tail of the heart” by Doug Gibboney about a beloved pet. Navajo Voices will give a platform for readers to share stories that don’t quite fit in the traditional Letters to the Editor section of the paper.

The new site also provides the editorial staff at the Mission Times Courier to add additional online content such as videos, podcasts and photo galleries. Look in the print edition for prompts

See NEWS BRIEFS page 10 →

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# Difference maker: Volunteers of America Southwest

Jeff Clemetson  
Editor

[Editor's note: This article is part of an occasional series about local nonprofits or local people who work in the nonprofit sector who make a difference in our community. If you know of an organization or person who deserves recognition for their work, please email information to [jeff@sdenn.com](mailto:jeff@sdenn.com).]

On Oct. 10, 2018, Volunteers of America Southwest cut the ribbon on its new Resource & Recovery Center at 4525 Mission Gorge Place in Grantville. The new center will serve approximately 500 individuals annually from Volunteers of America Southwest's Renaissance Treatment Center — a substance abuse and treatment center. The new resource center will help these people continue their treatment and aid them in getting jobs, housing, education and more.

Mission Times Courier recently interviewed Volunteers of America Southwest President and CEO Gerald McFadden about the new facility and the other work the organization does.

McFadden became president and CEO of Volunteers of America Southwest in 1998. In his role, he has executive responsibility for the southwest region of California, including five major counties,

and the entire state of Arizona. He oversees corporate growth, mergers, brand management, and capital acquisition through bond financing and business partnerships to fund long-term corporate strategic initiatives.

McFadden said he became involved with the nonprofit sector because of the sense of purpose, fulfillment, and joy that was awakened in him when he realized the difference he could make in the lives of others through compassionate listening and servicing those who are vulnerable and often without hope.

"The nonprofit sector is where I found an opportunity for a vocation, but it is the calling to serve others that truly breathed life into to me as an individual," he said. "I have come to realize that one person is often all that it takes to positively alter the life of another human being and turn personal challenges into an opportunity for a new beginning."

## Can you share a brief history of Volunteers of America Southwest?

Volunteers of America Southwest is a non-denominational faith-based social service



Volunteers of America Southwest President and CEO Gerald McFadden cuts the ribbon on the new VOASW Resource & Recovery Center in Grantville. (Courtesy Volunteers of America Southwest)

organization that has provided vital services to vulnerable individuals in the San Diego metropolitan area for more than 122 years. Today, the organization is made up of skilled professionals and volunteers who turnaround the lives of some of the most vulnerable in our community: homeless veterans, adults with addiction challenges, struggling seniors, and children with unique educational needs.

Through best-in-class programs, we transform the lives of vulnerable individuals each day by inspiring hope and providing skills that result in an improved quality of life for those we serve. We understand that everyone who comes through our doors may not at first decide to turn their life around, but we never give up on

anyone that seeks our help. We are a source of hope for those who have broken spirits, those who have taken a wrong turn, or those who life has dealt a difficult blow.

The services provided by Volunteers of America Southwest are focused in three primary areas: the education and social development of young children; behavioral health

services that provide treatment for adults with addiction and mental health challenges; and support services for vulnerable veterans. Annually, Volunteers of America Southwest assists more than 6,500 individuals through more than 25 direct service programs located in San Diego, San Bernardino, Riverside, and Imperial counties. At present the organization has an annual operating budget of approximately \$34 million, employs 400 staff and works in partnership with more than 350 volunteers.

## How bad is the substance abuse problem in San Diego and has it gotten worse over the years?

In San Diego, 6.79 percent of pregnant women use illicit drugs. More than 11,500

Californians were admitted to hospitals for heroin or other opioid overdoses in 2017. One baby born every 25 minutes in the U.S. suffers from opioid withdrawals. The number of individuals, including newborn children trapped in the snares of drug and alcohol addiction in the San Diego metropolitan area, continues to increase at an exponential rate; meanwhile, the availability of treatment beds and aftercare services remains woefully insufficient to meet the needs of those who are in dire need of treatment.

## What is the mission of Volunteers of America and how does the alumni club at the Resource and Recovery Center fit with the organization's mission?

The mission of Volunteers of America is to inspire hope through our ministry of service by providing individuals and families with the tools to improve their quality of life. The Volunteers of America Southwest Resource and Recovery Center, located in the Mission Valley area, has been established for the specific purpose of strengthening the continuum of care available to persons struggling with addiction challenges as they pursue their journey for a clean, sober and long-term productive life.

This center will provide individuals with specific services such as: employment readiness

See VOLUNTEERS page 9 —>

# SEX IN OUR CITY

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# Fighting for the right to die

## Allied Gardens resident is new president of Hemlock Society of San Diego

Delle Willett

Barry Price's career of service to others began when he joined the Peace Corps after graduating from SDSU with a master's degree, and from Indiana University with a doctorate in political science.

Price's 35-year service career includes teaching at three Texas universities. He earned two Fulbright Fellowships to teach and consult on public administration in Argentina and Uruguay, and to teach and research in Nicaragua.

From 1970 to 1972, he was director of the Program Planning Department at San Diego County's Equal Employment Opportunity Commission.

Now retired, Price has recently been elected president of the Hemlock Society of San Diego, succeeding Faye Girsh, founder of the society and its president since 2007.

As president, Price hopes to expand people's thinking about how to leave this world in a more gentle, painless and dignified way than is presently the case for most Americans. He also hopes to be an advocate for pushing publicly funded hospitals and other care facilities to be more transparent with terminally ill patients about what their options are for leaving this world.

Price's interest in the "right-to-die" movement is rooted primarily in his first-hand interaction with loved ones in the last stages of their lives.

"Seeing older friends and family members suffer long debilitating illnesses that caused so much pain and suffering as well as a complete loss of dignity, and contrasting those experiences with the gentle, painless death experienced by my dogs at the local vet provoked my interest and commitment to the right-to-die movement," said Price.

"Just as importantly, I hope to push publicly funded caregivers to be supportive of patients who may choose to end their life in a gentle and dignified manner rather than suffering the pain and indignity that too often accompany debilitating, degenerative disease," he continued.

Price's writings on a wide range of issues from science and technology policy to political economy to international politics have been published in several professional publications. He is also a current member of the Allied Gardens Grantville Community Council.

Price is challenged with stepping into big shoes worn by Faye Girsh, who has been president of the Hemlock Society of San Diego since 2007.

Girsh, who received her doctorate in human development from Harvard University, founded the Hemlock Society of San Diego in 1987 and was its president until 1996 and again from 2006 to 2019. She is also past-president of the Hemlock Society USA, and past-president of the World Federation of Right-to-Die Societies.



Barry Price (Photos courtesy SD Hemlock Society)

She initiated the Caring Friends program at Hemlock, which became the Final Exit Network, where she serves on the advisory board. She is also on the board of ERGO (Euthanasia Research and Guidance Organization).

"I am happy to turn over the reins of this respected organization to Barry Price, who will usher in our 32nd year with competence, passion and integrity," Girsh said. "I will be happy to help him in any way I can and will stay involved in the right-to-die movement at the national and international levels. I am relieved and delighted to have Barry as my successor and know that he will make us proud of our continuing role in this community to provide education about choices at the end of life."

The Hemlock Society of San Diego was founded in 1987 to educate the community about end-of-life issues and available choices. The society supports a person's right to have choice, dignity and control at the end of life, consistent with the law and within their own values and beliefs.

The Hemlock Society of San Diego remains the only right-to-die group in the United States with free, public monthly meetings, newsletter, and website bringing the community the latest developments in thought, politics, and progress in choosing a peaceful death. For more information, visit [hemlocksocietyofsandiego.org](http://hemlocksocietyofsandiego.org)

—Delle Willett is a San Diego-based public relations consultant and journalist. Reach her at [dellewillett@gmail.com](mailto:dellewillett@gmail.com). ■



Hemlock Society of San Diego past president Faye Girsh

### How to Sell Your San Diego Home Without an Agent

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

Like other "For Sale by Owners", you'll be subjected to a hundred sales pitches from agents who will tell you how great they are and how you can't possibly sell your home by yourself. After all, without the proper information, selling a home isn't easy. Perhaps you've had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their homes themselves. But don't give up until you've read a new report entitled "Sell Your Own Home" which has been prepared especially for homesellers like you. You'll find that selling your home by yourself is entirely possible once you understand the process.

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► Envisions, from page 1

A few years later, she and her then-husband moved to Northern California, where she met a physician who owned a gym. Since she'd done some training in San Diego, he asked her if she wanted to help train clients at his facility.

"When I was under the wing of this physician, I learned the importance of incorporating nutrition and stress management with fitness," Nickerson said. "When I came back to San Diego a year later for a wedding, I looked at the gyms here and had to decide whether I wanted to be a big fish in a little pond in Northern California, or if I wanted to be a small fish in a big pond in San Diego."

After returning to Southern California, Nickerson continued to study nutrition and eventually went onto obtaining the first-ever gold certification for personal trainers. She also took up bodybuilding.

"I competed from 1989 to 1994 and competed in a number of local and national competitions," she said, noting that her most memorable was the Excalibur completion in San Diego, where she not only won in her weight class, but she also

won the overall trophy. She eventually went on to win the World Cup.

Not surprisingly, her experience and commitment to fitness helped land her a number of personal training clients.

In 1991, after spending time training an international-traveling executive who needed help getting his blood pressure down, that client told her he thought it was time for her to branch out and open her own facility. He also offered her a loan to help get her business started; Nickerson jumped at the opportunity.

Three years later, she stopped competing as a bodybuilder, so she could give her full attention to her business.

"What Envision [does] different is that I look at the whole body. There are lots of trends in fitness, such as CrossFit and Peloton, but they don't address the whole body," Nickerson said. "Kaiser and Sharp are now looking at the mind as being as important as the physical body, and with my history of having gone through anxiety and stress, and crashing, I believe that mental health is as important as physical health."

Today, she trains her trainers on the importance of holistic health and wellness.



Envision owner Vicki Nickerson

"A lot of gyms take a cookie-cutter approach, but when a new person comes into Envision, we have them complete a 13-page health history that gives us information about their lifestyle, their nutrition, how well they are sleeping and how happy they are, along with their blood pressure, heart rate and flexibility," she said. "With my clients, I incorporate little pieces of a lot of things while knowing that not everything is appropriate for every individual."

Nickerson also teaches and studies Ayurveda, the Hindu system of medicine that's founded in the idea of creating balance between the mind, body and spirit.

"It's a science of life that's as old as Chinese medicine and it has the same principles. If we live our life in harmony with nature and with what our body is telling us, we're better as people," she said.

Not surprisingly, Envision Personalized Health has grown from being an exercise facility to a fully integrative wellness center that offers fitness programs, health coaching and body treatments.

"I've had clients that have trained with me for 25-30 years and they love the fact that I've evolved along with them, and that I address their needs as whole person as opposed to just providing fitness instruction," she said. "Teaching people about what their body needs as opposed to focusing on the latest trend is what makes Envision different."

—Margie Palmer is a freelance journalist who has been racking up bylines for over a decade. Reach her at [margiep@alumni.pitt.edu](mailto:margiep@alumni.pitt.edu). ■



Envision's approach to wellness includes nutrition, workouts and destressing clients through massage and yoga. (Facebook)

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Its 2019, after 15 years as a fitness professional, there is officially no magic that happens on Jan. 1 of every year that is all of the sudden going to make you a different person. The real emotion is a build-up of feeling full, bloated, tired and exhausted from a 12-week holiday run that starts the week before Halloween and runs through the new year.

There are so many distractions during the fourth quarter of every year that it is just as hard for the fittest mom and dad to stick to their aesthetic and performance goals as anyone else. For that reason, fitness professionals don't push everyone to do anything other than their personal best while enjoying the holiday season.

Now, there are some who still push through and work overtime to finish the fourth quarter strong, but nine times out of ten it's because they didn't dedicate enough time and discipline during the first three quarters of the year.

If you're still with me, you're probably realizing that it is important to get your exercise regime started at the beginning of the year — and it is, but only so you don't have to be the one that says they're going to start in January. The truth is, it's important to start sooner than later, no matter what time of year it is. We're all

busy — most of us have kids, jobs, employees and major responsibilities.

People keep searching for the right time to start working out — when they're less busy, when the kids go back to school, when they retire, etc. The problem with that mindset is, those people never start until they're forced to start.

I've serviced over 50,000 hours of personal training in the last 15 years and I would estimate that 90 percent of my clients have started after they had to for the following reasons: cancer, diabetes, pre-diabetic, syndrome X, high blood pressure, high cholesterol, unsuccessful weight loss surgery, sciatica, plantar fasciitis, knee pain, back pain, neck pain, unsuccessful shoulder surgery, frozen shoulder, injured at another gym, physician recommended medication at last visit, senior year of high school sports is coming up and they need to get stronger to increase sports performance, etc.

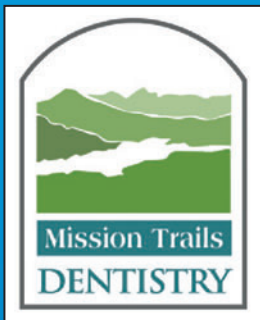
I can go on forever but that's enough for now. If you're reading this and you fall into one of those categories, seek out a fitness professional who has the expertise to help you — and start sooner than later to get the ball rolling. If you don't fall into any of those categories, start now because 90 percent of those conditions are 100 percent preventable with the right fitness, nutrition and wellness program that is customized to your current state of health and fitness.

Everything I've discussed above is exactly how I came up with the name of my gym, Define U Fitness. We as humans define who we are by what we eat, drink, study, watch, hear and who we associate with. Why not associate yourself with a company that's all about U?

Define U Fitness was created to provide a place where people will enhance their lives by consistently practicing fitness, nutrition, and health. Our mission is to empower you, to enhance your life to its fullest potential. We will strive to educate you, encourage you and give you a dose of positive energy on a daily basis that will give you a sense of unlimited potential. We work with a variety of clients, ranging from beginners to advanced. We evaluate all clients and create programs to help them achieve their goals. Our focus is making exercise fun and sustainable. We are all given one body, one life and one chance to be the best we can be. Come join us, while defining U!



(Courtesy defineufitness.com)



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Many of us start the New Year with resolutions. One of the easiest and healthiest choices you can make is the decision to take better care of your oral health, whether you choose to make a habit of flossing your teeth, scheduling regular dental check-ups, or taking care of postponed dental treatments. Making a personal commitment to improving your oral health is a resolution you can smile about all year long!

**Brush and floss.** One simple way to healthier teeth and gums is by practicing good daily oral hygiene. Brushing your teeth twice a day and flossing at least once daily will help remove bacterial plaque and food that cause tooth decay, gum disease, and bad breath.

**Make healthy choices.** The holidays are a time when many of us find ourselves tempted by sweets and snacks. Foods and drinks that contain carbohydrates and acids can cause tooth decay. Get in the habit of brushing and rinsing your mouth after eating. Chewing sugar-free gum after meals can help reduce cavity-causing bacteria in your mouth. If you smoke, the New Year is a perfect time to make a resolution to stop tobacco use. The benefits of living tobacco-free include improving your oral health.

**Smile a lot.** If the condition of your teeth and mouth make you hesitant to smile, now is a great time to build your confidence with a bright, healthy smile. Your dentist may offer in-office professional whitening or at-home whitening products. If you have postponed having restorative dental work such as implants, crowns, or fillings, commit to getting it done. Not only will it improve the appearance of your smile, it will also help improve your tooth structure and tooth alignment, benefitting your overall oral health.

**Have regular dental visits.** The best way to protect your oral health is by scheduling regular visits to your dentist, at least every six months. Your dentist and dental hygienist will be able to monitor the condition of your teeth, gums, and mouth – helping you prevent oral disease by detecting any condition in its early stage.

We know how important it is to feel comfortable with your dental provider. At Mission Trails Dentistry we make “going to the dentist” a positive experience by providing you with the finest in comprehensive and compassionate care. We offer the latest in modern state-of-the-art dental technology combined with gentle and caring service, in a soothing, relaxing environment. We are pleased to offer a wide range of dental services including family, cosmetic, sedation, and

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(Courtesy missiontrailsdentistry.com)

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TruSelf Sporting Club is San Diego's exclusive full-service gym. There are a few unique features about us that make this the best workout center to be a part of. We've worked hard to create a comfortable environment to work out in with a personal touch. It is important to us to know our members as best that we can and tailor the gym to fit the needs of those that attend. Because of this, there is so much that we offer: a full weight room that features all brand-new equipment, a variety of cardio equipment, fitness professionals that hold multiple national certifications, massage therapy, stretch therapy, and premium group exercise classes, taught by our fitness professionals.



(Courtesy truselfsportingclub.com)

We are most proud of holding this prestigious reputation over multiple years. From the start of our facility, we've accumulated various types of recognition for fitness, community work, and charitable donations. A few of those awards being voted by Mission Valley News 2016 for Best New Business and Best Personal Trainer; voted by Mission Times Courier 2017 for Best Gym/Health Club and Best Personal Trainer; voted by Mission Times Courier for 2018 Best Gym and Best Personal Trainer; and even voted in 2017 and 2018 Best

Gym in the neighborhood by NextDoor.com.  
What you might not know about us is that we hold partnerships with San Diego State University, UCSD, and the National Academy of Sports Medicine as a learning facility. We are proud to be a part of education the next generation of health, fitness, kinesiology, and sports medicine students.  
TruSelf Sporting Club proudly sponsors the Certified Allied Gardens Sunday Market, the Allied Gardens Mustangs Little League baseball team, and donates to numerous silent auctions with our local elementary, middle, and high schools. We strive to be involved in bettering our community and outreach, and we could not do it without the support of our neighbors.  
As a special 'thank-you' to our neighbors, mention this article when you come into the gym and take advantage of only \$1 to enroll in a membership here!  
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Guest editorial

Step by step: Walk toward a healthier year

Paul Downey

There are countless benefits to exercise, no matter what age. For older adults, many studies point to how exercise is important for the mind and the body. Exercise has been proven to help prevent dementia and keep the mind sharp. Being active is a mood-lifter for people of all ages, but specific studies on elderly patients show that consistent exercise can reduce depression.

For those with arthritis, it may be hard to get up and start moving, but regular activity can help alleviate stiffness and keep your joints lubricated. About 12 million seniors – 1 in 4 – live with diabetes, and exercise has been proven helpful in maintaining a healthy body weight and regulating blood glucose levels. Lifelong exercise contributes to cardiovascular and muscle health, too. A recent study from Ball State University shows that seniors who participated in regular exercise for the past five decades have the cardiovascular health of somebody 30 years younger.

It's clear exercise is important, but unfortunately, in populations age 75 and older, 1 in 3 men and 1 in 2 women engage in no physical activity. Federal guidelines recommend two hours and 30 minutes of moderate exercise a week, and that may seem like a lot, but as the saying goes: slow and steady wins the race.

The beginning of a new year is the perfect time to set new goals for yourself, such as improving your health with daily walks. Walking is a low-impact, safe method to get your heart pumping daily. It can be hard to start a new routine, especially if you feel achy or tired, but a little exercise every day is better than none at all. Plus, our temperate San Diego winters are the perfect season for daytime walks, providing you with a healthy dose of vitamin D while remaining cool enough to keep you from overheating or getting too much sun.

It can be daunting to start a new exercise routine, but here are some suggestions of how to put one foot in front of the other – and have fun doing it:

- **Find a friend:** Walking is easier, and safer, with a friend. Setting a walking date can keep you accountable and socially engaged.
- **Visit the mall:** Many shopping centers open early to allow walkers to take advantage of the indoor square footage. Or, visit during shopping hours to leisurely browse and people watch as you get some steps in. Most malls have plenty of public seating, providing a respite when you need a break.
- **Join a local health club:** If you are unsure of how to start, a local health club is a wonderful option. Professionals can help keep you safe by creating a walking or exercise program to

suit your needs. And, most treadmills have handrails to help stabilize yourself while you walk.

- **Go grocery shopping:** You may not even realize it but running errands can really rack up the steps! From the car to the store, and from aisle to aisle, running an errand daily is a simple way to get exercise as well as get out and about. Use a shopping cart to help stabilize yourself as you walk – and remember to wear good walking shoes.

- **Volunteer:** Finding a volunteer activity can keep you social and physically active. The humane society may need help walking dogs. Volunteering as a local museum docent can give you a chance to help visitors. Here at Serving Seniors, we have volunteer opportunities help serve seniors meals, assist in the computer lab or fitness room, and of course leadership positions on our board.

- **Take some laps in the house:** If you are housebound, there are ways to still get some daily walking in. Set a timer to remind yourself to get up every 30 minutes and take a lap from room to room. Or, every time you use the restroom, touch each of the four walls of your house before returning to your seat. Small activities can make a big difference in your cardiovascular health, and before long you'll have more stamina to walk further.

—For more than two decades, Paul Downey has been a national advocate for low-income seniors, as well as the president and CEO of Serving Seniors, a nonprofit agency dedicated for nearly 50 years to increasing the quality of life for San Diego seniors living in poverty. Learn more at [serving seniors.org](http://serving seniors.org). ■

Letters

Tax revolt

One cannot help but notice what is going on in France and that the disturbance is spreading to other European Union countries.

What is interesting in France is the unrest that has been developing for months and that the fuel tax imposed by President Emmanuel Macron was on-ly the trigger that sparked the outrage of the working class of the French society. Just recently here in California, a new governor has been elected and will be seated in January 2019. During Gavin Newsom's campaign, he stated that he planned to double California's personal income tax rate and just recently I saw a news report indicating that the legislators wish to impose a new flat tax on cellular telephone text messaging, in addition to a new vehicle mileage tax, based on the number of miles each Californian drives annually.

Are local- and state-elected officials so out of touch with the reality of Californians, who struggle every day, that they think that what is happening in France and the rest of Europe cannot happen here only because the demonstrations and unrest are 6,000 miles away? Over my career, I've had an opportunity to spend time in France and I can tell you from personal experience that the French society is very much like our disciplined, polite society here in America. It is apparent that President Macron and the French Parliament have pushed that disciplined, polite society to the breaking point and they are speaking out.

Our local and state politicians have short memories because we hear in America — more specifically, California — have been pushed to the breaking point in the past. As an example, in 1978 proposition 13, a property tax revolt; then again in 2003, the recall of then Gov. Gray Davis for squandering a \$1 billion state surplus and then raising the vehicle license fees.

There are other examples here in our local San Diego government, when in 2013 we became aware of the unacceptable conduct of then-Mayor Robert Filner, involving sexual harassment of city staff; and again, when we were asked to conserve water usage during a statewide drought and the San Diego City Water Authority demanded a rate increase because they were not selling enough water, thereby reducing their revenue. Add insult to injury, we learned later that the water department had paid out \$23 million in bonuses just prior to the City Council voting approval of the water rate increase, which the council did with a simple majority vote with only one no vote — that of Democrat Councilmember Martha Emerald of District 7.

Tax revolts are nothing new to Americans — as an example: Dec. 16, 1773, the Boston Tea Party. But things have changed today, and in our disciplined, polite society we are able to solve many problems with a signature on a petition, or when we deposit our votes in the ballot box, and, if need be, in a courtroom with a trier of fact.

—Joe Ney, Del Cerro. ■

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Guest editorial

# A parent's guide to school choice in San Diego

Andrew R. Campanella

Think about the school your children currently attend. Are you happy with it? Are your kids learning and growing in ways that make you proud? If so, sign them up again for next year, and tell your friends about how great your school is.

But if you want to learn more about different options available for your children's education, now is the time to start thinking about switching schools. Deadlines for applications and scholarships are approaching, and you do not want to miss out. During National School Choice Week (Jan. 20-26), you can discover the tools and resources you need to evaluate these choices.

Here in California, there are plenty of educational options, including open enrollment, charter schools, public magnet schools, private schools, online learning, and homeschooling. But you still have this week's homework to supervise, bills to pay, work to do, and a million other things occupying your mind. Here are a few

suggestions to help you navigate the school choice process.

First, consider what you do like about your school, and what you don't like. This will help you understand what's most important to you. Consider academics, college readiness, languages, arts, diversity, extracurriculars, location, special programs, friends and classmates, your values, and anything else that seems important. In a word, think about what matters to you.

Second, consider your children and their specific needs, talents, and goals. If your child has special needs or is an English-language learner, for example, you will want to find a school that can address those needs.

Third, research schools in your area and see which ones look like they could be a good fit for your children. Don't let tuition or transportation worry you at this point -- there may be more options than you realize, and you are not committing to anything at this point. And if you have more than one child, you can even enroll different children in different

schools if that will work best for them.

Once you have a list of schools, arrange visits. Talk to teachers and school leaders. Talk to parents. Look at bulletin boards and observe how people interact at the school. What is the school proud of? How involved are the parents? How does the school keep the students safe? How informed are parents of their children's academic growth? What books are they reading? How do students treat each other? How do they treat teachers? Ask questions and make your own observations. What do you think? Could your daughter or son be happy here?

When you find a school that seems like a good fit, it is time to begin exploring options. Most schools understand that tuition and transportation can be difficult for some families, and you can, talk to the school leaders about options. See what options are available, and consider whether you could make it work. California does not have a state-run scholarship program, but privately run programs may be available.

If you are struggling to find the right setting,

think outside the box. A nearby charter school has exactly the program your son or daughter needs. Your great local public school, complemented by activities at your place of worship, may provide the faith-based education you're looking for. There may be a thriving homeschool co-op in your area that provides the instructional support you're missing. A nearby magnet school could be perfect for your oldest, but a virtual school is a better fit for your second. Other parents have made it work, and you can, too.

But most importantly, remember that you are the parent, and nobody knows or loves your kids like you do. You know, better than anyone else, what your children need. And with time and information, you can and will find the perfect setting.

—A nationally recognized advocate for children and families, Andrew R. Campanella serves as president of National School Choice Week, the world's largest-annual celebration of opportunity in education. He lives in Northwest Florida.■

# City offers rebates for rain gutters

District 7 Dispatch

Scott Sherman



San Diego is blessed to have a beautiful ecosystem of beaches, bays, and waterways that stretch from the coast to District 7 and beyond. While we have been blessed with this beautiful natural landscape, it is also our responsibility to take care of it.

This is why the city of San Diego is offering rebates for homeowners to install rain gutters on their homes to help conserve water and divert rainwater from paved surfaces and storm drains.

Rebate amounts range from \$62.50 to \$500 depending on the quantity and type of materials (PVC, aluminum, steel) used for the gutters.

Rain gutters efficiently capture rainwater from rooftops and divert runoff away from paved surfaces and storm drains and into a green space, landscapes, and/or rain barrels. Diverting rainwater naturally filters out pollutants, which can otherwise flow into San Diego's storm drains and eventually into our ocean, bays and estuaries. Rain gutters also protect a home's roof and foundation.

The rebate comes just in time for winter months when San Diego normally gets the most rain. More information about this and other rebates, as well as additional water conservation options, is available on the city's website at [sandiego.gov/rebates](http://sandiego.gov/rebates).

Do your part to help protect our environment and save money while you're at it!

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

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# Ted talks: Leitner to headline Dems meeting

**La Mesa - Foothills  
Democratic Club**

Tina Rynberg and  
Jeff Benesch

La Mesa Foothills Democratic Club will have the pleasure of hosting the inestimable Ted Leitner to speak truth to power at its Wednesday night, Feb. 6, meeting at the nearby La Mesa Community Center.

Leitner, San Diego's best known sports broadcaster, is most familiar to San Diegans as the long time voice (39 years) of the San Diego Padres, and also the voice of San Diego State University Aztec football and basketball. He's also called games for the San Diego Chargers, Philadelphia Eagles, San Diego Clippers, and numerous other college and pro teams on both radio and television.

Leitner had a nearly 25-year relationship with KFMB-TV as the nightly sports anchor, doing the sports segment on the 5 p.m. and 11 p.m. news, and for a brief time hosted a daily non-sports talk show on the radio side of the same station. He opined freely on a variety of topics, including the Bush administration's 2003 illegal and immoral foray into Iraq in which thousands of Americans died and millions of Iraqi civilians were killed, injured or displaced. His run-ins with conservative program director

and fellow talk show host Mark Larson are legendary.

In an excellent column in the Union Tribune from 2017, Kevin Acee wrote of Leitner: *"Perhaps more astonishing than the fact he has worked with no fewer than 10 radio partners is that Leitner has worked for so many bosses. The Padres' current home on 94.9 FM is their fourth. The current owners are the team's fifth since Leitner began calling games in 1980.*

*It's not that none of those owners – or the five team presidents or too many listeners to count – haven't quibbled with Leitner's stream of consciousness manner or his endless supply of anecdotes about Ray Charles and Mickey Mantle and Jerry Lewis. It's not that no one has ever wondered if the game is getting in the way of Leitner's stories.*

*As Leitner says: "If you don't have the steak, sell the sizzle. Try to make it entertaining radio and maybe they'll listen. If I were doing the Red Sox through all their winning years and other juggernauts, I wouldn't do what I do."*

*He is who he is, has been since he showed up here and his nightly sportscast – no notes, no teleprompter, just a guy looking in the camera giving you sports and opinions as if he were your slightly angry uncle from New York. He could have left. He didn't. He's as addicted to San Diego as the rest of us."*

Leitner studied TV and radio broadcasting at Oklahoma State University and earned his



Ted Leitner

master's degree in radio/television/film from the University of Oklahoma in Norman. In addition to broadcasting and hosting multiple sports community events, Leitner has lent his talents to many charitable and nonprofit fundraising events over the years.

La Mesa Foothills Democratic Club will meet Feb. 6 at La Mesa Community Center, 4975 Memorial Drive starting at 6:30 p.m.

The club, which represents the communities of San Carlos, Allied Gardens, Del Cerro, La Mesa, College Area, Santee, Mt. Helix, Casa de Oro and Spring Valley and other close-by areas, is starting its 2019 membership drive with annual dues starting at \$30. For more information, visit [lamesafoothillsdemocraticclub.com](http://lamesafoothillsdemocraticclub.com).

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

# Republican Women present check to canine companions

**NAVJO  
CANYON  
REPUBLICAN WOMEN OF CALIFORNIA**

Pat Boerner

At the December meeting of the San Diego County Republican Women Federated, a check was presented by Terry Casey representing Navajo Canyon Republican Women Federated (NCRWF) to Erin Hoffman and Samantha Williams of Canine Companions for Independence/Oceanside. Those attending were thrilled to meet and greet Norma, one of the many dogs that have been trained, who will soon be assigned to a veteran whose life will be changed by this dog's devotion and assistance.

NCRWF is proud to support this nonprofit organization that unites disabled veterans and others with companion dogs at no charge. We received a touching letter from Kristina expressing her sincerest thanks for the support that NCRWF has given Canine Companions. Her daughter, Emme, was recently paired with Tillman II, a trained Labrador/golden retriever. Emme was diagnosed at a young age with Down syndrome and autism. Kristina shared with us how Emme's life has been dramatically changed for the better since having Tillman II in her life.



Navajo Republican Women present check to Canine Companions for Independence. (Courtesy NCRWF)

Everything from improved speech and social skills, to being less fearful of doctor and hospital visits. They can't imagine life without Tillman II.

The beginning of 2019 also marks the start-up of a new

club for Republican women. January will be the launching of Republican Women of California-Navajo Canyon. The goals of the club will remain



► RWCNC, from page 8

consistent — and that is to get Republicans elected and focus on making the public aware of what is going on politically in our city, county, state and country. Every month we are working on projects involving volunteers to promote our values and philosophy. Make this the year you get involved and see how rewarding it can be.

Graham Ledger was our kick-off speaker on Jan. 8 at the Brigantine in La Mesa. Ledger is well known as a television newsman and is now hosting “The Daily Ledger” on One America News Network. He shared information and his insights into the political world both locally and internationally.

Joshua Wilson, executive vice president and media representative for National Border Council Local 161, representing San Diego Sector of Border Patrol Agents (NBPC), will be the speaker at our February meeting. The NBPC organization is concerned with safety for Border Patrol agents and border security for the United States. This is our chance to hear directly from the agency

that is protecting our borders and learn what is happening on the ground. San Diego is the busiest U.S. border crossing with Mexico.

Please join us Feb. 12 at the Brigantine Restaurant in La Mesa as we hold the second meeting of our newly formed club and learn about our Border Patrol from someone on the inside. There couldn't be a more pertinent topic for discussion at this time than border security. Check-in begins at 10:30 a.m. for the 11 a.m. meeting. A full course lunch will be served with the speaker to follow. Cost is \$25 and reservations are required. Cash and checks are accepted, but sorry, no credit cards. Please RSVP to RSVPrwcnc@gmail.com or call Marjie at 619-990-2791.

2019 promises to be another exciting political year, and 2020 is already an active topic. For more information on our activities, please visit our website at rwcNavajoCanyon.org and check us out on Facebook at Republican Women of California-Navajo Canyon.

—Pat Boerner writes on behalf of the Republican Women of California-Navajo Canyon. Reach her at pboerner@cox.net.■

► Volunteers, from page 2

training and job placement assistance; transitional and permanent housing placement; computer literacy training; alumni and peer support meetings; health screening; music, art and fitness therapeutic support programs; and a safe, caring, and supportive environment where the hard work of recovery will be available to them.

It is our belief at Volunteers of America Southwest that this Resource and Recovery Center will truly help transform lives in ways that will enhance long-term positive outcomes for persons working through addiction challenges; improve treatment outcomes and behaviors of individuals in ways that are consistent with the fundamental principles of restorative justice; and finally, transform the lives of formally vulnerable individuals into vibrant and productive lives, while improving public safety and strengthening families.

**Are there other programs Volunteers of America Southwest does besides**

**addiction treatment? What are those?**

Volunteers of America Southwest provides innovative, results-driven programs and services to assist vulnerable individuals and families in the communities we serve. The services provided by Volunteers of America Southwest are focused in three primary areas: the education and social development of young children; behavioral health services that provide treatment for adults with addiction and mental health challenges; and support services for vulnerable veterans.

The programs that are part of the education and social development of young children service area include early childhood development programs for ages 2 months through 3 years of age, pre-school programs, and K-6 grade charter schools. The programs that are part of the behavioral health service area include detoxification medication management, long-term residential treatment, and aftercare support service through the Resource and Recovery Center. Additionally, included in the behavioral health service area, are residential supportive

care centers for individuals with mental health challenges.

The programs that are part of the veterans' service area include supportive services for veteran families, residential and case management housing, and employment training and job placement assistance.

**Anything else you'd like to add?**

Volunteers of America Southwest is in the turnaround business. We turnaround the lives of vulnerable individuals with challenges by cultivating their hope, providing them with concrete skills, and creating paths that help turn their seemingly impossible journey into the best life possible. We get to see miracles happen as a result of the work done by Volunteers of America Southwest. We create sparks of hope in individuals and help those we assist to imagine new possibilities for their life. We guide, encourage, and walk beside those in our care. We love this work because we get to be the co-creators of thousands of life-changing success stories.

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



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► **NCPI meeting**, from page 1

report, Smith pledged to push San Diego Metropolitan Transit System (MTS) and the city to help fund a project that will alleviate the flooding and open up Grantville to redevelopment.

“There’s a lot of issues that need to be solved and I want everyone on this board to know that I’m going to be taking it upon myself to be very vocal and public with the Grantville community’s dire need for help, especially with regards to its safety of [this flooding],” Smith said.

Vice chair Matt Adams voiced strong support for Smith’s proposal.

“We have a great vision for Grantville but until we get that flooding under control we’re not going to achieve our potential,” Adams said.

In an action item, the NCPI board voted to send a letter to San Diego State University (SDSU) officials stating that it would like to be involved in the SDSU West project. Smith cited the project’s proximity to Grantville and the potential for traffic and other problems being “absorbed” by Navajo communities.

In a statement sent to NCPI, SDSU West representative Rachel Gregg said SDSU is “looking forward to working with all planning groups including Navajo.” The statement also said SDSU plans of starting construction in 2020. The SDSU West statement also invited planners and residents interested in the project to follow its progress online at [sdsu.edu/mvnewsletter](http://sdsu.edu/mvnewsletter). Even with SDSU’s outreach, Smith urged the NCPI board to

ask for involvement in the project, which is nearing completion of its Environmental Impact Report (EIR).

“I think that is still prudent to let them know that we are eagerly interested in paying close attention and request that they come and make presentations to this board on their findings before submittal [of the EIR],” he said.

Board member Doug Livingston pointed out Navajo neighborhoods’ 11 acres of parkland it has credited should be used to build in the adjacent Mission Valley location.

“We as Navajo have park credits that are allotted to us in the area, so we need to make sure we do have involvement in the say of how those park credits are used for the Mission Valley open space,” he said.

Other board members requested the letter include other areas of interest NCPI has in the project, including infrastructure, traffic in the ingress and egress to and from Mission Valley, and housing issues. The letter will also request that NCPI be notified of the SDSU West timeline of submission of documents for the project.

In addition to taking action on the letter to SDSU, the NCPI board also discussed the upcoming election for new board members being held March 13 and the creation of this year’s Capital Improvements Project (CIP) list — four projects that the board deems the most important for the city to fund.

The next NCPI meeting will be held on Feb. 13 at 6:30 p.m. Check [navajoplanners.org](http://navajoplanners.org) for its location.

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

► **News briefs**, from page 1

about any additional on-line-only content. Visit [missiontimescourier.com](http://missiontimescourier.com) to poke around and get familiar with the new website.



Wendy Wheatcroft

**Wheatcroft to run for District 7 seat**

On Jan. 9, elementary school teacher and gun regulations advocate Wendy Wheatcroft announced that she will run for the District 7 City Council seat in 2020. Wheatcroft, a Democrat, is hoping to replace Republican Councilmember Scott Sherman who will be termed out in 2020.

Wheatcroft taught elementary school for 13 years in Escondido and in Coronado where she attended high school before attending San Diego State University. She is also the founder of San Diegans for Gun Violence Prevention and served as the California chapter lead for Moms Demand Action for Gun Sense in America.

On her campaign website, Wheatcraft states:

“I come from a proud military family and I’ve lived in San Diego almost my entire life. These two factors - my deep sense of service to the community and love of the city - were strong drivers in my decision to seek this position. District 7 is a wonderful place to raise my children, but there are several challenges that the district faces which need to be addressed. Housing issues, such as homelessness and affordability, need to be urgently fixed in District 7, just as they do in San Diego in general. In addition, we have a range of environmental challenges to address. From the San Diego River to Mission Trails, it is our duty to keep our natural resources both beautiful and safe.”

For more information about Wheatcraft, visit [wendy4sd.com](http://wendy4sd.com).

**Kiwanis to hold ‘Sweethearts Ball’**

A celebration of the arrival of the first residents moving into Allied Gardens 65 years ago will take place on Friday, Feb. 8, at the Allied Gardens Recreation Center. The Kiwanis “I Love Allied Gardens Sweethearts Ball” will feature rock n’ roll band The Surf Birdz playing favorite songs from the ’60s and ’70s. Organizers describe the event as “a dress up, adults only, no alcohol

affair for residents of the Navajo Community.”

The rec center gym will be decorated with a Valentine’s Day theme for the occasion. Anniversary cake, provided by Don Teemsma and Ideal Plumbing, will be served to all the celebrants. A special menu complete with “mocktails” such as Zion Zingers, Waring Wallbangers, Greenbrier Grabbers and Delfern Delights will be available. Also, snacks such as nachos and cookies will be served at a nominal cost.

Gift baskets provided by local merchants, Kiwanians and friends will be raffled off throughout the evening, including gifts from Ideal Plumbing, Grocery Outlet, Brothers Restaurant, Longhorn Bar and Grill, John’s Automotive Care, the Little Nail Shop, the SD Flower Shop on Waring Road, Allied Gardens Family Optometry, Grantville-Allied Garden Kiwanis Club, and Kiwanians Jack Scott and Dr. Doug Grosmark.

Because the floor in the gym requires care, the seating area will be covered for protection and the dancing area will be a “Sock Hop” or a rubber-soled shoe zone.

San Diego City Councilmember Scott Sherman will be in attendance to help welcome the guests and tell about his connection to the Allied Gardens community. The original owner of his Allied

See NEWS BRIEFS page 17 —>



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# Beauty found indoors at Mission Trails Regional Park

**Mission Trails Regional Park Foundation**

Jennifer Morrissey

Throughout the year, the Mission Trails Regional Park (MTRP) Foundation organizes art exhibitions for the MTRP Visitor & Interpretive Center. The work in the exhibitions either relates in some way to Mission Trails or presents themes from nature, in mediums that include photography, illustration, drawing, ceramics, and painting. Solo artists and groups are exhibited, the work is on view for six weeks, and artwork sales support park programming and improvements.

This year's first exhibition — titled "Natural Instincts" — features the work of seven award-winning artists: Joey

Edwards, Otto Kruse, Caroline Morse, Thia Nevius, Bill Rainer, Chris Waters, and Susan Weinberg-Harter. "Natural Instincts" is on view through Feb. 15.

Photographs by Mission Trails volunteer Gerry Tietje will be the second exhibition of the year, and feature Gerry's stunning images of landscapes and birds, many of them taken at Mission Trails. Titled "Nature in Focus," the photographs will be on view from Feb. 16 through March 29.

A Wisconsin native, Tietje obtained degrees in electrical engineering from Valparaiso and Purdue universities, and moved to San Diego in 1973 to work for the Navy. Tietje has always had an interest in nature, especially in birds. He began experimenting with pen and ink drawings and watercolor in 1997, and with photography a few years later, taking photographs of birds to aid in identifying them and provide subject matter for his artwork. His photographic interest evolved to include wildflowers and landscapes. He honed his photography at Mission Trails, and enjoyed photographing nature so much that it became a primary pursuit. Since then, Tietje's photographs have been published in Birds and Blooms



"I'm Looking at You" by Gerry Tietje  
(Courtesy MTRP Foundation)

magazine, several San Diego publications, and exhibited at the MTRP Visitor Center, San Carlos Library, and the local offices of the Audubon Society.

"Love of nature prompts me to produce photographs that depict the beauty of God's creation," Tietje said. "I strive to show each bird, plant or animal in its natural setting, but without distracting backgrounds that would diminish its intrinsic beauty."

In conjunction with his exhibition, Tietje will present the next installment in our photography lecture series, In Focus: Perspectives on Photography at Mission Trails. Taking place the evening of Thursday, March 14, the lecture is titled "The Technical Side of Nature Photography" and will be

## In Focus: Perspectives on Photography at Mission Trails 'The Technical Side of Nature Photography' with Gerry Tietje

Thursday, March 14,  
7–8:30 p.m.

Field class date to be determined.

Tickets and more information at [mtrp.org/infocus](http://mtrp.org/infocus)

## 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., Wednesdays, Saturdays and Sundays 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 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

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

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

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

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

**Kids Nature Story & Craft with a Ranger:** 10 a.m., every third Saturday – meet at KLC Campground Kumeyaay Lake Picnic Structure, RSVP to 619-668-3279

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

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

aimed at photographers who want to choose their own camera settings for pictures and include a discussion about the camera settings Tietje uses for landscapes, wildflowers and birds. Photo composition and how to capture appealing images will also be part of the discussion. For more information

or to register for the lecture, visit [mtrp.org/infocus](http://mtrp.org/infocus).

For a listing of this year's art exhibits at MTRP, visit [mtrp.org/art](http://mtrp.org/art).

—Jennifer Morrissey is the executive director of the Mission Trails Regional Park Foundation. ■

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The best seat in the house

David D. Cooksy

Have you ever attended a sporting event, a concert, or the theater and wished you were sitting in better seats — down front close to really see the action? I have, and I'll bet you have, too.

Walking the trail around Kumeyaay Lake I notice things, I take in the details. One such detail is a tree branch sticking up from the bottom of the lake with an elongated "V" shaped fork at the top. I have no idea how long this branch has been there, but I am certain it is years. And for many years, I have watched various species of bird compete for that tiny square inch of space, the perfect perch, the best seat in the house; you can see everything from here!

Do you suppose the law of the jungle determines a

pecking order, a priority seating arrangement? How does the wild kingdom decide who gets to sit there? Is there anyone really tasked with governing that perch? Maybe I am over thinking it. Perhaps it's as simple as this: if the spot is open, it's yours, go for it! My reason for even pondering such a question is the variety of birds that occupy the seat. Size, thus physical dominance, is not the deciding criteria. I have witnessed a variety of birds fight for control of feeding territory and size rules that battle, but this stick in the lake seems different.

Among the many varieties spotted roosting on the perch, I have seen a tiny black phoebe (*Sayornis nigricans*), a sleepy-eyed black-crowned night heron (*Nycticorax nycticorax*), a couple of double-crested cormorants

(*Phalacrocorax auritus*), and a great egret (*Ardea alba*).

Even more curious, once in possession of the coveted spot, what do you do with it? The phoebe, being a nervous sort anyway, is very busy flitting out and back, collecting insects off the surface of the lake. The night heron must have had a hard day's night. I saw it at dawn and the heron was hardly able to peek through slitting eyelids to confirm my presence. The cormorants and great egret however used the prime location to just take in the view as they sat and sat and sat, preened and sat, seemingly in no hurry or care to be anywhere.

After all, if you have the best seat in the house, what else do you do?

—David D. Cooksy is a trail guide at Mission Trails Regional Park.■



(l to r) A black phoebe, a double-crested cormorant and a great egret all utilize the same stick in Kumeyaay Lake. (Photos by David D. Cooksy)

iNaturalist Observation of the Month: Wolf spider

Patricia Simpson

I bet you have all heard some sort of horror story about spiders and their "interesting" family habits. Orbweaver females tend to consume their mates, yum. Spiderlings sometimes eat their mothers (not only the nerves, but the flesh and all). And sometimes mothers eat their offspring, gulp! We humans tend to remember these gruesome tales, but let's talk about the admirable wolf spider mother for a moment.

Spiders from the Lycosidae (wolf spider family) exhibit unique traits with their offspring, even before they are born. A wolf spider will lay eggs and wrap them in an egg sac. Nothing unusual here, most spiders do this. But most spiders leave their egg sac somewhere and continue about their daily lives. The wolf spider mother, however, will carry the egg sac in her spinnerets, the organ that shoots out silk from the abdomen toward the rear of the body. Her motherly instinct doesn't stop there: when spiderlings hatch, she will give them a piggyback ride for about a week before the "kids" disperse.

Like most spiders, "wolves" are creatures of the night, so it is quite rare to come



Wolf spider (Photo by klyle161)

across a mother carrying her offspring, but klyle161 had that privilege and shared it by posting an observation on iNaturalist: [bit.ly/2RyzQHG](https://bit.ly/2RyzQHG).

The wolf spider observation is just one of many posted by klyle161. She is one of the top observers in the Mission Trails Regional Park (MTRP) biodiversity project on iNaturalist with over 500 observations. Clearly, MTRP is one of her favorite exploration grounds. Congratulations to her and a big thank you for her contributions. Get your cameras out and try to catch up!

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

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# TRIED AND TESTED

A hidden eatery serves up impressive lunches

## Restaurant Review

Frank Sabatini Jr.



Just outside the fast-food jungle that is Mission Gorge Road — down toward Interstate 8 — is a winding office park housing an unexpected find: Test Kitchen Eatery & Workspace.

The operation is located on Mission Gorge Place, a street I've driven past for years without ever noticing. Yet for the restaurant group, BBG Cal, which operates a small

constellation of New Zealand-inspired restaurants throughout San Diego, the street is home to an industrial kitchen where recipes are tested whenever chefs within the group conceive of new dishes.

It is also where things like lamb pies and turkey chili are constructed and sent out to all of the restaurants, which include Bare Back Grill in Pacific Beach; Queenstown Public House in Little Italy; and Dunedin in North Park.

Even better is that Test Kitchen is fronted by a bright, airy cafe that serves lunch Monday through Friday. Upon walking in, you're suddenly transported into what could be a trendy eatery in some other neighborhood. The warm-industrial atmosphere features high ceilings, pendant lighting and blonde-wood tabletops. There's also a faux vegetable garden set along a cleverly designed menu wall flaunting hanging clipboards instead of a common chalkboard.

Hearty sandwiches served with potato chips dominate the

## Test Kitchen Eatery & Workspace

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testkitchensd.com

Prices: Soups, salads and starters, \$6 to \$11, sandwiches, \$9 to \$11.50



The condiment bar features self-serve lemonade and sun tea made in-house. (Photos by Frank Sabatini Jr.)

bill of fare, along with a few salads, tomato-basil soup and a "protein platter" of hummus and hard-boiled egg. There is also a chicken quesadilla, and the aforementioned turkey chili, which you'll be remiss to pass up.

The chili combines ground turkey with small, tender white beans, diced red onions and fresh jalapenos. Lurking in the recipe are pinches of cayenne pepper, which makes the dish deliciously outgoing without being too spicy. It's served with tri-colored tortilla chips that you break apart and sprinkle over the top for added texture.

Mack Forrest is the cheerful front-of-the-house manager who warmly greets customers with a wealth of knowledge about the menu and operation. He seemingly knows everyone who saunters through the door — whether they're dining in or claiming to-go orders. Such a devoted employee, there's a sign hanging on the wall behind the

order counter he faithfully occupies stating: "This is Mack." It contains an arrow pointing to where you'll usually find him stationed when he isn't delivering food to customers' tables.

recently added into the scheme along with sliced cucumbers. Layered generously between crisp lettuce and diced jalapenos, this isn't the boring tuna sandwich common to school

lunch boxes. Its zesty quality proves that fish and spicy chilies strike happy matches, at least with seafood as strong-tasting as tuna.

A lengthy front counter serves as the condiment bar. It's also

where you'll find self-serve dispensers of lemonade and mint-infused sun tea. Forrest makes each of them in the mornings before opening, and his attention to detail becomes apparent when you encounter a filled ice bucket and neatly cut lemons parked alongside the cups.

It should be noted that proteins such as ham, turkey breast and roast beef used in a variety of other sandwiches are in the form of cold-cuts, which Test Kitchen outsources. The meats are not roasted and sliced onsite as some might suspect. But they're put to



Superior turkey chili

His enthusiasm over a recently tweaked tuna sandwich called "The Nina" led me into ordering it. In addition, my hankering for red meat was sated with beef-pork meatballs tucked into a French roll with melted mozzarella and house-made marinara sauce. It had all the characteristics of any meatball hoagie, but with the bonus of a roll that was extra buttery and infused with a distinctive grill flavor.

The surprise in the albacore tuna sandwich was jalapeno mayo, which Forrest says was



Mack Forrest is the friendly and devoted front-line manager.

See TRIED AND TESTED page 15 →

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► **Tried and tested**, from page 14

hearty use in combinations that extend such sandwiches as turkey-bacon-avocado with

mozzarella; ham, bacon and Swiss cheese with Dijonnaise; and roast beef with blue cheese crumbles, pepperoncini and horseradish aioli. Other options include a Buffalo-style chicken sandwich kicked up with red

onions, blue cheese and pepper ranch, plus the Frisco club combining turkey, bacon and ham with lettuce, tomato and mayo on sourdough.

Forrest says new sandwiches for Test Kitchen's menu materialize "about twice a month." If not, then small tweaks are made to existing sandwiches.

One of the workplace perks at Test Kitchen is that everyone on staff gets to evaluate new dishes that any or all of BBG Cal's chefs introduce on behalf of their respective restaurants. Those items range from appetizers and salads to entrees and desserts.

"It's a team effort. And I can say that I love my job," Forrest added.

—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.■



The tuna-jalapeno "Nina" sandwich (Photos by Frank Sabatini Jr.)



A wall menu is artfully displayed near the order counter.



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Elizabeth Gillingham

## PHHS Student of the Month

Jacob Lerner was nominated as our Kiwanis student of the month for December because he is hard working, funny, smart, trustworthy, goes out of his way to help all students and staff — and most importantly, he is known as a kind and caring person. Vice Principal Jennifer Pacofsky attended the breakfast with Lerner and shared the following information she had discovered about him with the Kiwanis members explaining why he was selected.



Student of the Month Jacob Lerner (Courtesy PHHS)

Pacofsky stated: “He goes out of his way to help other people as evidenced by something he did for one of our special education teachers. He designed an adaptation for her sink so that the water would not come on too high in the class (spraying the students) and installed it in the classroom. He is known as the first person to show up if something needs to be done and the last to leave.

“Lerner is also known as a leader in his engineering class as he takes initiative when things need to get done, fixes things without prompting, and helps others along the way. Lerner designed Patrick Henry High School’s 3D-printed bathroom passes to coincide with the colors of the buildings to help staff identify students who were out

of class and to keep teachers accountable to only allowing one student out of class at a time. He continues to support the program as he prints new ones when they get lost or broken and he can fix the printer if it breaks.

“Jacob not only is a leader in his engineering classes, but on campus and in the community. He has proactively cared for our aquaponics system this year. He thoughtfully researches and adapts the system to the weather conditions and plans ahead for feeding the fish over vacation. He spends extra time building capacity in the Aquaponics Club, by training underclassmen so they can confidently take over his role next year. We are proud to honor Jacob for his leadership with this award.”

The Seventh Semi-Sequential Patrick Henry High School Alumni Association Golf Tournament & Reunion BBQ is only five months away. This year, it will be held on the afternoon and evening of Thursday, May 16, at the Admiral Baker Golf Course & Clubhouse. Here are the details so that you can save the date and join us for this special event.

1. The golf tournament is a shotgun start and is set for 12:30 p.m. (registration, lunch and silent auction viewing/bidding begins at 11 a.m.) The reunion BBQ and awards banquet commences at 5:30 p.m. The golf tournament, lunch and dinner ticket remains at only \$150 per person. Not a golfer? Then you can come and enjoy the buffet dinner and all the evening festivities for only \$30 per person. We’re anticipating a crowd of well over 300 and golf is limited to the first 248 golfers in order to have a timely and fun tournament. Major sponsors and/or the first 120-plus paid registrations have their choice between the north and south courses. Register now at [patriotalumni.org/registration](http://patriotalumni.org/registration) or send a check payable to PHHS Alumni Association, Inc. to 9292 Activity Road, San Diego, CA 92126.

2. The Patrick Henry Marching Patriots and Cheerleaders will perform for our golfers coming off the course and those guests arriving for the evening reunion BBQ, awards program, and

silent and live auctions between 5 p.m. to 6:30 p.m.

3. The amazing all-you-can-eat dinner buffet will consist of braised tri-tip with au jus, marinated garlic teriyaki chicken, vegetable chow mein, steamed jasmine rice, salad, Hawaiian sweet rolls and beverages. A vegetarian meal is optional if ordered in advance of the event.

4. Can’t make the event? You can still participate by bidding on our huge array of valuable auction items up to a week prior to the event. You will need your credit card and email address. Coming to the event? Bring your charged-up smartphone to track the bidding on the items you’re interested in. Don’t have a smartphone? Look for one of volunteers with an iPad to help you place your bid(s).

5. In addition to the silent auction, we will have several fabulous live auction items, many of which you can’t get anywhere else and are not to be missed.

The event is priced to cover the cost to produce this special tournament per each attendee, our sponsors and raffle/auction proceeds are critical to our success. Please do business with those sponsors who are supporting us, most of whom are PHHS alumni or have/had students at the school!

We’re proud to report that the PHHS Alumni Association, in just the first six years of its existence, has now raised and in the process of donating in excess of \$600,000 worth of goods to their alma mater. Your

support is making a huge difference for the current student body.

How can you help?

1. Encourage your friends/fellow alumni to register with the Alumni Association by providing their full name (maiden name included), class year of graduation and email address at [patriotalumni.org/join](http://patriotalumni.org/join)

2. Send a check or go online at [patriotalumni.org/registration](http://patriotalumni.org/registration) to sign up now for our May 16 event. A fun time is guaranteed only if you attend.

3. Become a sponsor, and share your business/organization with other Patriots at [patriotalumni.org/sponsors](http://patriotalumni.org/sponsors). You will be listed in the tournament program and on our website for at least a year.

4. Donate a silent or live auction item for our May 16 event. This year, we will again be using Gesture bidding software, which will enable online bidding to all interested parties whether you’re able to personally attend on the date of the event or not.

5. Send a donation to our 501(c)(3) nonprofit organization. It’s tax-deductible (consult your tax advisor for details) and we will make great use of it as we have very low administrative expenses and no paid staff.

Thanks in advance for your consideration and support. For more information please contact Kevin Carlson, president, Patrick Henry High School Alumni Association, Inc. [kcarlson@missionjanitorial.com](mailto:kcarlson@missionjanitorial.com) or 858-566-6700 ext. 214 or visit [PatriotAlumni.org](http://PatriotAlumni.org).

## Other news from on campus

The new two-story building located directly behind the main office along with the stadium and other athletic fields remodel are nearing completion and should be ready for the school to use by the spring.

Want to watch some basketball? Go back to campus this year and see new Patrick Henry boys basketball coach Kenny Caesar, a 1989 alumnus of the school, lead a turnaround in the program.

## New physical education, old teacher

December is one of those months as a teacher where you try and keep students focused on learning while surviving the frenzy of that last week before the break. Teachers like me also enjoy infusing some fun into the learning during this high-energy, festive time of year. While fun in and of itself does have value, it’s particularly meaningful to this physical education teacher in the learning of new content. I believe that if students have positive connections when learning, then the content “sticks.” Meaning, when something is learned in a manner that is enjoyable, it’s more likely to be remembered and repeated.

California state standards for a ninth grader in physical education call out many areas that should be taught, analyzed and, acquired by all students. A few that are of value beyond the concepts of fitness and sport are: “Describe the enjoyment, self-expression, challenge, and

social benefits experienced by achieving one’s best in physical activities; recognize and evaluate the role of cooperation and positive interactions with others when participating in physical activity; and accept personal responsibility to create and maintain a physically and emotionally safe and non-threatening environment for physical activity.”

Those objectives for PE might sound unusual or different to most, especially if you were in high school any time before 1995-ish. While we spent time in December working on some of the social and emotional aspects of physical activity through game play and personal fitness, we actually began much of that work back in August, when the school year started. I addressed a few pieces of this in my October “New physical education, old teacher” article for The Mission Times Courier.

See PHHS page 17 →

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Students enjoying a PE class (Courtesy PHHS)

► PHHS, from page 16

In my 20-plus years of teaching, I have found that students will try something new, take risks and truly learn when they perceive the environment they are in to be welcoming and safe. Creating this environment within a physical education class takes time and effort, but it's always worth it.

One of the first things we do before we engage in sport-related activity is to create a community that allows students to learn, safely and successfully. An interesting piece of that setup is taking the time to ensure every student in class has their name clearly marked on the front of their PE clothes. I mention it because many may see this as a waste of class time performing a mundane, time-consuming and simple task. I insist on it because it helps me learn their names quickly, and helps their classmates do the same. No one wants to be called "him," "her," or "hey you" in any class, and some are just too shy to ask.

It's important to build a community within any classroom, but especially in PE. It's one thing to try out a new writing style in English class or miss three questions on a test in history. It's a private affair, a student and their scores or attempts. They get to choose, or not, to let peers in on their learning attempts and outcomes. It's another thing entirely to attempt a serve in badminton, maybe for the first time ever, while your peers look on. Students in PE should

know that their efforts will not be made light of, demeaned or humiliated. When we get students to understand we are all learning — some beginners, some more skilled — but learners all of us. And when we, the collective class, recognize the efforts of that individual, separate from another's efforts or performance and give it value, learning occurs. It's a large job, but about this time of year, if I've done my job well I begin to see these learning communities take flight and begin to reap the benefits of the communities my students have built.

Every Friday in my class is "Cardio Friday." Some days are very challenging, some more relaxed, but all with the stated goal of building the individual student's aerobic capacity. Tying this all together here, as we finished out our last day together of 2018, I opted for a different type of "Cardio Friday." Our last Friday of the year together we played "reindeer games." No one was left out and no one was called names. We had crazy relay races, backwards, forwards, hopping, jumping, running, and laughing. My favorite thing I heard all day was, "can we do this every Friday?" I witnessed students running faster than I've ever seen them run in four months of "Cardio Fridays." So, maybe there will be more reindeer games in our future, but most definitely more fun-infused learning.

—Terri Clark, PHHS PE teacher

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

# Robotics showcase coming up

Jay Wilson

The second annual Robotics Showcase Extravaganza, sponsored by the San Carlos Library and David Ege, the branch manager, will be held on Saturday, Feb. 23, in the parking lot adjacent to the library at Jackson Drive at Golfcrest Drive. The event runs from 10 a.m. to 2 p.m.

Can you program a robot to compete in an obstacle course? Many of our neighborhood students can — and they are excited to show off their skills.

The next day on Saturday, Feb. 24, from 10 a.m. to 2 p.m., the San Carlos Branch Library is hosting the Second Annual Robotics Showcase Extravaganza, which will feature local For Inspiration and Recognition of Science and Technology (FIRST) Lego League (FLL) and FIRST Tech Challenge (FTC) teams demonstrating their robots, missions, and projects from the 2017-2018 FIRST competition season. The extravaganza will also include a hands-on robotics craft in the library, and a presentation about how to start your own community or school FLL or FTC teams.

Last year, more than 300 people attended this event, which included robotics demonstrations from elementary, middle and high schools. A number of teams are already registered to participate

in this year's event. If you are involved with a robotics team and would like to have your team participate, please contact David Ege at the San Carlos Library at 619-527-3430.

The Henry Cluster STEMM Foundation is helping promote this event and we encourage everyone to stop by and see what students are designing, building and demonstrating. You just may be motivated to help start a robotics team at your school, for a youth group or start a neighborhood club. The Henry Cluster STEMM Foundation may be able to lend a hand. Contact us at hcstemm.org.

The Dailard Elementary Mechanical Dolphins robotics teams are a great example of school-based robotics teams and we would like to acknowledge our amazing Dailard squads.

We are very proud how the robotics kids did this past fall. Each team built and programmed their own EV3 robot to accomplish challenging missions set up by FIRST Lego League.

They also came up with a solution for people living and traveling in space. These amazing projects were:

1. A virtual reality (VR) chat to hang out with family to aid with loneliness and a VR set to make exercise seem similar to being on Earth.
2. A compression suit for astronauts to wear in space in

order to help prevent chicken leg syndrome.

3. Feces in between layers of space shuttle hull to help block radiation waves in space.

This last project earned our team a first place project trophy in a regionals competition.

But most importantly, our kids learned all about core values (discovery, innovation, impact, inclusion, teamwork, and fun). These values, and all they have learned thru FIRST Lego League, will help our kids in their future accomplishments.

The biggest thank you to Coach Toni, Coach Erin, Coach Sandi, Coach Melissa, Coach Bob, Ms. K., Mr. Martin, and Ms. Fitzpatrick for all they have done to make this season phenomenal.

The Henry Cluster STEMM Foundation was established to promote awareness of, and interest and participation in, science, technology, engineering, mathematics, music and the arts by the students in the Patrick Henry Cluster: Marvin, Foster, Green, Gage, Benchley-Weinberger, Hearst, Dailard, and Hardy Elementary, Lewis and Pershing Middle, Patrick Henry High, and other neighborhood schools.

—Jay Wilson writes on behalf of the Henry Cluster STEMM Foundation. For more information, visit [hcstemm.org](http://hcstemm.org).■

► News briefs, from page 10

Gardens home since 1955, 102-year-old John Kernoski will have the honor of cutting the 65th anniversary cake and may also share stories about playing minor league baseball in the New York Yankees organization in the 1930s.

Event organizers are planning table seating for about 200 and will have some additional seating available, so interested parties are encouraged to reserve a spot in the seating area by calling John Peterson at 619-582-2920 or Kathy Butterstein at 619-664-4459 to reserve a spot.

Doors will open at 6:30 p.m. and the band will play

from 7–10 p.m. There will be a small charge of \$10 to attend to cover the cost of the band, floor covering, decorations, publicity banners, permits, table rental and overtime pay for rec center employees. Any profits from the event will fund local Kiwanis community projects.

If you live in Allied Gardens, once lived in Allied Gardens or just love Allied Gardens, come and join the celebration!

**Crusaders Soccer Club tryouts**

Registration for the Crusaders Soccer Club's recreational spring season closes Jan. 27. To register a player,



The 2018 Crusader Soccer Club girl's red competitive team (Courtesy CSC)

go to [sandiegocrusaders.com](http://sandiegocrusaders.com). The program is for boys and girls born 2004 through 2015. Games begin on Sunday, March 3, through Sunday, April 28. There are no games on Easter Sunday. Games are played on Sundays so as

See NEWS BRIEFS page 20 —>

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**SUDOKU & CROSSWORD PUZZLE ANSWERS FROM P. 19**  

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

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San Carlos Area Council news

Patricia Mooney

Happy New Year, dear readers! This is a time when the slate is clean. We can learn from past challenges and move forward in our lives with resolutions to improve our health, beautify our surroundings and strengthen our relationships. But you don't have to go overboard on the first day! Take it easy. Good advice, and yet not everyone heeds it.

The number of rescues on Cowles Mountain always balloons in January, according to San Diego Fire & Rescue. That's because of the unrealistic expectations of people who are simply not cut out to climb the craggy — and potentially unforgiving — "staircase." Right on schedule, a portly man twisted his ankle and had to be carried down on the first of January on a moonless night, by a cadre of rescue personnel. The man will be fine. And we can all take his misfortune as a cautionary tale. Don't go up Cowles Mountain day or night — potentially engaging a dozen rescuers and three fire engines, which could be better served in a life-and-death situation — unless you're in good shape.

If your dream is to soak in the amazing view atop Cowles Mountain, then work up to it slowly. Hike Mission Trails or Lake Murray every week. Enroll at a gym like TruSelf on Waring Road or 24-Hour Fitness at Navajo and Lake Murray and begin a stair-climbing regimen. There's also a "back way" up Cowles

Mountain that many people are unaware of. It's a jeep track that is a bit less daunting. I used to ride my mountain bike up it to train for races back in the 1980s and 1990s. There are some steep sections, some erosion and slippery spots with "ball-bearing" rocks, so be careful. Be kind to your body. You only get one in this lifetime.

Troubadour and crowd favorite, Gregory Page, will perform on Jan. 17 for the Second Sunday Concert Series at Mission Trails Church, 4880 Zion Ave. The concert series concluded its 2018 season in December at Mission Trails Interpretive Center. Page kicks off the 2019 season in a larger venue with more parking. His show promises to be another glorious experience.

The SCAC January meeting was canceled due to the holidays.

Our next meeting will be on Feb. 6 at 6:30 p.m. at the San Carlos Library, 7265 Jackson Drive. Local government representatives will present their reports on what's new in 2019.

Our lineup of speakers in the upcoming months includes author of "Dangerous Delusions," Professor Rolf Schulze; Josh, proprietor of TruSelf Gym;

and a cannabis nurse who will speak to us about the healing qualities of cannabis CBDs. Join us, won't you?

Follow us at twitter.com/CouncilSCA.

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



Gregory Page (Courtesy SCAC)

News from the Del Cerro Action Council

Jay Wilson

The Del Cerro Action Council will meet on Thursday, Jan. 24, 7 p.m. at Temple Emanu-El.

Representatives for the All Peoples Church will provide an update on their progress for a design and other requirements by the city of San Diego. There should also be an update on the Del Cerro Maintenance Assessment District. We have also asked Rachel Gregg, the director of government and community relations for San Diego State University, to provide an update on their restoration efforts in Adobe Falls Canyon.

We have been waiting for an update on the status of the lawsuit regarding the Maintenance Assessment District in La Jolla. There was a preliminary decision in December that appeared to be in favor of the city of San Diego and there was to be a final decision by the judge on Jan. 2. At this time, we have not received an official update from the city regarding a final decision by the judge.

The Friends of Del Cerro organization is undertaking a refurbishing of Princess Del Cerro Park. They are again partnering with the Del Cerro Action Council for a sprucing up of the park.

Mark Allan, the chairperson of the committee for the Friends of Del Cerro, has selected Saturday, Feb. 16, as the date for the phase one update. The Del Cerro Action Council is initially contributing \$3,500 for the project. The committee is working directly with staff from the city of San Diego's Park and Recreation Department to coordinate what the city can do and what can be done by volunteers.

The first phase will concentrate on the playground — refurbishing some of the equipment with fresh paint and adding two additional park benches adjacent to the playground. There is a lot of wire brushing to be done to remove chipped paint. If time and funds are available, painting the light poles adjacent to the playground and basketball court are on the list.

If you are interested in helping out with refurbishing Princess Del Cerro Park, email PDCPark@cox.net. Donations for future projects in the park can be made directly to the Friends of Del Cerro at friendsofdelcerro.org.

Palm trees in canyons serve as a large torch when they are within or adjacent to the boundaries of a canyon fire. Recently a nonprofit foundation in Tierrasanta contributed funding to hire a helicopter

to help in the removal of palm trees from canyons in Tierrasanta. We are looking into a similar project for the Adobe Falls Canyon.

For our second meeting of 2019, Mr. Johnnie Perkins, deputy chief operating officer of infrastructure/public works for the city of San Diego will be our guest speaker. His topic will be the city's Pure Water Recycling project. I recently attended the San Carlos Area Council where Mr. Perkins gave the presentation. It is an excellent presentation. When the recycling plant is completed, it will be a major source of potable water for the city of San Diego.

There is going to be a community cleanup in Grantville on Saturday, Jan. 19, from 9 a.m. to noon. We will be concentrating on the area in Grantville between Mission Gorge Place and Alvarado Canyon Road. We will be meeting at El Dorado Properties located at 5839 Mission Gorge Road, Suite A. Bring gloves and water. Trash bags will be provided.

Join us on Thursday, Jan. 24 for our next Del Cerro Action Council meeting!

—Jay Wilson is secretary of the Del Cerro Action Council. For more information, visit delcerroactioncouncil.org.■

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PUZZLES ANSWERS ON PAGE 18

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.

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

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CROSSWORD Sweet Notes

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49						50	51	52				53	54	55
56						57						58		
59						60						61		
62						63						64		

CREATORS NEWS SERVICE

By Charles Preston

ACROSS

- 1 Prince Charles' pastime
- 5 Heeling
- 10 Monks
- 14 Box-office biggy
- 15 "I \_\_\_ girl just like..."
- 16 Budget item
- 17 Kahn-Heusen hit of '55

DOWN

- 20 "Maid of Athens \_\_\_ we part..."
- 21 Fall quaff
- 22 Stage direction
- 23 Niche occupant
- 25 Wine and dine
- 26 Despoil
- 29 Coxcomb
- 30 In the works
- 31 Bugged
- 33 Testing spot

- 36 Endure
- 37 Dracula, for one
- 38 Thirtysomething's Mel
- 39 Giant, of yore
- 40 Subject
- 41 Judge's need
- 42 Hawk's opposite
- 43 Name, in Wilde play
- 45 Rock salt
- 48 Crèche trio

- 49 River into the Adriatic
- 50 Wont
- 53 Part of H. R. H.
- 56 Kahn-Donaldson hit of '28
- 59 Bien lead-in
- 60 Adolf's Eva
- 61 "Today \_\_\_ man"
- 62 Dispatched
- 63 Alan or Norman
- 64 Hyde Park sight

DOWN

- 1 Heap
- 2 Kitchen emanation
- 3 '73 Bluenotes hit, with The
- 4 Bull or Miss
- 5 Sunblind
- 6 Shane star
- 7 Gypsy \_\_\_, Porter
- 8 Have the lead
- 9 Feather's partner

- 10 The Surrey With the \_\_\_ on Top
- 11 Ranch, in "Giant"
- 12 Broadway backer
- 13 Cordwood measure
- 18 "... and he made him \_\_\_ of many colors"
- 19 Nasal
- 24 Coagulate
- 25 Corrode
- 26 Alto lead-in

- 27 " \_\_\_ first you don't succeed..."
- 28 Marry in haste
- 29 Punishing cap
- 32 Arles assent
- 33 '62 Sondheim song
- 34 Jungle swingers
- 35 Bible or Sun
- 37 Inlet
- 38 Do museum work
- 40 Kind of pole
- 41 Persona non \_\_\_

- 42 Abridgement
- 44 City on the Somme
- 45 Stems
- 46 Think the world of
- 47 Agitate
- 50 Israeli dance
- 51 Smell \_\_\_
- 52 Downcast
- 54 Madame Bovary
- 55 Paper quantity
- 57 Wane
- 58 Bigwig



# News from the Allied Gardens Grantville Community Council

Shain Haug

Our holiday activities are past, but not yet out of mind. You enjoyed the lights on the flyover bridge. On Dec. 12, the tree at the Triangle on Waring Road and Zion Avenue was lit by outstanding students from Foster and Marvin elementary schools, Faith Good and Jameson Thornton. Thank you Faith and Jameson, and thanks to their parents for their commitment to their education. Remember that the school children of today are our future.

Our celebration continued on Dec. 13 with the 21st annual Holiday Festival at Lewis

Middle School. A full house enjoyed a concert by Lewis Orchestra; holiday readings; songs by the children from Foster and Marvin; drawings for Barnes and Nobel gift cards; and a reception. Our thanks to Marilyn Reed for continuing this grand tradition.

Photographs of our holiday weeks will be posted on our website at [aggccouncil.org](http://aggccouncil.org).

Our next Town Hall Meeting will be on Tuesday, Jan. 22 at 6:30 p.m. at the Benjamin Library at the corner of Zion Avenue and Glenroy Street. Bob Gordon, M.D., will give his talk, "Birds of Prey from All

Gordon has published many scientific papers including "The Use of Canines in the Detection of Human Cancers." He has more than 15 years of experience with raptors and rehabilitation work with Project Wildlife. His work has included giving educational talks at Mission Trails Regional Park, the Museum of Natural History, Wildlife Research Institute's Hawk Watch, and the San Diego Zoo. Huxley, Gordon's pet Harris's Hawk and frequent companion, will also be there to host your questions.

The board of directors meets on the first Tuesday of each month at 6:30 p.m. at Benjamin Library. The next meeting will



Foster Elementary School Choir (Courtesy AGGCC)

be on Tuesday, Jan. 8 (delayed one week because of the New Year's Day holiday).

There is much we would like to do in 2019. The Allied Gardens we love is ours to preserve against the pressure for residential expansion and Grantville is beginning a momentous change in which we

must be a part. Join our board and we will support your passions for the neighborhood. Our communities need you.

—Shain Haug is the president of the Allied Gardens Grantville Community Council. Reach him at [aggccshain@yahoo.com](mailto:aggccshain@yahoo.com). ■

## ► News briefs, from page 17

not to conflict with Saturday youth baseball and softball. All games are played on the artificial turf fields at Pershing Middle School.

There is no more than one practice a week. The cost is \$125 for MICRO players born in 2015 and \$145 for players born between 2004 and 2014. Coaches receive a \$40 savings on registration for a single child for each team they coach.

The 2018 Crusaders Soccer Club's girl's 2008 red competitive team won its Presidio Soccer Division. The team is coached by Ivan Melendez. At the competitive level, Crusader Soccer teams play teams from throughout San Diego County.

Crusaders Soccer Club is inviting all soccer players to tryouts for the upcoming 2019-2020 competitive season. Under the guidance of Director of Coaching Rene Miramontes,

the club's mission is to provide a fun, safe and professional soccer environments.

There is no cost to register for tryouts. Go to [sandiegocrusaders.com](http://sandiegocrusaders.com) to register and for more information. For any competitive soccer questions or concerns, contact Miramontes directly at 619-807-2951 or email him at [renemiramontes56@gmail.com](mailto:renemiramontes56@gmail.com).

Tryouts for Crusader Soccer's competitive division for boys and girls are held at Pershing Middle.

- Players born 2010–2012 try out Jan. 12–13, 11 a.m.–1 p.m.

- Players born 2006–2007 try out Jan. 26–27, 11 a.m.–1 p.m.

- Players born in 2005 try out Jan. 26–27, 2–4 p.m.

- Players born 2008–2009 try out Feb. 2–3, 10 a.m.–noon

- Players born in 2004 try out Feb. 9–10, 2–4 p.m.

For more information, visit [sandiegocrusaders.com](http://sandiegocrusaders.com). ■

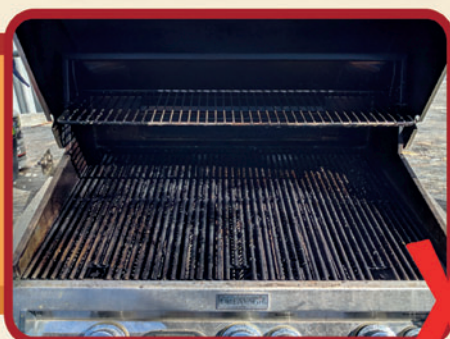
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# News from the San Carlos Library

David Ege

The staff of the San Carlos Library would like to wish everyone in our community a happy 2019. We are very excited for the new year and are looking forward to the exciting programs and events we have on deck in the coming months. We look forward to seeing you at the library!

### Adult speaker series

On the third Friday of each month, join us for our speaker series. This year, our series will cover a variety of topics including local history, health and wellness, San Diego wildlife, and much more!

This month, Master Gardener Lucy Warren, will discuss California native plants and gardening strategies on Jan. 18 from 2–3 p.m. You will learn some new tools for recognizing which plants will work best in your yard and how to keep them looking great all year long. Warren will also discuss how to develop a plant palette and choose plants that grow well together.

### Author talks

On the fourth Friday of each month, the library welcomes local authors to discuss new and upcoming publications. We begin the series with Patrick L. Abbott, who will discuss his book, “Geology — Mission Trails Park” on Friday, Jan. 25, from 2–3 p.m. A native San Diegan and SDSU professor emeritus of geology, Abbott brings his passion for teaching and extensive research to the San Carlos Library as he presents 126 million years of the Mission Trails Regional Park’s geological history.

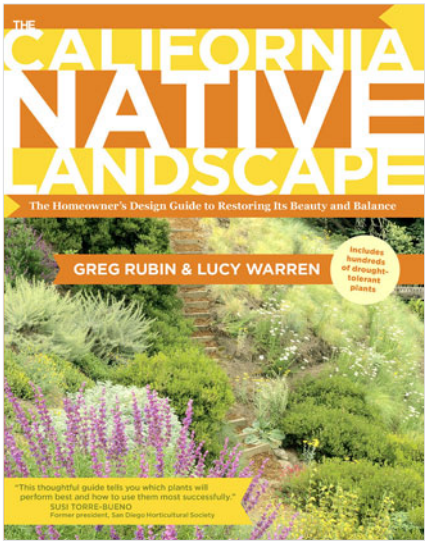
### Art shows

Each month, local artists showcase their art in the Winer Family Community Room & Art Gallery. Feel free to stop by and vote for your favorite piece during the month. The library also holds a reception for each artist. Check the calendar for event details.

Our first show of the year will showcase the small quilts by Noreen Ring. Stop by the Winer Family Community Room & Art Gallery between Jan. 7–31 to view her work, which she describes as “other-worldly.” Ring’s work portrays Earth, mountains, rocks, flowers, the sky, the stars, moons — things that we know exist with certainty but aren’t sure of the details and how they might fit together somewhere else, on another earthly plane. On Jan. 19, from noon–2 p.m., please join us at the reception to meet Ring and celebrate her work. Refreshments will be served.

### Learn about harbor seals

On Jan. 16, 2:30–3:30 p.m., attend this interactive program to learn all about harbor seals. Through stories and photos brought to you by the Seal



(Courtesy San Carlos Library)

Society, you will learn what kind of animal the harbor seal is, what seals do each day, and how to tell the difference between a seal and a sea lion. Ages 5–10.

### Challenge Island: Parisian Eiffel Tower

Challenge Island returns to the San Carlos Library on Jan. 23 from 4–5:15 p.m. Children ages 8–12 will use creativity, critical thinking and social skills to learn about the history and architecture of the Eiffel Tower. This popular science and engineering-based program fills up quickly, so please register early by calling 619-527-3430.

### Dates to remember

- Jan. 10, 12:30–2 p.m.: Library Book Club
- Jan. 16, 4–5:30 p.m.: San Carlos Friends of the Library monthly meeting.
- Jan. 21: CLOSED—Martin Luther King, Jr. Day
- Jan. 22: CANCELLED—Youth Chess
- Feb. 1, 1:30–3:30 p.m.: Friends of the Library only, Used Book Pre-Sale. Join SCFOL during the sale.
- Feb. 2, 9:30 a.m.–3:30 p.m.: SCFOL Monthly Used Book Sale
- Feb. 6, 6:30–8 p.m.: San Carlos Area Council Meeting. Members of the community are invited to attend.

—David Ege is branch manager of the San Carlos Library. Reach him at DEge@sandiego.gov.■

# News from the Allied Gardens Library

Kathryn Johnson

Happy New Year to all! Your library staff is very excited for the upcoming year as we have lots of fun and informative programs coming up. By taking advantage of our free programs you can embark on a vegan adventure, get in some mindfulness and meditation and finish off with some fitness fun. As always, our programs are free (thank you Friends of the Library) and all are welcome.

### Book sale

Did you resolve to stick to a budget this year? Are you a voracious reader? If so, mark your calendar for Saturday, Feb. 23, from 9:30 a.m. to 1:30 p.m. for our Friends of the Library book sale. By shopping this sale, not only will you feed your reading habit, but you will also be supporting our Friends who help us with programming and other library essentials.

### Looking for a few good apps?

On Friday, Feb. 1, at 2 p.m., Oasis will be hosting a “Sampler of Fun iPad and iPhone apps” program at the library. Participants will explore a sampling of fun apps, including voice recording, free video calls, movie reviews, travel enhancers, e-readers and more. Some apps are available on Android and other tablets. Bring your Apple ID and password so you can download some of the apps demonstrated.

### Welcome Home Drive continues

Our collection of donated materials destined for the Zephyr housing complex for homeless veterans grows day by day. Thank you to everyone who has already donated full-size sheets, cutting boards, cleaning products and cookware. We will continue the drive through the month of January if you are



A “Welcome Home” basket for the soon-to-be residents of the Zephyr housing project (Courtesy Allied Gardens Library)

interested in donating to our soon-to-be neighbors.

### Looking for volunteer homework helpers

We have a fun opportunity for volunteers to help elementary and middle school students with their homework on Monday and Wednesday afternoons. If you are available one or both of these afternoons and willing to help out please submit an application by going to the library’s homepage at sandiego.gov/public-library. Once on the homepage, go to the “I want to...” drop-down menu and select “volunteer at the library.” This page will guide you through the process and connect you with the platform we use for volunteer management. If you have any questions, feel free to call the library at 619-533-3970.

### Martin Luther King Jr. Day closure

All city libraries will be closed on Monday, Jan. 21, in honor of Martin Luther King Jr. Day.

### Are you a Library Lover?

If you enjoy the library and are looking for an outlet to express your appreciation, keep an eye out for our February Library Lovers’ Month coloring contest. Starting Jan. 22, people of all ages are encouraged to participate by telling us why you love the library and coloring a heart. Prizes will be awarded to one winner from each age category.

—Kathryn Johnson is branch manager of the Allied Gardens-Benjamin Branch Library. Reach her at JohnsonKA@sandiego.gov.■

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# Best of Boise

Travel Tales  
Nancy Stern



Nestled near the foothills in the High Desert, the city of Boise, Idaho has a lively culture of arts, outdoors activities and family-friendly festivals — plenty to keep tourists happy and busy. From as stroll down Freak Alley to a step back in time at the Basque Block, here is a glimpse at some of the best Boise has to offer.

### Freak Alley

Walking down one well-known block, Freak Alley, will inspire you to take out the camera for what is recognized as the largest mural gallery in the

Northwest. This alley is located between business buildings and is popular in the artist community. They can pay a fee to create their brightly painted murals on the back walls; over time, some illustrations are painted out and new ones are applied by other artists. The alley was established in 2002; an annual mural event is held every August to view the recently added artworks.

### Boise River Greenbelt

The Boise River Greenbelt is consistently rated as the top attraction on TripAdvisor. Paved pathways meander along the Boise River, traversing 25 miles of lushly landscaped park foliage, that are best experienced by bike.



Freak Alley is the largest mural gallery in the Northwest.



Idaho State Capitol Building

Tourists of all ages can rent bikes from McU Sports, located at 820 W. Jefferson. Helmets, locks and repairs are included in the rental fee, which is \$15 for a half day or \$25 for eight hours. Boise Green Bike is another mobility option. Download the app ahead of time to find the nearest bike kiosk located throughout the downtown corridor.

Along the route, you will pass through the “Ribbon of Jewels Parks,” which includes Esther Simplot Park and Julia Davis Park. The latter is where visitors can spend some time exploring the Boise Art Museum or Zoo Boise.

### Idaho Anne Frank Human Rights Memorial

Located at an entrance to the Boise River Greenbelt, this is the only memorial dedicated to Anne Frank in the U.S. The visual display began as a traveling exhibit honoring Frank, but the community and state worked together to permanently keep it in Boise.

The memorial honors the courage and strength of the human spirit, traits Anne embodied during her short life. The 180-foot quote wall is engraved with heartfelt sentiments, accompanied by a life-size bronze sculpture of the brave girl and nearby reflecting ponds.

### State Capitol building

The beautiful Idaho State Capitol building is visible from many points in town. Constructed from sandstone, the building has the distinction of being the only state Capitol building heated by geothermal water, which is pumped from a source 3,000 feet under street level. Additionally, the public has free access to attend session proceedings.

### Hyde Park Historic District

For a fun afternoon, head to the neighborhood in Boise’s



Biking is common along the Boise Greenbelt. (Photos by Ron Stern)

North End, known as the Hyde Park. This historic district was a 1982 addition to the National Register of Historic Places. It is popular for its boutiques, restaurants, and eateries; an old-fashioned soda fountain and candy store are among the locally owned specialty shops.

September visitors can attend the Hyde Park Street Fair, an annual event that includes live music, food and craft vendors, as well as a children’s play area.

### JUMP

JUMP — an acronym for Jack’s Urban Meeting Place — is a place where everyone can discover their personal creativity and potential. It was inspired by Jack Simplot, a fearless entrepreneur.

Events are offered in the Share Studio, a kitchen area to experiment with culinary skills, and the Move Studio, which features yoga, dance, and fitness classes. Additionally, Inspire and Play Studios both encourage artistic expression; the latter invites musicians, designers, and filmmakers to hone their talents.

### The Basque Block

Boise is home to the most concentrated Basque population anywhere outside of Basque Country in Spain. In the heart of downtown is an area known to locals as the Basque Block. The block features a Basque museum, The Basque Boarding House, Basque restaurants, and The Basque Market.

The Basque Museum and Cultural Center provides visitors with an interactive learning experience introducing them to Basque culture and history, both nationally and in Europe.

Next door to the museum is the Cyrus Jacobs House. Built in 1864 — and restored in 2005 — it is the oldest brick house in Boise and features historical

artifacts. From 1910 to 1969, it served as a boarding house, where immigrants from the old country could feel at home with Basque food and fellowship while speaking in their native Basque language of Euskara.

### Alive After 5

Summer in Boise is the best time to experience the local music scene. Local and visiting bands perform a variety of music to entertain everyone at a popular outdoor concert, Alive After 5. In its 32nd year, the music and food event is held every Wednesday evening at Grove Plaza in the summer months. In addition to the tunes, a water fountain keeps the kids cool and entertained while the adults contemplate the delicious fare.

### Idaho Botanical Gardens

Visitors will gain a renewed love of nature from a trip to the Idaho Botanical Gardens. Fifteen acres of flora and fauna with themed gardens — such as the English Garden, a Winter Garden of Glow (on display from Thanksgiving to New Year’s Day), and a meditation garden with native and exotic plants — will inspire green thumbs to grow their own gardens. To further one’s botanical knowledge, educational programs are also available.

On Thursday evenings, music is performed on the grounds, which once belonged to the now defunct Idaho Penitentiary, where the inmates previously tended a dairy farm, crops, and fruit trees.

Nothing is more exciting than when one comes across a new adventure, food, or people, and all of these can be found in the hidden gem that is Boise.

—Nancy Stern is a travel writer with her husband Ron Stern. This was a sponsored trip; however, all opinions herein are the author’s.■



Anne Frank Memorial



Alive After Five

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# MISSION TIMES COURIER

## COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR

### ONGOING EVENTS



#### Springboard West Music Festival

Through Jan. 12

Up-and-coming artists and bands play at venues throughout Ocean Beach. Young bands get mentorship and are offered “band bootcamp” from seasoned performers. The event culminates with all 50 bands performing on five stages in OB during the Band & Brew Crawl, featuring local beers. For more information or to purchase tickets, visit [springboardwest.com](http://springboardwest.com).

### FEATURED EVENTS

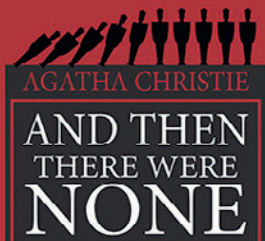
FRIDAY

Jan. 11



#### The Dark Side: Writer Matt Coyle

Matt Coyle's mystery novels explore the dark side of San Diego and the human soul. In this interview, Coyle will share insights into his writing process, how he got an agent, and how his hero has changed throughout the series. His five books, “Wrong Light,” “Blood Truth,” “Dark Fissures,” “Night Tremors” and “Yesterday's Echo,” have won and been nominated for numerous mystery fiction awards. Coyle will have books to sell and autograph and will answer questions about his work. 10 a.m. at San Diego Oasis, 5500 Grossmont Center Drive. Free. Registration begins Jan. 2.



#### 'And Then There Were None' Through Feb. 10

Lamplighters Community Theatre in La Mesa presents a classic whodunit by Agatha Christie about 10 people who have never met each other and are lured by a cryptic

invitation to a deserted island and left stranded there. Ten little soldier statues sit on the mantelpiece, with a nursery rhyme that describes how each of the 10 soldiers dies, “until there were none.” A mysterious voice accuses each of having gotten away with murder — and then one of them drops dead. One down, nine to go. Can the other “soldiers” discover the identity of the murderer before they all fall prey to the trap? Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. at Lamplighters Community Theatre, 5915 Severin Drive, La Mesa. Tickets range \$20–\$22, available at [lamplighterslamesa.com](http://lamplighterslamesa.com).

FRIDAY

Jan. 18



#### Ariel Quartet

ArtPower presents the Ariel Quartet, which will perform the first of a series of concerts that will complete the Beethoven cycle to celebrate the composer's 250th birthday by 2020. Widely considered to include some of Beethoven's greatest compositions, this cycle consists of 16 quartets divided into three periods: early, when the composer was strongly influenced by Haydn and Mozart; middle, including three quartets that honored Russian Count Razumovsky; and late, a reflection of the final years of his life. The Jan. 18 program includes Beethoven's Quartet in F Major, op.18, no. 1; Quartet in G Major, op. 18, no. 2; Quartet in F Minor, op. 95; and Quartet in F Major, op. 135. 8 p.m. in the Conrad Prebys Concert Hall, UC San Diego. Tickets range from \$45–\$59. For more information, visit [bit.ly/2A4SxZc](http://bit.ly/2A4SxZc).

SATURDAY

Jan. 19



#### Triple Fortuna Challenge

This is an 11-plus-mile trail race in Mission Trails Park San. The distance is vague because there is no set route. Runners will have to navigate their way from the starting location up to the top of the North Fortuna Summit and back three times in order to finish. Teams of one, two or three will be eligible to race, as there are distinct five divisions in this race: men solo,

women solo, men relay, women relay, and mixed relay. So, get your team together, sign up and get training 'cause this one is going to hurt! This is the sixth event in the “Challenge Race Series.” Previous races include: Triple Peak, Triple Pier Triple Terrain, Triple Elimination and Triple Trail Challenges. 7–10 a.m. at Mission Trails Park. Register and information at [bit.ly/2CO1VTa](http://bit.ly/2CO1VTa).

SUNDAY

Jan. 20



#### Valorie Victor Concert Series: Tasha Smith Godinez

Tasha Smith Godinez's work spans genres and techniques as she employs her talents in a variety of musical arenas. Known especially for her work with the Orquesta de Baja California throughout Mexico, she has appeared with Plácido Domingo, various chamber ensembles, as a member of the Garcia Godinez Duo and with jazz vocalist Leonard Patton. “The Siren Call of The Harp” begins at 2 p.m. at The Table: United Church of Christ of La Mesa, 5940 Kelton Ave. For more information, visit [tableucc.com](http://tableucc.com), or call 619-464-1519.

THURSDAY

Jan. 31



#### Greater San Diego Career Fair

Start off 2019 with a new career opportunity by visiting the Greater San Diego Career Fair. 11 a.m.–2 p.m. at the Handlery Hotel San Diego, 950 Hotel Circle North in Mission Valley. For registration and information, visit [bit.ly/2Vs6fyB](http://bit.ly/2Vs6fyB).

FRIDAY

Feb. 1

#### Inside the Actors Process: Monsters, Magic and Mischief Through Feb. 2

Sometimes the best way to show how to make the most of life is through the eyes of beasts and supernatural creatures. Use your creative imaginations to journey with us into a world where anything is possible. Our actors will transform into all sorts of fearsome and sometimes heroic characters that extend beyond the limits of being a mere mortal or human. Delve deep into the soul and beyond to discover what is thrilling



in the qualities that make us different, and what is moving in the qualities that make us all the same. Coordinated by Benjamin Cole. 7:30 p.m. at Grossmont College Stagehouse Theatre, 8800 Grossmont College Drive, El Cajon. Tickets range \$10–\$15, available at [bit.ly/2RtyRZ1](http://bit.ly/2RtyRZ1).



#### Write Out Loud: 'The Fabulous Forties'

Write Out Loud story concerts bring literature to life — aloud — with rehearsed readings by professional actors. Each program explores specific themes by weaving a

variety of stories, poems, and sometimes music, together into a literary tapestry. “The Fabulous Forties” will share the stories that came out of this wonderful yet devastating decade. A pre-show reception starts at 6:15 p.m. with a 7 p.m. curtain. At the Old Towne Theatre, 4040 Twigg St. For more information, visit [writeoutloudsd.com](http://writeoutloudsd.com).

FRIDAY

Feb. 8



#### HappySlip

Christine Gambito, also known by her screen name HappySlip, is a Filipino-American internet personality, actress, and comedian. Her videos have been viewed over 100 million times across the web. As a pioneer on YouTube in 2006, she was the first YouTube personality to create a one-woman show, and act as multiple characters in her sketches. Her unique and original comedy led to her being included in the first set of YouTube's paid partners, and she was nominated for YouTube's Best Comedy award in that same year. Currently Christine prefers to take her one-woman show and perform live for audiences. 8 p.m. at the Joan Kroc Theatre, 6611 University Ave., San Diego. Tickets range \$20–\$25, available at [bit.ly/2shRdhH](http://bit.ly/2shRdhH).

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## 4 Tips to Help You Stay Cozy & Comfortable this Winter

The cooler weather has many of us running to our thermostats to turn up the heat. If you want lasting comfort, a properly installed and sized central heating system is what you need to keep you cozy this winter.

### 1. FURNACE TYPES

Furnace technology has advanced so that you now have several choices for achieving temperature control. Getting the comfort level you desire in your home can be accomplished in several ways:

*Single-Speed Furnaces* have improved greatly over the years, however they are still louder and have temperature swings more than other models.

*Two-Speed or Two-Stage Furnaces* allow for more gentle heating and longer cycles to even out heat and allow your home to heat up gradually. Besides the air getting warmer, the walls and furniture will also heat up so you feel more cozy in your environment.

*Variable-Speed or Modulating Furnaces* bring incredibly consistent comfort. This system is also very quiet because air flow is slowed down and regulated. You will save on your heating and air conditioning bill with this technology. These units are truly wonderful for those who want the best.

### 2. DUCT WORK

Duct work plays a major role in delivering overall comfort. Poor engineering, age, damage or even rodents are some factors that can cause problems with your duct work. Deteriorated ducts may result in loss of system efficiency, poor indoor air quality and inconsistent temperature control inside the home. Properly designed duct work is sized so each room is delivered with its fair share of air. This is also known as *Air Balancing*. When achieved, you can go from room to room and not feel any changes in temperature.

### 3. THERMOSTAT

**Placement:** Proper thermostat placement is essential in getting an accurate temperature reading. The ideal location is near the return air so it senses the return air temperature. Avoid thermostat placement near an exterior door, window, lamp, supply air register or direct sunlight.

**Power:** If your thermostat goes blank, you may need to change the batteries. Some thermostats are battery-powered while others are hard wired. Typically there are just a few steps required to change the batteries on your thermostat: removing the faceplate, swapping out the batteries and gently snapping the thermostat back in place.

### 4. REGISTERS

Bar style or wide louver room supply and return air registers are the optimal choice, as they allow air to freely pass through and be directed into the room. Other factors that influence your home's ability to retain heat in your home are insulation, dual pane windows, window coverings and weather stripping around doors.

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