

INSIDE THIS ISSUE

NEWS

Outreach for input



SDSU West plan scopes for public comment for draft EIR. **Page 2**

FOOD & DRINK

Addictive



Which Addiction offers new twists on old school lunch item. **Page 14**

EDUCATION

Welcome!



Patrick Henry's new head football coach has pro experience. **Page 16**

ALSO INSIDE

Opinion	6
Politics	7
Mission Trails	10
Classifieds	18
Community	19
Library	22

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San Diego Community News Network



(l to r) Patrick Henry High Girls' Tennis Team captains: Amanda Martin, Avery Swain, Hannah Albright, Toria Tolley and Olivia Tracy (Courtesy Karen Ronney)

A CIF CINDERELLA STORY

'Power of One' helps Patrick Henry Girls' Tennis make history

Karen Ronney

Words can empower student-athletes to achieve great accomplishments. Just ask the Patrick Henry High Girls' Tennis Team, which won its first ever CIF Championship by believing in the "Power of One." The Lady Patriots were recently honored by the San Diego

Board of Education for their amazing achievement. Patrick Henry opened its doors in 1968, and this is the first time in the school's 51-year history that the Patriots brought home a girls or boys tennis title.

"This is not a typical recognition of high school fall sports," said CIF Commissioner Jerry Schneipp, at the Board of Education presentation.

"Athletics creates foundations for kids that last a lifetime. Patrick Henry High girls' tennis won a CIF Championship. They have a great program that hadn't ever been at the top before. That's a pretty amazing thing."

"Nothing makes me prouder than standing up with our

See **TENNIS** page 5

Guides to the great outdoors

MTRP trail guides educate and inspire

Cassidy Klein

The 7,000-acre wilderness of Mission Trails Regional Park (MTRP) is teeming with life. Blooming fields of numerous plant species, diverse animal patterns and ancient rocks populate the trails, but can often be overlooked by visitors. Trail guides, through guided nature walks and education within the park, help visitors learn about the vast natural beauty that surrounds them at MTRP.

"[Guides] really instill a sense of connection to the park, and to the amazing things



(l to r) Mission Trails Regional Park trail guide president Fred Kramer and park ranger Chris Axtmann (Photo by Cassidy Klein)

See **TRAIL GUIDES** page 12

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NEWS BRIEFS

Navajo Planners seeks candidates

The Navajo Community Planners, Inc. (NCPI) is currently accepting applications for candidates to seek election to its board.

NCPI is the official community planning group for the Navajo neighborhoods of Grantville, Allied Gardens, Del Cerro and San Carlos. The board serves an advisory role for the city of San Diego Planning Commission by reviewing and providing recommendation on land use issues in the area.

The election for board members will be held March 13. The deadline for applications is Feb. 13. In order to be eligible, applicants must be a resident, business owner or property owner in the Navajo area and must provide documentation that he or she has attended at least one of the prior 12 NCPI meetings.

The next NCPI meeting will be held on Feb. 13. For more information, send inquiries to navajoplanners@cox.net and visit navajoplanners.org.

Grantville Cleanup

On Jan. 19, Dan Smith, president of El Dorado Properties in Grantville, held a cleanup of trash and graffiti.

He was joined by realtor Robert Weichert, who provided trash bags. The main crew came from a motivated group of elders from the Church of Latter-Day Saints in Allied Gardens. Don Teemsma, owner of Ideal Plumbing, arranged for the LDS elders to participate.

Armed with paper picker uppers and trash bags, the crew amassed a total of 34 bags of trash, plus an abandoned shopping cart and a large wooden pallet in just 90 minutes. The area cleanup included Alvarado

See **NEWS BRIEFS** page 3

SDSU Mission Valley campus plan takes public input

Jeff Clemetson
Editor

The process to build the SDSU West project on the site currently occupied by SDCCU Stadium is officially underway. Representatives from San Diego State University held a series of scoping meetings on Jan. 29, 30 and Feb. 7 to gather public input on the proposed project.

At the Jan. 30 meeting held at the Mission Valley Marriott, SDSU Director of Planning Laura Shinn said the meeting was the first step in a year-long process in creating a plan for the project with the goal of having it approved by the California State University Board of Trustees by January 2020.

"We are excited by the opportunity we have to purchase the SDCCU Stadium in Mission Valley and to take the next step in developing our vision to meet the needs of our growing campus," Shinn said, adding that the current 288-acre campus is inadequate for the school's faculty, staff and more than 30,000 students. "Now is the right time for us to grow and build a campus that will carry us into the next 100 years."

Shinn pointed out that the vision for SDSU West extends beyond the needs of the school and is being developed with benefits for the entire San Diego region in mind.

"This is one of the last really undeveloped sites, one of the good opportunities to do some development and it's right in the heart of San Diego, so that's really important and we take that charge very seriously," she said.

The project, as it is presented now, will have 83 acres of open space — 34 of which will be a river park built and maintained by SDSU, but owned by the City of San Diego.

A 35,000-seat stadium for the SDSU Aztec football program will also be available for community events, concerts, professional soccer matches and more.

The campus portion of the project will offer 1.6 million square feet of capacity. The project envisions this as a combination of research and development labs and office space for faculty and staff, as well as industry partners.

"We have a lot of faculty and staff across all of our colleges that are partnering now with industries to do research and development and we want to be able to create more opportunity for that," Shinn said, adding that building new research spaces is easier than trying to fit them into existing buildings.



Artist rendering of the SDSU West project looking south from the proposed Aztec Stadium to the SDSU Innovation District (Graphic by Carrier Johnson + Culture)

The project also allows for 4,600 units of residential housing. Shinn said this is an opportunity because SDSU currently has no on-campus housing for faculty and staff, but added that the housing will also be available to community members who do not work at or attend the college. Ten percent of the units will be designated as affordable housing.

"This will be a mix of market rate housing and housing that is marketed towards our students," she said. "That doesn't mean it can't be rented by others, but there is clearly going to be an interest from developers that build houses specifically for students."

In addition to residential housing, the plan calls for 400 hotel rooms between two hotels — a limited-service hotel and full-service hotel complete with restaurants and a large conference space.

"That conference space will be important for our campus and industry partners so they can hold things like symposium meetings," Shinn said, adding that it will also be utilized for events like alumni fundraisers and celebrations.

The 95,000 square feet of retail space in the proposal is intended to be "neighborhood-serving" outlets like restaurants and a grocery store for people who live in the area.

Although there are no more scoping meetings scheduled, comments on the initial plan will be accepted through Feb. 19. Mail hard copy comments to: Laura Shinn, Director of Planning San Diego State University, 5500 Campanile Drive, San Diego, California 92182-1624. Email comments to: mvcomments@sdsu.edu.

Comments on the project will be looked at and considered as the project's draft environmental impact report (EIR) is being prepared. The draft EIR is slated to be completed by this summer and will include comments from the scoping,

a fuller description of project, description and analysis of alternatives to the project, an analysis of the projects impacts and proposed mitigation for the impacts.

There will be a 60-day comment period for further input on the project before the final EIR is released and sent to the California State University Board or Trustees for a vote in early 2020. That meeting will be open to the public for additional comment.

For more information about the SDSU West plan and to view the presentation, visit sdsu.edu/missionvalley.

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

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► News briefs, from page 1

Canyon Road, Mission Gorge Place and a portion of Mission Gorge Road.



Siddhartha Vivek (Courtesy JA)

Junior Achievement names new president

Junior Achievement of San Diego County (JA), located in Grantville, is delighted to announce Siddhartha “Sidd” Vivek has joined the organization as its new president and chief executive officer. Vivek began his new leadership role on Jan. 21, succeeding interim president Steve Rowe.

Vivek held various positions over the past 11 years at the YMCA of San Diego County. He most recently served as director of strategic partnerships, which included oversight of fundraising at one of the largest Y’s in Southern California. In this role, he led efforts to diversify and expand outreach programming by growing revenue by nearly 30 percent over the past four years. Prior to joining the YMCA, Vivek held multiple leadership positions in Washington, D.C. focusing on education policy and the intersection of government, industry, and community-based organizations.

“It is truly an honor to join JA at such an important moment in the nonprofit’s history,” said Vivek in a press release. “I am excited for the opportunity to take JA to the next level, particularly with the new Mission Fed JA Finance Park program.”

Mike Brown, principal at Dowling & Yahnke and board chair of JA of San Diego County added, “Sidd has proven to be a successful and trusted leader who has dedicated his career to serving children and families. I’m certain he will have an immediate and significant impact on the San Diego community as JA San Diego’s president.”

Last year, JA celebrated a historic milestone of reaching 1 million students since the branch opened in 1950. JA’s mission is to get K-12 San Diego students “real world ready” by showing them how to get a job, start a business and how to manage their money.

In 2018, JA impacted 66,724 students with the popular mini-city, the McGrath Family JA BizTown, the nonprofit’s newest high-tech budgeting center for teens, Mission Fed JA Finance Park, and with the hands-on K-12 in-class curriculum.

Allied Gardens Pool open

The Allied Gardens Pool reopened on Jan. 13. The pool

regularly closes during part of the winter.

Pool hours for lap swim are 6:30-9 a.m. and 2-7 p.m. on Mondays, Wednesdays and Fridays; noon-7 p.m. on Tuesdays and Thursdays; 11 a.m.-3 p.m. Saturdays; and noon-3 p.m. Sundays.

Recreational swim hours are 2-3:30 p.m. Mondays, Wednesdays and Fridays; noon-3:30 p.m. Tuesdays and Thursdays; 11 a.m.-3 p.m. Saturdays; and noon-3:30 p.m. Sundays.

The pool also offers evening programs like youth swim team, youth water polo and aquatic fitness. Register at SDRecConnect.com. Swim lessons will start in March.

For more information, call the pool at 619-235-1143.

Faulkner calls for bipartisan support on longstanding issues

In his 2019 State of the City address, Mayor Kevin L. Faulconer stressed the importance of rising beyond political division to solve problems that have long been cumulating in the San Diego region.

“Our national landscape has become one that seeks to divide us. But let us never allow our differences to blind us to the common humanity we all share. We cannot achieve the goal of inclusion using the tools of division,” Mayor Faulconer stated in a press release. “We are stronger than the national political division. We are smarter than the partisan rhetoric. And we are better together than we are apart. The state of our city is strong, and united, we will make it even stronger.”

The mayor touched on key issues including homelessness, climate change, and city infrastructure. He also touted some of the programs he has helped institute such as the Clean SD program which has removed more than 2,700 tons of trash from the San Diego River and the city’s urban canyons.

He outlined several projects with the intention of protecting the region’s energy, water, and natural resources. These included the creation of a new power division to supply renewable energy to residents and businesses, connecting the public trolley system to the airport, and constructing an immense water-recycling facility with the goal of delivering one-third of the city’s water by 2035.

Faulconer has invited other regional public and business leaders to join him in planning and executing many of these goals.

Bill responds to county’s handling of hep. A outbreak

Following a state audit which found the City of San Diego’s response to the recent hepatitis A outbreak inadequate, Assemblymember Todd Gloria of the 78th district announced he had drafted new legislation targeting future potential outbreaks.

“The recent state audit confirmed many of our worst fears: people fell ill and died that didn’t have to. We want to make sure an outbreak like this never happens again,” said the assemblymember. “The public should feel confident that its officials know what to do and how to handle public health emergencies. That’s why I introduced AB 262 – legislation that makes very clear the responsibility of local government and public health officers to protect the public against future communicable disease outbreaks.”

The new bill, titled AB 262, would establish specified duties for local governments in the event of outbreak of a communicable disease. It would require public health officials to inform cities in their jurisdiction about outbreaks, as well as make relevant

See NEWS BRIEFS page 4

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27 Ways to Drive Up the Sales Price of Your Home

San Diego - Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life, and once you have made the decision, you’ll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here’s a way to help you to be as prepared as possible.

To assist homesellers, a new industry report has just been released called “27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar.” It tackles the important issues you need to know to make your home competitive in today’s tough, aggressive marketplace.

Through these 27 tips you will discover how to protect and capitalize on your most important investment, reduce stress, be in control of your situation, and make the best profit possible.

In this report you’ll discover how to avoid financial disappointment or worse, a financial disaster when selling your home. Using a common-sense approach, you will get straight facts about what can make or break the sale of your home.

You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money.

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► News briefs, from page 3

information about outbreaks available within affected jurisdictions.

The state audit revealed multiple areas lacking in county's response following the declaration of a public health emergency in August 2017. County officials failed to communicate location date concerning the concentration of outbreak cases to the city. As well, state auditors found that despite talks between the county and city taking place in August, sanitary measures were not implemented until later in September. By April of 2018, the county had reported a total of 587 related cases, with 402 hospitalizations and 20 deaths caused by the outbreak.

AB 262 was joint-authored by local assemblymembers Lorena Gonzalez and Tasha Boeren-Hovath. The bill is pending its referral to the state assembly committee for review.

United Way and 2-1-1 to offer free tax prep

United Way of San Diego County and 2-1-1 San Diego are partnering to leverage funds granted by the California Department of Community Services Development (CSD), to promote the California Earned Income Tax Credit (CalEITC) and expand free tax preparation services. The two nonprofits are partnering

with several other nonprofit organizations to help low- and moderate-income families prepare and file their 2018 taxes for free, and potentially add thousands of dollars to their refunds.

The two nonprofit organizations say their aim is to raise awareness and usage of the more than 60 Volunteer Income Tax Assistance (VITA) sites countywide, as well as increase overall claims for state and federal EITCs that are available to eligible workers.

In 2018 (tax year 2017), United Way of San Diego County, 2-1-1 San Diego and many other San Diego County Earned Income Tax Credit (EITC) Coalition partners, supported and provided the public with access to 630 volunteers who provided free tax assistance to 31,092 residents and brought more than \$40 million in federal and state refunds back to working families in San Diego communities — largely due to Earned Income Tax Credits.

"Each year, too many hard-working San Diegans are missing out on hundreds or even thousands of dollars in tax refunds that they've earned," said United Way President and CEO Nancy Sasaki. "These grants will help us connect with more local residents and share vital information about one of the nation's most successful anti-poverty measures — the Earned Income Tax Credit."

See NEWS BRIEFS page 5 —>

'These Eyes Have Seen' . . . maybe everything

Doug Curlee
Editor at Large

Walking into a room of senior citizens has always triggered the same reaction for me.

I can't help but wonder what stories might be behind those eyes — what life-changing events they have known that might have changed their lives, for better or worse.

The people who run Sunshine Retirement Communities thought much the same thing, which is why the company has started a program called "These Eyes Have Seen," in an effort to capture and document those stories at the 21 facilities it runs in 10 states.

Sunrise Retirements CEO Luis Serrano decided to start compiling those stories for



David Eiser (Photos by Doug Curlee)

the company's website and a Facebook page, both called These Eyes Have Seen.

As a child, and then a young man in Mississippi, Bill Goggin was a scholar who ended up being recognized by the city, the state, and ultimately as a Presidential Scholar — he wound up at Harvard College.

The Jan. 31 stop at Waterford Terrace Retirement Community in La Mesa yielded some rich material for the project.

"I never expected any of that," Goggin said. "But I'm really glad it all happened."

George Howell said he escaped death three times in his youth. First, a nearly fatal childhood battle with malaria, and then two incidents as a young sailor stationed in Washington, D.C.

"I almost got shot by a police officer for being in the wrong place at the wrong time, and a buddy and I almost got killed riding in a car driven by a driver we didn't realize was blind drunk when he picked us up hitchhiking. He ended up rolling the car three times."

Joann Livingston's family homesteaded near Yuma, Arizona, and started growing things that weren't normally grown in the desert — and wound up doing it so well the family was invited to Egypt by then-president Anwar Sadat, to show Egyptians how to do it.

The list includes Richard Lederer, a prolific author and longtime language columnist



Joanne Livingston

for the San Diego Union-Tribune, whose columns on language and the proper use of it made me a better writer over the years.

But possibly the most life-changing story — one that was all too common in the late 1950s and early 1960s — happened to Dr. David Eiser.

He was a young kid who was looking forward to his father renting a house at the seashore in New Jersey.

The family went to the rental office to sign the papers and pay the rent. When the rental agent asked them to fill out the formal application forms, Eiser's father scratched out the word "church" from the question about where the family attended services, and substituted the word "synagogue."

The rental agent saw that, and told the family he needed to go to the other office and make sure the house was ready for occupancy.

A few minutes later, he came back and apologized, saying, "I'm so sorry, that house has already been rented, and I didn't know that. We don't have another house open right now."

The family left, and as they got into their car, David's mother asked him if he knew what had happened there.

David said, "Well, they rented to someone else — it's no big deal." His mom said, "No, David that's not what happened. What happened is that they won't rent to Jews."

It was a life lesson David Eiser never forgot.

Things like that make you realize that there are stories everyone should hear and learn from.

Things our seniors could teach us all, if only we listen.

That's what These Eyes Have Seen is all about, obtaining and conserving the stories — good and bad — that life experiences can teach us.

If only we have eyes and ears to learn.

Which stories make the Sunshine Retirement Communities website will be determined by the company's home office in Bend, Oregon, and the results won't be known for several weeks yet.

But it'll be worth looking at when it happens.

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

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Patrick Henry High Girls' Tennis wins its first ever CIF Championship (Courtesy Karen Ronney)

► Tennis, from page 1

athletes in front of the superintendent and board members as they highlight the good things that are happening at Henry,” said Patrick Henry High Principal Listy Gillingham.

In 2017, Patrick Henry suffered a winless season with a 0-10 record. One year later, the Patriots’ mission was to have fun and improve “just one ball at a time and one point at a time.” This “Power of One” mantra allowed the team focus on the present. That simple goal helped change their mindsets to win the Eastern League Championship with a 12-0 record, 17-5 overall. It was the school’s eighth league title in 11 years.

“Tennis is a beautiful sport that teaches lessons that cannot be taught in school,” said Patriot Co-Captain Toria Tolley. “Our coach created a motto that helped us get through every single match. To me this means you can win any match if you just slow down, take your time and pay attention to winning that one point. But I never imagined winning just one point would turn into winning a CIF Championship.”

Patrick Henry faced El Capitan High in the CIF Division II final at Balboa Tennis Club. It was their second meeting, with El Capitan being the victor, 12-6, in a well-fought preseason battle. Two months later, the two schools proved to be of equal skill in the CIF final and they tied, 9-9, in matches. The tiebreak was determined by a game count in which Patrick Henry edged El Capitan, 73-67, by a slim margin of six games.

The CIF Sportsmanship award was given to No. 2 singles Tolley, who was selected by the El Capitan squad.

“It made me realize that my positive energy was not only seen by my teammates but by the other girls,” Tolley said. “Obviously everyone wants to win but I learned that being honest, kind to others and spreading positivity is more important than winning any patch or any trophy.”

The team’s success was a total effort given by 17 girls at each of the practices and matches. Leading Patrick Henry at No. 1 Singles was junior Olivia Tracey, who was the Eastern League Singles Champion and the League’s Player of the Year. She had a stellar season with an overall record of 26-0 dropping a total of four games. She was named the Union Tribune Athlete of the Week and 97.3 The Fan Athlete of the Week. Tolley excelled with a 32-1 League record, and the No. 3 singles was shared by freshman Angie Bertino (17-2), sophomore Dana Bui (14-5) and sophomore Jamie Weiss (13-6).

A great deal of Patriot Henry’s success was due to outstanding doubles teams. Junior Michele Nguyen and freshman Skyler Hilmer (22-1) were the Eastern League Doubles champions and the league’s Doubles Players of the Year. The spotlight was shared by teammates and senior captains Avery Swain and Amanda Martin (22-0), who finished second in league. The No. 3 dynamic duo of junior Hannah Albright and freshman Laura Burger (25-0) placed third in league. Other strong teams in the lineup were junior Donna Tran and senior Jonna Carey, seniors Amy Nguyen and Julia Hong, and freshman Chloe Yacoub and sophomore Mackenzie Smith.

In total, the Patrick Henry swept the league singles and doubles titles, as well as earned eight All-Eastern League

honors received by Tracey, Tolley, Swain, Martin, Nguyen, Hilmer, Albright and Burger. All juniors and seniors on the team earned Union Tribune All-Academic Team honors with a 3.0 Grade Point Average or higher.

“Many people view tennis as an individual sport but it actually a great team sport,” Tolley said. “The best feeling in the world is when you make a great shot and you have 15 girls cheering for you at the top of their lungs. The support we have for each other is truly indescribable.”

The Patriots’ success on the court, however, was complimented by their off-court team chemistry, spirit and friendship. The squad had five outstanding leaders in co-captains Tolley, Swain, Martin, Albright and Tracey. That magical balance and “family” unity was developed through team bonding activities such as the Varsity and Junior Varsity Big Sis-Little Sis mentoring program and Secret Pals, an inter-squad gift exchange. The athletes also adopted positive and motivational “warrior” names to enhance their competitive spirits.

“It was an incredible season that saw the team fight for every game against the toughest opponents,” said Cody Clark, the Patrick Henry High Athletic Director “The excitement of a final that came down to six games demonstrated a true team championship. The ladies represented the program and Patrick Henry High School with excellence.”

—Karen Ronney is a USPTA and PTR certified teaching professional, the Patrick Henry High Girls’ Varsity Coach, and she is San Diego’s Tennis Service Representative for the Southern California Tennis Association.■

► News briefs, from page 4

To make an appointment for free tax preparation services, eligible families can call 2-1-1 or visit myfreetaxes.org.

San Diego named in top list of movie making cities

On Feb. 6, Mayor Kevin L. Faulconer announced that the city of San Diego has been ranked among the top 20

large cities to live and work as a moviemaker according to MovieMaker Magazine, the nation’s leading resource on the art and business of making movies and the world’s most widely read independent film magazine.

“San Diego’s film industry is in the middle of a renaissance,” Faulconer said. “We’re welcoming more and more filmmakers here to tell their stories and capture the vibrant and diverse cultures and geographic

landmarks that make San Diego such a special place.”

The city’s film office has been able to put San Diego on the filmmaking map through a streamlined permitting process, online directories of local crews, national and international advertising campaigns and participation in industry events.

As a top film-friendly city in the nation, San Diego

See NEWS BRIEFS page 8



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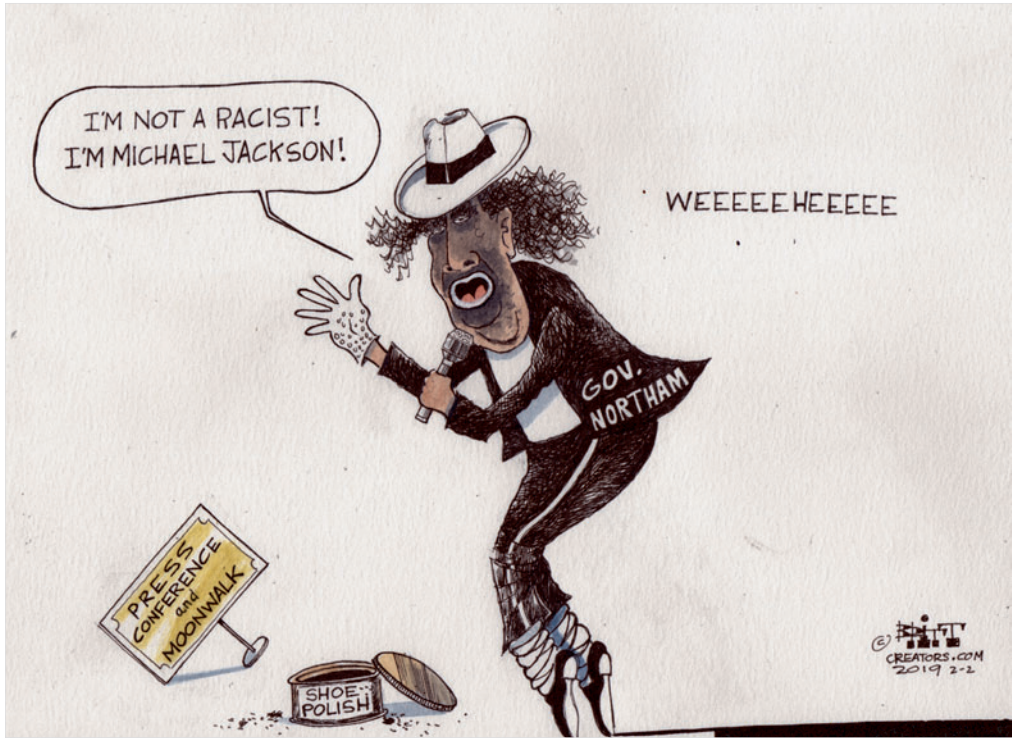
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Guest editorial

Advice on empowering women in business

Anne McClure

An aspiring young lady recently asked me for advice as she strives to reach executive status in her career. The question initially struck me as odd, as it's not like I can recommend reading a specific book or listening to a self-help podcast. Nonetheless, there are certainly a number of things young women can do to be successful and work toward moving up the corporate ladder.

Need I state the obvious? Work hard. Do you need to put in more than eight hours per day? Maybe. But working long hours isn't necessarily the key to being promoted. On the other hand, being a clock-watcher will certainly get noticed ... just not in a good way. Volunteer for extra responsibilities. Do your research when working on a project, investing the necessary time to produce a quality result.

Do something you love. It is a lot easier to work hard when you love what you do. We invest far too many hours in the workplace to be involved in a career or a role that we do not find rewarding. If you don't love it, do some soul searching and put yourself on the right path. Your job doesn't have to be perfect, but finding the overall feeling rewarding and enjoyable will allow you to achieve greater success, and more importantly, overall happiness.

Use your voice. There is a balance between being too vocal and being a fly on the wall. If you wish to move up the corporate ladder, you need to be heard. During meetings, be engaged. Don't just listen

and pay attention; more importantly, contribute. Share your ideas. Know the topic so that you can give intelligent input, don't talk just to hear yourself speak. Volunteer to perform the necessary research for the task at hand. Have an opinion derived from intellectual thought and share it.

Surround yourself with people who support you. Hopefully you work in an environment where people believe in you and are encouraging your growth. If you don't, it may be time to re-evaluate your path.

Remain positive. Looking through a lens of positivity is a lot healthier than constantly seeing the glass half-empty. While you may have an outlet at home for venting about work issues, most of your time at home, and definitely at work, should be spent spreading good news. Negativity breeds negativity and it can consume your thoughts, your actions, and your physical well-being. There is no room for "woe is me" in the executive wing. Focus on your blessings, the successes you've achieved, the things that went right. Make sure the majority of your mental energy is spreading good news, not your worries or your complaints.

Avoid negative people. The biggest part of remaining positive is who you surround yourself with. Both at home and at work, remove yourself from negative environments. Some people choose to be negative. Everything they do includes complaining, blaming others, feeling persecuted — it's a miracle they've lived past their teenage years. While these people may be

humorous, or you may believe you can "fix" them, ultimately they drain your energy and can cause you to see things through their same jaded glasses. Learn how to cut those conversations short. Don't contribute to negative discussions, and certainly do not bad-mouth others in the workplace. The grapevine is alive and well and you do not want your name attached to anything that can negatively impact your reputation.

Envision what you want. Allow that to be your driving force. Believe it and make it happen. While this may be a picture of yourself in a role, try to focus on certain behaviors or attributes you believe are important for you to have in order to attain the role. For example, if you're working on your confidence, envision yourself as the confident individual you want to be. If you wish you were more positive, see yourself as spreading positivity through the workplace. Wake up every day and write it down. Spend time contemplating the words as you compose them. This five-minute daily exercise can set your mood for the day. It will inspire you into positive action.

Be aware that you are always making an impression. Remember that and keep that in focus (this is a great parenting tactic too). The relationships you build today, while they may seem small, can lead to incredibly significant results — often unknowingly. The actions, and reactions, you provide is ultimately crucial to opportunities in the future.

See **EMPOWER** page 9 →

Letters

The taxman cometh
Re: "Letters to the editor" [Volume 25, Issue 1 or bit.ly/2CRPuUO]

The "tax revolt" opinion letter from Joe Ney in the captioned issue is spot on. The gas tax surprise from the exiting Jerry Brown was just the tip of the iceberg.

I truly hope that Californians will wake up and understand what the recently elected governor plans to do to this state.

We need to start holding the elected officials accountable for the misuse of our tax money and stop the "raise taxes" as their answer. A big part of the equation is fiscal responsibility, just like we all have at our homes.

I ask Californians to think about what the state of California will look like five, 10, 15, 20 years from now, if not sooner.

If we think it is difficult to do business or live here now, just think about what the future has in store for us under the present leadership in Sacramento.

Think about that when you deposit your ballot in the ballot box.

—Jim Sorensen, Allied Gardens

A new 'institution?'
Re: "News from the Del Cerro Action Council" [Volume 25, Issue 1 or bit.ly/2D9QL9X]

On the evening of Jan. 24, 2019, the Del Cerro Action Council held a meeting. One of the topics discussed was the land use just east of the entry to Del Cerro on College Avenue and a presentation by the All Peoples Church, which is currently located on University Avenue in San Diego. The vacant area on College Avenue has been designated in the master plan as "residential" for over 60 years. We became aware that All Peoples Church and their paperwork filed with San Diego's planning commission references "institution."

There are many types of institutions. Patton State Mental Hospital is an institution. Donovan State Prison is an institution. Father Joe's Villages, a religious organization, is a homeless institution, as is the Path homeless facility. Webster's dictionary has a number of definitions for "institution."

The pastor and one of his associates assured those in attendance that their intention was to build only a religious facility they represented, and that traffic studies had been done and are currently on file with the city. Pastor Robert Herbert's associate commented that the church would lobby the city for a traffic signal to be located "halfway down the hill on College Avenue to help mitigate congestion on Del Cerro's main traffic artery into our residential community."

This, of course, would raise concerns and that we would have three traffic signals between Del Cerro Boulevard and the Interstate 8 freeway entrance. Even with a traffic signal, it would still require the city to re-engineer College Avenue, removing the existing median and re-engineering both north and southbound traffic lanes because the southbound traffic lanes on College Avenue are significantly elevated higher than the northbound lanes. Which begs the question to be answered: What would be the cost to the taxpaying residents of Del Cerro?

While we would like to postulate that the church's intentions are solely religious, what are the unforeseen consequences in years to come with the city recognizing and approving an "institution?" There are so many unanswered questions and concerns that I, and others in attendance, have.

—Donna Dose, Del Cerro.■

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YIMBYs vs. NIMBYs: Dem meeting features housing discussion



Tina Rynberg and
Jeff Benesch

Cory Briggs, an influential, and some would say controversial, thorn in the side of developers, hoteliers and local government, has thrown his hat into the ring in the San Diego mayoral race.

On Wednesday, March 6, Briggs returns to the La Mesa Foothills Democratic Club where he has proven to be a popular advocate of open government, environmental protection and women's rights. Briggs has decided to run on a platform that includes fighting Mayor Kevin Faulkner's initiative to waive height restrictions and other regulations for housing developments near transit centers. Framed to help San Diego meet its Climate Action Plan goals by building dense housing near public transit, therefore reducing the reliance on cars, Briggs thinks it's all just a favor for the Republican mayor's developer friends and supporters.

So where does this put conscientious developers that



Cory Briggs (Courtesy LMFD)

truly are building and planning units to provide access for first-time homebuyers to buy affordable housing? What about the fact that a majority of San Diegans cannot afford to purchase housing within acceptable commuting distance to their jobs? What about the many progressive politicians that are listing affordable housing, public transit and climate action goals near the top of their campaign promises?

These questions and more will be discussed by Briggs, and Ginger Hitzke, president of Hitzke Development, a real estate development company specializing in in-fill, redevelopment, transit-oriented, mixed-use, eco-friendly



Ginger Hitzke (Courtesy Circulate San Diego)

affordable housing. Hitzke has her own affordable housing story, and her past experiences have shaped her current opinions, as well as her career goals, philanthropy, interests and many accomplishments.

La Mesa Foothills Democratic Club meets the first Wednesday of each month at the La Mesa Community Center, 4975 Memorial Drive, La Mesa. Meetings start at 6:30 p.m. For more information, visit lamesafoothillsdemocraticclub.com.

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

Republican Women informed about border security



Pat Boerner

The February meeting of Navajo Canyon Republican Women of California featured Joshua Wilson, executive vice president and media representative for the National Border Council Local 1613. NBPC Local 1613 represents Border Patrol Agents assigned to the San Diego sector of the U.S. Border Patrol.

We know concerns over border security are at an all-time high and the consequences of unknown people and drugs entering our country illegally have created a dangerous environment on both sides of the border.

The pain and suffering that results from these illegal crossings has reached such a level that it is morally wrong to continue ignoring the situation. It is time for Congress to work to solve this crisis.

Now is the time to make your voice heard and let our government know that we want a barrier along our southern border in conjunction with the use of smart technology to help the professionals secure the border.

We pay our taxes, and we are entitled to a secure border. It is time to take politics and

partisanship out of it and come up with a secure border plan. Please contact your representatives and let them know how you feel.

Navajo Canyon's next meeting will be March 12 at the Brigantine in La Mesa. We will welcome former state Senator Joel Anderson as our speaker.

Anderson has long been the cornerstone of Republican politics in East County, receiving 26 legislator-of-the-year awards and co-authoring over 450 bills with the Democrats, even while retaining his most conservative voting record. His local office was a model for meeting the needs of his constituents and giving dozens of young Republicans the experience to serve as interns.

Anderson will be discussing the 2020 election and how the San Diego electorate will be involved. The California Republican Party will have their 2019 convention in Sacramento, Feb. 22–24. Anderson will discuss the election of a new Republican State Chairman and the future outlook for elections in California as well as what you need to know about ballot harvesting, single-payer health care,



Former state senator Joel Anderson (Courtesy RWCNC)

cancelling of Prop 13 and much more.

Check in begins at 10:30 a.m. for the 11 a.m. meeting. An always-delicious full course lunch is served for a cost of \$25. Cash and checks are accepted. Reservations are required, and the room is usually full to capacity. Many months we have a waiting list to attend, so please RSVP early to rsvprwcnc@gmail.com or text Marjie at 619-990-2791. For more information on our activities, please visit our website at RWCNavajo-Canyon.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.■

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News from your County Supervisor

Dianne's Corner



Dianne Jacob

Big step regarding the housing shortage: The Board of Supervisors recently voted to waive county permit and development impact fees over the next five years for property owners wishing to build granny flats on lots with existing homes.

The units can be used for family members or rented out as a source of income for the homeowner. The program could result in thousands of

additional homes within the county's unincorporated areas, on land already zoned for housing.

This is a big step forward for folks in need of affordable options in our region.

Gearing up for another year as chair: The board was pleased to recently welcome two new supervisors at the beginning of January: Nathan Fletcher, representing District 4, and Jim Desmond, District 5.

I was honored to be appointed the 2019 chair of the board.

There is a lot of work to be done and we will most certainly be diving head first into the most pressing issues.

Backcountry biz: I was happy to attend the grand opening of the new Pine Valley Fire Station last month.

This beautiful \$8.2 million project has created a large sum of jobs and beefed up fire protection in the backcountry.

I am so thankful for everything that our first responders do for us every day.

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

Corrupt Filner-era settlement finally amended

District 7 Dispatch



Scott Sherman

In a unanimous 8-0 vote, the San Diego City Council voted to amend a settlement between former disgraced Mayor Bob Filner and the CentrePoint apartment complex, now named Blvd63 Apartments located in Rolando.

In 2013, Filner halted ongoing construction of the CentrePoint apartment buildings, a development that was already approved for construction and had all necessary permits.

Filner stopped construction at the Centrepoint project by instructing the city's Development Services staff to stop conducting inspections on completed phases, which kept the builders from moving to the next steps.

Filner used the power of the mayor's office to strong-arm the developer into paying \$150,000 for neighborhood improvements and agreeing to rental

restrictions in what former City Attorney Jan Goldsmith deemed illegal.

This action by Filner was the first of the many controversies that eventually forced him to resign from office.


While it is unfortunate that the city continues to clean up Filner's mess, the City Council's recent action restored property rights to the owner and puts the corrupt practices of the Filner era behind us.

I applaud my council colleagues for correcting these mistakes of the past and moving forward from Filner's blatant misuse of power.

This is a good reminder that big problems happen when elected officials abuse the power of their office. I hope everyone in elected office, local, state or federal will keep this in mind as they continue serving taxpayers.

—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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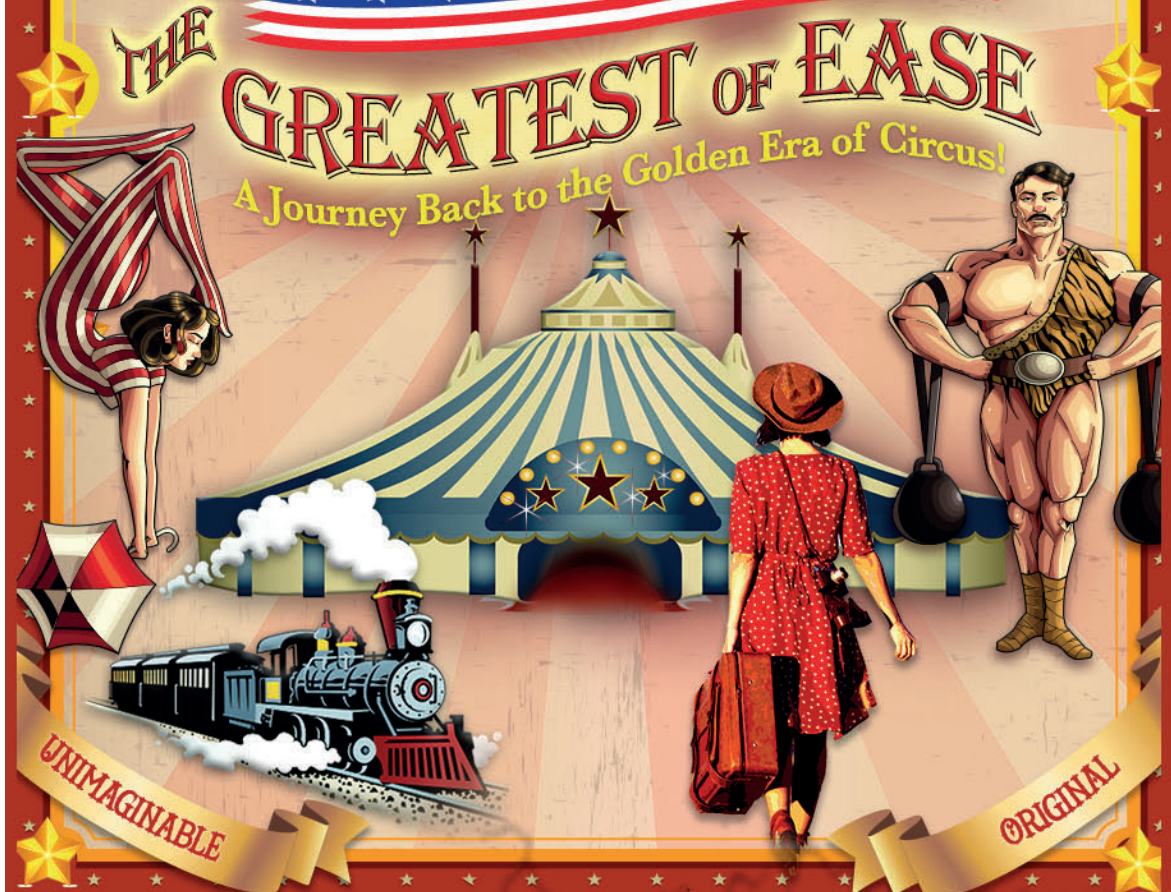
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► **News briefs**, from page 5

continues to draw movie-makers to the region. In 2018, the city welcomed the local production for the "Top Gun" sequel, "Top Gun: Maverick," and major studios and networks like Paramount Pictures, VICE, E! Network, Comedy Central, HBO and National Geographic all spent time filming in San Diego. In 2018, 1,600 filming dates were permitted on city public property.

"With Mayor Faulconer's support, we have been able

to attract local, national and international filmmakers to San Diego," said Brandy Shimabukuro, the city's film liaison. "Film productions such as the 'Top Gun' sequel and others have bolstered our civic pride and positively impacted our local economy."

To rank each city, MovieMaker Magazine looked at film activity, infrastructure, population and geographic size, state and local tax incentive programs and ease of movement and traffic. San Diego was included in the Big

See NEWS BRIEFS page 21 →



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► Empower, from page 6

Be confident. Present yourself confidently and capitalize on your strengths. There is a balance between confidence and over-confidence. Finding it is important. Presenting yourself with poise and knowledge helps ensure others see self-assurance but not self-righteousness. If you believe in yourself, others will too. The more confidence you exude, the more confidently you are viewed.

Foster collaboration. Recognize that, while you may be confident, others have

a voice. Encourage others to speak and be respectful of ideas. People want to be part of an organization in which they themselves are valued. While you may be working on your own career path, be cognizant that others are doing the same. As such, encouraging the exchange of ideas, respecting contributions by others, and giving credit to people within the workplace helps create an organization built on respect.

Get to know everyone. Whether your workplace has 10 employees or 10,000 employees, staff members at all levels are

contributing to the success and growth of the organization. Recognizing employees' individual strengths and/or circumstances, helps create an environment built on respect. While an entry-level employee may not be responsible for the next biggest negotiated contract, she may be a factor in your company's next five-star Yelp review. Everyone has a contribution to the organization. Celebrating individuals by simply getting to know them will help others to promote you, both vocally and emotionally.

Follow through. Remember what you have committed to

doing, and follow through. Ensure others in the organization know they can rely on you. Whether you promise a frontline employee you will get someone to look into their slow PC, or you commit to calling a colleague for a reference, make sure you do as you say. Follow-through can also be taken to the next level, simply remembering an earlier conversation with a co-worker. Asking about the vacation they mentioned, or their spouse's surgery; these small gestures reflect your human side and allows staff to see you with more depth.

There isn't a formula for rising on a career path. Nonetheless, it is within your control. Focusing on what you can do versus your obstacles will ultimately put you in the driver's seat and provide you with self-satisfaction and overall happiness. Remember your more natural traits as a female. Are you compassionate? Sensitive? Intuitive? Build on your strengths. Don't try to hide them or be something you're not. Be the best version of you.

—Anne McClure is CEO of Cabrillo Credit Union San Diego.■

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PHHS Key Club member named Lt. Governor

John Crawford

Go ahead and call it a dynasty.

For the second year in a row, and the third out of the last four, Patrick Henry High School will be the home club of the Division 21 Key Club Lieutenant Governor.

At the Division 21 Conclave on Saturday, Jan. 12, PHHS junior Hafsah Alzamari, prevailed in a head-to-head matchup against junior Sydney Dao of Hoover High School. Alzamari, in her third year as a Key Club member, won over the crowd with her pledge to "ignite" the spirit in her

division and promote interaction between the 10 different schools. Her platform calls for improvements in member education, teamwork, and networking, as well as inclusiveness — making sure everyone feels welcome within the organization.

She served last year as the club secretary for Patrick Henry, and served the previous year as the club's service chair. As service chair, she helped organize and oversee a year's worth of community service projects, with PHHS Key Club members totaling more than 1,950 cumulative service hours in that span — personally accounting for an impressive 10

percent of that total. In addition, she also served this year as division secretary under 2018-19 Lt. Governor Ryan Lieng, also from Patrick Henry High School.

"I am honored and thankful to be where I am today because of the motivation, drive, and constant support Key Club has given to me throughout my three years as both a member and an officer," she wrote in her campaign literature. "The support and motivation I have received has inspired me, and shaped me to become the leader I am today."

Outside of Key Club, Hafsah has spent two years with the Patrick Henry Youth Orchestra

and three years with the Model United Nations.

As Lt. Governor, Alzamari will be responsible for the oversight of 10 different Key Clubs, covering an area ranging from La Jolla to Point Loma, then east to Mira Mesa, Scripps Ranch, Tierrasanta, and the Patrick Henry area. She will be required to turn in a monthly report updating the progress and accomplishments of these Key Clubs, and host a meeting each month for the student leaders under her care.

She will also sit on a panel of more than 90 student leaders representing the 45,000 Key Clubbers of the California-Nevada-Hawaii (Cali-Nev-Ha) Key Club District. There, she will be part of the decision-making process as the district board creates policies and directives for Key Club. She will serve on a committee with other student leaders and host leadership workshops for her peers.

As a Key Club member at Patrick Henry, Hafsah has been exceptionally dedicated, attending dozens of service projects and every major leadership conference in the last three years. She will officially take office, taking over for Lieng, during the Cali-Nev-Ha



Hafsah Alzamari (Courtesy GAG Kiwanis)

Key Club District Convention in Ontario, California, April 12-14.

Key Club International is the youth affiliate of Kiwanis International. Locally, the Patrick Henry High School Key Club is sponsored by the Kiwanis Club of Grantville-Allied Gardens.

Congratulations, Hafsah!

—John Crawford writes on behalf of the Grantville-Allied Gardens Kiwanis Club.■

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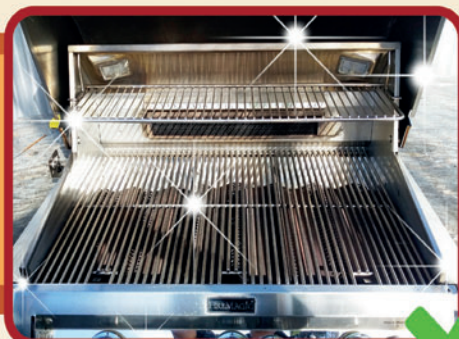
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2018 iNaturalist year in review

Patricia Simpson

During 2018, our Mission Trails Regional Park biodiversity project on iNaturalist added more than 8,000 observations. This is monumental considering the project amassed just over 10,000 observations from 2014 (when it was created) to the end of 2017. In just one year, we nearly doubled the data!

There were a number of unique observations in 2018 of birds, reptiles, and mammals. A northern waterthrush, a pair of snow geese and a hooded merganser all visited Kumeyaay Lake. A Baja California lyre snake, North American legless lizard, and long-nosed snake were also photographed in the park. Of course, we can't forget that mountain lion photographed last March, creating quite a buzz! But David Cooksy's long-tailed weasel observation in April would have to be voted the cutest!



Baja California lyre snake (Photo by K. Lyle)

For the new year, set a goal for yourself: Grab your camera, hit the trail and post on iNaturalist once a week, once a month, four times a year ... whatever works for your schedule!

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

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Mission Trails DENTISTRY

► Trail Guides, from page 1

we're seeing that you would've just walked by," said Chris Axtmann, a park ranger at MTRP and ranger liaison to the trail guides. "Walks are for education and inspiration."

The MTRP trail guide training program is in its 25th year. Nature-lovers from all walks of life have graduated from the program as certified trail guides. Fred Kramer, the trail guide president and long-time park volunteer, said they've had trail guides ages 8 to 80, and everyone adds their own unique perspective to the walks they lead.

"Almost all trail guides who go through the class have a passion for nature, whether it's recent, or most cases, from childhood," said Kramer. "And a special place in their heart for the park."

MTRP currently has over 100 active trail guides. The 2019 training class has 21

students. These prospective trail guides are required to attend 23 training classes from January to March, then must pass a final exam at the end. Class time includes guest lectures from specialists and hitting the trails to get familiarized with the landscape and wildlife. Topics of the classes range from the local botany, biology and geology to the park's history and Native American history of the region. Wendy Esterly taught the Jan. 30 class about animal tracking.

Esterly gave students some helpful tips in identifying scat, such as the fact that rabbit scat looks like Cocoa Puffs, deer scat like Raisinets and coyote scat like the curly-Q of a soft-serve ice cream cone.

"My favorite topic [of the training] has been this unit — the mammal tracking," said Jesus Aguilar, a recreation and tourism management student at San Diego State University (SDSU) who is in the trail guide training program this



A display on animal tracking (Photos by Cassidy Klein)

year. "I go hiking a lot and always see tracks or scat but never knew how to identify it. I really love animals, and now it will be easier to point out on the trail which ones have come by."

Aguilar heard about the trail guide training program from fellow students at his college. He's always had a deep love for nature and wants to be a park ranger.

"I feel like I've learned more here [at the training] than my five years at SDSU," said Aguilar. "It will be fun to be a trail guide for people at Mission Trails and volunteer for other parks. I would highly recommend this training to anyone who is even remotely interested."

The unique perspectives of trail guides are what make the nature walks come to life, according to Bill Howell, who is referred to as the "Father of the



Mission Trails Park trail guides learn to identify animal scat

Trail Guides" because he started the program in 1995.

"Our guides bring themselves," said Howell. "The hikes we lead are full of 'trail tales.' Not just factoids, but stories that tell a bigger picture of the park."

Last year, guides led about 300 nature walks. These walks are free to the public, and special walks can also be arranged for groups of any age and fitness level.

Those interested in a guided nature walk can check the Mission Trails schedule of walks offered, including bird-watching, wildlife tracking and family walks. This spring will be a great time to come out, Axtmann said, because the park will "come alive" with the amount of wildflowers expected to bloom.

"We have just spectacular plants," said Axtmann. "It's

neat trying to identify them. Like an entire field of deerweed and lupin, these purples coming out of these oranges and yellows, it's just really, really stunning."

Kramer, Axtmann, Howell and other instructors and volunteers are looking forward to the future of the newest trail guide class and what they will bring to the park.

"For our guides, whether they hike or not, we hope they maintain their love of nature," said Howell. "We don't preach in class, we don't talk politics. We just expose people to the environment and hope they will want to protect it."

—Cassidy Klein is a Point Loma Nazarene student and a freelance writer and social media coordinator for SDCNN. Reach her at cassidyrclein@gmail.com. ■



Future trail guides take in a class from instructor Wendy Esterly.

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The hermits of Mission Trails

Millie **Basden**

None of them live in caves, but they are all members of the Troglodytidae, the family of songbirds also known as the wrens. The family name comes from Greek for “cave dweller.” Like hermits in a cave, wrens typically nest in an enclosed area. Five species of wrens are seen regularly in Mission Trails Regional Park (MTRP), in the right habitat.

The wren species most commonly seen in MTRP are Bewick’s wren and house wren. Bewick’s wren has a white eyebrow contrasting with its chocolate-brown head, which distinguishes it from the drabber house wren. Bewick’s wrens prefer chaparral and coastal sage

scrub habitats. If there are no trees available for a cavity nest, they will use a hole in the ground or rock crevices (so maybe some of our wrens do live in a cave!). John J. Audubon named this wren after his friend Thomas Bewick, an engraver known for his 19th-century illustrations of British birds. Bewick never traveled to our continent, so he never saw this North American bird in the wild.

House wrens prefer oak or riparian woodlands. They do not excavate their own cavities, but will use holes made by woodpeckers. They are feisty little birds, known for evicting other birds and taking over their nests. In addition to cavities in trees, house wrens frequently use the nest boxes placed in MTRP.

Marsh wrens like marshes. Sometimes heard vocalizing in the reeds at Lake Murray and Kumeyaay Lake, the marsh wren, if you are lucky enough to see one, is a little more brightly colored than either Bewick’s or house wrens. It has black and white stripes on its back, set off by a rich reddish-brown. Like Bewick’s, it has a white eyebrow, but it also has a dark cap on its head. Marsh wrens tend to stay well hidden in marsh vegetation. They build a woven nest attached to reeds.

Rock wrens like rocks. They are seldom seen in other habitats, but anywhere there are rock formations, you may see a rock wren. They are paler than the other wrens, with a light beige belly. Unlike our other wrens, its tail is not usually cocked up, but is held in line with the body. A characteristic pose is a rock wren standing on a rock doing what looks like little knee bends. Rock wrens tend to nest in rock crevices or rodent burrows, often placing small pebbles near the entrance.

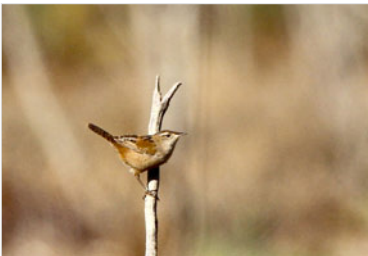
Canyon wrens like canyons. They may be the most striking

in appearance of all our wrens: rich reddish-brown with a clear white throat and chest. It also has the most melodic song of the wrens, described as a “cascade of clear whistled notes.”

You may be wondering why I have not mentioned the wrentit, an emblematic bird of Mission Trails and chaparral habitats. The wrentit is not a wren and wrens are not even its closest relatives.

The wrens in MTRP may be lumped into that generic description of “little brown jobs” (LBJs for short). But if you take a closer look, you will find that each of the wrens has its own special charm and you will come to know and love the hermits of Mission Trails.

—Millie Basden is a trail guide at Mission Trails Regional Park.■



(clockwise from top left) Bewick’s wren, house wren, canyon wren, rock wren and marsh wren (Photos by Peter R. Thomas)

MISSION TRAILS REGIONAL PARK
CALENDAR OF EVENTS*

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

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

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

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

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

Bird Walks: 8 a.m., third Saturday each month – check 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: 1-3 p.m., second Sunday each month – Visitor Center Outdoor Amphitheater

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

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Under a 'wich' spell

New Mission Valley eatery raises the bar on sandwiches

Restaurant Review

Frank Sabatini Jr.



The eatery recently branched into Friars Mission Center in Mission Valley, ironically in direct eyeshot of Subway within that plaza's food court.

But chef and co-owner Dyann Manning isn't concerned. She knows, like everyone else, that

Food historians say the modern sandwich emerged during the mid-1700s in England, when John Montague, the fourth Earl of Sandwich, demanded that plates of bread, cheese and meat be brought to him while he gambled over card games. In order to keep one hand free, he would clasp the ingredients with his bread and continue playing.

Other players caught on to the maneuver. And eventually so did the rest of the world, thus giving "sandwich" its name.

Montague today would need two hands and a few extra napkins to consume the loaded creations at Wich Addiction, a gourmet sandwich shop that launched in Sorrento Valley nearly seven years ago to the tune of house-roasted meats and crafty scratch-made condiments.



Southwest chicken salad

when biting into a sandwich of processed turkey at Subway, for example, the flavor and quality hardly compares to turkey breasts that are baked and sliced onsite at Wich Addiction.

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Those same stark differences apply to all of the proteins used at the two eateries.

Manning is a graduate of the Culinary Institute of America. She runs Wich Addiction with her husband, Mark. The couple originally founded Devilicious, a food truck that earned them national publicity in 2011 when they became contestants on Food Network's "The Great Food Truck Race."

Despite being eliminated in the competition, sales spiked, and they soon sold the business to open Wich Addiction in Sorrento Valley.

One of the carryovers from the early Devilicious days is the shrimp po'boy, which Manning

See 'WICH' SPELL page 15 ———>



The local sandwich shop's second location has landed in Mission Valley. (Photos by Frank Sabatini Jr.)



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► ‘Wich’ spell, from page 14

calls “our \$200,000 sandwich because it has sold like crazy over the past eight years.” And rightfully so. Within the sandwich are tempura-battered shrimp of decent size, arranged snugly with garlicky pickles, lettuce, tomatoes, onions and Sriracha aioli. The toasted French roll is discernibly buttered, as are the rolls and breads used for all other Wich Addiction’s sandwiches.

After being struck with indecision at the imposing wall menu listing nearly 20 sandwich choices, the two of us ended up also chomping into roasted turkey with jalapeno aioli and provolone cheese; steak with chimichurri; and the “three little pigs” featuring layers of applewood bacon, Virginia smoked ham, seared pork loin, and provolone. For that, the proteins were thoughtfully accented with lemon aioli, which cuts through the fatty essence of the fillings and practically refreshed our palates after every bite.

While encroaching on the turkey breast sandwich with its bravely spicy aioli and finely grilled sourdough, a couple of house-made lemonades rose to the occasion. One was flavored with pureed strawberries and the other was spiked judiciously with cucumbers and mint. You don’t need a hot, muggy day to gulp them down.

Manning pairs house-made chimichurri sauce to medium-rare hanger steak, resulting in an Argentinian tango of deep and zesty flavors. She cuts the lean meat into clean slices, which gives it a lush texture

similar to filet mignon. I typically avoid steak sandwiches in restaurants because of those inevitable chewy spots. Yet right to the end, this had no gnarly roadblocks.

Two recent additions to the menu are a Southwest chicken salad, and a hot pastrami sandwich using a half-pound of the meat. We kicked off our visit with the former, which yielded a generous amount of faintly seasoned breast meat. The feisty chipotle ranch dressing served on the side gave rise to the corn, black beans, red peppers and cherry tomatoes contained within the salad.

Other noteworthy dressings include an oil-free concoction of lime, coconut, cilantro and fish sauce. It’s used on the Thai chicken salad. There is also a preserved lemon vinaigrette that takes Manning three months to make. Used normally on the spinach salad with seared salmon, we asked for a side portion to drizzle onto our turkey sandwich. We loved every drop.

Subsequent visits are in order for trying a host of other sandwiches that include hand-breaded fried chicken; seared salmon with maple Sriracha; pork belly banh mi; and shaved leg of lamb with raita and tomato chutney, which for its sheer uniqueness, is definitely next on my list.

—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 ‘three little pigs’ sandwich



Shrimp po’boy (Photos by Frank Sabatini Jr.)



Chimichurri steak sandwich

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**PATRICK
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High School

Patrick Henry High School News

Elizabeth Gillingham

Drum Corp International selects a Henry student

Ian Lovewell, a ninth-grade seminar student, has been auditioning for the Drum Corps International (DCI) and over the break he made the final cut and was accepted.

He described the audition process, which included two back-to-back days of 12-hour tryouts, both in San Diego and Los Angeles, over two different weekends.

Ian is excited to tour the country this summer competing in the corps. He's really proud of making the team and will certainly learn a lot through his travels.

In an interview Ian stated, "I'm most excited to experience marching around the country, performing to large audiences, and meeting new people."

Students will be marching through many locations and venues from June through August while showcasing the best of marching music from coast to coast. The 2019 DCI team will feature more than 70 drum corps and SoundSport teams participating in 108 different competitive events in 35 states. Congratulations, Ian!



Drum corps student Ian Lovewell (Photos courtesy PHHS)



(l to r) Vice principal Jennifer Pacofsky, science teacher Autumn Flores and vice principal William Miller

Educators of the Year

Congratulations to vice principals Bill Miller and Jennifer Pacofsky for being recognized at the California League of High School awards banquet for their service and hard work!

They were noted for the many hours of extra service given to the students at Henry in spite of budget cuts and a loss of support staff to help them do their jobs. They are both

dedicated vice principals who care about the students and do their best to help them whenever possible.

In addition, science teacher Autumn Flores was also recognized as an Educator of the Year finalist. She was selected for her commitment to serve her students both in the classroom and as an ASB advisor. Her dedication in creating lessons that are creative,

supportive of the new science standards, and provide real world experiences puts her ahead of many science teachers across the country. She has been selected to travel abroad through science teaching experiences over the summer to further promote and improve her practice.

Congratulations to Jen, Bill, and Autumn for all you do at Henry!

New head football coach

After concluding a search that included 28 applicants from San Diego, Arizona, Oregon, Hawaii, and Northern California, we were able to find a head coach that we are all excited for as we bring PHHS Patriot Football to a new era!

We are proud to introduce JT O'Sullivan as our new head football coach. He is very excited to get started right away.

O'Sullivan has spent over 15 years in athletics and education. He was an NFL quarterback for nearly a decade. Drafted by the Saints in the

sixth round in 2002, he eventually played for 11 NFL organizations and played in NFL Europe and CFL.

After retiring from the NFL, O'Sullivan transitioned into intercollegiate athletics administration at the University of San Diego (USD) and San Diego State University where he worked in strategic planning, event management, facilities, operations, compliance, and development. O'Sullivan has also volunteered as a football coach at Southwestern College. In addition, he is an experienced

speaker and has spoken to numerous camps, youth groups, high schools, intercollegiate athletics departments, and military groups.

As a student-athlete, O'Sullivan was a two-time team captain, MVP, and most inspirational player at UC Davis. He is also a member of the UC Davis Athletics Hall of Fame and was named the young alumnus of the year. O'Sullivan earned his bachelor's degree from UC Davis before receiving his Ph.D. in leadership studies from USD. His diverse background includes teaching leadership, organizational development, and fundraising courses at the undergraduate and graduate levels.

O'Sullivan has called San Diego home since 2004. He and his wife Laura have three sons Jack (8), Larkin (5), and Davis (3).

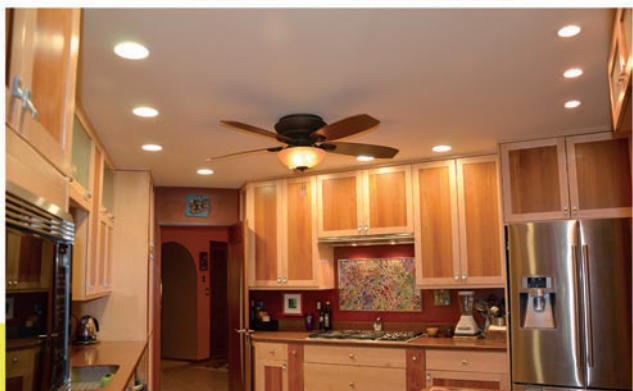
O'Sullivan's testimonials from his colleagues in sports and education highlight why PHHS is excited to have him coach the Patriots:

"After spending thousands of hours with him in quarterback meetings, I can tell you firsthand that he is an exceptional teacher and leader."

—Adam Gase, Miami Dolphins head coach

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See PHHS page 17 →

► PHHS, from page 16

“JT has some very special qualities. I found his knowledge of the game to be at a coach’s level when he was a player. His preparation always exceeded expectations. His character is beyond reproach. The best compliment I can give him is if I had a son or grandson playing football... I would want him playing for JT. Character, knowledge, organization skills and leadership are all the qualities JT has at the highest level. He is simply a winner and leader.”

—Mike Martz, head coach of the San Diego Fleet and former St. Louis Rams head coach

“Now as a retired NFL player, a husband, dad, and educational professional, JT



JT O'Sullivan was an NFL quarterback for nearly a decade.

is proving to be an amazing person. He is just as passionate as always, but he has the quality life-experience that makes him unique. JT still attacks life — that is JT — but he has also gained extraordinary

wisdom through the years. He works great with people. He is a great communicator. He has unparalleled integrity — and he cares.”

—Mike Moroski, College of Idaho head football coach

‘Addam’s Family Musical’

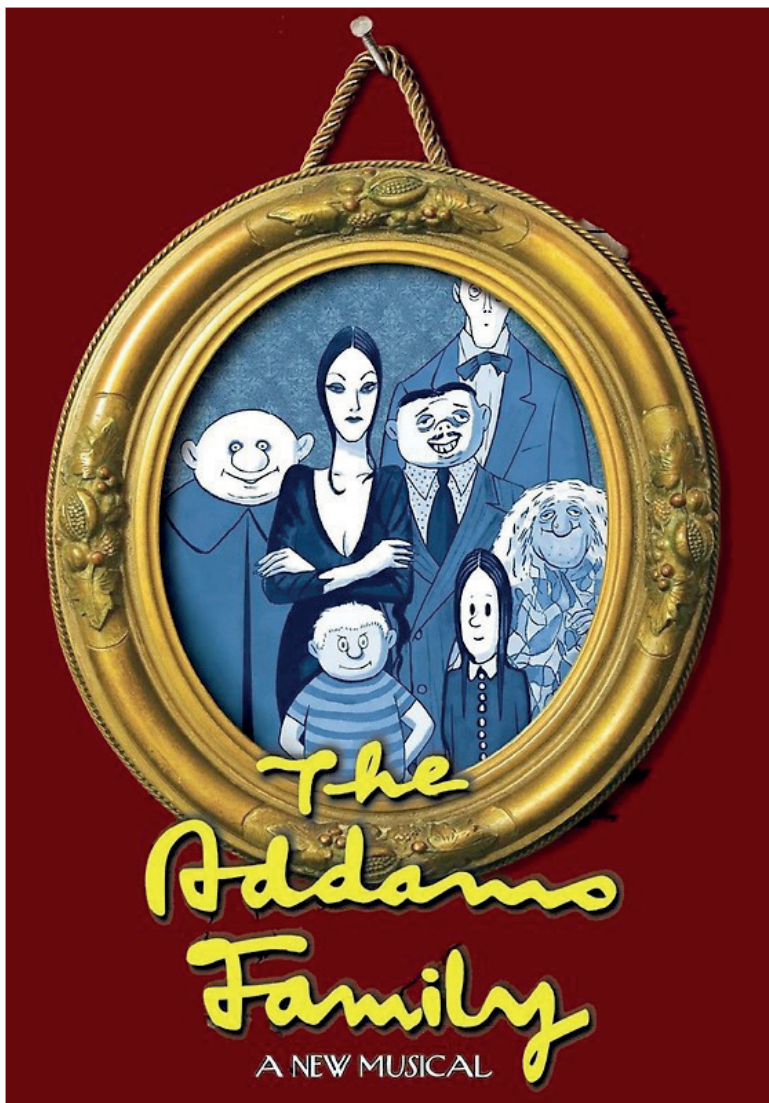
“They’re creepy and they’re kooky
Mysterious and spooky
They’re all together ooky
The Addams family!”

“The Addams Family” is a fictional household created by American cartoonist Charles Addams and includes characters that are hard to forget. Come meet Gomez and Morticia Addams, their children Wednesday and Pugsley, close family members Uncle Fester and Grandmama, their butler Lurch, the disembodied hand fondly known as Thing, and Gomez’s Cousin Itt!

The Addamses are a satirical version of the ideal 20th-century American family: an odd, wealthy, aristocratic clan who delight in the macabre and are seemingly unaware, or do not care, that other people find them bizarre or frightening.

“The Addams Family” TV show debuted in 1964 and aired for two seasons. The musical was later written and performed on a live theater in Chicago 2009 and made its way to Broadway the following year.

PHHS is excited to bring this Broadway musical comedy to life in PHAME this February. The evening show begins on Thursday, Feb 21, and runs through Saturday, Feb 23., at 6 p.m.; and there



will be a matinee performance on Sunday, Feb. 24, at 2 p.m. All performances will be held

in PHAME! The cost for each ticket is \$10 for any of the performances listed.

Student of the Month

Patrick Henry High School (PHHS) is proud to name Angelo Salazar our Student of the Month for January. Angelo was honored during the Grantville/Allied Garden Kiwanis Club meeting last month by Vice Principal Bill Miller and his family who attended the breakfast.

Angelo was nominated by several teachers from many different areas of expertise. He was noted for being a peer mediator, captain on the football team, and a great all-around student.

His AP English teacher stated, “He has worked very diligently on improving his writing skills this year by signing up for conference after conference, working ahead of schedule, and committing time and effort.”

A former English teacher of his stated, “Angelo Salazar is worthy of this honor. He’s academically enthusiastic,

intellectually curious, and empathetic. I love this kid!”

Staff members who have worked with him outside of the classroom stated, “He’s one of the most complete kids that I’ve come across, ever! Angelo is the type of kid that makes Henry a great school. He 100 percent deserves this!”

And finally, a club advisor stated, “Angelo is a Circle of Friends officer who is consistent, reliable, one of the nicest students I have ever met.”

Angelo has been given a Congressional Recognition that helped support his application to West Point Military School where he’ll be attending. His successes has made everyone at PHHS very proud and we’re excited to see what he can do after he leaves Henry!

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



Student of the Month Angelo Salazar (Photos courtesy PHHS)

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Allied Gardens Grantville Community Council news

Shain Haug

At the Jan. 22 Allied Gardens Grantville Community Council (AGGCC) Town Hall Meeting, presentations were made by San Diego Police Department Community Service Officer John Steffen, Roarke Stanly from District 7 City Councilmember Scott Sherman's office, Benjamin Branch librarian Kathryn Johnson, and the Grantville Allied Gardens Kiwanis Club. Our thanks for their service to our community and for the information that is vital to our wellbeing.

Our guest speaker was Dr. Bob Gordon who presented his lecture "Birds of Prey from All Angles." We were joined by his companion Huxley, a Harris's Hawk. He discussed the many species of raptors found in our area and the essential role they perform in our local ecology. He reminded us that as robust as these animals may seem to be, our pesticides, our trash, and our destruction of the environment are a great threat to them.

The community's plans to support the homeless veterans who will soon take up residence at Zephyr (located in the old Motel 6 on Alvarado Canyon Road) and at Stella (the new development at Twain and Fairmont) are reaching fruition. We have formed a working group of a dozen or so folks from our churches, the neighborhood, local businesses, PATH, and Affirmed Housing to manage this



Dr. Bob Gordon and his Harris's Hawk Huxley (Courtesy AGGCC)

project. We are particularly blessed with the leadership of Ascension Lutheran Church and Benjamin Branch Library's Kathryn Johnson.

Even now, early in this venture, the community has offered a considerable supply of household goods. The collection of those materials continues and we still need your support by bringing kitchen and bathroom supplies to Benjamin Library. We will keep you advised of our progress in this monthly article, in our newsletter, and on our web site.

Our next town hall meeting will be on Tuesday, March 26, at 6:30 p.m. at Benjamin Library (at the corner of Zion and Glenroy). Along with important information from our civic representatives, we will hear from our featured speaker San Diego State University President Adele de la Torre.

She will speak to her vision of the role the university plays in our civic health and prosperity. But the primary value of her attendance will be found in our opportunity to find out how the development of the stadium property will affect Grantville and Allied Gardens and to press her for a place for our communities in the planning of this project.

The AGGCC board of directors meets on the first Tuesday of each month at 6:30 p.m. at Benjamin Library, at the corner of Zion Avenue and Glenroy Street. The next meeting will be on Tuesday, March 5. Join our board and we will support your passions for the neighborhood. Our communities need you.

—Shain Haug is president of the Allied Gardens Grantville Community Council. Reach him at aggccshain@yahoo.com. ■

Del Cerro Action Council news

Jay Wilson

The quarterly meeting of the Del Cerro Action Council (DCAC) was held on Thursday, Jan. 24 at Temple Emanu-El.

Police and elected officials

John Steffen, our police community relations officer for the city of San Diego, reported crime incidents continue to remain very low in our community. He also reported staffing for Eastern Division is up from 50 percent to 70 percent in the last three months. There are 80 cadets in the current police academy.

Corporal Peterson, the police community resource officer for SDSU, reported there was a 70 percent reduction in calls to Adobe Falls in the last four months compared to the same period last year.

Roarke Shanley, the new community outreach representative for Councilmember Scott Sherman, reported Block 7U is the next area in Del Cerro to be undergrounded. Notices will be sent to all residents in Block 7U announcing public meetings about the undergrounding project. The area is north of Del Cerro Boulevard, east of College Avenue and goes up to the top of Del Cerro. The estimated start date is 2020. For

a map of the undergrounding projects, go to sandiego.gov. Type "Undergrounding Info Map" in the search box.

Rachel Gregg, director of government and community relations for SDSU, announced scoping meetings regarding SDSU West were being held in January. This is a general review of the project and the impacts it may have on the community. For more information, check the website at sdsu.edu/missionvalley or send an email to mvcomment@sdsu.edu.

SDSU is working on the environmental impact report (EIR) for the project. The California State University Board of Trustees is planning to vote on the EIR by January 2020. The first two projects on the site will be the stadium and the park areas.

Dr. de la Torre is scheduling a tour of Adobe Falls with Dr. Eric Frost within in the next month.

All Peoples Church

Pastor Robert Herber announced his staff will be conducting an initial cleanup of the site in the next couple of weeks. Kathi Riser with The Atlantic Group, which is the church land use planning consultants, stated plans have not been submitted to the city for the site as of now, but the

initiation of the community plan has been approved. The capacity of the church is set to accommodate 900 people. She also mentioned they are working with the planning and traffic engineering departments regarding a possible traffic signal about half way down College Avenue.

Adobe Falls Update

SDSU is looking at the whole area which includes their property east of College Avenue all the way down through Grantville. The existing cement culvert would never be built today. A firm is doing research on the falls. During a recent rainstorm, there was a lake east of College Avenue because of the backup where the water goes underneath the freeway from SDSU. The gate Caltrans installed on the SDSU side of the tunnel was washed away. Currently there is no gate and Caltrans is working on plan B.

Princess Del Cerro Playground refurbishing

Mark Alan, chair of the Refurbishing the Princess Del Cerro Park Committee with the Friends of Del Cerro, announced a cleanup project is set for Saturday, Feb. 16 from 9 a.m. to noon. The committee

See DCAC page 20

WORSHIP DIRECTORY

Calvary Chapel
Wed. Night.....6:30pm to 8:00pm
Sat. Night.....6:30pm to 8:00pm
Sunday.....10:00am to 11:30am
Tuesday.....6:30pm to 8:00pm
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Calvary Chapel 7525 El Cajon Blvd.
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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.

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

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CROSSWORD Rhyme Time

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

CREATORS NEWS SERVICE

By Charles Preston

ACROSS

- 1 It may be lurid
- 5 Squealer's tune
- 9 Between O and Mio
- 13 J.D. Salinger character
- 14 Trick's alternative
- 16 Stem
- 17 Oliver's movie mate
- 18 Marble
- 19 Bowling alley
- 20 Rapeseed product
- 21 Seismologist?
- 23 Charged
- 25 Early bird, e.g.
- 26 Anouk
- 28 Tight dress
- 31 Boa
- 32 Pierre's girl
- 33 Erwin, of films
- 36 Saint's headpiece
- 37 Self-styled expert
- 39 Figure heads, for short
- 40 Photog. term
- 41 Sly trick
- 42 Make happy
- 43 Beating
- 45 Soap Box Derby entrant
- 46 Consumed
- 48 Stage throwaway
- 50 Back into the 3-wheeler?
- 53 George, of early animation
- 56 Sci. of angles
- 57 Dogie's leash
- 58 *doble*
- 59 Every's associate
- 60 Polyphonic song
- 61 Gelati
- 62 Small barracuda
- 63 Dried up
- 64 Type of coal

DOWN

- 1 Pedro's coin
- 2 Italian sparkling place
- 3 Tiny shopping center?
- 4 In perfect shape
- 5 Gawp
- 6 Church music makers
- 7 Straight
- 8 Take
- 9 Small amount
- 10 Emulate Cicero
- 11 Solitary animal
- 12 Handled jug
- 15 Topography
- 21 B-G connection
- 22 Liturgy
- 24 Island in the Baltic
- 26 Netman Arthur
- 27 Yes, ____
- 29 Asylum
- 30 Sandy's uncle
- 33 Armstrong's first step?
- 34 London gallery
- 35 Computer buff
- 37 College exam
- 38 Clay, now
- 39 Decked
- 41 Nictitate
- 42 Ashtabula's lake
- 43 Zenith
- 44 Spat

- 46 Ankle binder
- 47 Charge
- 49 Ray
- 50 Fr. holy women
- 51 Mother's brothers, in Valencia
- 52 Price or value
- 54 On the Aegean
- 55 Misplaced
- 58 Apple seed

► **DCAC**, from page 19

is working with city staff to ensure the project is complying with all city regulations and policies. The initial project will refurbish the playground. Three student groups affiliated with the Grantville-Allied Gardens Kiwanis Club have already signed on; Lewis Middle School Builders Club, Patrick Henry Key Club and the SDSU Circle K.

\$3,500 earmarked for the playground by the Del Cerro Action Council is being used to launch the refurbishing of the park. If you are interested in helping, email us at PDCPark@cox.net.

Del Cerro Maintenance Assessment District (MAD)

All proposed MADs in the city of San Diego are on hold pending a lawsuit in La Jolla. The case was filed by residents who felt some of the items in the proposed MAD were the responsibility of the city of San Diego. In January, the case was dismissed because the initial petitioner against the MAD had no direct ties to La Jolla. A new lawsuit will most likely be filed.

A resident made the comment that according to the ordinance, the City Council can vote to change the assessment by a vote of the City Council and not a vote of the residents. As a follow, I called Paul Sirois, a

deputy director of the Park and Recreation Department. He said most MADs have a built in consumer price index (CPI) clause that allows the assessment to increase no more than the California CPI, which has recently been between 2 and 3 percent. The City Council cannot arbitrarily raise the rates.

Del Cerro Boulevard at Marne Avenue

Several months ago, the "No U-Turn" sign facing west on Del Cerro Boulevard at Marne Avenue was hit and removed. The city was asked to replace the sign that indicated a "No U-Turn" for eastbound traffic. The sign was installed, but for westbound traffic. The city was notified and indicated the sign would be reversed by the end of February.

Pedestrian entrance to the Windmill Farms

The property manager was contacted and asked if they would consider designating a specific pedestrian pathway from Madra Avenue and Del Cerro Boulevard into the parking lot. We have not received a response to date.

The next meeting of the DCAC will be at 7:30 p.m. on April 25 at Temple Emanu-El.

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

San Carlos Area Council news

Patricia Mooney

Join us at the next San Carlos Area Council (SCAC) meeting on March 6. Professor Emeritus Rolf Schulze, retired from SDSU, will discuss his childhood in Berlin, Germany during the Nazi period, some of his postwar experiences and the lessons drawn during subsequent years living in various countries. He is the author of a book called "Dangerous Delusions" (available on Amazon).

Troubadour and crowd favorite, Gregory Page, performed on Jan. 17 at the inaugural concert of the Second Sunday Concert Series. The series concluded its 2018 season in December at Mission Trails Interpretive Center. The new venue, Mission Trails Church at 4880 Zion Ave. in neighboring Grantville, is spacious with comfortable seating and lots of parking. Concert producers Chuck Carter, Jay Wilson and Mits Tomita, were gratified to see a packed house. It looks like the Second Sunday Concert Series is off to a great start. Page was wonderful, and the February concert promises to be a good one as well. Jazz pianist Yuko Maruyama will perform on Feb. 10 with her multi-instrumental band including piano, bass, drums, accordion, percussion and vocals. These concerts are free. But please show your gratitude with a donation. Or purchase a CD or two. Let's all support these local artists who

are so generous with their time and talents.

I rode my bicycle over to City Heights from San Carlos last weekend to represent our community during the swearing in ceremony of new County Supervisor Nathan Fletcher.

It was the first "road ride" I have taken in years, since I'm a passionate mountain biker and any injuries incurred in the "outback" are usually by my own doing. I rode south down Navajo to College Avenue, then west on El Cajon Boulevard with a zig-zag to University Avenue with my heart in my mouth. Navajo was beautiful with its designated bicycling lane. But starting at the College Avenue and Waring Road intersection, it felt like I was constantly in danger of getting run over or someone in a parked car opening their door just as I passed by. I came home from City Heights via Fairmount and then Mission Gorge Road, which was a much friendlier route. It even includes a bicycle/hiker bridge from Fairmount to Mission Gorge. It is a real head-scratcher to me that streets where thousands of college kids live and probably ride bicycles are so unsafe. San Diego, we can do better than that.

At the swearing-in ceremony, I ran into our old friend, the tax collector himself, Dan McAllister, with whom I had a photo taken. He quipped, "This is a 'Beauty and the Beast' situation." He mentioned he would be delighted to speak at a future SCAC meeting.

In a recent internet surf session, I discovered this quote from San Diego Public Library Director Misty Jones about our long-anticipated new San Carlos branch library: "The completion and opening of the new Central Library caused such a buzz and really renewed excitement in the community surrounding libraries. I am thrilled that we are now able to focus on the needs of our branch libraries. Recent city infrastructure bonds funding has been allocated for four new branch library projects. The library is proud to be such an integral part of the city of San Diego's economic recovery and support our neighborhoods through life-long educational endeavors and community engagement."

That is great news — and rather old news, as Ms. Jones' statement hails from 2015.

At that time, San Carlos Branch Library was one of four new branch libraries slated to be built. The others were Skyline Hills (opened in 2016), Mission Hills-Hillcrest (opened this January) and San Ysidro (now under construction; completion expected later this year). I, for one, would love to see our new San Carlos Library before I'm dead. Let's go, San Diego.

Follow SCAC on Twitter at twitter.com/CouncilSCA.

—Patricia Mooney is vice president of the San Carlos Area Council. Have a San Carlos story to tell? Email patty@crystalpyramid.com. ■



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Local tapped for Writers Festival

SDCNN Staff

Del Cerro resident Justin Hudnall has lived an exciting and successful life in the literary arts — which makes him a perfect choice to be a part of a new and exciting event for writers.

The San Diego Writers Festival has announced that Hudnall will serve on the advisory board of its inaugural event where Piper Kerman, author of “Orange Is the New Black,” will be the keynote speaker.

Hudnall’s background in writing is extensive. He received his bachelor’s in fine arts in dramatic writing from New York University’s Tisch School of the Arts. He has served as the founder and executive director of So Say We All, a San Diego-based literary arts and education non-profit organization, since 2009.

In addition to his involvement in literary groups, Hudnall also hosts and produces the public radio series “Incoming” on KPBS featuring the true stories of America’s veterans told in their own words, straight from their own mouths.

In a prior career, Hudnall served with the United Nations in their New York headquarters and deployed to Juba, South Sudan as an emergency response officer.

“I am excited to be part of this new collaboration with so many great friends who share a common goal of defining San Diego’s identity as an exploding new literary hub,” Hudnall said of his

selection to the advisory board. “Having Piper Kerman in the same lineup as our local literary artists spotlights that our talent is punching above its weight.”

Kerman’s social-phenomenon literary work, “Orange Is the New Black,” chronicles the 13 months she spent in a federal correctional institution after a brief involvement with drug trafficking sent her to prison on money laundering charges.

In her satirical and deeply insightful book, Kerman explores the experience of incarceration and the lives of the amazing women she met in prison; their friendships and families, their issues with mental illness, their substance abuse and their cliques and codes of behavior. Kerman’s book and the subsequent smash Netflix series pioneered the way we tell stories in the traditional print world, as well as in the new age of streaming entertainment.

In addition to her keynote speech and Q&A, as well as an onstage interview with award-winning playwright and San Diego Writers Festival co-founder Marni Freedman, Kerman will discuss her book, her memoir teaching, and her work for prison education reform.

The San Diego Writers Festival celebrates writers of all kinds, including authors of fiction books, nonfiction books, poetry, spoken-word material, journalism, music, screenplays, graphic novels, comic books and more.

The festival will be held on April 13 at the San Diego Downtown Library. Daytime



Justin Hudnall will lend his talents to helping put on the inaugural San Diego Writers Festival in April. (Courtesy San Diego Writers Festival)

events on the nine floors of the library will include interactive craft and industry-based workshops, live performances, educational panels about writing, opportunities to meet authors, book signings, readings, live music, and teen writing workshops as well as kid-friendly events.

The 2019 San Diego Writers Festival will be a day where writers, writing groups, writing organizations, and writing support groups gather to celebrate and showcase their work — a day devoted to highlighting San Diego as a destination hub for creative writing talent.

For more information, visit sandiegowritersfestival.com. ■

► News briefs, from page 8

City division which included top U.S. and Canadian cities.

SDCCU retains naming rights for stadium

SDCCU Stadium will remain SDCCU Stadium following a vote by City Council on Feb. 5 that extends naming rights for the property to San Diego County Credit Union. The naming rights agreement for SDCCU Stadium, which was made between the City of San Diego and Fox Sports College Properties, extends through December 2020.

“As one of the most recognizable brands in San Diego, there’s no question that SDCCU understands the importance of being an influential and responsible corporate citizen within the communities where they do business. SDCCU has been a valuable partner and we are ecstatic to continue to work with them,” said Duke Little, vice president and general manager of Fox Sports College Properties in a press release.

“SDCCU is incredibly proud to be the naming rights partner for SDCCU Stadium and we are thrilled that Fox Sports College Properties and the City of San Diego have elected to extend the partnership for another

two years,” said SDCCU President and CEO Teresa Campbell. “As an engaged community partner, we look forward to continuing to help position SDCCU Stadium as a premier events venue to host all types of events, including the SDCCU Super Shred Event and the SDCCU Holiday Bowl.”

The SDCCU Super Shred Event and SDCCU Holiday Bowl are just two of many major events planned for SDCCU Stadium. The stadium serves as the home stadium for San Diego State University Aztecs football home games and the San Diego Fleet, one of eight teams playing in the all new Alliance of American Football league. For a complete list of events, visit sandiego.gov/stadium.


SDCCU Stadium is a multi-purpose stadium. With a seating capacity of 70,561, SDCCU Stadium is located in the heart of Mission Valley. The stadium has hosted three Super Bowl games and has also hosted the 1978 and 1992 Major League Baseball All-Star Games, the 1996 and 1998 National League Division Series, the 1984 and 1998 National League Championship Series, and the 1984 and 1998 World Series. It is the only stadium ever to host both the Super Bowl and the World Series in the same year (1998). ■

GEMS& JEWELS

By Enhancery Jewelers, Kathleen White, Graduate Gemologist, GIA


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BIRTHSTONE OF THE MONTH -AMETHYST

Amethyst is the beautiful purple birthstone for Pisces and the 6th anniversary stone. It is variety of the quartz family with a hardness of seven. It is a very wearable gemstone, making it a perfect accessory for all occasions. Wearing amethyst is thought to quicken intelligence and protect against evil.




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Library Lovers' Month at Allied Gardens branch

Kathryn Johnson

When we think of February, the thought of Valentine's Day may come to mind. But did you know that February is also Library Lovers' Month? In honor, we are hosting our heart-coloring contest. Stop by the Allied Gardens Benjamin Branch Library and pick up your copy. We'll proudly display your creations and award prizes for each age category. Contest ends on Feb. 28. And don't forget to tell us why you love your library!

Museum passes

Did you know that the entire month of February is San Diego Museum Month? All library locations are stocked with special discount cards to 40-plus museums in San Diego County. Each card will get you 50 percent off admission for up to four people. What a great deal and fantastic way to experience the many museums in our community. Stop by the front desk and pick up yours. How many can you visit this month?

Free tax preparation clinic

Believe it or not, it's time to start thinking about your taxes. For some, the thought of preparing your own taxes can be a daunting task. If you need assistance, we are hosting the AARP Free Tax Preparation Clinic from Feb. 4 through April 8. This free tax assistance gives special attentions to taxpayers over the age of 50 but is also open to taxpayers of all ages with low and moderate incomes. AARP tax volunteers will be here Mondays from 9:30 a.m.–4 p.m., Fridays from 12:30–5 p.m., and Saturday, March 30 from 9:30 a.m.–4 p.m. Please note: There will be no tax assistance on Feb. 18, Feb. 22, March 22 or April 1. Keep in mind that this service is available on a walk-in basis only with no appointments.

Friends of the Library Book Sale

Our first book sale of the year is on Saturday, Feb. 23, from 9:30 a.m. to 1:30 p.m.



Discount cards for San Diego museums are available at the library. (Courtesy Allied Gardens Benjamin Branch Library)

If you're looking for books at bargain basement prices, then look no more. Our book sales are immensely popular and all proceeds help to pay for various library programming such as Yoga Storytime and Mindfulness & Meditation.

Upcoming event

Are you interested in hearing more information about strokes such as causes and symptoms? If so, keep an eye out for a special program in early March where you can hear from an expert and have your questions answered. There will even be free blood pressure checking.

A big thank you

Here at the branch we would like to extend a huge thank you to our community for your donations benefiting the Zephyr housing complex for homeless veterans. All these donations say "Welcome Home" to our veterans and will help to provide the essentials for setting up a new apartment.

On display this month

This month, our glass display cases are housing a new and unique collection by patron Tony Harmon. Tony's collection shows items from the Moulin Rouge Hotel and Casino, which opened in May 1955 in Las Vegas. This hotel quickly rose in popularity as Las Vegas' first racially-integrated hotel and casino where many African-American A-list singers and musicians performed on a regular basis. Items on display include poker chips, ashtray, Champagne glasses and even red lightbulbs from the flashing street sign. You won't want to miss seeing this slice of history.

Presidents Day

All city libraries will be closed on Monday, Feb. 18, in honor of Presidents Day.

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

Robotics event San Carlos Library

David Ege

The annual Robotics Showcase Extravaganza is back on Feb. 23, 10 a.m.-1 p.m. Join us in the library's lower parking lot for the robotics showcase, where teams from Dailard Elementary, Cajon Park Junior High, Patrick Henry High School, and the San Carlos neighborhood will display their robotic creations. Between 11 a.m. and 1 p.m., stop by the Winer Family Community Room & Art Gallery to make your own interactive robotic craft.

Free Oasis program: Professor Blaine Davies returns to the library on Feb. 15 at 2 p.m. to give a talk titled "The Mexican War." In this Oasis presentation, Davies explores the causes, the battles and the aftermath of the Mexican War, including the local Battle of San Pasqual, the biggest clash of the Mexican War fought in California.

Author talk: On Friday, Feb. 22, 2-3 p.m., join us as local author Wanjiru Warama discusses her book, "Entangled in America." Warama enlightens the reader to the struggles and vulnerabilities faced by an immigrant woman trying to find employment and learn how to financially support herself, while also learning how to fit in and acclimate herself to a shockingly new culture.

Watercolor art exhibit and reception: Feb. 4-28, check out returning artist Tina Fries-Miller's new selection of watercolors in the Winer Family Community Room & Art Gallery. The artist reception will be held on Feb. 16, noon-2 p.m. Refreshments will be served.

Put a little pep in your life. Join People Enjoying Poetry (PEP) on Feb. 9, 1-3 p.m. for the first quarterly

poetry open mic. Share your own work or read someone else's poetry. We'll collaborate to create a collection of poetry and the group will offer feedback at the poet's request.

All things Seuss: Happy Birthday, Dr. Seuss! We are celebrating Dr. Seuss' birthday (March 2) a few days early on Feb. 27, 2:30-3:30 p.m. We will celebrate by reading his first book, "And to Think That I Saw It on Mulberry Street." We will also learn interesting facts about the famous author, sing songs, and play Dr. Seuss bingo. Ages 4-10.

Challenge Island – African Animal Safari: Challenge Island returns to the San Carlos Branch Library on Feb. 27, 4-5:15 p.m. Children ages 8-12 will use creativity, critical thinking and social skills to learn about the savannah, wetland, and jungle habitats of Kenya. They will then design and create an adventurous safari course and ride. This popular science and engineering-based program fills up quickly, so please register early by calling 619-527-3430.

Dates to remember:

- Feb. 14, 12:30-2 p.m.: Library Book Club
- Feb. 18: CLOSED- Presidents Day
- Feb. 20, 4-5:30 p.m.: San Carlos Friends of the Library monthly meeting.
- Mar. 1, 1:30-3:30 p.m.: Friends of the Library only, Used Book Pre-Sale. Join SCFOL during the sale.
- Mar. 2, 9:30 a.m.-3:30 p.m.: SCFOL Monthly Used Book Sale
- Mar. 6, 6:30-8 p.m.: San Carlos Area Council Meeting. Members of the community are invited to attend.

—David Ege is managing librarian of the San Carlos Branch Library.■



The robotic Showcase Extravaganza will take place at San Carlos Library on Feb. 23. (Courtesy San Carlos Library)

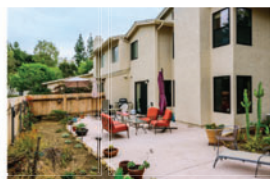
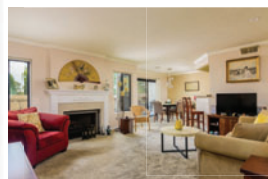
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MISSION TIMES COURIER
COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR

ONGOING EVENTS



'And Then There Were None'
Through Feb. 10
Lamplighters Community Theatre presents this classic Agatha Christie whodunit. Ten strangers are lured to a deserted island. A mysterious voice accuses each of having gotten away with murder – before one of them drops dead. Can the others discover the identity of the murderer before they all fall prey to the trap? Tickets \$22. 5915 Severin Drive, La Mesa. Ticket purchases online at bit.ly/2DtTbLc.



Circus Vargas
Through March 18
Circus Vargas presents "The Greatest of Ease," circus as it should be seen ... under the big top in San Diego at Westfield Mission Valley Feb. 7-18, Westfield Plaza Bonita Feb. 21-March 4 and Westfield North County March 7-18. Join us in celebrating Circus Vargas' 50th anniversary extravaganza, an homage to the golden era of circus in America. Always fun for the entire family, Circus Vargas' incredible new 2019 production highlights an amazing

cast of world-renowned performers, death-defying acrobats, daredevils, aerialists, jugglers, contortionists, clowns, motorcycles and much, much, more! A magnificent, mega-hit production guaranteed to thrill and enchant children of all ages ... only at Circus Vargas, where memories are made and cherished for a lifetime. For more information and to purchase tickets, visit circusvargas.com or call 877-GOTFUN-1.



San Diego International Jewish Film Festival
Through Feb. 17
The 29th annual San Diego International Jewish Film Festival presented by San Diego Center for Jewish Culture showcases a selection of contemporary Jewish films from various genres. Films are shown at the following locations: Lawrence Family Jewish Community Center in La Jolla on Feb. 6, 8, 15; Edwards Theater in San Marcos on Feb. 9-10; Museum of Photographic Arts on Feb. 9-10; and Reading Cinemas Town Square on Feb. 7, 9-14, 16-17. Cost is \$5 to \$16 and festival passes, senior, student and group rates are available. For more information, visit sdjcf.org/sdijff.

will walk around the lake and tell visitors about the big event and how they can get involved.



'Love Letters'
Lamplighters Community Theatre presents a special staged reading in time for Valentine's Day. A romantic story of distant lovers and the love letters that reveal their long history together. This show is open seating, tickets are \$15. 5915 Severin Drive, La Mesa. To purchase tickets, visit bit.ly/2CGMlQO.



Yuko Maruyama
Pianist-composer Yuko Maruyama will perform a free concert at Mission Trails Church. She will play songs from her albums as well as jazz and American classics. A graduate of USC with a master's degree in jazz studies, Yuko has toured the U.S. as a Kawai Pianos performing and recording artist. 3-4 p.m. 4880 Zion Ave.



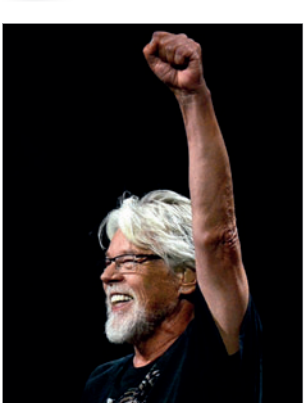
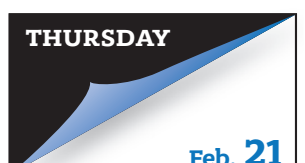
Distinguished Lecture at SDSU
Join the School of Journalism & Media Studies at SDSU for the Allen H. Center Distinguished Lecture in Public Relations. President and CEO of the Institute for Public Relations, Dr. Tina McCorkindale, will give the second annual Allen H. Center Distinguished Lecture in Public Relations from 5:30-7:30 p.m. Complimentary parking

will be provided for attendees. This event is free and open to the public. 5500 Campanile Drive. Guests are asked to RSVP online at bit.ly/2RZ56Qc.



'Focus on Nature'
The Mission Trails Regional Park Foundation is pleased to present a fine art exhibition featuring award-winning photographer Gerry Tietje. The public is invited to a reception in honor of the photographer on Feb. 17 from 2-4 p.m. The exhibit will be on display until March 30. Gallery is open daily from 9 a.m.-5 p.m. Admission is free. 1 Father Junipero Serra Trail.

Open Mic Night Festival and competition
Grossmont College presents a special event for Black History Month. 5-8 p.m. in Bldg. 26, Room 220 at Grossmont College, 8800 Grossmont College Drive, El Cajon. Join special guest emcee Gill Sotu and the Grossmont Black History Month Committee for the third annual BHM Open Mic Night featuring poetry, rap, spoken word, and more.



Bob Seger & The Silver Bullet Band
Classic rock singer-songwriter Bob Seger will perform at Viejas Arena on Feb. 21 with his Silver Bullet Band. Show begins at 7:30 p.m. Tickets start at \$75. 5500 Campanile Drive. Tickets available at bit.ly/2MrNirM.



'Seussical The Musical'
Through March 3
Christian Youth Theater presents a musical for the entire family based on the writings of Dr. Seuss. The Cat in the Hat, Horton the elephant, the Whos of Whoville and more come to life in this fun production. Fridays and Saturdays at 7 p.m. and Sundays at 2 p.m. at the Joan B. Kroc Theater, 6611 University Ave., San Diego. Tickets range \$14-\$20, available at bit.ly/2ScFtJj. Visit cytsandiego.org.



San Diego Summer Camp Fair
Looking for a camp, school or program for your kids this summer? Don't miss the San Diego Camp Fair at Balboa Park. The live, interactive summer camp expo taking place noon to 3 p.m. in Room 101 at the Casa Del Prado in Balboa Park. Over 50 local day camps, overnight camps, and many others from out of state will be exhibiting. For more information, visit bit.ly/2Wq7sqJ.



Black History Month Movie Night 2
Grossmont College presents "Hidden Figures," the real-life story of three African-American female mathematicians who provided crucial calculations for NASA's space race against the Soviets, all while dealing with the racist and sexist assumptions of their white co-workers. Starring Taraji P. Henson, Octavia L. Spencer, and Janelle Monae. 5 p.m. in Griffin Gate,

Grossmont College, 8800 Grossmont College Drive, El Cajon.



'Disney's Moana Jr.'
Through March 17
San Diego Junior Theatre presents the premiere of "Disney's Moana Jr.," directed and choreographed by Junior Theatre's Francine Maigue. The special pilot production is a partnership with Music Theatre International and Disney Theatrical Group and showcases San Diego performers, musicians and technicians all ranging in age from 8 to 18. Performances are Fridays at 7 p.m. and Saturdays and Sundays at 2 p.m. Tickets range from \$14-\$16. A special family night in which all audience members will receive a complimentary gift and may choose to wear pajamas will take place Friday, March 8. Box office: 619-239-8355 or juniortheatre.com.



'Best San Diego Hikes'
Join co-author Don Endicott for a 45-minute presentation on the revised second edition of "50 Best Short Hikes, San Diego," the last book originally written by renowned local hiking expert Jerry Schad, first published shortly after his untimely death in 2011. The talk will be a photographic and narrative tour of representative hikes from the book, including those in Mission Trails. 1 p.m. at Mission Trails Regional Park Visitor Center, 1 Father Junipero Serra Trail. This event is free but registration is required. Register at 50bestshorthikes.eventbrite.com.

FEATURED EVENTS



More Than Music Festival
SDSU will host a live-music festival to benefit SDSU students and communities affected by the recent California fires. Guests will explore curated art galleries with live and interactive art, listen to live music from five local acts, and enjoy food trucks and vendors as they dance

the evening away. Tickets \$15 or \$10 for students. Located at the Montezuma Hall in the Conrad Prebys Student Union. 6075 Aztec Circle Drive. Tickets available at bit.ly/2FVotD9.



Relay For Life kickoff event
Relay For Life East County is holding a kickoff event to raise awareness about its main event on May 4-5 at Greenfield Middle School in El Cajon. The kickoff event will be at Lake Murray from 11 a.m. to 1 p.m. Volunteers

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-Melinda (Google Review)



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-Marcelino F. (Google Review)

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Upcoming Community Event:

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