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CONTACT US

Editorial / Letters

(619) 961-1969  
jeff@sdcnnews.com

Advertising

(619) 961-1958  
heather@sdcnnews.com

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San Diego Community News Network



So Say We All founder Justin Hudnall (Photo by Killian Whitelock)

#### Kit-Bacon Gressitt

Communities have always been built on stories — the truths and myths that define a society — and those in power typically decide which tales are told and retold. But what about

the stories that go unheard? Enter So Say We all, a San Diego-based literary and performing arts nonprofit dedicated to helping individuals give voice to their stories and building audiences eager to listen.

Launched in 2009 by Del Cerro resident Justin Hudnall

and his co-founder Jake Arky, So Say We All (SSWA) in its infancy offered writing workshops and staged readings. Fresh from college, the two gave the organization a name that reflected the enthusiasm of youth.

See **SO SAY WE ALL** page 12 →

## More housing headed to Grantville

Doug Curlee  
Editor at Large

A considerable amount of earth is being moved around in the 4500 block of Mission Gorge Place in Grantville.

There's a purpose for that — a purpose that will help with the need for more housing.

Fairfield Residential Company is building Gravity Apartments — a five-story, 325-unit apartment complex, 28 units of which will be live/work places. That's because of changes liberalizing the zoning rules regarding what can be built and where. A mixed-use configuration is being encouraged in all new developments, which is why the live/work spaces are being built.



Renderings of the proposed Gravity Apartment complex (Courtesy Fairfield Residential Company)

The project was unveiled at the last Navajo Community Planning (NCPI) group meeting, and there were questions

asked at the information-only presentation.

See **GRAVITY** page 5 →

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# Art that heals and rides the waves

Lucia Viti

Michael Rumsey graduated from the school of hard knocks to become one of the most sought-after artists of his genre. The talent extraordinaire builds one-of-a-kind, hollow, wooden — and rideable — artistic surfboards. Lumber remnants become an inlaid artistry of waves, palm leaves, fish, sunsets, moonlight, turtle flippers, fish lips and free-flowing designs. Boards are embellished with copper, turquoise, stone, mother-of-pearl, and abalone shell. Finishes include fiberglass, epoxy and clear varnish.



Award-winning hollow wood surfboard named Viking (Courtesy Michael Rumsey)

Boards are void of paint or stain to showcase the wood's natural timber. Rumsey's wood pile includes pieces of koa, teak, mango, poplar, redwood, paulownia, walnut, padauk, wenge, mahogany and jatoba. The Birdland resident describes wood as a malleable medium that's "a big deal." In addition to experimenting with whiskey barrels and century-old redwood wine tanks, he rescues scraps from cabinet shops and Home Depot's and Dixieline's cull pile. Nothing is off limits — even "trash becomes spectacular art." Boards are built from sketches, although Rumsey admits that the completed project "resembles little if anything of the original sketch." "A sketch may give me an idea, but I work off the top of my head," he said. "The color and grain of the wood gives me direction." Using his grandfather's tool kit to strip wood, Rumsey also creates mixed media murals, water features, outdoor living spaces, and hand-carved wood tikis. But life for this former daredevil has had its twists and turns. The ocean called Rumsey by age 12. At age 16, he began working in a lumber yard, an education that would carry him through the rest of his life. Encouraged by his grandma to pursue his artistic passion, he majored in art in college. Dropping out early to support a

family did nothing to deter his artistic talent or passion. However, Rumsey's career in the lumber industry was severed by a barefoot water-skiing accident at age 35. Among the many broken bones too long to list, Rumsey suffered permanent brain damage, double vision, and the onset of seizures. The road to recovery — which continues to this day — was arduous. Nothing was ever the same again. Determined to get better, he reignited his artistic career as therapy and rehabilitation. Working with copper — wrapping fishing poles — enhanced his motor skills and working with wood did the same for his hand-eye coordination. "I could move my fingers when I wanted to," he said. "It was great rehabilitation. And it continues to be. If I stopped, I'd lose motor function." Rumsey refuses to be labeled by the accident. Learning and moving on supersedes a "disabled moniker that says I can't do something." "Anytime I can't do something I find my way around it," he said. "If I'm speaking and I can't find the right word, I'll find the words to go around it, so you get the idea. I don't feel disabled. I'm a little on the different side sometimes." Describing his accident as a wake-up call, Rumsey encourages everyone to find their joy. Artistic wooden surfboards were an accident by friendship. The life-long surfer decided to

entice his friend Sammy, who was suffering from ALS (Lou Gehrig's Disease), into the water by building him a wooden surfboard. Sadly, Sammy succumbed to the disease before the board was completed. To this day, Rumsey glues a penny as "an ode to Sammy" on every board. Rumsey inherited cans of his friend's collected pennies. Boards can take up to three months to complete. Prices are determined by the finish, the complexity and intricacy of design as well as the type of wood. Rumsey will be among 350 local, regional and international artists showcasing an extraordinary collection of paintings, sculptures, photography, jewelry, metal and wood work at the Mission Federal ArtWalk, San Diego's largest fine art festival, now in its 35th year. Touting its theme, "Connecting Creative Communities," the annual event will also have dance, music and spoken word performances as well as family-friendly interactive art projects on the ever-so-popular KidsWalk. Visitors perusing the aisles of this art and cultural event are expected to exceed six-figures. "We are proud to connect community and visitors to San



Michael Rumsey working on one of his wooden art surfboards (Courtesy Nicole Boramanand)

Diego's vibrant arts scene," Sandi Cottrell, director of ArtWalk San Diego said. "ArtWalk is an open environment that breeds creativity and leaves attendees feeling energized by its live music, dance and interactive art activities — all in beautiful Little Italy." Dedicated to encouraging "everyone to express themselves to uncover the inner artist that exists in all of us," Cottrell described ArtWalk as a community staple designed to "bring all walks of life together to enjoy art, the purest form of expression." Mission Federal ArtWalk crisscrosses Ash and Grape Street between 11 a.m. to 6 p.m. on Saturday, April 27 - Sunday, April 28. Visit [artwalksandiego.org](http://artwalksandiego.org) for more details. Attendance is free. —Lucia Viti is a San Diego-based freelance writer. Reach her at [luciviti@roadrunner.com](mailto:luciviti@roadrunner.com).

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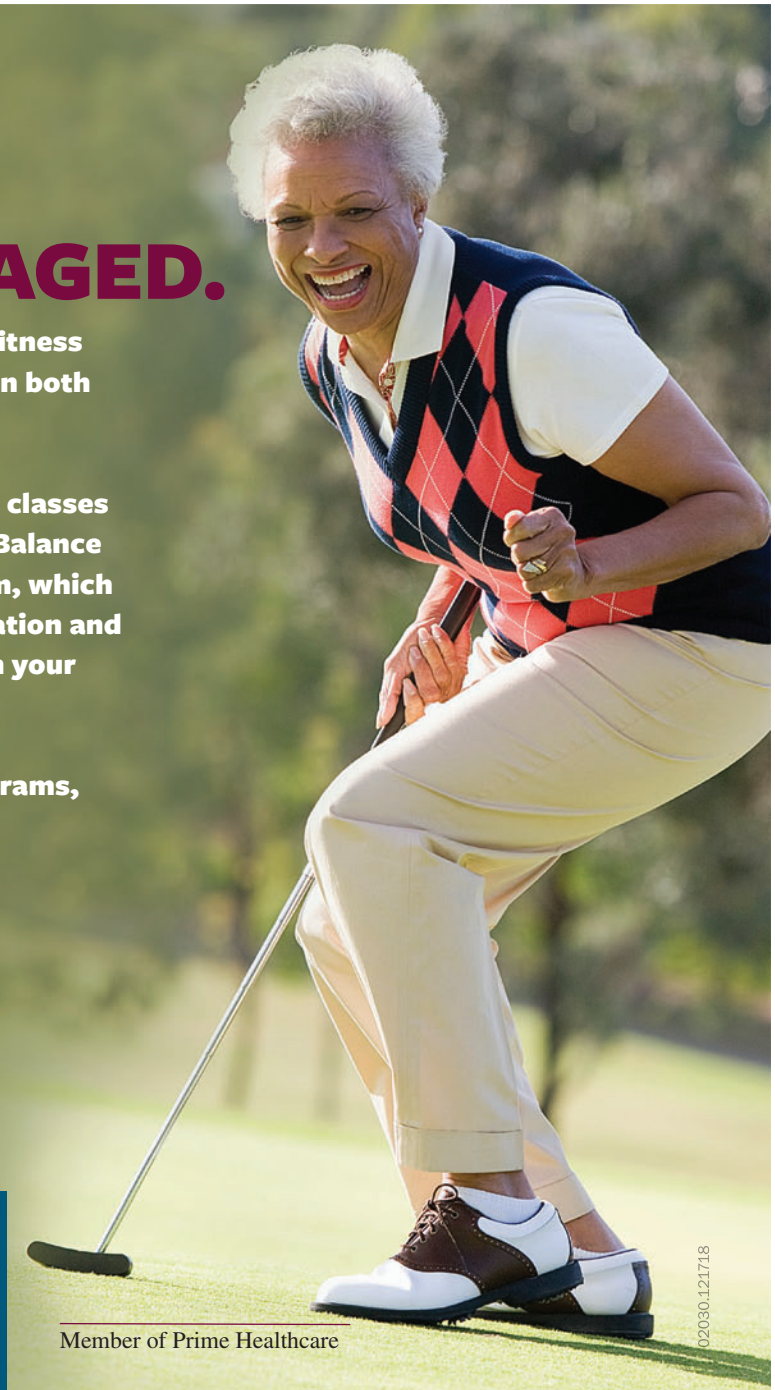
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# SDCNG purchases SDCNN newspapers

## Julie Main becomes leading female publisher in San Diego

Kendra Sitton  
Contributing Editor

In a deal made official on April 1, San Diego Community Newspaper Group (SDCNG) purchased the majority of San Diego Community News Network's (SDCNN) publications, including the Mission Times Courier.

Julie Main, the new publisher for San Diego Uptown News, San Diego Downtown News, Mission Times Courier, La Mesa Courier and the now-closed Mission Valley News already publishes three coastal newspapers. With these four additions, Main runs the largest independent newspaper group in the region. As a woman in the male-dominated media industry, this marks a significant achievement.

"It's a rewarding industry. The most exciting thing about the community newspaper industry is everyone has a story. It's very exciting to peel back the layers and find these treasures (stories) and share them with our readers," Main said. "These people help shape the community."

"We also try to be transparent and unbiased in our reporting. People are inundated daily with troubling news regionally and from around the world. It is hard to sort through fact and fiction these days," she continued. "Not all news has to be bad news. Isn't it refreshing to come home and read about positive things happening in your community for a change?"

Over the years, control of the newspapers has passed



SDCNG publisher Julie Main

between Main and SDCNN publisher David Mannis. The former couple founded SDCNG together in the 1980s. Even after their divorce in 2002, they worked together on La Jolla Village News, the Peninsula Beacon, Beach & Bay Press and Downtown News until Main took full control at the end of 2008.

Mannis decided to enter the newspaper industry again in 2009 and founded San Diego Uptown News. He later bought Downtown News from SDCNG and grew his newspaper network to six papers stretching across the county. After 40 years in the newspaper industry, he has decided to enter semi-retirement. Semi-retired because he retained control of one remaining SDCNN publication, Gay San Diego.

"Although I will miss being involved in the Uptown, Downtown, Navajo and La Mesa communities, I'm pleased to retain Gay San Diego and to provide this important platform for the LGBTQ community," he said. "I hope to build an



SDCNN publisher David Mannis

even broader audience for this publication."

The merger led to a shuffle in the editors leading each of the newspapers. Albert Fulcher will stay at SDCNN as the editor for Gay San Diego. Jeff Clemetson is moving to SDCNG's Pacific Beach office to continue leading Mission Times Courier and La Mesa Courier. Newly-hired editor Kendra Sitton is also moving to PB and will continue her work at San Diego Uptown News. In addition, she is now the editor of San Diego Downtown News, which was formerly under the purview of Fulcher.

"The idea of having more regional coverage in the communities and ZIP codes we are picking up is exciting. We share a lot of common issues with our coastal communities that will tie in directly with Uptown and Downtown. La Mesa Courier and Mission Times Courier cover well established, solid communities. It doesn't get much better than this," Main said.

—Reach Kendra Sitton at [kendra@sdenn.com](mailto:kendra@sdenn.com).■

### ► News briefs, from page 1

The volunteer crew will meet at 9:20 a.m. on Saturday, May 18, in the Benjamin Library parking lot.

To sign up and volunteer for the tree crew, email [agccshain@yahoo.com](mailto:agccshain@yahoo.com).

### Navajo Planners updated on SDSU West

The Navajo Community Planning Group (NCPI) got the latest update on SDSU's plans for SDSU West at its March 13 planning meeting and were told that the school is looking into concerns that need to be addressed before the construction work actually begins.

SDSU and the city of San Diego are currently negotiating SDSU's purchase of the land in Mission Valley for the new campus — those talks are going on behind closed doors.

SDSU Assistant Vice President Gina Jacobs told the NCPI board that the proposed design will accommodate flooding concerns and be dealt with in the design of the river park to be built there.

"The river park will be a component of the flood control measures and the actual buildings planned for the development will be at least eight to 10 feet above any known flood

plain in the area," Jacobs said. "We're also looking for ways to mitigate concerns over traffic problems that the new development might bring about on the surface streets and intersections in Grantville, Allied Gardens and Serra Mesa.

"We plan to have that draft prepared and available for public comment this summer," she continued. "There will be a 60-day period for public comment, and we plan to include every single public comment taken in the final report. If everything goes well, we hope

to have the final report, and the actual proposal, ready to present to the California State University Board of Trustees for a final decision in January of 2020."

### Crusaders Soccer Club honored for excellence

On March 23, the Crusader Soccer Club was honored at the annual California State Soccer Association (Cal South) Luncheon and Awards,

See NEWS BRIEFS page 4 —>

## Why Homeowners Leave Thousands Behind When Selling Their Homes

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

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

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

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Courtesy of Dan Smith eXp Realty BRE 01346593



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# Difference Maker: Michelle Kveen of McAlister Institute

Jeff Clemetson  
Editor

Michelle Kveen has been a resident of Del Cerro for just over a decade. Although originally from Westchester County, New York where she enjoyed “having the best of both worlds — horses on the property and just 30 minutes from downtown New York City,” Kveen has lived in San Diego for most of her adult life.

She has also been in the restaurant business most of her life.

“It runs in my blood, I can see 15 things at once happening all around me. I love it,” she said. “I love serving guests and giving them an experience that they totally enjoy. I love people and I love good food.”

Currently, Kveen is an operating partner of BO-beau Kitchen + Garden in the La Mesa Village. Beyond serving good food, she also serves the community and has recently joined the board of directors of the McAlister Institute, a nonprofit dedicated to helping people with substance abuse issues.

“I believe as business owners, we have a responsibility to our communities,” she said. “Whether we own a restaurant or a lumber yard, we need to support our local communities.”

### Before McAlister, what kind of volunteer work have you done in the past?

My callings have always been for animal causes and for people that are suffering drug addiction. I worked with Project Wildlife for several years helping put on their annual fundraiser. Most currently, I am available for 12-step calls when a drug addict reaches out and needs a meeting.

Having had personal experience with the pain of addiction, I have a deep empathy for those who still struggle. After more than two decades free of those struggles, I want to use my experience to help others whenever possible. On April 7, I will proudly be 23 years clean and sober, and I’ve been pursuing my dreams since.

### What is the McAlister Institute? What does it do?

McAlister Institute has earned recognition as one of San Diego County’s leading resources for the compassionate care and treatment of individuals and families suffering from addiction, co-occurring mental illness, and homelessness. Founded in 1977, we dedicate ourselves to having a positive impact on all those who come to us, helping restore them to more productive and meaningful lives.

Mission: McAlister Institute provides professional services that heal the lives of individuals and families, improving the quality of life in communities through the miracle of recovery.

Philosophy: McAlister Institute believes that each individual has a positive purpose in life and that clients can recognize their strengths and regain their lives through recovery. Although each client is responsible for his or her recovery, it is a life-long process requiring a community of support. Toward this end, McAlister Institute helps build the foundation for recovery through intervention, counseling, mental health treatment, medical assistance, and community referrals.

McAlister Institute keeps its doors open to all those who seek help. High-quality, low-cost services are provided with dignity and respect, regardless of gender, ethnicity, or socioeconomic status.

McAlister Institute has earned recognition as one of San Diego County’s leading resource for addiction and rehabilitation.

McAlister Institute’s programs provide life-saving services in substance abuse treatment, mental health counseling, life skills education, and vocational training to more than 10,000 individuals each year, regardless of their inability to pay.

### How did you get involved with McAlister Institute? Is there a reason this group stands out to you?

I was invited by McAlister Institute’s board of directors



Michelle Kveen (Courtesy photo)

President Steve Allen to meet with another board member, Scott Hoover, and then with Jeanine McAlister, the agency’s founder and CEO, to discuss becoming part of the board in order to help make a difference. From my first contact, I was completely blown away by Jeanne’s work, her mission, her enthusiasm, as well as Associate Director Marisa Varond’s vast knowledge of the field. Being part of this board is an honor.

### Anything you’d like to add?

McAlister Institute’s seventh annual Walk for Sobriety is scheduled for Sunday, Aug. 25, at NTC Park, Liberty Station from 8 a.m. to noon. The event will offer both walk and timed-run options.

This year’s walk will include a U-Jam Dance Warm-up, Community Partners Resource Fair, kid’s zone with arts and crafts and face painting, and a photo-booth.

The walk is an opportunity to bring help and hope to thousands of individuals and families braving the unforgiving cycle of addiction. All proceeds from the Walk for Sobriety benefit McAlister Institute.

For additional information on McAlister Institute’s 26 programs, please visit [mc-alisterinc.org](http://mc-alisterinc.org). For information about or to join the Walk for Sobriety, visit [give.classy.org/McAlisterInc7thWFS](http://give.classy.org/McAlisterInc7thWFS). ■

### ► News briefs, from page 3

where it received one of the two Recreational Program Excellence awards presented by Rick Flores, the Cal South Manager of Recreation Soccer. Cal South is the official youth and adult state soccer association of the U.S. Soccer Federation serving Southern California from San Louis Obispo to San Diego and presides over 300 soccer leagues and clubs.

Over a number of years, the recreational division of the Crusaders Soccer Club was developed by former Director of Operations Dan Rubin, former Vice President of Recreational Soccer Ed Levelier, current Board President Terry Cords,

and current Chief Operations Officer Jay Wilson.

“It is very rewarding to receive this distinguished award, which signifies the tremendous dedication of the Crusaders Soccer Club’s staff, board members, and volunteer coaches who have contributed thousands of hours over the years to ensure the boys and girls in our area have an opportunity to play soccer in our recreational program and learn valuable life skills of sportsmanship, teamwork and how to play soccer,” Cords said.

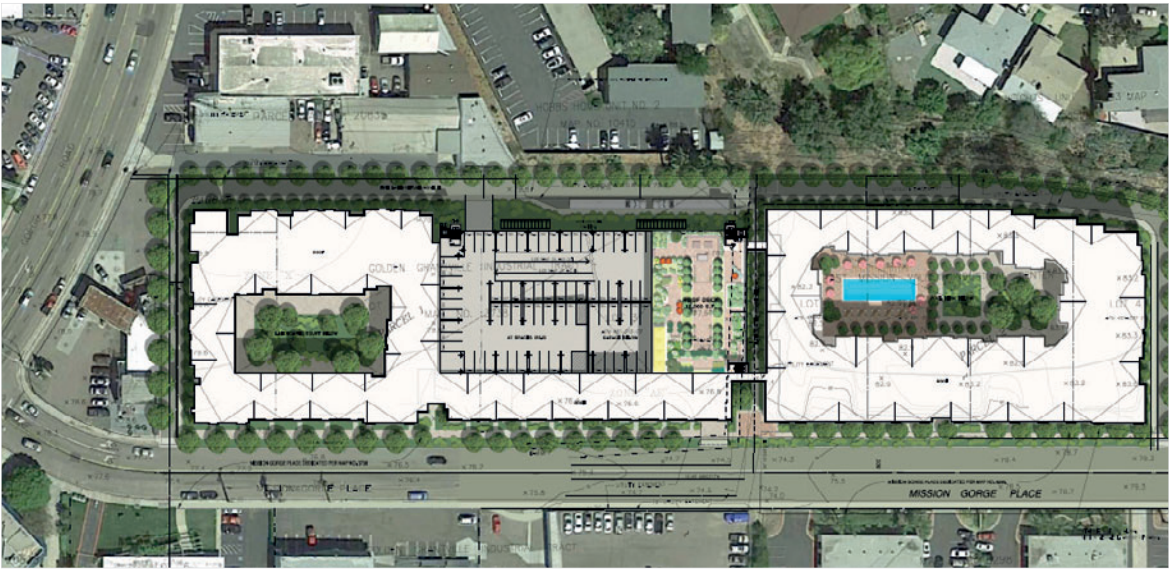
The spring season for recreational players is well underway with boys and girls playing soccer on Sundays through May 5, at Pershing Middle School.

“This year, we have 541 boys and girls participating in our

spring season,” Wilson said. “Last year, we had 441 players; that is a 22% increase over our 2018 spring season. We are already planning our fall season and registration will open by May 15.”

The Crusaders Soccer Club’s annual 3 vs. 3 Festival for soccer players born between 2005 and 2012, will be held at the Pershing Middle School fields on Sunday, June 2. For more information and registration, go to [crusaderssoccer.org](http://crusaderssoccer.org). Teams comprised of up to five players will play a minimum of three games in this tournament. In 2018, over 100 teams from throughout San Diego County participated.





Aerial view rendering of the proposed Gravity complex on Mission Gorge Place (Courtesy Fairfield Residential Company)

► Gravity, from page 1

As pretty much always happens at NCPI meetings, the first concern expressed had to do with the possibility of flooding, when Alvarado Creek once again overflows its channel.

Dan Smith raised that possibility again.

Ed McCoy, vice president of development for Fairfield, said that will not be a problem this time around.

“The site is designed to be elevated above the flood plain, and it incorporates storm water retention facilities to ensure that our site does not contribute further to the flooding issues. FEMA (Federal Emergency Management Administration) approved the map revisions to further ensure that our site does not

exacerbate the flooding issues in the area.”

Marilyn Reed wondered about whether the project would affect views in the area, and McCoy says it should not.

One concern was an obvious one: Where is Fairfield planning to place the 507 — yes, 507 — parking places that will be available there? Definitely not underground, as some had thought.

“The parking garage will be located in the center of the property, in an above-ground, five-story parking structure. The garage will not be visible from the street, since it will be wrapped on three sides with apartment homes.”

As usually happens at NCPI every time a new development is talked about, board members wondered where the \$9.2 million in mandated development impact fees Fairfield will

have to pay will eventually wind up.

McCoy says that’s not up to Fairfield — that’s up to the City of San Diego.

That reply doesn’t make the board any happier. NCPI has battled for years to get the impact fees generated in Grantville to be spent in Grantville. There has been little if any luck with that fight.

Assuming things continue at this pace, the project will come back before NCPI for formal approval in the near future.

Again assuming all that, McCoy says the first units will be available for occupancy in January 2021, with full occupancy by early 2022.

That’s if everything goes according to plan.

—Doug Curlee is Editor at Large. Reach him at [doug@sdenn.com](mailto:doug@sdenn.com).■

► News briefs, from page 4

The Crusaders Soccer Foundation is a totally separate organization from the Crusaders Soccer Club. Their mission is to raise money and provide volunteers in support of the Crusaders Soccer Club. The foundation recently held their first fundraiser with a golf tournament at Mission Trails Golf Course. Board members of the Crusaders Soccer Foundation will be meeting with the Crusaders Soccer Club’s board to determine how the funds raised from their initial event will be used to benefit the boys and girls participating in the recreational and competitive divisions of Crusaders Soccer Club programs.

Visit the Crusaders Soccer Club’s website at [crusaderssoccer.org](http://crusaderssoccer.org).

according to a press release about the event.

The dinner will be a catered meal served by current Troop 959 members.

For more information, contact Tom Hardy at 619-627-2327 or [thardyre@gmail.com](mailto:thardyre@gmail.com).

**California awards \$40M to help San Diego address homelessness**

On March 20, California Department of Housing and Community Development (HCD) announced awards totaling \$302 million from the No Place Like Home Program (NPLH). Enacted in 2016, NPLH dedicates up to \$2 billion in bond funds to build permanent housing with supportive services for Californians who live with severe mental illness and are experiencing homelessness, chronic homelessness, or are at risk of chronic homelessness. The awards are spread among counties with 5% or more of the state’s homeless population with the bonds to be repaid by funding from California’s Mental Health Services Act.

“A home is where your life is centered, where you raise your kids, a place you open to your loved ones. We often take for granted our own support systems that have helped us all remain stable in our own homes,” said HCD Director Ben Metcalf in a press release. “This program creates that stability for our neighbors who are living with severe mental illness and

experiencing homelessness, people who need extra support to remain stable once they have a home. These awards will help those most in need while promoting healthy communities of opportunity.”

California Senate President Pro Tempore Toni G. Atkins (D-San Diego) applauded the announcement.

“Homelessness is one of the greatest challenges facing San Diego — and all of California — and every dollar makes a difference as we fight this crisis,” Atkins said. “As someone who was deeply involved in establishing the No Place Like Home Program, I know that San Diego and the other counties receiving funds will put this badly needed money to good use.”

The second round of competitive NPLH funding availability is slated to be announced in fall 2019.



(courtesy SANDAG)

**Mid-Coast Trolley celebrates halfway point in construction**

Local leaders gathered to celebrate the halfway point of

See NEWS BRIEFS page 9 —>



**Scout troop to hold alumni gathering**

Boy Scout Troop 959 is calling on past members to gather for an alumni dinner on June 15.

The gathering is meant to “celebrate and show appreciation for all that has been done by those today and in our past,”

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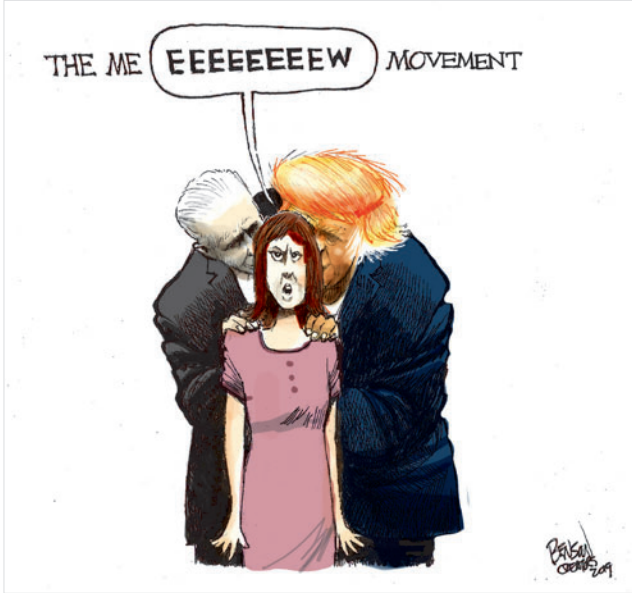
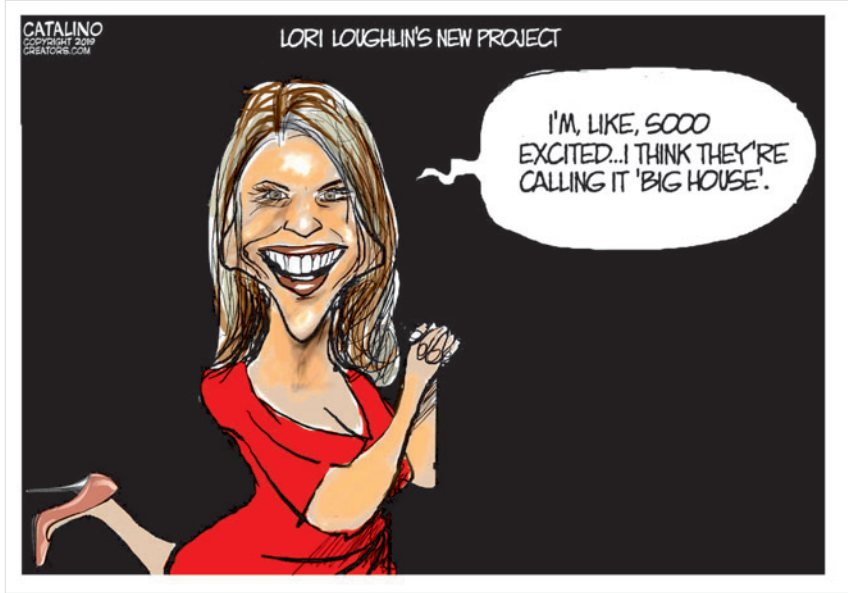
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Guest editorial

A library in need of resuscitation

Soleil Madonia

As the heart functions as a central organ of the body, the library functions as a central part of a student's academic career. The heart pumps blood to every part of the body, supplying oxygen and nutrients while removing the waste necessary to keep the body alive. The library provides a space to receive peer help, a sanctuary from the chaotic outside world, and access to information and inspiration through books and the internet to every part of the school. The library connects the students, staff, and administration while pumping resources to all. But our heart doesn't just keep us alive, it has connotations of passion and love fueling our body and soul. The library functions the same way; it provides the necessary resources and acts as a source of imagination and passion.

Our library at Patrick Henry High School has been cursed by district policies and budget cuts to become a source of drama for years. In an interview with Patrick Henry High School principal, Mrs. Listy Gillingham, she explained that the school has been constantly working around district restrictions and ever-rearranging funds.

It was 2014 when we had our last full-time librarian, Laura Leisse, and even then she wasn't paid through a district-allotted salary. Instead, the salary funds were presented in two lump sums: one for core teachers and the other for College Career Technical Education (CCTE) teachers. Because we had more money than what was needed to pay for the CCTE teachers' salaries, the librarian was paid in part through the excess. Later on, the budget was changed to one lump sum leaving no extra money for a full-time librarian. Mrs. Leisse was then dismissed, and our library was run by a librarian technician.

Expecting a tech to run the library just as well as a librarian is equivalent to expecting a secretary to run a school just as well as a principal.

They have completely different qualifications. With the library under little supervision and the funds for a library tech slowly trickling into oblivion, our tech was also let go as of summer 2018.

The administration has chosen Henry's computer lab for funding instead of the library, but it is ridiculous that our school has to choose to keep one or the other open. The concept that technology and literature can coexist in one place may sound utopian, but at Valhalla High School (Grossmont Union High School District), every student is issued a Chromebook. Still, over 1,700 independent reading books have been checked out from the library from August to December. They aren't just checking out books, they are finding inspiration, passions, and answers. While Valhalla's number of life-changing checkouts are in the thousands, here at Patrick Henry the number hovers around zero!

At Valhalla, students explore the information provided by literature and the internet with librarian Stephanie Macceca as their fearless guide. Mrs. Macceca doesn't just supervise students using the computers and browsing the shelves, but she also provides information-literacy and basic digital learning instruction to teachers and students as well. Mrs. Macceca makes displays for newly purchased books, helps students with school assignments, and runs Advance Placement testing. Mrs. Macceca is the lifeblood of the school.

Often, students are expected to be able to buy a class book or have access to the internet. Just as often the students need help finding that book and navigating the web. Lack of a library can leave students without access to resources at a disadvantage. The library can be referred to as "the great equalizer" as it not only provides access to books and the internet but also materials and professional help. If students had access to a library and a credentialed librarian, no students would be left without the necessary resources to succeed.

Many students at Patrick Henry take advantage of the sports and extracurricular activities offered (paid for in part by the school's alumni association) and therefore spend hours on campus after school for practice and meetings. For the majority, there is a period of time between when school ends and activities start; there's not enough time to make it worth going home and back, but enough to make a student feel uncomfortable and displaced while waiting on campus.

Without a library, students such as Tess Whitsett feel like they don't have a place to go. Libraries are not just about resources, they are about access. They provide a safe place for students like Tess to stay after school and work on homework or hang out with friends before practice. This not only gives students peace of mind but parents as well.

During our interview, Mrs. Gillingham assured me she did not plan on letting the library space rot. Her long-term plan is to convert the space into an "innovation center" with computers lining the walls. In the meantime, the library is used for after-school math tutoring a few days a week. However, neither of these solutions are an adequate substitution for the resources a loving librarian could offer Patrick Henry students. Computers could never come close to the personal investment of a librarian helping a student find the information and resources they need.

Our generation has been constantly ridiculed for being "tech-obsessed," declared "too dumb for complex texts" by author Mark Bauerlein. In reality, it is not the students but the district that has declared books antiquated by not providing funding for a full-time credentialed librarian. In order to restore and improve our library, the district needs to take the initiative as the Grossmont Union High School District did and make students' access to resources a priority.

—Soleil Madonia is a junior at Patrick Henry High School.■

Letters

Construction woes

What gives with the construction company that is supposedly repairing the sewer or water lines in Allied Gardens? They have an entire north side of a couple of blocks of the street from Orcutt to Zion on Carthage Street and park all their truck, gear, storage units, port-a-potties, heavy construction equipment.

It's been there for over a month and shows no sign of leaving as they race up and down the street and make lots of noise all week. Aren't they supposed to have a construction yard or lot for all of that dribble and not our fair neighborhood? Aren't they supposed to have permits to park there? Incredible.

—Sanford Hampton Jr., Allied Gardens.

Questions about church project

Re: "Del Cerro Action Council news" [Volume 25, Issue 3 or bit.ly/2uqWTXE]

Has anyone in Del Cerro other than the residents of Marne Drive and myself notice the activity in the canyon just east of College Avenue on the entry to Del Cerro? You may recall from an earlier article that this unimproved canyon has been purchased by All Peoples Church. Having talked to a concerned resident whose home and property is located adjacent to the proposed site of the church who also has some grave concerns. [...]

We know from earlier inquiries that the All Peoples Church has not submitted its master plan nor obtained a traffic study or provided an environmental impact report to the city. So it would stand to reason that no permits have been issued at this writing, or posted at the work site, which is a requirement of San Diego city code. [...]

In light of what has transpired, I have some very serious concerns as to whether we the community are being told what is really going on with that

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Mission Times COURIER

1621 Grand Ave. Suite C  
San Diego, CA 92109  
(858) 270-3103  
MissionTimesCourier.com  
Twitter: @MssnTimesCourier

EDITOR

Jeff Clemetson  
(619) 961-1969  
jeff@sdccnn.com

EDITOR AT LARGE

Doug Curlee  
(619) 961-1963  
doug@sdccnn.com

CONTRIBUTING EDITORS

Albert Fulcher, x110  
Kendra Sitton, x118

WEB & SOCIAL MEDIA

Jeff Clemetson  
jeff@sdccnn.com

COPY EDITOR

Dustin Lothspeich

CONTRIBUTORS

Jeff Benesch  
Nora Bodrian  
Pat Boerner  
Fabian Cuevas  
Rep. Susan A. Davis  
David Ege  
Elizabeth Gillingham  
Kit-Bacon Gressitt  
Shain Haug  
Dianne Jacob  
Kathryn Johnson  
Soleil Madonia  
Patricia Mooney  
Emilee Morgan  
Jennifer Morrissey  
Joe Ney  
Frank Sabatini Jr.  
Scott Sherman  
Patricia Simpson  
Adria Van Loan-Polselli  
Lucia Viti  
Jay Wilson

SALES & MARKETING DIRECTOR

Mike Rosensteel  
(619) 961-1958  
mike@sdccnn.com

MARKETING MANAGER

Francisco Tamayo  
(619) 272-1279

ADVERTISING CONSULTANTS

Heather Fine, x107  
Dan Baccaro, x113

SALES INTERNS

Ryan Deeb  
Meah Mapp  
Kiara Zapanta

ACCOUNTING

Priscilla Umel-Martinez  
(619) 961-1962  
accounting@sdccnn.com

SALES ASSISTANTS

Erik Guerrero  
Eric Diaz

EDITORIAL INTERN

Jules Shane

BUSINESS CONSULTANT

David Mannis  
(619) 961-1951

PUBLISHER

Julie Main  
(858) 270-3103 x106  
julie@sdnews.com

PUBLISHER EMERITUS

Jim Madaffer



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Guest editorial

MADs bypass Prop 13 protections

Joe Ney

I feel we must start a much-needed and urgent conversation regarding Maintenance Assessment Districts (MADs) and their true meaning and impact.

MADs are nothing more than a way around the protections of Proposition 13's safeguards, allowing cities to raise property taxes without a two-thirds vote of the people as required by state law.

After Proposition 13 was passed in 1978 by a super majority of California voters and upheld as constitutionally correct by the Ninth Circuit Court, then Gov. Jerry Brown and the legislators rushed into an emergency session and modified the 1972 Highways and Lighting Act and created what are known today as 1972 Act Lighting and Landscape Districts. Paragraph seven in the act states that assessment fees will be attached to a homeowners property tax assessments and it further states the right of the government to accelerated foreclosures of properties if delinquent taxes and fees are not paid.

It would be verbose to reprint those sections that were modified in 1978 by Gov. Brown and legislators, but a brief quote from paragraph

seven states "if property taxes are not paid timely, foreclosure proceedings may begin and the delinquent property owners will be responsible for payment of all collection cost legal fees and penalties related to the partial."

Under current California law, the (California Revenue and Taxation Code Section 3691 and 3692.4), property owners in California would have five years from the date of delinquency before foreclosure proceedings would take place for delinquent property taxes and fees, the 1978 modification clearly allows for an accelerated foreclosure if there are any delinquency amounts within 90 to 180 days.

If the homeowners in this community vote yes to establish a MAD in Del Cerro, they are in fact giving up some of their protections afforded to them under Proposition 13.

There is also San Diego's ordinance on the formation of MADs, article 5 Division II of the San Diego municipal code, 0-2016-88. That ordinance sets forth all of the requisites for the formation of a MAD and the amendments to that ordinance sets forth the City Council's decision to provide for "penalties and interest [that] will be calculated and attached to any delinquent assessments in conjunction

with delinquent property taxes." The city's ordinance is 32 pages long, the amendment is much shorter, but there is a good deal of information in both documents.

When those promoting the formation of a MAD in the community of Del Cerro say, "The city has no money to pay for improvements," that is the same statement we heard in 2003 from an earlier group who attempted to form a MAD.

My question is: What has the city done with the hundreds of millions of dollars that we the homeowners have paid in property taxes over the years?

Anyone can locate a copy of the 1972 Act Lighting and Landscape Districts and a copy of the California Revenue & Taxation Code sections 3691 and 3692.4. The San Diego city ordinance on the formation of MADs would have to be obtained by calling the city of San Diego and asking them to email a copy with its amendments.

In closing, I would encourage everyone being asked to vote yes for the formation of a MAD to verify what they're being told — conjectures and opinions have never been enforceable in any court of law.

—Joe Ney is a resident of Del Cerro.■

► Letters, from page 6

property, which has been and is currently zoned residential for well over 60 years. Is this property being rezoned as the paperwork indicates an institution?

I have concerns that this religious institution may open their facility to newly arriving refugees who are in fact homeless and bring a host of other concerns such as typhoid fever, malaria, tuberculosis, hepatitis A, B and C and let us not forget about crime. The murder of that poor woman in Adobe Falls is still present in my thoughts

I would like to point out that Hearst Elementary is less than 400 yards from this project. Do we want or should we allow our children to be exposed to such potential hazards?

[Editor's note: This letter has been edited for length.]

—Donna Dose, Del Cerro.

Partisan politics must end

I would like to share my thought about the direction our country is being politically steered by people, including those who use vulgarity to get attention and primarily the president, who persists on invoking whatever political philosophy that is encouraged by partisan politics. In past presidential elections, the will of the majority was denied by a flaw in our constitution that allowed the minority political party to assume a position of authority. That should be corrected now.

In all the president's adverse comments, too numerous to be counted, he criticizes the opposite and or all other political parties as enemies and or other demeaning terms. Because I am not a member of the Republican Party, I personally feel that his criticism is directed to me and others who are not affiliated — primarily to all voters who are Democrats. Others that I have spoken with express the feeling that the president is only responsive to, and representing, members of his political party.

I have strong feelings that partisan politics should be discouraged or even eliminated subsequent to an election. One good reason is many voters are registered with a party because their dad was a what-ever and that is their extent of affiliation. Under those circumstances, people like me and nonmembers would feel like we are being represented by our president and members of the Senate and Congress, and not being criticized as being enemies of our country.

—Edward Henry, Allied Gardens.■



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# California taxation discussed at next Republican Women's meeting



Pat Boerner

Susan Shelly will be the guest speaker at Navajo Canyon's next luncheon meeting on Tuesday May 14 at the Brigantine Restaurant in La Mesa. Shelly is a twice-weekly opinion columnist and member of the editorial board of the Southern California News Group. Her columns appear in 11 daily newspapers including the Orange County Register and Los Angeles Daily News.

She is also vice president of communications for the Howard Jarvis Tax Association (HJTA). Her topic will be "Blithering idiocy – the self-inflicted policies that are destroying California and what to do about it." We are also sure to learn if there are tax increases looming in the future and what we can do to prevent them from happening.

Please join us for this opportunity to hear from a representative of the group that made Proposition 13 a reality and how they are fighting to keep it. For 33 years, HJTA has been the legal and political watchdog for Prop 13 and a staunch defender of California taxpayers.

As always, we will be joined by local political representatives and given an update on what is going on politically in Sacramento. It is vitally important to know what is currently being proposed so that we can contact our elected politicians and let them know our feelings on what will be coming up for a vote. Are we trying to influence their vote? You bet we are! That is why we call them our representatives.

Check-in begins at 10:30 a.m. for the 11 a.m. meeting. A full course lunch will be served for a cost of \$25. Cash and checks are accepted, but no credit cards. Reservations are required 24 hours in advance,

as the room is usually filled to capacity. Please RSVP early to [RSVPrcwcnc@gmail.com](mailto:RSVPrcwcnc@gmail.com) to guarantee your seat. If you have any questions, you may call or text Marjie at 619 990-2791. For more information on our activities, please visit our website at [RWCNavajo-Canyon.org](http://RWCNavajo-Canyon.org) and visit us on Facebook at Republican Women of California.

2020 may seem like a way off, but in political terms it is just around the corner. Republican Women of California Navajo Canyon (RWCNC) will soon be even more involved in grassroots activities to advance our Republicans candidates. Throughout the year, we are registering voters and doing whatever we can to support our elected officials.

We will be volunteering at the San Diego County Fair in Del Mar at the Republican Party booth where voters can be registered; and going to California Republican Party headquarters to help with



Susan Shelly will be the guest speaker at Navajo Canyon's next luncheon meeting. (Photo courtesy RWCNC)

mailings, make calls and do whatever else is needed. Volunteering is a very rewarding experience so please join us at a meeting and discover ways to get involved and make a difference. Our goal is to have voters focus on important issues and elect Republicans!

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



## News and notes from your County Supervisor

### Dianne's Corner

Dianne Jacob



**Keeping communities safe:** The Board of Supervisors recently gave the green light to prepare for the next wave of rural fire prevention and protection improvements.

Supervisor Jim Desmond and I got board approval to ask county staff to flesh out several proposals, including the development of a grant program to encourage homeowners in high-risk areas to install fire-resistant materials.

We're also looking at ways to strengthen the fire code for construction and create a regional plan for controlled burns and other preventative measures.

The county continues to work overtime with Cal Fire and others to address the on-going threat of catastrophic wildfire. Since 2003, the county has invested more than a half-billion dollars on fire prevention and emergency medical service improvements across our backcountry.

**Housing:** The county's growing efforts to encourage the development of granny flats and other accessory homes are generating a lot of interest.

In my recent State of the County speech, I talked a lot about the need for such housing to help address the region's affordable housing crisis. For more information, call 858-495-5382.

**Parks and rec:** A recent Board of Supervisors vote cleared the way for a much-deserved, long-awaited park in Alpine.

The board agreed to buy 98 acres near South Grade and Tavern roads and to work closely with the community to turn it into a park and public open space.

A big win for the region!

—Dianne Jacob is chair of the San Diego County Board of Supervisors and represents District 2. For more District 2 news, visit [diannejacob.com](http://diannejacob.com) or follow her on Facebook and Twitter. For assistance with a county issue, call 619-531-5522 or email [dianne.jacob@sdcounty.ca.gov](mailto:dianne.jacob@sdcounty.ca.gov). ■

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# SDSU President de la Torre to address La Mesa Dem Club



La Mesa – Foothills  
Democratic Club

Tina Rynberg and  
Jeff Benesch



SDSU President Dr. Adela de la Torre



Chairman of the San Diego County  
Democratic Party, Will Rodriguez-  
Kennedy (Photos courtesy LMFDC)

On Wednesday evening, May 1, the 500-member La Mesa Foothills Democratic Club will be honored to host an address by SDSU President Dr. Adela de la Torre. Among the many topics we hope she'll include are those that will most affect our close relationship with the large campus on the western edge of our club's membership boundaries.

What is the timeline and detailed plans for Mission Valley West and the future of that monumental undertaking for the expansion of SDSU? How will this expansion affect the academic growth of SDSU in terms of added majors and areas of study, if at all?

How is SDSU now responding to the "mini-dorm" crisis? Have recent city initiatives assuaged any of the complaints from near-school neighborhoods?

What is the future of SDSU football and the use of the existing stadium? How long term are the plans for a replacement multi-use facility for Aztec sports and professional soccer? Can the existing stadium be used for Aztec Football until the new stadium is completed?

What about the student debt crisis? (Total national student loan debt is now larger than the total credit card debt in the United States.) SDSU's rising cost of tuition? Availability of scholarships, grants and work study to reduce student debt and school costs? Will students bear any of the cost of the SDSU West project?

These are but a few of the topics of interest to those of us that are neighbors, alumni, students and supporters of San Diego State University. Of course, there are many other subjects that we'd love for Dr. de la Torre to address, particularly with her unique experience and personal background.

We'd be remiss if we didn't ask her to share her significant expertise on transnational health issues and how this is one of many concerns we have with building walls instead of bridges between the United States and our important cultural, geographic and economic neighbors to the south.

Dr. Adela de la Torre was appointed by the California State University Board of Trustees as the new president of San Diego State University. Joining the campus in June 2018, Dr. de la Torre is the ninth permanent president of SDSU and the first woman to serve in that role. She brings with her 30 years of service in leadership roles within institutions of higher education, including the California State University system, the University of Arizona and the University of California, Davis.

Prior to her appointment as SDSU president, she served as the vice chancellor for Student Affairs and Campus Diversity at UC Davis. Dr. de la Torre's research focuses on aspects of Latino community health — an area in which SDSU is a national leader.

We'll also have the privilege of hearing from the newly elected chairman of the San Diego County Democratic Party, Will Rodriguez-Kennedy. He will talk about the important issues facing local progressives, the upcoming 2020 election cycle, how we can get involved in electing Democrats in important local and regional races, and most of all, how we can keep the Blue Wave going from our great success in 2018 in San Diego County.

Will Rodriguez-Kennedy got involved in politics through the LGBTQ+ and veteran communities fighting the "Don't Ask Don't Tell" policy, which had affected him during his service in the United States Marine Corps. He first got involved in the San Diego County Democratic Party as an alternate in 2012. He went on to serve in various campaigns as an organizer and in campaign finance. He has served on the San Diego County Veterans Advisory Council and on the board of San Diego LGBT Pride. He was also elected president of the San Diego Democrats for Equality and the California Young Democrats.

The May 1 meeting will begin at 6:30 p.m. at the La Mesa Community Center, 4975 Memorial Drive, just north of University Avenue in La Mesa.

Please join us as a guest or become a member, with our modest annual dues starting at \$30. Like us on Facebook and check out our new website [lame-safoothillsdemcoratic.club.com](http://lame-safoothillsdemcoratic.club.com).

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

## ► News briefs, from page 5

the Mid-Coast Trolley's construction by serving breakfast to construction crews working on the project on March 29. The event was held at the construction staging yard near the Voigt Drive Trolley station, where workers gather for their morning briefings.

"This is a major milestone for a major project," Poway Mayor Steve Vaus said. "Not only is this project large in scale, but its impact on the San Diego region is bound to be monumental. This is the largest public transit project in our region's history. It's costing \$2.1 billion. You — the women and men building

walls, laying rails, and pouring concrete — are the ones making this possible."

National City Mayor Alejandro Sotelo-Solis also addressed workers, thanking them for their hard work and drawing attention to the ways in which the trolley extension will provide her community of National City with improved access to jobs and education.

"This trolley will not only connect cities — it will connect communities. You are building a bridge — this bridge — between communities that can sometimes feel worlds apart," Sotelo-Solis said.

After addressing the crews, the mayors, SANDAG executives, and project managers served the workers breakfast burritos and coffee.

Many workers in attendance commented on this being the largest and most significant project of their careers, messages that were reinforced by Vaus.

"I hope you recognize the important role you play in this major moment in our region's history," said Vaus, "You'll be able to brag to your children and grandchildren that you helped build this beautiful elevated trolley. Be proud — because we're proud of you."

At its construction halfway point, the Mid-Coast Trolley project remains on schedule and on budget. Once complete, workers are projected to have poured 4 million cubic feet of concrete, installed 27 million

See NEWS BRIEFS page 19 →

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## Major expansion of pothole repairs announced

### District 7 Dispatch

Scott Sherman



In response to severe winter storms that damaged San Diego's roadways, the city announced a major expansion of its pothole repair program to fill thousands of potholes that developed during the heavy rains over the past few months.

The number of pothole repair crews have been nearly tripled from nine to 26 crews per day. These two-person crews will work extended hours and on weekends to make repairs.

Typically, pothole crews usually fill about 30,000 potholes a year. Already, this year's crews have fixed over 25,000 and are on pace to far exceed the average.

Our office has obviously received many calls from constituents regarding the state of their roads after the recent rains. I encourage District 7 residents to download the Get It Done app through their phones and computers to easily report a pothole.

There's no denying that the city of San Diego is still playing catch up after the pension crisis and the great recession that occurred in the 2000s. However, under the current administration, San Diego has been making historic progress in road repair.

Some reforms include:

- Tripling funding for road repair.
- Implementing changes to hold contractors accountable for the quality of their work.
- Sending street crews on a rotating basis into each council district to fill potholes.

A decade ago, the city only repaired 25 miles of streets in an entire year. Now, nearly that same number of miles is fixed in an average month.

In addition to the Get It Done app, residents can also contact my office directly to report potholes at 619-236-6677 or ScottSherman@SanDiego.Gov.

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

## Health care is a top priority for the American people and the House is listening

### District 53 Dispatch

Susan A. Davis



Since passage of the Affordable Care Act (ACA) nearly a decade ago, we have seen 20 million Americans gain access to health coverage coupled with slowing the rise of premiums.

A majority of Americans support the landmark law and want improvements made to it. The question is will we listen.

Instead of Democrats and Republicans working together to build on this landmark law, opponents have worked to bring it down legislatively, administratively, and judicially.

The legislative efforts to repeal the law have failed, including a 2013 shutdown of the federal government to defund the law.

Administratively, President Donald Trump has undermined the law by ending outreach and education efforts, cutting subsidies to help Americans afford health coverage, and allowing junk health plans that provide less coverage.

In the courts, the Supreme Court upheld the new law citing the authority of Congress to levy taxes. The tax penalty is what gave the law teeth to enforce the mandate that Americans buy health insurance.

The chaos and uncertainty created by these attacks on the ACA have resulted in rising premiums,

insurers leaving the marketplace, and this year — for the first time since it was enacted — more people will lose coverage than gain it.

My constituents are nervous and frustrated. I'm hearing from people who say the ACA helped them become entrepreneurs and start their own business. Now they aren't sure they can maintain those businesses.

Others say rising premiums are pricing them out of the market making health coverage unaffordable.

Repeatedly, the top concern of my constituents is health care, especially when it comes to costs. And with this uncertainty, who can blame them.

When Trump signed into law a massive tax cut for corporations, it included a provision to repeal the tax penalty used to encourage people to sign up for the ACA.

This set the wheels in motion for yet another assault on the ACA in the courts. Last year, a federal judge in Texas ruled that with the tax penalty gone the entire law is now unconstitutional.

While the Obama administration's Justice Department defended the law in court, the Trump administration has refused to do so.

In fact, it has gone so far as to file briefings in support of the legal attack on the ACA.

In filings to the court, the administration originally argued the law's provisions protecting Americans with pre-existing conditions should be overturned while the rest of the law should stand.

As the case moved to the appellate court, the Justice Department — under the direction of President Trump — reversed itself and recently filed a briefing in support of overturning all of the ACA.

According to the Urban Institute, 17 million Americans would lose health coverage if the law were struck down.

This would mean those with pre-existing conditions could be kicked off their plans and denied coverage in the future.

Seniors who get help paying for prescription drugs would no longer get that assistance.

The millions of low-income families who received health care through the expansion of Medicaid under the ACA would lose coverage.

Parents who can keep their children on their health care plans until the age of 26 — one of the more popular provisions of the ACA — would no longer be able to.

Many states, including California, have been defending the ACA in the courts.

With the start of the new Congress, the House of Representatives has joined the fight to protect the health care law. The House Counsel is now defending the law before the courts.

Where do we go from here? Ultimately, improvements must come on the legislative front, and the House is taking the lead.

There are a number of Democratic proposals to rein in costs, increase access, and lower prescription drug prices.

The recently introduced Protecting Pre-Existing Conditions and Making Health Care More Affordable Act will protect Americans with pre-existing conditions, lower health insurance premiums, and stop junk health care plans that lack basic coverage.

It would also require this and future administrations to engage in open enrollment outreach, education, and helping people navigate the health insurance system.

The House this month also passed a resolution calling on the administration to end its efforts to undermine the ACA and join in protecting the health care of the American people.

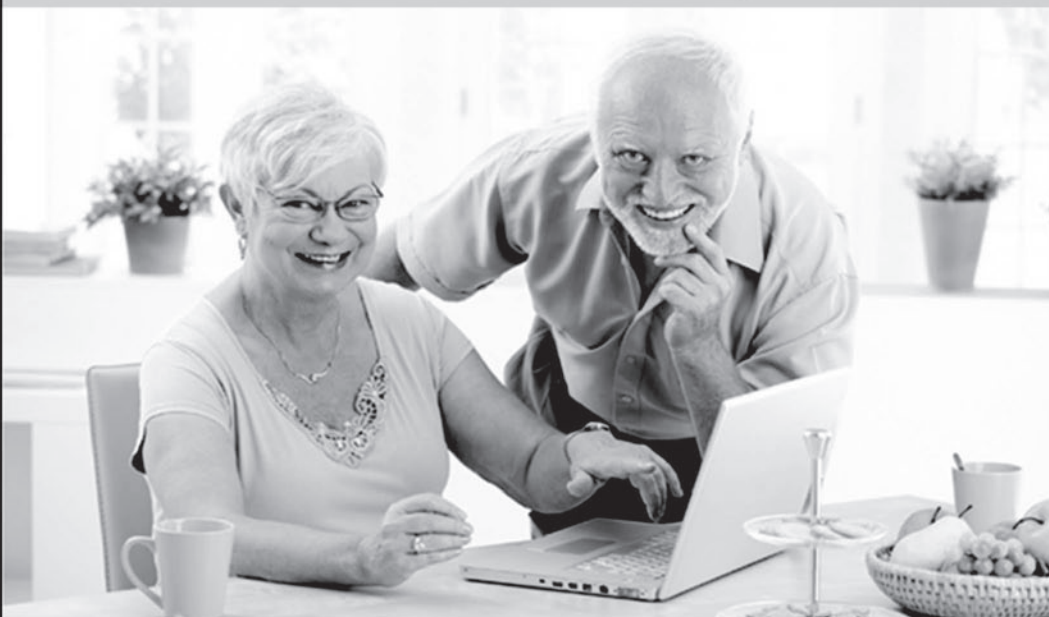
Hopefully, we can get to a point where Democrats and Republicans will come together to expand health care coverage and lower costs associated with it.

Improving our health care system is a priority for the American people and all of their representatives in Congress should be listening to them.

—Congresswoman Davis represents central San Diego, including the communities of Old Town, Kensington, Mission Hills, University Heights, Hillcrest Bankers Hill, North Park, South Park, Talmadge, Normal Heights, as well as La Mesa, Lemon Grove, Spring Valley and parts of El Cajon and Chula Vista.■

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► So Say We All, from page 1

“We were both enamored of [the TV series] ‘Battlestar Galactica’” Hudnall explained. “When they wanted to rally their people, that was their phrase — it’s a phrase to bring people together for one cause.”

Not surprising, the founders discovered storytellers among their audiences, people who wanted to be heard, but didn’t know how to craft their unique stories and delivery them, skills they lacked but skills that could be acquired with help. This became So Say We All’s platform for bringing people together, and its success led to nonprofit incorporation in 2010.

Hudnall recounted the moment and what brought him to it.

“We had to incorporate or shut it down, because it was becoming a lot of work,” he said. “I’m a San Diego native, and there have been things I always wanted to see here, especially accessible arts. I felt like if we didn’t take the opportunity to make it happen, I would be kind of a hypocrite. I felt I had to move on it.”

And they did, although about five years ago, Arky opted to refocus on other pursuits in Los Angeles, but the joy of first personal storytelling has kept Hudnall in San Diego as the organization’s executive director.

“I think it’s a really wonderful and honest form,” Hudnall

said. “On the entertainment level, there are few other opportunities to hear a drama, a true human story, from the person it happened to. It’s also the cornerstone of bringing communities together and letting people know they’re not alone. There’s this wonderful thing that happens every month: People get up on stage and tell very vulnerable stories.”

The desire to share one’s tales has led to a variety of So Say We All programs, including a show on KPBS featuring veterans, “Incoming Radio,” and several monthly events that provide distinct venues for story development.

“The cool thing about our three monthly things is that they allow for people to come in



Ellen Wright reading at a VAMP event (Photo by Killian Whitelock)

and work their way up the ladder. They can workshop a piece in the Green Room Writers Workshop. They can perform it — Long Story Short is for improvised storytelling. And there’s the rock star performance, VAMP, which is scripted and heavily workshopped and competitive. We do seven or eight each month. It doesn’t let people fail, and you don’t have to have an MFA in creative writing or acting to do it well.”

Hudnall has found that while the people who perform their stories reveal their vulnerabilities, they receive both “the glory and love of the audience.” He described the storytelling as “a kind of secular church, a secular confession that communities need.”

These communities include American Indians, military veterans, people who are homeless, college students, and more. To connect with people and their stories, So Say We All

has reached beyond its borders to partner with other nonprofits, social service organizations, colleges, and libraries. The group has also ventured into publishing, including the print anthologies “Incoming: Veteran Writers on Returning Home,” and “The Far East,” a “people’s history of San Diego’s semi-rural East County.”

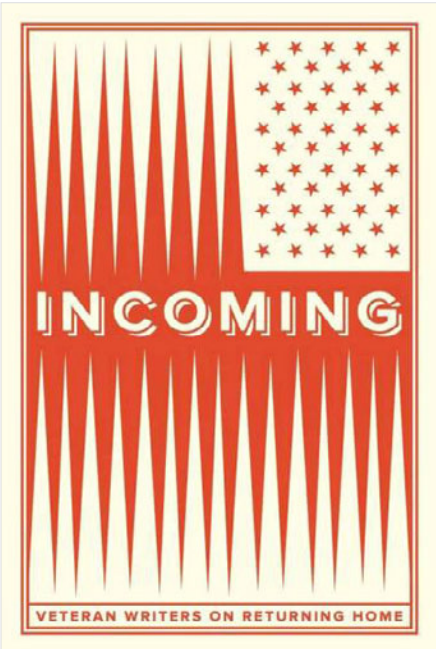
The supply of such stories is likely endless, which suggests a secure future for So Say We all, despite the challenge of securing funding for a nonprofit arts organization, but Hudnall has envisioned even more.

“We’re looking at the possibility of replicating our model in other locations. I’d love to see an arts organization in San Diego gain renown. I’d like to see our programming on TV and radio. I would love to see a Netflix program in there somewhere.”

For So Say We All, the possibilities may be as plentiful as there are people with stories waiting to be heard. For more information about the organization’s programs and performance schedule, visit [SoSayWeAllOnline.com](http://SoSayWeAllOnline.com).



The “Far East” cover



Incoming: Veteran Writers on Returning Home cover

# 6 SMART HOME ESSENTIALS

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



- **A home speaker that doubles as a virtual assistant.** Current models can answer questions, turn on lights, play video, access virtual assistants like Siri or Alexa, share weather and news updates, act as a timer, and play music on demand. Some models even help you shop online.
- **Home cameras.** The latest in home monitoring such as Cox Homelife allows for remote live video viewing from your smartphone, video recording and customizable notifications.
- **Smart lights.** Replace existing light bulbs with energy efficient bulbs that can be controlled remotely with a few taps on your smartphone or tablet. Cox Homelife has an automation feature to control indoor and outdoor lights, bringing you (and your pet) peace of mind while you’re away from home, as well as saving energy and money.
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- **Smart Search entertainment.** There are many options to watch TV and stream content online, and Cox’s Contour TV service brings smart search options, Netflix integration, a voice-controlled remote, and cool apps together into one service that is easy to navigate. Speak into the remote to find the programming you want to watch – use a famous movie quote, the title of a show, a genre, or the name of an actor. You can even say “free movies,” and available titles in the On Demand library will pop up.

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

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

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

Take a short quiz on the speed advisor at [www.cox.com](http://www.cox.com) to determine which speed is right for your household.

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



—Kit-Bacon Gressitt formerly wrote for the North County Times. She is the publisher of WritersResist.com and a contributing co-editor of Writers Resist: The Anthology 2018. She also hosts Fallbrook Library’s monthly Writers Read author series and open mic and teaches Women’s, Gender, and Sexuality Studies in the Cal State system. Reach her at [kbgressitt@gmail.com](mailto:kbgressitt@gmail.com). ■

## SUDOKU & CROSSWORD PUZZLE ANSWERS FROM P. 21

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4	5	3	2	8	1	6	9	5
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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](http://mtrp.org) or call the Visitor Center at 619-668-3281.

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Mission Trails Regional Park volunteers celebrated



Jennifer Morrissey

In recognition of their dedicated volunteer service to the public and Mission Trails Regional Park (MTRP), city of San Diego staff and the MTRP Foundation staged the 23rd annual Volunteer Awards Celebration, an opportunity to acknowledge the service of the 1,744 individuals who volunteered at Mission Trails in 2018. These volunteers worked a total of 17,345 hours of service, the equivalent of \$428,248.

At the event, a dinner hosted by the MTRP Foundation

MISSION TRAILS  
VOLUNTEER AWARDS

**Volunteer of the Year:**

Dorothy Leonard

**West Sycamore Crew:**

Roy DeRego

**Habitat Restoration:**

Terry Gaughen

**Trail Improvement:**

Bob Graham

**Park Beautification:**

Vance Mills

**Trail Guide:**

Robin Hampton

**Park Patrol:**

Marty Fink

**Nest Box Program:**

Richard Griebel

**Visitor Center:**

Donna Lupinacci



Volunteer of the Year Dorothy Leonard with Senior Ranger Ryan Robertson



MTRP Visitor Center volunteer Donna Lupinacci and Visitor Center Director David Lee



MTRP Trail Patrol volunteer Marty Fink with Ranger Rebecca Smart (Photos by Angie Ollman)

preceded an awards ceremony where volunteers were recognized for their dedicated service to the park.

Senior Ranger Ryan Robertson provided updates about the park — including the status of the new field station currently under construction in the East Fortuna Staging Area. MTRP rangers presented awards in their respective focus areas, and individual volunteers received awards, certificates from the city of San Diego and Councilmember Scott Sherman, and gift cards from the MTRP Foundation.

For information about one-day and ongoing volunteer opportunities at Mission Trails Regional Park, visit [mtrp.org](http://mtrp.org).

Amateur Photo Contest

Engage with and support Mission Trails Regional Park (MTRP) by entering the 27th annual Amateur Photography Contest! The MTRP Foundation has staged the contest as a way to encourage photographers of all ages to capture their experiences of MTRP through the lens, and share their unique perspectives with the community.

The images can include these categories: plants, animals, people, and landscapes; and the contest divisions include children age 12 and younger, teens (13-17 years), and adults (ages 18-plus).

Entries will be displayed at the MTRP Visitor Center from May 11 through June 21, with an awards reception on Sunday, June 9. Photo contest entries must be received by mail or dropped off at the MTRP Visitor Center by May 3. For more information including contest rules, prizes, and an application, visit [mtrp.org](http://mtrp.org).

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

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# My favorite place in Mission Trails Regional Park

Nora Bodrian

My favorite place in Mission Trails is Kumeyaay Lake. The trail around Kumeyaay Lake is shady and sunny, riparian and chaparral, has noisy birds and running water, crickets and bullfrogs, with mostly native plants and a few invasives which have floated downstream. It is a prime example of what can be done to completely rehabilitate disturbed land and transform it into a lush botanical and wildlife habitat for us to enjoy.

This section of the San Diego River was a sand and gravel mining operation until the 1970s. After it was mined out, it was developed into the Hollins Lake fishing and camping facility for seniors in



An argiope spider



Lake Kumeyaay on a sunny day (Photos by Mora Bodrian)

the 1980s. Then the area was rehabilitated with riparian vegetation like arroyo willow, sycamore, cottonwood, mulefat and other indigenous plants.

The willows attracted the federally endangered least Bell's vireo, and eventually the area to the north of the lake became a mitigation site for State Route 52 which cuts through the north end of Mission Trails. There are locked gates at one end of the trail to protect the nesting sites of the least Bell's vireo.

Kumeyaay Lake Campground, which succeeded the Hollins Lake facility, opened in 2000. It now allows one to meet scout troops and fishermen along the trail. Several birders and

photographers can be spotted early in the morning.

I love finding the argiope spiders on the prickly pear, with the mysterious zig-zag patterns on their webs. Herons, egrets and mallards are usually present in the water, along with a Cooper's hawk nest up in the sycamores.

Soon, in spring, we will see yerba mansa, Hooker's evening primrose and daturas along the trails. This is a magical place, hidden from the crowds on Cowles, and easy enough for one to take children and grandparents around for a quick nature fix.

—Nora Bodrian is a trail guide at Mission Trails Regional Park.■

# iNaturalist Observation of the Month: Common poorwill

Patricia Simpson

On any given day, a Mission Trails Regional Park visitor may encounter a common poorwill — if he/she can spot it! This nocturnal bird sleeps on the ground during the day but its cryptic plumage offers the perfect camouflage to the human eye. At night, a flashlight might pick up its glowing eyes on the trail, making it more visible. But by then, the bird may already be up in the air on a feeding raid, catching night flying insects.

In this iNaturalist observation by klyle161 (bit.ly/2VkBzm), the poorwill was apparently feeding during a reasonably warm winter night. Often in winter however, when the temperature drops and insects on the menu may be scarce, the common poorwill exhibits a very interesting behavior. The bird will go into what is called torpor, a hibernation-like state where the animal's metabolic rate slows down drastically to save a certain percentage of its daily energy requirement.

Torpor isn't unique to the poorwill. Other birds, such as hummingbirds, will also go into a state of torpor. A hummingbird's metabolism is extremely fast and the only way it can survive the night without feeding is by slowing it down dramatically by going into torpor. In the hummingbird, that state is induced by darkness. Some species of doves and



Common poorwill (Photo by Kristin Lyle)

pigeons can go into torpor when food is hard to find, but the state will not last more than a few hours for those feathered friends.

The common poorwill is unique because the torpor may last for weeks at a time, allowing the bird to survive without food for a long time. Both low temperature and food scarcity may play a role in inducing the state.

The San Diego Humane Society's wildlife rehabilitation program, known as Project Wildlife, intakes common poorwills every winter brought by kind citizens concerned about their well-being. In most cases, the birds are perfectly healthy; they just hit that snooze button on repeat (a life-long morning dream of mine!). Unless there are signs of trauma (head or wing out of place, blood), they are better off left alone.

—Patricia Simpson is a trail guide at Mission Trails Regional Park. iNaturalist is an online social network of people sharing biodiversity information to help each other learn about nature.■



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# EASTER

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APRIL 14 – 9:30 AM

**MAUNDY THURSDAY**  
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APRIL 18 – 7:00 PM

**GOOD FRIDAY**  
APRIL 19 – 7:00 PM

**EASTER SUNDAY**  
APRIL 21  
FREE Pancake Breakfast—8:30 AM  
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# FLASHBACKS FROM A BIG, COMFY BOOTH

## Restaurant Review

Frank Sabatini Jr.



When thinking back to the places I used to dine right after moving to San Diego in the late '80s, the Black Angus Steakhouse in Mission Gorge

sits at the top of my list. It was the all-American alternative to Szechuan Mandarin a half-mile away and Filippi's Pizza Grotto in Little Italy.

Friends and I viewed the experience as rather upscale at the time.

Salads were tossed table-side. Steak sauces as luxurious as Bearnaise were served in

silver gravy boats. And if your stomach allowed after devouring a hunky cut of prime rib, a tall-standing slice of fudge cake made for the richest of meal endings.

Much has changed since then, although I was thrilled to find that a lot hasn't as well.

The company's famous molasses bread served with honey-kissed margarine remains complimentary — an appetite killer if you overindulge before your first course arrives. The fried zucchini accompanied by house-made cucumber dip is still the best anywhere. Yet the biggest surprise is that the steaks include a choice of two side dishes, just as they always have. The pretentiousness of a-la-carte everything has no place here.



A steakhouse chain that hasn't been forgotten (Photo by Frank Sabatini Jr.)

Another steadfast element is the Western-cowboy atmosphere. But loud and rowdy it isn't.

While the corral-style lobby with its wooden hitching posts and prairie-theme artwork sits

adjacent to the bustling bar area, guests are greeted by glorious quietude when entering the dining area.

See **BLACK ANGUS** page 17 —>



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► **Black Angus**, from page 16

Over-sized, circular booths with high backs are set along wide aisles. They offer a rare sense of privacy. In addition, carpeting and upholstery abound, which makes for excellent soundproofing. Indeed, this is a return to comfortable dining.

After ripping through a plate of the panko-breaded fried zucchini, cut into tongue-shaped slices, plus a stupendous grilled artichoke that needed none of the dipping sauces served alongside, we proceeded to salads — a creamy Caesar draped with shavings of Parmesan cheese, and an iceberg wedge dripping with bacon-speckled blue cheese dressing.

Though the salads are no longer a tableside sideshow, they're served on chilled plates and with chilled forks. It's a fancy touch dating back to 1964, when the first Black Angus opened in Seattle.

My spouse, who dined here with me when we were a young unmarried



(l-r) A warm loaf of complimentary molasses bread; Fire-roasted artichoke (Photos by Frank Sabatini Jr.)

couple, broke with the tradition of ordering prime rib (available in four weights) and opted instead for a 12-ounce center-cut New York strip. Cooked medium as requested, it offered exceptional marbling and flavor. Priced at \$26.99, including steamed broccoli and au gratin potatoes as the two side choices, you'll be hard-pressed to find the same meal for under \$40 at modern-day steakhouses.

My go-to steak at the Black Angus was always top sirloin, not the Cadillac of cuts, but one that offers a gentle chew and robust flavor when cooked over flames. Eating it here again in the lap of our cozy booth sent me straight back to the days of Elvis Costello and “The Golden Girls” — right through the steamy baked potato, the crispy coleslaw, and that last bite of fudge cake, served nowadays with a mini pitcher of hot fudge.

Over the course of my long hiatus, the restaurant began trimming whole loins of beef in-house. (The steaks are still flame-grilled and carry an unmatched charred essence.) It also enhanced its drink list, which now carries house-made sangrias, strawberry-lemon drops and grilled pineapple margaritas.

Recent additions to the food menu include the aforementioned au gratin potatoes, plus free-range Australian lamb

chops with chimichurri sauce, “steak house bowls,” and panna cotta for dessert.

In its heyday, the Black Angus operated more than 100 locations throughout the Western states. It now has 44 outposts, including this location, which has been around since the late '70s. Although if there is any truth to the rumors, the company might soon make a comeback with new openings.

Based on this recent nostalgic meal, which exceeded our expectations, it's one of the few restaurant chains I'll shamelessly support.

—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](mailto:fsabatini@san.rr.com). ■



Fried zucchini with cucumber sauce



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**PATRICK  
HENRY**  
High School

**Patrick Henry High School News**

Elizabeth Gillingham

## PHHS Student of the Month

Nhi Nguyen was selected as our Kiwanis student of the month for March for many amazing reasons and was honored by attending the breakfast with our vice principal, Jennifer Pacofsky.

Teachers describe Nguyen as being a class act. She is brilliantly smart, but is very humble and treats others around her with respect and kindness. She's incredibly talented with her writing and a great artist. She's very well spoken, thoughtful, and would help anyone in need.

Nguyen has made the last two videos for our school's Henry Hoopla and they have been artistically pleasing and motivating to both students and teachers. Her professionally edited videos have reinforced our messages of the power of identity, growth, grit, collaboration, and inspiration. In this process, she has dedicated countless hours of hard work, has collaborated intelligently with staff and students, and has created a lasting and powerful impact on the student body at Henry.

Her English teacher stated that, "Not all super smart



**Nhi Nguyen** (Photos courtesy PHHS)

chemistry and engineering whizzes are also funny. Nhi has, from her time as a freshman, been adept at writing with humor and wit — something I've appreciated along with her other wonderful qualities."

Nguyen has been accepted to both UCSD and UC Berkley for the fall. Both of them will be lucky to have her and we can't wait to see how she impacts the world.



Patrick Henry High School ASB leader Chris Stagner, ASB advisor Autom Ross and Principal Elizabeth Gillingham attended the Laurels for Leaders luncheon in March.

## Laurels for Leaders luncheon

Washington-Lincoln Laurels for Leaders was established in 1957 as a way of honoring and recognizing the achievements of ASB presidents of San

Diego County high schools. Laurels founder Dr. Frank Lowe, then-president of the San Diego Unified School District, believed that such recognition

would encourage a lifelong commitment to service among the student leaders. PHHS's ASB leader Chris Stagner attended this luncheon held at San Diego State University last month with his ASB advisor Autumn Ross and Principal Listy Gillingham.

## PHHS art students help at Green Elementary

PHHS teacher Karen Thomas and several of her AP art history students accepted a special invitation last month from Green Elementary Principal Sandy McClure to help inspire the elementary students with how to create art chalk drawings.

Henry students volunteered on a Sunday by spending a day to recreate some samples for the students to view and then broke into teams the next day to work with various student groups sharing their knowledge and passion of art history.

The students started with an explanation and walk to

view the chalk art done by the Henry students, which included a few historical paintings such as "The Scream" by Edvard Munch. Afterward, the students all got their individual circles to use to create their original chalk paintings.

Green teacher, Sharon Henry, reported in a letter to the Henry principal, "Huge shout out to the wonderful AP art history students who mesmerized the children at Green Elementary. It was a pleasure to watch the high school students share their knowledge and passion with



Green Elementary students do art with Patrick Henry student volunteers.

these inquisitive youngsters. The Henry students were articulate, knowledgeable and had positive energy while sharing their passion. Thank you Karen and the wonderful PHHS students for a day to remember!"

## San Diego Opera debuts in PHAME!

"Three Decembers" was the latest in San Diego Opera's popular detour series of nontraditional operas offered in new venues across the city. After close to a year of planning, Patrick Henry High School was selected to host an opera and it proved to be up to the challenge both acoustically and aesthetically for everyone who was involved.

PHHS instrumental chairperson and teacher Matthew

Kalal was thrilled to form this partnership as he saw it as a win-win for both the school and San Diego. Students had a unique learning opportunity to see the behind-the-scenes set-up for a professional opera as they shadowed various members of the cast, production crew, and watched the musicians involved as well.

"It's been an amazing experience," Kalal said in an

interview with KPBS. "Just the last couple days, like this afternoon, I had the advanced choir class, I talked to the stage manager and arranged to have them watch part of the rehearsal between the orchestra and the singers and then I asked, 'Hey, is it possible after they get done with the rehearsal ...,' and they were so nice — all three singers came and talked with them and it was thrilling. It was the kind of thing that gets kids excited about it."

## NEF Drafting Competition

It was a great month for our engineering students who participated in the NEF Design Drafting Competition. The CAD/design/drafting competition is a contest designed for senior high school- and college-level students. The contest provides recognition to students for creative design, successful problem solving and craftsmanship in preparing architectural drawings.

Entries were evaluated for detail, accuracy and originality of work. Objectives of the contest were to introduce students to the construction industry in a positive and challenging manner, while fostering a sense of self-worth and building confidence. Each local sponsor is furnished with a design

See PHHS page 19 →



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► PHHS, from page 18

problem that is designed by a licensed architect or engineer and is generic enough to meet the needs of all areas of the United States and our international affiliates. Project drawings must include a minimum of: a floor plan, exterior

elevation, site plan and placement of structure. This year, the students submitted architectural plans for a commercial building of their own design and competed against both high school seniors and college students. PHHS swept the awards, winning first, second and third place! They will receive monetary prizes as

well as being advanced to the regional competition. Congratulations to the following seniors who proudly represented Henry High:

- First place - **Danny Truong**
- Second place - **Summer Merrill**
- Third place - **Yarina Conde Millan**

PHHS Rubik's Cube Club

Did you know the inventor of the Rubik's Cube, Erno Rubik, took one month to solve the puzzle before introducing this puzzle to the world? Today, the Guinness World Record is held by Feliks Zemdegs, who completed the fete in just 4.22 seconds! This craze, which began in the late '70s, is still going strong and was a featured event at the annual Cal State San Marcos Super STEM Saturday event sponsored by Viasat for students of all ages.

PHHS math teacher Thomas Knapik decided to take his club on the road to compete with other schools for the first time last month. At the Super STEM Saturday event, there were opportunities to explore interactive demonstrations, hands-on science activities, including rocket launches, build-a-robot stations, model displays, scientist chats, and an obstacle course. The event was free and open to the public.

The Rubik's Cube competition was just one of the highlights of the event, where elementary, middle, and high schools had an opportunity to compete for the fastest times eight players could solve 25 cubes. Patrick Henry's time for solving 25 cubes by eight students was 3:35 minutes, which put them in fourth place. They were edged out of the top three spots by Hemet High School (1:47 minutes), Classical Academy (1:50 minutes), and Del Norte High (2:42 minutes).

To prepare for the match, the students attended a staff meeting where they were put on stage in front of their teachers and given 25 cubes to solve prior to a meeting. It was impressive to see how quickly the students could spin each cube demonstrating their talents and quick agility to move the tiles from one place to the next and solve the puzzle under pressure. Go Patriots!



(l to r) Back row: Mr. Knapik, Jackson Rainer, Isaac Roberts, Justin Wolfe, Zack Thurman, and Johnathon Lalouz; front row: Nico Coto, Champ, Sammy Bothwell, and Cooper Delemus (Photos courtesy PHHS)



Pershing students in a scene from the school's production of "Willy Wonka Junior."

Kudos to Pershing Middle School's Willy Wonka Production

Pershing Middle School delighted audiences in March with their rendition of Roald Dahl's "Willy Wonka Junior" musical production. Based on the book "Charlie and the Chocolate Factory," this adapted play

was produced and directed by Principal Susan Levy. How a principal has time to step out of one role and take charge of over 50 students from her eighth-grade class is amazing! Levy reported they

had the tryouts last October and had been working after school ever since to prepare for the play. Thanks to a wonderful support crew of parents and staff, they put together a production that was truly magnificent and something to be proud of.

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

► News briefs, from page 9

pounds of rebar, and laid 83 miles of railroad ties. The Mid-Coast Trolley project will extend Blue Line Trolley service from Old Town north to the University City community, serving major activity centers such as Mission Bay Park, the VA Medical Center, UC San Diego, and University Town Center. Nine new stations will be constructed. Major construction work began in 2016, with service anticipated to begin in late 2021.

Crisis team call volume increased

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# Patrick Henry High School Patribots bring home wins

Adria Van Loan-Polselli, Emilee Morgan and Fabian Cuevas

The Patrick Henry High School robotics team, the Patribots, took home its second regional championship at the end of March after a three-day long competition in Salt Lake City, Utah. They also took home their first award for Imagery at Del Mar Fairgrounds, held Feb. 28-March 3. This is the seventh year for the team but its first bringing home the Imagery Award.

After two days of qualifying matches in Del Mar, the Patribots were ranked fourth with a 9-2-1 record. Senior Harrison Lange and junior Timber Carrey led efforts in the Patribot pit to repair the robot while programming, led by Zach Royal, worked to troubleshoot problems and improve the code. Together they overcame a burnt-out motor, broken chains, and a severely bent axle, affectionately named Mr. Hanky, which cost them one of their rounds. Mr. Hanky became the team's good luck charm for the rest of their remaining matches as the Patribots made it to the elimination finals.

After qualifications, the Patribots sat as the fourth alliance captain, with team 1159 Ramona Rampage (ranked 13th) from Alhambra, and 3255 the SuperNURDs (ranked 11th) from Escondido. The Red Alliance was sadly defeated in the quarterfinals after a series of robot complications and dying batteries, however, the Patribots went on to win the Imagery Award for their cohesive image as a team in their attire, handouts, robot, and pit designs. The team had been striving for the award through the season as marketing planned from their big-picture concept, down to the details of the font of their team's name on the pins.

At the Utah Regional, the Patribots' big, quick robot proved itself in qualifying matches by being the

third-highest scoring robot, although it was only ranked 23rd overall. That definitely got noticed and in the last picks of alliances. The first ranked alliance — team 3478 out of Mexico and team 971 out of Mountain View, California — picked the Patribots as their third alliance partner. During finals, the team made it to victory by playing shut-down defense on the other alliances robots. With a final score of: Blue 43, Red 69, the Patribots were champions. Drive Team Coach Adria Van Loan, drivers Timber Carey and Harrison Lange, Human Player Julia Providell-Appenfelder, and technician Fabian Cuevas celebrated with their allies on the field. Team members in the stands burst into celebration.

This year's game, Destination: Deep Space, challenges teams to work together in alliances of three to place hatch panels and cargo up to seven feet high as well as climb a platform 19-inches high. Teams play up to 12 qualifying matches, rotating so they potentially play with and against all other teams at competition.

The team has been dedicated to showing continuous growth and improvement. Led by Design Lead Timber Carey and Build Lead Jacob Lerner, the team did the math as they designed, prototyped, and modified the robot's design. The team's nearly 50 student members and seven adult mentors worked to make this a successful season. As they built a robot, the marketing team led community outreach to increase morale as well as a fan base of local youth, parents, families, and PHHS staff, which was able to share their growth and excitement. At the tournament, the fan base was present. They were decked in green and shouting, "Go Patribots!"

The Patribots are organized into subsystem groups that work to complete the demanding tasks of the 2019 challenge. Working Monday through Thursday from 2:30

p.m. to 9 p.m., 9 a.m. to 9 p.m. on Saturdays, and noon to 5 p.m. on Sundays, members balance demanding courses, like AP physics, calculus, and other sports, all while they dedicate hours to design, build, and program the robot.

Through the challenges of workshop noise and team responsibilities, the Patribots make time to study. Members support each other with homework and assist other engineering students in completing projects, keeping the FIRST robotics league ethic of "gracious professionalism." The team is eager to share its excitement for science, technology, engineering, and mathematics (STEM) with others in accordance with the team's motto: "Robotics is for EVERYONE!"

The 2019 robot stands 48 inches tall and, when extended, places hatches up to the top of the "rockets" at seven feet high. Members of the Patribots work with local schools to share robotics experiences that inspire interest in the application of math and science. Be on the lookout: The Patribots will be providing robotics camps in the San Carlos area this summer to inspire future Patribots to engage in STEM, school, and their community.

The Patribots will represent Patrick Henry High School in the 2019 FIRST Robotics Competition Championships held April 17-21 in Houston, Texas. A field of 450 elite teams from over 40 nations will compete to take home the prestigious title of FRC Champion. In order to get to the competition, the team will need to raise \$10,000 and are currently looking for additional corporate sponsors and donations. Current sponsors include Qualcomm, DoD STEM, BrainCorp, SolidWorks, PHHS Foundation, and Natural Networks Inc.

—Adria Van Loan-Polselli, Emilee Morgan and Fabian Cuevas coach the Patrick Henry Patribots.■



The Patrick Henry High School Patribots team with their winning robots (Courtesy PHHS)

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## PUZZLES ANSWERS ON PAGE 12

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

					9		1	3
3		5	4					
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	9	4		7	1		3	
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55 Southern MN town  
57 Sped  
58 Zest  
59 Knife  
60 Fraternal order  
61 1492 vessel  
62 Circus overhead
- DOWN**

1 Sir's mate  
2 Building block  
3 Northern VA community  
4 Anger  
5 Shore bird  
6 City on the Oka  
7 Loses vitality  
8 Inquire  
9 Survivor  
10 Alberta, Canada area

11 Sell  
12 Those in favor  
15 Dapper  
17 Panatela  
21 Clanging instruments  
23 Prefatory sound  
24 Muscle-relaxant substance  
26 City of northwest Czechoslovakia  
27 Mockery  
28 French river

29 Modernists  
30 Rebuff  
31 Watson's target  
32 Town near Roanoke, VA  
36 Like some bogs  
37 Swiss river  
39 Climbed  
40 Played the tape again  
42 Dunne and Papas  
43 Home of Shakespeare's Two Gentlemen

46 Mountain of southern OR  
47 Subway necessity  
48 Saccharine  
49 Moon's dark area  
50 And others: abbr.  
51 Supermarket sec.  
52 Algerian city  
55 Layer  
56 WWII craft



# Henry Cluster STEMM Foundation news

Jay Wilson

The Henry Cluster STEMM (Science, Technology, Engineering, Math, & Music) Foundation continues to expand the cooperation and involvement of SDSU and the schools within our cluster.

With the continued success of the annual Robotics Showcase Extravaganza, now in its second year and co-sponsored by the San Carlos Library and the HC STEMM Foundation, we have an opportunity to help establish new school-based robotics teams. We received a grant from the Wong Foundation to help fund a limited number of school-based new robotics teams. The

grant is for new robotics teams from grades K-12. Students, parents, teachers or other individuals interested in forming a school-based robotics team are eligible to apply. For more information about applying for grant funding, please contact us at [info@hcstemm.org](mailto:info@hcstemm.org).

On March 15, the HC STEMM Foundation hosted 20 students from Patrick Henry High School at the annual San Diego State University's Pre-College Institute (PCI) STEM Exploration Day. This invite-only event is an opportunity for high school students from underrepresented backgrounds and communities to explore STEM-related areas of study and career paths.

Fifteen high schools from Sweetwater Union High School, Grossmont Union High School, and San Diego Unified School Districts were invited to participate. This marked the first year Patrick Henry High School was invited. The HC STEMM Foundation provided the funding to send Craig Olson, PHHS career and technical education instructor, and 20 of his students. The full day included opening remarks from Dr. Cynthia Park, executive director at the Pre-College Institute, a message from keynote speaker, Dr. Joseph F. Johnson, Jr., interim SDSU provost, and pre-designed rotations of workshops and labs such as "Experimental Theatre," "Financial Literacy," "A Day in the Life of a Marine

Biologist," and "Service Learning: Stacking Cups, Cyber Security, and How a Ball Falls." The Patrick Henry students also included a workshop at the Planetarium.

The HC STEMM Foundation would like to acknowledge and thank Nate Sachdeva, with the Partnerships and Work Based Learning, Office of STEAM (Science, Technology, Engineering, Arts & Music) Innovation with the San Diego Unified School District and Listy Gillingham, Patrick Henry High School Principal, for their support. We would like to express our appreciation to Dr. Cynthia Park; Nadia Rohlinger, Pathways Office coordinator of service learning at SDSU College of Education; and their entire staff at the Pre-College Institute. We are grateful for the extra hours and hard work they put in to make STEM Exploration Day possible.

We anticipate participating in this event next year and sponsoring another inspiring group of students. We look forward to collaborating with Dr. Parks and the Pre-College Institute on additional opportunities for students within the Henry Cluster.

For more information about the foundation, visit [hcstemm.org](http://hcstemm.org).

—Jay Wilson writes on behalf of the Henry Cluster STEMM Foundation.■



Dailard elementary students learn about the dairy industry at an outdoor assembly. (Photos courtesy Dairy Council of California)

## Mobile Dairy Classroom visits Dailard

During a visit from a dairy cow and calf on April 5, students at Dailard Elementary learned firsthand the role of agriculture in the food supply, the journey of milk and dairy foods from the farm to the table and school cafeteria, and the importance of a balanced diet.

Dairy Council of California's Mobile Dairy Classroom assemblies bring a real cow and calf to elementary schools, agriculture days and fairs throughout California. These learning labs teach kindergarten through sixth-grade students about food literacy, milk and dairy foods, cow care on the farm, food groups, the milking process and agriculture technology. English-language arts, math and science are integrated into the lesson, which aligns with Common Core state standards.

Mobile Dairy Classroom assemblies are provided at no cost to schools by Dairy Council of California, an organization

supported by California dairy farm families and milk processors that strives to elevate the health of children and families in California through the pursuit of lifelong healthy eating habits.

Mobile Dairy Classroom complements other nutrition education programs offered by Dairy Council of California, including free, in-classroom nutrition curriculum. When Mobile Dairy Classroom is paired with classroom lessons designed to build healthy eating behaviors from all five food groups, students can make a powerful food literacy connection.

"In an age when children spend so much time in front of screens, an in-person, hands-on learning experience with a cow and calf makes a lasting impact on children," said Steve Miller, the Mobile Dairy Classroom instructor who taught the assembly at Dailard Elementary. "Learning about agriculture

and nutrition in an interactive setting helps students appreciate the food in the cafeteria and California agriculture's contribution to health."

The connection to food literacy

continues in the school cafeteria where Dairy Council of California and partners like California Department of Education and University of California Cooperative Extension provide technical assistance through the Smarter Lunchrooms Movement, a program that encourages students to make better nutrition decisions by changing the way food choices are presented in cafeterias.

Today, Mobile Dairy Classroom reaches more than 453,000 students, with six instructors who travel to elementary schools, agriculture days and fairs throughout California. The assemblies are part of dairy farm families' and milk processors' efforts to give back to the community.■

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San Carlos Area Council news

Patricia Mooney

Cannabis nurse Elisabeth Mack, RN, MBA, will be the San Carlos Area Council's (SCAC) featured speaker on Wednesday, May 1, 6:30 p.m. at the San Carlos Branch Library, 7265 Jackson Drive. All are welcome for free as usual.

Mack will share the story of how she became a cannabis nurse. Her background includes a decade in hospitals where she specialized in psychiatry, diabetes and medical units. After suffering a spinal injury, she reluctantly became a medical marijuana patient then an advocate.

In 2016, Mack formed her company, Holistic Caring, as a concierge medical-cannabis consultation service. There, clinical nurses educate, guide and support patients with product choices, dosages and timing. This fledgling field of cannabis care is really a renewal of ancient practices involving cannabis going back 5,000 years or more. You do not want to miss this meeting, so mark your calendars.

In March, our speaker, Professor Emeritus Rolf Schulze, propelled us all back to when he was a child in late-1930s Germany when Hitler rose to power. He spoke to a rapt audience and later autographed some of his books for interested SCAC members. "Dangerous Delusions" is available on Amazon.com.

Our April meeting featured appearances by our county, city and neighborhood representatives. Local Police Liaison Officer John Steffen reported that San Carlos enjoyed a good month with no violent crimes, six property crimes (two shoplifters at Keils), two proactive arrests and three citations. He mentioned National Prescription Drug Take-Back Day is on April 27. You can drop any unused prescription pills off at 9225 Aero Drive with no questions asked. This program saves people from flushing pills down the toilet, affecting our entire water supply.

Mayor Faulconer's Special Assistant Darnisha Hunter spoke to us about the latest controversy in the city, occupied parking. After numerous complaints from homeowners about inconsiderate auto occupants, the City Council rescinded the order. Mayor Faulconer has conferred with the City Attorney and will issue an ordinance about where one can and cannot park.

Hunter iterated that all people living in vehicles are not homeless. Some are working, and some are students. Some are active duty members of the military and can't afford rent even though they're stationed here. If they have a baby or something happens to their car, they are one paycheck away from becoming homeless.

Many different scenarios lead to homelessness. The city is exploring the construction of small units and raising height limitations in certain neighborhoods outside the coastal

zone to address the issue of a burgeoning homeless population here in San Diego.

A discussion ensued about our lack of public transportation and the need for zoning to create it. Upcoming generations don't want to own or drive cars and are more likely to take Uber or Lyft.

Jessica Brown from Rep. Susan Davis's office announced that high school students can submit their work to the Congressional Art Competition. The winning art will be displayed in the Capital Building for a year, and the winning artist will receive airfare to Washington D.C. The deadline to submit entries is coming up. Go to Rep. Davis's website for more information.

Brown said that Rep. Davis helped secure funding to help solve the sewage spill issue in Imperial Beach. Davis, along with her peers, is demanding the release of Robert Mueller's report regarding Russian interference in our elections. Davis is also working to protect net neutrality and to reauthorize the Violence Against Women Act.

Victoria Floyd, from Dianne Jacob's office, told us the Santa Ysabel Nature Center foundation has been poured. Once the building is up and running, they expect more tourism, which will help the backcountry economy. It will open in 2020. It's going to be big, maybe as large as the Interpretive Center at Mission Trails, and located near the highway intersection. A parking lot will be constructed near Mt. Woodson so people don't keep running across the highway, which we all know is dangerous.



Cannabis nurse Elisabeth Mack, RN, MBA (Courtesy Patricia Mooney)

There will be a charge to park your car there.

Roarke Shanley, from Scott Sherman's office, announced there will be a new traffic signal installed at the corner of Winding Creek and Jackson Drive. Construction will begin on June 10 and completion is expected within 120 days. A pipeline rehabilitation project is ongoing at Golfcrest near Mission Gorge. Heavy rains delayed it, but the work is back on track.

Easter is coming and along with it the Spring Carnival on April 20. The kids will enjoy an Easter egg hunt and a petting zoo. Family fun!

I would like to sign off by thanking Assembly member Shirley N. Weber and the California state Assembly for honoring me with an award as Woman Leader in the 79th Assembly District in the field of Business. I am deeply honored and thoroughly enjoyed meeting fellow honorees at the ceremony on St. Patrick's Day.

—Patricia Mooney is vice president of the San Carlos Area Council. Have a San Carlos story to tell? Email [patty@crystalpyramid.com](mailto:patty@crystalpyramid.com). Follow SCAC at [twitter.com/CouncilSCA](https://twitter.com/CouncilSCA).■

Del Cerro Action Council news

Jay Wilson

On Thursday, April 25, the quarterly meeting of the Del Cerro Action Council (DCAC) will be held at 7 p.m. at Temple Emanu-El.

We will have two significant presentations. The first will be by Johnnie Perkins, the deputy chief operating officer of Public Works & Infrastructure for the city of San Diego. In December, I attended the San Carlos Area Council meeting to hear Mr. Perkins give a very thorough presentation on the city's new Pure Water (treating sewage into potable water) program. Mr. Perkins will be narrating a very informative PowerPoint presentation. Construction of the Pure Water treatment facility is scheduled to be completed in 2023 and will significantly increase the amount of potable water produced in San Diego. This is a significant step in reducing the amount of water currently pumped into San Diego from Northern California and the Colorado River that when purified, provides over 80% of our potable water.

The second presentation will be by the staff from the Atlantis Group, the land use firm hired by the All Peoples Church. This will be the first time we are to see a rendering of the proposed building. At one point, there was a video of the project on the All Peoples Church website which showed a sanctuary for up to 900 people and 10 to 12 classrooms. It is quite a structure and is to be located at the southern end of the property with a 300-space,

lighted parking lot starting below the Chevron Service Station.

On April 5, Councilmember Scott Sherman; SDSU President Adela de la Torre and staff; SDSU students affiliated with SDSU's Homeland Security Master Program; students affiliated with SDSU's Capstone Program, which is focusing on crime and safety in Del Cerro; members of the Friends of Del Cerro board of directors; and myself, representing DCAC and the Navajo Community Planners, joined SDSU Professor Dr. Eric Frost for a thorough two-hour tour of the entire Adobe Falls area. This was Dr. de la Torre's first visit to Adobe Falls, and she is the first SDSU president to visit Adobe Falls.

The purpose of the tour was to provide Dr. de la Torre a first-hand look and understanding of the challenges facing SDSU, Caltrans, the individual homeowners and residents of the residential Smoke Tree complex. Dr. de la Torre and Councilmember Sherman pledged to work together and with all entities involved with Adobe Falls and the surrounding area to seek solutions to the issues.

Mark Rawlins, the chair of the Del Cerro Action Council, reminds everyone again to join us on Thursday, April 25, for the quarterly DCAC meeting at Temple Emanu-El at 7 p.m. For more information, visit [delcerroactioncouncil.org](http://delcerroactioncouncil.org).

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

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# Allied Gardens Grantville Community Council news

Shain Haug

At our town hall meeting on Tuesday, March 26, Michael Fossler gave us a clear and unbiased look at how reverse mortgages can be a smart and safe way to use home equity as a retirement asset. All in attendance found his presentation most informative. At that meeting, we welcomed Charles (Chuck) Cadwalader, branch manager of the Mission Gorge branch of the HomeStreet Bank, as the newest member of the AGGCC board of directors.

Looking ahead to our next town hall meetings at the Benjamin Library (Zion Avenue and Glenroy Street) at 6:30 p.m.:

● **Tuesday, May 28** – A representative of San Diego Gas & Electric will offer a detailed explanation of how the new schedule for pricing electricity works. We will provide you with all the information and technical expertise you need to decide on your plan.

● **Tuesday, July 23** – The San Diego Humane Society, as the successor to San Diego County, took over animal control in the city. A representative of the society will discuss the services now available and how to obtain their attention in times of need.

At our town hall meetings and during the operations of the Community Council, we offer programs and services that you will find to be of value, particularly on matters with which

you have difficulty getting answers. Let us help you. Contact us with your suggestions and inquiries by way of email to the AGGCC president.

As the AGGCC president, I am a de facto member of the working group that deals with the questions arising from the Superior Ready Mix mining at the quarry and its operation of the cement and asphalt plants. Our next meeting of the group will be on May 16. I will take your issues to this meeting. Please let me know by email of any observed or reported problems. I will present those matters to the working group and will report back to you and the community.

I recently took a position on the board of the Navajo Community Planners, Inc. (NCPI) as a representative of Allied Gardens. I join our community in thanking Marilyn Reed for the many years of community service she provided in that capacity. She has been tireless in her advocacy of the interests of Allied Gardens as a member of NCPI and as a leader of our Community Council.

I stepped into to the position on NCPI only because she was termed out of office (the rules require her to take a year off the board). It will be hard to match her successes, but I will give my very best effort to do the job as well as she did.

There are several matters of concern to our neighborhood that will or should come before NCPI:

The development of the stadium property by SDSU is on the edge of Allied Gardens and Grantville. But the traffic associated with the school, residences, business, and hotels will no longer be limited to “game day.” It will be our job to ensure that the plans include consideration of and measures to reduce that impact.

The expansion of Montgomery Field operations includes a reduction of the flight path over Allied Gardens. NCPI has held one informational meeting on this matter and there will be more to come. Please plan to attend those meetings.

Allied Gardens has not received the attention we deserve for the use of developer impact funds. The expansion of residences in Grantville will have significant effect on Allied Gardens and we must receive a fair benefit from the resulting funds.

Zephyr has just begun accepting residents. Our support of their journey away from homelessness continues.

The AGGCC board of directors meets on the first Tuesday of each month at 6:30 p.m. at Benjamin Library. The next meeting will be on Tuesday, May 7. Join our board and we will support your passions for our community.

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

# Happenings at the Allied Gardens/Benjamin Library

Kathryn Johnson

## April is Poetry Month

Be sure to take a look at our poetry display for some good reading options for all ages. This is an excellent opportunity to expand your reading horizons. If a whole book of poetry doesn't appeal to you, we have posted well-loved poems throughout the library for all to enjoy.

## Longtime Allied Gardens resident starts a new chapter

Christopher Ochs grew up in Allied Gardens and eventually became a paralegal with Microsoft. Little did he know that not only would his work take him to the exotic locales of Delhi, Agra and Kathmandu but it would also provide him with inspiration for a book.

In Christopher's debut novel, “Into the East,” he details



Author Christopher Ochs (Photos courtesy Allied Gardens Library)

some of the wonders of these fascinating areas. Chris now resides in the Seattle area but check our shelves soon for this work by one of our very own.

## Save the date

We are gearing up for a Community Festival on Saturday, May 18. This family-friendly event will include a morning petting zoo, face painting, balloon animals, bouncy houses, carnival games and more! Lunch will also be sold by the local Kiwanis group to help raise funds for their philanthropic endeavors.

## New faces at the library

We are very excited to welcome two new staff members to our team!

Our new half-time Youth Services Librarian, Michelle Reents, has been with San



(l to r) Michelle Reents and Kevin Tran

See AG LIBRARY page 25 —>

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## APRIL BIRTHSTONE - DIAMOND

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► AG Library, from page 24

Diego Public Library for five years. A lifelong avid reader, her tastes have evolved from fairy tales as a child, to fantasy as a young adult, and now she primarily enjoys non-fiction. Despite this unexpected evolution, she will always love children's picture books. Michelle's looking forward to getting to know our patrons, big and small! She lives close to the branch and you might see her biking to work.

Kevin Tran came to us as a newly promoted Library Assistant III. With 10 years of service, he's worked at Tierrasanta, Mission Valley, and City Heights libraries just to name a few. During his time off he enjoys biking around beautiful San Diego, cooking with his wife — who is also a librarian — and traveling to new places. He is looking forward to developing and leading a technology assistance class in the future. Please be sure to stop by and say hello.

**Puzzle program expands**

Many library visitors have been enjoying our free puzzle exchange program. Puzzlers of all ages have taken home puzzles of various sizes to enjoy or have brought in puzzles that they no longer use to share with the community. This program has been so successful, we have decided to add board games. Feel free to take one home for a while to enjoy with family and friends.

**Friends of the Library recruitment**

Our wonderful Friends group is looking for more members to help in a variety of capacities. Please stop in the library for more information about getting involved. See you at the library!

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

San Carlos Library news

David Ege

After the passing of Judy McCarty, many articles mentioned her support of all libraries, but Judy was especially passionate about building a new library in San Carlos. During her City Council tenure in 1995, she worked to secure the corner lot on Jackson and Golfcrest as the future site of the new library and ever since then she continued to support the San Carlos Friends of the Library to fulfill this dream. Judy will definitely be there in spirit and in our hearts when the ribbon is finally cut on opening day.

**Local author**

Patrick L. Abbott, will discuss his book, "Geology, Mission Trails Park" on Friday, April 26, from 2-3 p.m. A native San Diegoan and SDSU professor emeritus of geology, Abbott brings his passion for teaching and extensive research to the San Carlos Library as he presents 126 million years of the Mission Trails Regional Park's geological history.

**San Diego butterflies**

Seeing a butterfly float and flutter in the garden is a wonderful treat, and Luann will share how we can derive even more enjoyment from these lovely creatures! After a brief discussion of

butterfly biology and life cycles, Luann will show photos of San Diego butterflies and explain how to identify them. We'll discuss butterfly nectar and host plants that can be incorporated in our gardens to entice butterflies, and you will learn how you can become a butterfly gardener. This year Luann and her husband raised and released 135 native butterflies of various species — a fun and rewarding hobby!

**Anita Shaw's paintings**

The beautiful works of local artist, Anita Shaw, will be on display in the Winer Family Community Room & Art Gallery from April 8-May 2. Shaw, who spearheaded a new movement in watercolors, states, "I love art because you find out what you feel and think as you're painting. It's an act of both meditation and discovery." Please join us on April 20 between noon and 2 p.m. for the artist reception. Refreshments will be served.

**Free Comic Book Day**

May the Fourth be with you! Free Comic Book Day returns to the San Carlos Branch Library on May 4. All day (9:30 a.m.-6 p.m.), stop by to grab your free comic book. Between 1-3 p.m., stop by the children's area to create a super hero collage. All ages welcome.

**Making waves**

Did you know that if we take three deep breaths, the oxygen from two of those breaths comes from plants that live in the ocean? Marine plants help reduce global warming and provide our atmosphere. On Wednesday, April 17, from 2:30-3:15 p.m., learn about the science behind these funky plants. Presented by the League of Extraordinary Scientists & Engineers. Ages 5-12.

**Challenge Island: Sydney Harbor Bridge**

Challenge Island returns to the San Carlos Branch Library on Wednesday, April 24 from 4-5:15 p.m. Children ages 8-12 will use creativity, critical thinking and social skills as they learn about the marine life in Sydney Harbor and the importance of a strong bridge. They will then create a harbor water scene and build a bridge across it. This popular science and engineering-based program fills up quickly, so please register early by calling 619-527-3430.

**Hurricanes vs. houses**

On Wednesday, May 8 from 2:30-3:15 p.m., learn how hurricanes form over

ocean waters in this workshop! Kids will build structures out of various materials that will face simulated strong winds and rain to get an idea of the damage brought by this force of nature. Ages 9-12. Register online at sandiego.gov/steam.

**Dates to Remember**

- Apr. 17, 4-5:30 p.m.: San Carlos Friends of the Library monthly meeting
- May 1, 6:30-8 p.m.: San Carlos Area Council Meeting, members of the community are invited to attend.
- May 3, 1:30-3:30 p.m.: Friends of the Library only, Used Book Pre-Sale. Join SCFOL during the sale.
- May 4, 9:30 a.m.-3:30 p.m.: SCFOL Monthly Used Book Sale
- May 9, 12:30-2 p.m.: Library Book Club

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



"Shaw Market Day" by Anita Shaw (Courtesy San Carlos Library)

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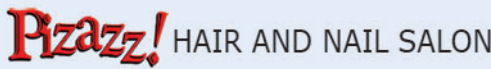
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Buffet	Dinner	Late Night Dining	Sandwich
Burger	Donut Shop	Live Music Venue	Seafood
Burrito	Family Restaurant	Lunch	Sports Bar
Business Lunch	Farmers Market	Margarita	Steakhouse
Casino	Fine Dining	Martini	Sushi
Casino Buffet	Greek Cuisine	Mexican Cuisine	Thai Cuisine
Casual Dining	Golf Course	Micro Brewery	Vegetarian / Vegan
Catering	Happy Hour	New Restaurant	Wine Bar

Business & Retail

Accountant	Credit Union	Hardware Store	Pilates
Acupuncture	Day Spa	Home Improvement	Plumber
Antiques	Dentist	Hospital	Pool Services
Appliance Store	Dermatologist	Insurance Broker	Preschool
Art Gallery	Dispensary	Jewelry	Property Management Company
Attorney	Doctor	Manicure / Pedicure	Real Estate Agent
Auto Dealership	Dry Cleaner	Massage	Real Estate Office
Auto Dealership (Used)	Electrician	MMA or Boxing Gym	Retirement Living
Auto Repair Shop	Electrician Company	New Business	Solar Company
Bank	Event Planner	Optometrist	Supplement Store
Barber Shop	Fighting Gym	Personal Trainer	Tailor
Bookstore	Financial Planner	Pet Boarding / Day Care	Tanning Salon
Boutique	Florist	Pet Grooming	Tattoo/Piercing Studio
Car Wash	Furniture Store	Pet Grooming (Mobile)	Veterinarian
Child Care	Garden Supply	Pet Sitter	Veterinary Hospital
Chiropractor	Gym / Workout Studio	Pharmacy	Waxing and Threading Salon
Consignment / Resale	Hair Salon	Photographer	Windshield Repair
Cosmetic Services	Handy Man	Physiscal Therapy / Rehab	Yoga Studio



MISSION TIMES COURIER  
COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR

ONGOING EVENTS



**Nature's Impressions Through May 10**  
The Mission Trails Regional Park Foundation (MTRP) presents a fine art exhibition featuring award winning watercolor artists Thomas Franco, Ralph Kingery and Catie Somers. Free. 1 Father Junipero Serra Trail. ■

FEATURED EVENTS



**Habitat Restoration**  
Get your exercise for the day while helping to improve the natural habitats in Mission Trails at the same time by lending a hand on their monthly Habitat Restoration Crew. Walk the trails and help to beautify the park with park rangers and volunteers. Ice water, Gatorade and snacks will be provided. General meeting location is in the Day Use Parking Lot at the Kumeyaay Lake Campground. To RSVP and find out the specific project location, please contact Ranger Heidi at 619-668-3279 or hgutknecht@sandiego.gov.



**Spring EGGstravaganza**  
The City of Santee presents the 16th annual Spring Eggstravaganza at Santee Lakes Recreation Preserve (Lake #5) on Sunday, April 14, 9

a.m.–3 p.m. Kids of all ages will enjoy activities including carnival rides, pony rides, a petting zoo, inflatables, spring crafts, face painting, and live entertainment by Primo DJ. Egg hunts run continuously during the event on the Egg Hunt Island for children ages 4–8 and in the Egg Hunt Basket for those ages 3 and under. Be sure to bring baskets if you plan to participate in the egg hunt. Fees include parking at \$10 per carload and carnival rides and activities are \$1 per ticket. 9310 Fanita Parkway. More information available at [bit.ly/2FYlsQY](http://bit.ly/2FYlsQY).



**Harp Society Recital**  
The San Diego Harp Society will have its Annual Advance Student Recital on Sunday, Apr 14 from 3 – 4 pm at the Mission Trails Church, 4880 Zion Ave. Free.



**SD Film Forum**  
Join the San Diego Film Forum at Temple Emanu-El for a showing of the 2018 film “The Old Man and the Gun” starring Robert Redford, who stars in this dapper and gritty heist caper about a rascally bank robber armed only with a twinkle in his eye. The all-star cast includes Sissy Spacek, Tom Waits, Casey Affleck and Danny Glover. \$2. 6299 Capri Drive.



**In-Transit: Lecture**  
Visual artist and photographer George Awde will be

at the SDSU School of Art for a guest lecture in Hepner Hall. Awde is the co-founder/co-director of marra.tein in Beirut, Assistant Professor at Virginia Commonwealth University in Qatar, and recipient of numerous awards and fellowships, including those from the Aaron Siskind Foundation and a US Fulbright Scholar Grant. He will speak about his approach to art-making and his series Scale Without Measure, which is featured in the exhibition, In Transit, on view at the SDSU Downtown Gallery April 18–July 14. This is a free lecture. 5:30–7 p.m. 5500 Campanile Drive.



**Full Moon Hike**  
Join REI for night hike through Mission Trails as they take in the full moon from the top of West Fortuna. The hike is a 4.8-mile loop with an 1,100-foot elevation change. Some hiking experience is recommended for this event, and personal gear is not provided. \$35 for non-members, \$25 for members. 6:30–9:30 p.m. 11499 Clairemont Mesa Blvd. Registration, information, and gear list available at [bit.ly/2FW9QOs](http://bit.ly/2FW9QOs).



**CNR Egg Hunt**  
The Children's Nature Retreat will host their annual egg hunt, with over 300 eggs hidden around the retreat's grounds. This year, hidden somewhere in a special egg will be a pair of tickets to Disney Land. Hunt will start at 10:30 a.m. Be on the lookout for Easter the bunny while you look! Free. 5178 Japatul Spur. Reserve your spot by emailing [reservations@childrensnatureretreat.org](mailto:reservations@childrensnatureretreat.org) or calling 619-320-4942.



**4:20 with Joe Rogan**  
Catch comedian and podcaster Joe Rogan at Viejas Arena for a standup comedy special. Doors open at 7 p.m. and show starts at 8 p.m. Tickets start at \$55. 5500 Canyon Crest Drive. Tickets available online at [bit.ly/2UoHhn0](http://bit.ly/2UoHhn0).



**Sunrise Easter Service**  
The Mt. Helix Easter Sunrise Service will be held on Easter Sunday at 6:30 a.m., at the Mt. Helix Amphitheatre. The one-hour, non-denominational Christian service which began in 1917 is open to all and will feature a community choir and words from speakers Bonnie L. Oscarson and Marty Morgan. Free shuttle service to Mt. Helix begins at 5:30 a.m. from parking lots at Grossmont High School and San Miguel Fire District Station 21 located at 10105 Viveira Drive. Warm drinks and refreshments will be provided at the service. Those attending are encouraged to bring a pair of new socks to donate to organizations which will distribute them to the outdoor community. 4905 Mt Helix Drive.



**Human Trafficking Awareness**  
Join the movement to end human trafficking in San Diego. Learn strategies to recognize

protective and risk factors, increase public awareness about human trafficking, and understand your role as an advocate to support our youth. Hosted at Marshall Middle School, 9700 Ave. of Nations. Free.



**James and the Giant Peach Through May 3**  
The SDSU Don Powell Theatre presents a classic at the end of April. Based on Roald Dahl's beloved book and directed by Stephen Brotebeck, this musical theatre production follows young James and his insect friends on an amazing voyage across the ocean, featuring music by the Tony and Academy Award-winning songwriting team behind Dear Evan Hansen and La La Land. Tickets \$20 or \$17 for students. 5500 Campanile Drive. Tickets and showtimes available at [bit.ly/2UoqWP2](http://bit.ly/2UoqWP2).



**Salsa Under the Stars**  
Kick off your night with some salsa dancing lessons, then put your moves to use as some of San Diego's best salsa musicians hit the stage,



including The Manny Cepeda Orchestra and Derek Cannon. A scholarship fundraiser and CD release party, Salsa Under the Stars takes place at Grossmont College in El Cajon. Event begins at 6:30 p.m. \$20 for general admission or \$10 for students. 8800 Grossmont College Drive. Tickets and information at [bit.ly/2FXxkeep](http://bit.ly/2FXxkeep).



**Rose Show**  
The San Diego Rose Society presents their 92nd annual Rose Show, with hundreds of varieties of roses, including Old Garden Roses, hybrid teas, grandifloras, miniatures, and many more. Judges will evaluate the roses seeking the “standards of perfection” and present numerous awards. Learn about the best roses for our climate. Rosarians (rose experts) will be on hand to answer questions. Roses will be sold on Sunday at 3:30 p.m. Admission is \$5. 195 E. Douglas Ave. Information is available at [sdrosesociety.org](http://sdrosesociety.org). ■

RECURRING EVENTS

**Wednesdays**  
**Santee Farmers Market**  
The Santee farmers market has begun its new hours this month and is open every Wednesday from 3–7 p.m. Located at the corner of Mast and Carlton Hills boulevards, this outdoor market has fresh local produce, baked goods, and florals available for purchase.

**Saturdays**  
**Movies at the Library**  
Each Saturday the College-Rolando Library shows a selection of children's and family-friendly movies from 4–6 p.m. Bring the kids to watch while you peruse or

sit and enjoy the movie as well! Free. 6600 Montezuma Road.

**Sundays**  
**Traveling Stories**  
Visit Grossmont Center each Sunday for an interactive story time for kids. Kids visit the StoryTent, pick out a book that interests them, and then read it out loud to a volunteer. The volunteer asks engaging questions that help the child build reading comprehension and critical thinking skills all while earning book bucks to trade for cool prizes. Free. 5500 Grossmont Center Drive. ■

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Community Helping Hands Food Drive - Thank you Neighbors!



Thank you to our neighbors, customers, and friends who stopped by Ideal Plumbing, Heating, Air & Electrical and made a donation to the San Diego Food Bank. The collective efforts among several community organizations resulted in a successful *Community Helping Hands Food Drive*. Many thanks to Boy Scouts of America – San Diego and Imperial Counties, The Church of Jesus Christ of Latter-day Saints, San Diego Bahá'ís, Our Father's Grace Ministries, San Diego Interreligious Council, Ascension Lutheran Church, and many others. **We are truly grateful and impressed by your giving spirit! Thank you for helping San Diego families through your generosity.**

This year the *Community Helping Hands Food Drive* yielded 5,478 pounds of food, or equivalent to approximately 4,565 meals provided for hungry families in San Diego. We'd like to give a special thanks to our local Cub Scout Pack 975 who collected, packaged, and donated 34 boxes of food - wow! This amounted to 1,085 pounds of food, or the equivalent of approximately 904 meals provided to those in need. Additionally, the Church of Jesus Christ of Latter-day Saints made a substantial donation to the San Diego Food Bank, yielding 125,000 meals!

Of San Diego County's 3.2 million residents, 486,000 people face food insecurity every day.\* Of this number, 163,000 are children.\* Food insecurity means that little or no food is available at home, and those who are food insecure do not know how they will get their next meal. Currently, 1 in 7 adults, and 1 in 5 children face food insecurity in San Diego County.\* (\*San Diego Hunger Coalition. San Diego County Food Insecurity Report, June 2018.)



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Upcoming Community Event:  
For details, visit [mthelixpark.org](http://mthelixpark.org)

MT. HELIX  
EASTER SUNRISE  
SERVICE

Sunday, April 21st  
Shuttle begins at 5:30am  
Program begins at 6:30am

