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(Image by sammisreachers from Pixabay)

A mother and daughter share their story of reunification, recovery

By DAVE SCHWAB | MISSION TIMES COURIER

[Editor's notes: The real names of the people in this story have been changed to protect their anonymity. This is the first installment of a series on human trafficking in San Diego.]

One day late in January, 16-year-old Lesley Buckley took off on her bike to go to a friend's house — and never arrived.

It triggered a massive search by mom Erin Buckley, the police and private investigators that took several weeks to find her, followed

by months of rehabilitation to heal her mental wounds from the experience.

Unwittingly, Lesley had been lured into the sex trafficking trade by her 15-year-old girlfriend and

SEE **TRAFFICKING**, Page 4

Developers purchase Riverbend properties

By JEFF CLEMETSON | MISSION TIMES COURIER

The large apartment building project in Allied Gardens, formerly known as Riverbend, is now set to soon begin breaking ground.

Developers G.H. Palmer Associates finalized purchase of the 22-acre site along the San Diego River on Oct. 18 for \$48.6 million. The land was previously owned by GG 7600 and Shawnee Properties and currently houses a towing company and some light industrial buildings.



Developers G.H. Palmer expect to begin construction on the Riverbend project in May 2020. (Image courtesy Urban Housing Partners)

SEE **RIVERBEND**, Page 3

Atkins: Year of housing production ahead

KENDRA SITTON | MISSION TIMES COURIER

Governor Gavin Newsom tries to not overuse the word “crisis” because it can tend to normalize an issue. At a press conference in San Diego on Oct. 9 where he signed SB 113, a bill that allows \$331 million in state funds to be used by renters and homeowners for legal aid, Newsom said he normally steers clear of the word, but the issue of affordable housing in California has truly become a crisis.



Senate Pro Tempore Toni Atkins in her Downtown office (Photo by Kendra Sitton)

His visit to San Diego came amid his housing tour where he signed 18 bills aimed at addressing different parts of the complex housing issue. Senate Pro Tempore Toni Atkins joined him at the press conference. The San Diego politician ensured bills protecting renters, cutting red tape on building new housing,

SEE **ATKINS**, Page 2



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NEWS BRIEFS

TREE LIGHTING CEREMONY AND HOLIDAY FESTIVAL

By the time you read this article, preparations are already underway for the 22nd annual Tree Lighting Ceremony and Holiday Festival hosted by the Allied Gardens/Grantville Community Council (AGGCC).

The lighting of the Community Christmas tree will take place at the corner of Zion Avenue and Waring Road (commonly referred to as the "Triangle") on Wednesday, Dec. 11, at 6:30 p.m. It is a short ceremony, but fun as two second grade students from Foster and Marvin Elementary will simultaneously turn a switch to illuminate the decorated tree. To help with the festivities, several students from Lewis Middle School Band will perform some special Holiday songs.

On Thursday evening, Dec. 12, Lewis Middle School, Marvin and Foster Elementary will have students performing at the annual Holiday Festival. The Festival is an hour long program of Seasonal Songs and Dramatic Readings by the students from these schools. The time is 7 p.m. and the location for the festival is the

SEE NEWS BRIEFS, Page 3

Atkins

CONTINUED FROM Page 1

and upending single-family zoning made it to his desk in the first place. Since Newsom vetoed Atkins' signature piece of legislation this year (an ambitious bill keeping in place the environmental standards of the Obama administration), she said the work to address the housing crisis (a term she freely uses to describe the issue) is her proudest accomplishment from the last legislative session. In addition to addressing climate change and coastal erosion, her goal next year is to boost production of new housing now that stop-gap measures to prevent "price gouging" of renters are in place.

Atkins has spent much of her own career shaping the language used around housing, and thus the vision of how government needs to address it. In 2002, when she was on the San Diego City Council, she led the rest of the Council to declare a State of Housing Emergency. She resubmitted the declaration each week to keep the issue at the forefront of her colleagues' minds, even as they grew weary of her insistence on addressing it. Atkins also tallied how many affordable housing units were approved by the Council each week.

"I felt like I really was there to be able to push the city of San Diego to develop more units and a lot of them were developed in my district," Atkins said in an interview in her Downtown office.

Her efforts meant much of the new housing was produced in North Park, City Heights, Normal Heights and other areas along transit corridors that embraced her vision.

"All we've done since then is lose ground," the Senator said.

San Diego has continued to fall short of building enough units to sustain the population, leading to higher rents and housing costs as well as an increasing homelessness crisis.

"[Housing] is the most important issue because it impacts so much of everything else about our lives," Atkins said. "If we can't afford the rents, if we don't have a house, if we're forced to live in our cars now because of high rents or losing our home or foreclosure issues, you can't do anything else."

For her, housing is most significantly connected to the economy. She cited predictions that the next downturn California faces will be because employers will not be able to afford to keep workers from leaving the state.

She also connects housing to mental health. People trying to stabilize their mental health will have an impossible time doing so while also facing the stress of housing insecurity.

Fixing housing has been Atkins' singular career focus even before she was elected into office and working in the office of then-City Council member Christine Kehoe. Despite each new position, from City Council member, to interim mayor, to Assembly member, to

Assembly speaker, to Senate pro tempore and even briefly acting governor, the problem has only worsened around her.

Last year, she shelved an ambitious — and controversial — effort to increase housing production by limiting the powers of local governments to impede development. Atkins guaranteed that work would continue on SB 50 and it would come up in committee again in January or February. She said the bill's author, Senator Scott Weiner, is going over the bill again while on break.

"We may need to undo some of the exemptions and compromises that have been made. Scott's taking a fresh look," Atkins said.

Under the latest form of the bill before it was turned into a two-year bill and set aside, 80% of the city of San Diego was exempt from it due to being a high-fire risk zone, according to Atkins. SB 50 also differentiates between small and large cities, a move Atkins agrees with.

"I don't think one size fits all. I think small cities and large cities are different."

The only path forward she sees to passing the bill is by involving more people in the process, including having conversations with communities that do not want to add any housing.

"The crux of this is really going to be can you bring other stakeholders to the table and get them to agree on how to do this," Atkins explained. "The dilemma is how do we get broad support

from legislators to support a bill that basically pushes — maybe incentivizes, I don't know what the bill turns out to be at the end of the day but pushes — for actual development to happen where it needs to happen."

For her, senators need to figure out a way to accomplish the goal of adding production through a broad piece of legislation that impacts the lowest levels of government, including the 42 community planning groups and areas in San Diego.

"We are not going to be able to take a sledgehammer and just beat it over the heads of every city. We've gotta be more precise about it. And that's what makes SB 50 difficult because I don't think one size fits all. But I do think there is a way to do this," she said.

Atkins believes that without the crisis, housing advocates would not have made as much progress as they even have on SB 50 because the conversation around housing was so different just three years ago when then-Governor Jerry Brown added a by-right housing proposal to the budget.

"I think the [Yes In My Backyard] movement [and] the crisis have given us the bandwidth to go further than we might've gone before," Atkins said. "Many people feel like, 'Great, we should have done it 10 years ago, 20 years ago.' In fact, I said this decades ago and nobody was listening to me."

—Kendra Sitton can be reached at kendra@sdnews.com.

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What dancing and saving lives have in common

During September and October, more than 50 residents of Del Cerro, San Carlos and Allied Gardens attended lifesaving CPR/AED sessions under the leadership of Maureen O'Connor with San Diego Project Heart Beat. The events were sponsored by Jennifer Lerner and Stephanie Rivera of the Legacy Realty Network, and hosted at Julie Mills' Dance Fit Studio in Allied Gardens. Attendees as young as 6 years old came together to learn the signs of cardiac arrest, how to react in a crisis and how to operate an automated external defibrillator (AED). As part of their ongoing community involvement, the Legacy Realty Network Team is looking forward to partnering with San Diego Project Heart Beat again on Feb. 20, 2020. For more information, contact them at 619-814-7505 or visit sdprojectheartbeat.com.



(l to r) Jennifer Lerner, Maureen O'Connor and Stephanie Rivera (Photo courtesy SD Project Heartbeat)

Riverbend

CONTINUED FROM Page 1

The Riverbend project was approved by City Council in 2012 and representatives of G.H. Palmer said they will stick closely to that plan with some upgrades. Planned for the site are 996 apartments — a mix of studios, one-bedroom and two-bedroom units within several three- to six-story buildings. Planned amenities include pools, gyms and a business center. All of the apartments will be market-rate, include no subsidized or rent-controlled units and not take advantage of any lower-income housing incentives. In addition to the housing, the project will also include 37,500 square feet of commercial and office space and 5 acres set aside for park space.

The Riverbend project, when it was first proposed and presented to the city, was controversial among some Allied Gardens residents who complained that the buildings were too high, that the density would bring too much traffic to the area, and that the project would use too much water. After the project was approved by City Council in 2012, the developers shelved it and never broke ground for unknown reasons. Now under new ownership, the current timeline for construction has grading and land development beginning sometime around May of 2020 and construction on buildings starting a year later. G.H. Palmer hopes to have apartments ready and available for rent by summer of 2023.

—Reach editor Jeff Clemetson at jeff@sdnews.com.

News briefs

CONTINUED FROM Page 2

Lewis Middle School Auditorium, 5170 Greenbrier Ave. We are pleased to have Mrs. Johnson's students from Marvin Elementary once again performing as well as so many students from Foster Elementary School. It is wonderful to see their performance reflect all the hard work and preparation that the teachers and students have been doing since September. Finally, the Festival presents the tremendous musical talent of the Junior High Students from our communities who have been working with their teacher, Mr. Josh Prout. Under his guidance, as Lewis Band Director, the students play seasonal orchestral arrangements as well as Jazz compositions and give an amazing performance not to be missed. Not to be overlooked are all the volunteers from the AGGCC who help with these events. They not only decorate the tree at the Triangle, but string lights along the Waring Road Bridge just to help make our community a little more festive. Volunteers

SEE NEWS BRIEFS, Page 5

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Trafficking

CONTINUED FROM Page 1

a 40-plus-year-old male “friend” who turned out to be a pimp.

Now reunited and rebuilding their relationship — and lives — the two women talked about their shared experience both would rather forget.

Erin recalls being frantic at first.

“We called all her friends. Her phone was off. We searched and retraced her probable bike route. ... By the next morning, we grew increasingly alarmed when we couldn’t track her down and called the police.”

“I was trying to help out a friend who I had met awhile before when we were in summer camp,” said Lesley. “I knew she had problems and had run away at times. I had taken her to the youth ministry I was involved in at my church to help her.”

Erin realized it would be up to her and her husband to find their daughter if they were ever to see her again. “They [police] assigned the case to the school resources officer and he began interviewing her friends at school to see if anyone might have information,” said Erin. “There were leads but they couldn’t give us information due to school confidentiality issues. ... We soon realized that they considered she might be a runaway and she was a low-priority case. It became clear early on that we had to take matters into our own hands.”

A week went by with nothing, no clues. Then Erin learned Lesley may have been in contact with a friend, Susan, who had last been seen in a center that treated victims of sex trafficking.

“She [Susan] was also an adopted foster child like my daughter, and had become a habitual runaway,” said Erin.

Asked if she were troubled, looking for an escape or testing her boundaries when she disappeared, Lesley answered, “All of those. She [Susan] asked me to come to Los Angeles with her to party. It sounded fun. Her boyfriend had a car. ... I didn’t think about the dangerous part of it. I wanted to go off the grid. I wanted to get away. I didn’t think I’d be gone for long.”

Of her Los Angeles experience, Lesley said, “It’s hard for me to talk about and hard to remember it all. A lot of it I don’t want to talk about. That first night, we went to party at a big house with people that seemed very weird and older. The people I was with were nice to me. I realized she [Susan] was involved in this world of sex and bad people that were involved with drugs, but I said no and they left me to myself to just hang out. ... She [Susan] would go places and I didn’t know where she went. I realized after a time that she was being prostituted. I felt like in when I think about it now. We were smoking a lot of weed and partying.”

“My husband Dave and I took an active, central role in the search, because we couldn’t rely on law enforcement,” said Erin of the hunt for Lesley. She added, “We had to find the right resources and run our own ‘case’ in reality. ... We had to work as well. We were allowed to work from home and devoted ourselves full-time to the search, while handling our jobs and a family with four other children.”

Persistence paid off in the end for the Buckleys.

“She [Lesley] was gone more than five weeks before we found her,” said Erin. “Saved In America [child rescue group] had rescued the girls off the streets of Compton in coordination with LA County Sheriffs.”

Erin noted the struggle to “reclaim” her daughter had actually just begun once she’d been found after running away.

“We naively thought that getting her back was the finish line and the end of challenges,” Erin said. “However, we quickly realized that day that these girls needed to quickly transition to a new location away from their homes to avoid being discovered or leaving again, and for residential treatment specializing in girls that are traumatized by trafficking.”

“This was a person we no longer knew,” Erin said of her daughter. “She had come back from being gone a very different, traumatized girl. ... Now, she referred to the staff and her fellow residents as ‘family’ and I think she was feeling resentment that we had

abandoned her. ... Her therapist was convinced she was ready to come home, but on her trial visit, she was in touch with a problematic young man in her life from the past and planning to escape with him when she came home for good at Christmas. ... We realized she was not rehabilitated at all. She was just as much a flight risk now as she was previously and a very confused, dysfunctional child.”

Lesley was taken to a residential treatment facility in southern Utah for months of rehabilitation therapy.

Describing her treatment there, which started within a week of coming home after she was rescued, Lesley said, “At first I hated where I went. I never was alone the whole time I was there. There was always a counselor with me. I had no privacy. I had to earn rights and rewards. I saw what happened if you didn’t behave. If you got pissed off or acted crazy, then all the staff would hold you down. ... There were some seriously messed up kids in there. ... I made some incredibly close friends after a while. I wanted to escape and live with them. I didn’t want to go back home and wanted to start out new somewhere else. My friends and I kept talking about what we’d do when we got out of there at 18.”

Lesley talked about what it felt like being controlled by others during rehab. “They took my phone,” she said. “I couldn’t call my parents and was embarrassed even if I could contact them. I thought I could get away and do my own thing. Maybe get a job. We used different names and I thought, ‘I’m stuck and maybe I’ll just start a new life.’ I didn’t like my life. Maybe this was the start of a new life for me.”

After Lesley’s rescue, Erin said a police officer told her that “her parents really loved her because he’d never seen parents work so relentlessly in trying to find their child. I just thought we were doing what any parent would do if their child was in peril.”

Discussing reconnection with her parents, Lesley noted the connection is not yet complete — maybe never will be.

“I feel like I’ve never gotten my mom and dad’s relationship back to where it was before,” she said. “I don’t want to see my family, my grandma, my uncles, anyone hardly at all. Now that I’m 19 almost 20, I live without them on my own and am happy just working and doing my own thing.”

Looking back on it, what advice would Erin and Lesley give to others finding themselves trapped in a similar situation?

“Make sure you know what your child is doing on social media and who they are spending time with,” said Erin. “Know their world as much as you can. ... As a parent, you are responsible for your child’s safety and they don’t have a right to complete privacy. She was vulnerable to an old

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Local study on gangs and sex trafficking

By DAVE SCHWAB | MISSION TIMES COURIER

A groundbreaking 2016 study, “Measuring the Nature and Extent of Gang Involvement in Sex Trafficking in San Diego,” focused on the role of gangs in the illicit trade. Funded by the National Institute of Justice, the study was led by principal investigator Ami Carpenter, Ph.D., of University of San Diego, in close collaboration with Jamie Gates, Ph.D., at Point Loma Nazarene University.

Data was collected from nearly 1,200 individuals — 154 gang-affiliated persons and/or traffickers, 702 first-time prostitution offenders, 140 survivors from eight victim services programs and 141 county school administrators and staff — making it one of the largest, most comprehensive human-trafficking case studies in the United States to date.

The study is a large-scale model of collaborative research to impact policy and practice, and serves as a national model for future research on human trafficking.

“Measuring the Nature and Extent of Gang Involvement in Sex Trafficking in San Diego” found:

- Human trafficking is San Diego’s second largest underground economy after drug trafficking.
- Estimated 2013 revenues from the San Diego’s underground sex economy is \$810 million.
- 110 gangs are actively involved in commercial exploitation of people.
- 80% of pimps/sex trafficking facilitators are involved in gangs.
- Pimps/facilitators are about evenly split between Caucasian, African American and Hispanic ethnicities.
- 16 is the average age of entry into child commercial sexual exploitation, and three years is the average length of their trafficking.
- 4.5 is the average number of victims/survivors controlled by trafficking facilitators.
- 50% of adults arrested for prostitution actually can be classified as human-trafficking victims, but are unidentified or misidentified.
- African American street gangs use social media (Facebook, Twitter) to recruit, Latino gangs do not.
- Transborder criminal networks are involved in trafficking minors and adults between Mexico and the U.S.

- 11% of victims come from Mexico, 10% of victims were born in 11 other countries.
- Female recruiters and pimps/sex trafficking facilitators are a significant and growing feature of the underground sex economy.
- Significant recruitment is currently happening on high school and middle school campuses.
- In 2011, San Diego County created the multi-agency San Diego County Regional Human Trafficking and Commercial Sexual Exploitation of Children Advisory Council. The council’s objective is to reduce human trafficking and commercial sexual exploitation of children in San Diego County and the Mexico border region through prevention, prosecution, protection and partnerships.
- As co-chairs of the research and data sub-committee of this advisory council, Drs. Carpenter and Gates were asked to pursue a research agenda that would help develop robust measures of the scope of human trafficking in San Diego County. Of particular interest to the County Advisory Council was empirical evidence of the suspected relationship between gangs and human trafficking.

Human trafficking is a global phenomenon with a variety of local manifestations, including labor and sex trafficking. San Diego is ranked by the FBI as one of the nation’s 13 highest areas of commercial sexual exploitation of children. Despite widespread attention on sex trafficking, there has been little empirical research on the nature and process of sex trafficking activities, and even less on the connection between sex trafficking and gangs. Prior to this three-year study by Drs. Carpenter and Gates, much of what was known about sex trafficking in San Diego County was anecdotal and descriptive. Their empirical study reports on three major sets of findings: the scope and nature of gang involvement in sex trafficking and commercial sexual activity, including detailed analysis of sex trafficking facilitation; the scope of victimization in San Diego County; and estimates of the regional commercial sex economy. The results of the study are available online at bit.ly/34bAE7N.

—Reach Dave Schwab at reporter@sdnews.com.

Trafficking

CONTINUED FROM Page 4

friend who had been a runaway and got sucked into a world that our daughter did not know. In trying to help her, Lesley got sucked into it, too.” Regarding lessons learned, Lesley concluded, “It’s best not to trust adults you don’t know. You shouldn’t be around adult men that want to be with kids. If it doesn’t feel right, get away from it. You have to be very careful in talking to strangers that hide in social media. There are some disturbed people out there that go after vulnerable girls and boys. You need to listen to your parents. They are your friends. They are there to protect you.”

—Reach Dave Schwab at reporter@sdnews.com.

News briefs

CONTINUED FROM Page 3

are always welcome, so please come and join us. Members of the AGGCC wish you and your families a very happy and safe holiday. —By Marilyn Reed

MONTGOMERY-GIBBS COALITION STRUCTURES AS NONPROFIT Montgomery-Gibbs Environmental Coalition (MGECC) has announced it is now officially a nonprofit with tax-exempt status under Section 501(c)(3) of the

SEE NEWS BRIEFS, Page 7

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Guest editorial

Fight to save Prop 13

By SEN. JOEL ANDERSON (RET.)

In 1978, more than two-thirds of California's voters passed Proposition 13 (Prop 13), a ballot measure that reduced property tax rates on homes, businesses and farms and capped how much property tax rates could grow in the future.

Elderly homeowners on fixed incomes, faced with ever-escalating and often unpredictable property tax bills, were being forced to sell their homes to meet the payments.

Throughout the 1960s and 1970s, property values and property tax rates in California began skyrocketing. Property taxes were based on a property's market value, which often increased faster than inflation and the homeowner's income. According to annual reports from the then-State Board of Equalization, the taxes levied on property subject to Prop 13 from fiscal year 1960-61 through fiscal year 1977-78 increased more than 360%. That meant a \$13,000 home in 1960 had a \$400 tax bill and 17 years later, the property tax paid on the same home would be \$1,440.

Fed up with high tax bills, voters passed Proposition 13, which limited property tax rates to 1% of a property's assessed value, limited

assessment increases to no more than 2% annually, and established that state tax increases can only be done via a two-thirds vote of the Legislature.

Homeowners would now know with some certainty what their property taxes would be and that there would be no massive increase sprung on them.

As is typical, Sacramento politicians have been trying to repeal Prop 13 since it passed and sadly this madness continues today.

An initiative to modify Prop 13 and exempt commercial property from protections of Prop 13 and enact a so-called "split roll" property tax is being circulated by public employees unions and will likely be on next year's ballot. While proponents claim they only want to tax property owned by businesses and corporations, ICSC, a business advocacy group writes:

"Creating a split roll property tax could put thousands of tenants out of business, result in higher taxes and create uncertainty leading to the devaluation of all property values."

Of course, the real worry should be that this "split roll" will be the camel's nose

SEE PROP 13, Page 7

Del Cerro can benefit from a MAD

By MARK RAWLINS

Ever wonder why most North County communities look so clean and attractive? It is not because they are newer communities; there are many communities that start looking run-down shortly after being established.

So, what is the difference? Many of these communities have a maintenance assessment district, or MAD, and older communities in San Diego are taking notice. Kensington, North Park, Hillcrest, and Talmadge are just a few of the local communities who have established MADs to revitalize their neighborhoods and public areas. Take a drive and see the difference in these communities; it is impressive. Beautiful medians, clean streets, new light posts, and maintained parks are just the beginning.

According to the city of San Diego:

"A Maintenance Assessment District (MAD) is a revitalization mechanism by which property owners within specified boundaries of the City can vote to assess themselves for the purpose of acquiring, constructing, installing, or maintaining improvements and providing activities that will provide certain benefits to properties located within a district."

It's time for us to ask, can Del Cerro benefit from having a MAD?

The Del Cerro community was built in the 1950s, and after 60 years with no major improvements, our community looks tired. Sidewalks bulge, open space is overgrown, playgrounds require repair, and medians need attention. Take, for example, the College Avenue entrance into Del Cerro. More than 40 containers that once held sprouting pine trees now stand empty, littering the median and causing an eyesore at the doorstep of our community. Meanwhile, the existing trees have reached their urban lifespan and are slowly dying.

How do we get the city to upgrade and maintain our community? The city does not have the financial resources to upgrade and maintain all of its communities. The city's standard for maintaining medians is the cost of maintaining asphalt. This is called a general benefit; all communities get the same benefit. If our community wants enhanced services (cleaner streets and sidewalks, more street lights, maintained medians, beautiful parks and playgrounds, and open space improvements), we have the

right to establish a MAD and assess ourselves.

Keep in mind that MADs are not new and they do not affect Proposition 13. They have been around since 1972, with Tierrasanta being one of the first communities to create a MAD in San Diego. Since 1972, more than 63 MADs have been established in the city, and all are doing exceptionally well. These areas boast safer communities, more attractive surroundings, increased property values, and better quality of life. Alternatively, a run-down, tired-looking community tends to invite more crime due to the "broken windows theory"; if a neighborhood looks unkempt, criminals assume it is an easy target.

The greatest advantage of establishing a MAD in Del Cerro is that every dollar assessed stays in Del Cerro. It is *our* money for improvements and maintenance in *our* community — period. We, the residents, manage the funds and we direct the city on what we want accomplished and when. It is the most direct control of managing our community's quality of life. At a time when Del Cerro property owners are paying \$5,000 to \$12,000 annually in property taxes, \$140 per year to establish a MAD pales in comparison, and our community deserves the investment.

Back to my original question, "Can Del Cerro community benefit from having a MAD?"

Without hesitation, my answer is "Yes." I have lived in Del Cerro since 1994. Since that time, there has been no major change in our community's maintenance. The city's expectation is that we will continue to get the minimal level of maintenance required to maintain asphalt medians. Bottom line: what you see is what we will get over the next 25 years. I believe a MAD in Del Cerro will improve the quality of our lives and keep us safer in our neighborhoods by establishing new light posts, maintaining beautiful medians, cleaning our streets, and providing quality parks and walkable open space areas. Del Cerro deserves to be like one of the communities in the north.

There is an effort underway to bring the proposed Del Cerro MAD to the community for a vote. If you would like to support this effort or want more information, email: delcerromad@cox.net or call 619-888-9140.

—Mark Rawlins is a resident of Del Cerro and president of the Del Cerro Action Council.

Welcome baby Sequoia!



Editor Jeff Clemetson is excited to announce the birth of his second child, Sequoia Jeannette Clemetson was born at 9:34 a.m. on Nov. 4 — a healthy 6 pounds 13 ounces and 20 inches. (Photo by Stacy Clemetson)

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PENINSULA BEACON



Prop 13

CONTINUED FROM Page 6

under the tent, leading to more attacks on Prop 13, which has allowed us homeowners to have the 17th lowest property taxes in the nation.

Despite this, Californians suffer under tax burdens that are among the highest in the

nation. In fact, according to the Tax Foundation, we have the highest individual income tax rate, the highest gas tax rate, the sixth-highest total tax burden, and the ninth-highest combined state-local sales tax rate. It is no wonder young families are fleeing this state. How many of you want to visit your children or grandchildren in Arizona, Colorado or Texas?

Since the passage of Prop 13, property tax rates finally became predictable, manageable, and fair. Defending Prop 13 is critically important, it's the only safeguard that keeps the government from taxing people out of their homes. Please join me and fight to protect Prop 13!

—Senator Joel Anderson (Ret.)
is a 35-year resident of Alpine.

News briefs

CONTINUED FROM Page 5

United States Internal Revenue Code.

According to a press statement released by the group, MGEC is also now eligible to apply for government and foundation grants which will further broaden its access to resources and strengthen its ability to educate the public about the environmental impact of general aviation and how to lessen it, and advocate for the public good.

"Obtaining 501(c)(3) status enables MGEC to continue to provide education for the public about aviation related environmental issues thereby benefiting the community through awareness and action," remarked MGEC President Quentin Yates.

"The granting of nonprofit status to MGEC is a major milestone for our growing organization. We are excited to expand our environmental efforts to reduce the lead in aviation fuel, help reduce the

aircraft noise impact on residents, and improve the safety of General Aviation airports and the planes that use them," he added.

To help guide the organization and ensure fulfillment of its mission, an executive board of directors was assembled with a combined experience of over 125 years involvement in business and community service. Montgomery-Gibbs Environmental Coalition is located in San Diego, California. MGEC is a grassroots organization and relies on community participation to fulfill its mission to provide educational events and advocate for clean air, aviation safety standards, less noise and tighter airport security.

DEL CERRO FALL FESTIVAL

Everyone is invited to join us from 4 to 6 p.m. on Saturday evening, Nov. 16, for family fun, food, carnival rides, vendors and entertainment at the annual 2019 Del Cerro Fall Festival, held on the campus of Hearst Elementary



The Del Cerro Fall Festival will feature lots of family fun activities. (Courtesy Peggy Han)

School. Children's activities include inflatable slides, games and rides for all ages. For additional details about the Festival or vendor information, like and

SEE NEWS BRIEFS, Page 27

News from your County Supervisor

Dianne's Corner

By DIANNE JACOB



Affordable housing: The county is now offering free, pre-approved floor plans for granny flats and other accessory homes.

The incentive program is expected to save property owners and others in the county's unincorporated area about \$15,000 per house. That figure comes on top of another \$15,000 builders have been saving since we began waiving permit and development fees for accessory homes early this year.

At a time when so many people are looking for quality, affordable housing, we're removing some of the red tape that can get in the way.

For more information, go to <http://sandiegocounty.gov/ADU>. You can also call 858-495-5382 or email PDS.ADUquestions@sdcounty.ca.gov.

Health crisis: The Board of Supervisors recently voted to ban the sale of flavored tobacco products and impose a 1-year moratorium on the sale of e-cigarette devices while their risks are fully assessed.

With the recent sharp rise in deaths and illnesses tied to vaping nationwide, it's critical we do all we can to lower the risks to San Diegans while health officials continue to investigate. The ban will not apply to flavored tobacco made for hookahs.

Huge win for ratepayers: The county is moving to establish a community choice energy program in the unincorporated area, and we continue to talk with other local governments about a possible joint choice initiative.

A recent study done for the county estimates the program will save 179,000 residential and business ratepayers \$12 million a year.

Ratepayers will finally have an alternative to what have been some of the highest utility rates in the nation. They'll have freedom of choice!

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

Do you care about what happens in your local canyon? If so, please join San Diego Canyonlands at the next Navajo Canyon Enhancement Planning Stakeholders Workshop!

Date & Time: Nov. 12, 6:00 to 8:00 pm

Location: The Gardens Room at the Allied Gardens Recreation Center, 5155 Greenbrier Ave.

For more info and to read the notes from the prior workshops visit:

www.sdcanyonlands.org/cep

Contact: Eric Bowlby, Executive Director 619-284-9399 or eric@sdcanonlands.org with questions

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Bowzer returns to headline holiday party



By TINA RYNBERG AND JEFF BENESCH

As we all look forward to the end of this very forgettable and tragic year in the Oval Office, filled with innumerable high crimes and misdemeanors, at least we have the knowledge and comfort that this corrupt administration's self-serving conduct, collusion and unlawful abuse of executive power will be openly explored and investigated in the next few weeks during the Congressional impeachment hearings.

We must all look forward to a 2020 election year that will shine light on truth, renewed respect for the rule of law, and a return to normalcy for our democracy and its standing in the international arena. We hope that new leadership will bring social and economic justice for all citizens and those that aspire to citizenship. Most importantly, we hope to unite our nation behind a leader that will recognize not only our renewed potential for greatness but also the urgency to squash those forces that, for greed and self-aggrandizement, seek to ruin our nation and our planet for our children and generations to come.

We will be highlighting that hope and optimism with our annual holiday celebration on Wednesday, Dec. 4, with friends, food, charity and our returning favorite entertainer, Jon "Bowzer" Bauman. While Jon is best known for his decadeslong association with the oldies group Sha Na Na, he is also a great advocate for elder issues, Social Security, Medicare and candidates and causes that protect the rights and welfare of

our senior citizens. He is currently president of Social Security Works PAC, a national organization working to elect candidates who support protecting and expanding Social Security benefits.

As tradition holds, we welcome all members and guests to enjoy our holiday feast, with turkey, ham, and all the trimmings supplied by the club. Members and guests are encouraged to bring shared serving portions of appetizers, side dishes, salads, and desserts to augment the club's meat carvings, veggie entrees and beverages. We'll start our festivities at 6 p.m., so come prepared to share time with friends and family and enjoy our wonderful potluck dinner. We ask each member and guest to contribute \$10 (suggested donation) at the door to offset the costs of our wonderful feast.

We'll be meeting at the La Mesa Community Center, 4975 Memorial Drive. Because of the overflow crowds for this annual event, we ask willing and able members to park by the Little League field and take the short walk up the stairs to the community center. Let's leave the adjacent parking lot for those who need to be in close proximity to the meeting room.

As is past years, we also ask each member and guest to contribute to our annual holiday charities. Again this year, we are supporting the efforts of the Food Bank at Santa Sophia Church to feed needy families in the Casa de Oro area. Please bring canned and nonperishable foods that can help provide for the several hundred local families in need during the holiday season. They also like to give out "street-ready" foods such as high protein bars, fruit and nut snacks, and pop tarts.



Jon "Bowzer" Bauman (Photo by Gage Skidmore)

We also support the efforts of La Mesa United Methodist Church, which offers the city's homeless citizens hot showers and other necessities. We ask that you bring some new, unused toiletries and/or gently used clothing for those who don't take these items for granted. Shoes and new socks are particularly appreciated.

Lastly, we ask each member, and those who have not yet joined or renewed, to please pay our modest 2020 dues at our December meeting. It is only \$35 for the whole year, and we still offer silver level memberships at \$50, and gold level at \$65 for those that can give a little more. Please bring cash or checks for our membership sign-ups and renewals.

Our January meeting will take place on Jan. 8, 2020, because the New Year's holiday falls on Wednesday. Our January program will feature a forum for those Democrats seeking to replace Congress member Susan Davis in the 53rd Congressional District.

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

Republican Women celebrate holidays and install officers



By PAT BOERNER

Republican Women of California-Navajo Canyon will kick off the holiday season with their annual party at the home of Ginny Wisley on Tuesday, Dec. 10, from 11 a.m.-1:30 p.m. Donations of toys and other necessities will be collected for Military Outreach Ministries (MOM). San Diego MOM serves the junior enlisted military family, typically headed by a 19- to 23-year-old with young children and away from home trying to survive in our expensive economy on a low salary. Delicious appetizers and desserts will be provided by our members and shared by all.

We are honored to have Judge Robert Amador and Judge Daniel Lamborn install our officers for the coming year. Waskah Whelan will be installed as the 2020 president succeeding Marjie Siekerka, who has been an outstanding president for the past year keeping us motivated, informed and energized. Ms. Whelan is past president of Navajo Canyon Republican Women Federated and San Diego County Republican Women Federated and has demonstrated extraordinary leadership skills.

Next year, we will harness our energy toward activities related to the 2020 election and it is certain to be a rip-roaring year. Our goal is success at the ballot box and volunteers are a crucial part of achieving that.

We would love to have you join us and learn more about our plans for next year. Call Marjie at

619-990-2791 for information and to RSVP. Reservations are required. Please bring an appetizer to share and a donation for MOM. Gift cards are always appreciated. Please visit our website, RWCNavajo-Canyon.org and visit us on Facebook at Republican Women of California.

The Oct. 8 Fashion Show at the Bali Hai was a huge success. Guests enjoyed a delicious Polynesian lunch and were wowed by fashions from Glamor Girlz of El Cajon. This is our only fundraiser of the year, and we are proud to share and be able to donate \$1,200 to this year's charity, Operation Enduring Warrior, a veteran-founded non-profit whose mission is to honor, empower and motivate our nation's wounded military and law enforcement veterans. It is a 100%



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WHAT IS SO BAD ABOUT PROBATE? Probate involves the Court in your business. Court-supervised Probate is similar to the DMV in that it takes too long, costs too much and is not often governed by reason. Probate usually takes a year or more for your beneficiaries to get their share of your Estate. Also, the Court and the attorneys can take a pretty big chunk out of the Estate. You can avoid this by having a properly executed, properly funded Trust in place.

DO I NEED A TRUST? If your assets are \$150,000 or more, then yes, you need a Trust in order to avoid Probate and make sure that your intended beneficiaries get your assets without hassle, fighting, undue cost or DMV-like delay.

SHOULD I JUST USE AN ONLINE SERVICE TO CREATE ONE? A wise man once said, "Never shop for a deal on sushi, tattoos or Legal Services (like the creation of your Trust) because YOU GET WHAT YOU PAY FOR!"

DO I NEED A WILL AND A TRUST? A Trust only controls assets that are titled in the Trust name. For instance, the deed on my house used to read: "Tom Murray, an individual". After I created my Trust, I changed the deed to read: "Tom Murray, Trustee of the Murray Family Trust". Once I did that, my house was properly titled in the Trust name.

ALSO – A Will only covers you up to \$150,000 and then you have to go to Probate if the Estate is more than that. So, if you have a Will only (not a Trust) and your assets are \$150,000 or more, then the Will does NOT help you avoid Probate. A Trust does help you avoid Probate for ALL amounts.

IF I HAVE A TRUST, DO I STILL NEED A WILL? Yes, you do. Although the Trust handles those assets that are specifically titled in the Trust name, like your house and bank accounts, you still have to address your cars, paintings, rings, watches, baseball cards, beanie babies and, record collections, porcelain figurines and other assets. The Will takes care of that. Also known as a Pour-Over Will, because it POURS those other items into the Trust.

GUARDIANS – A Will allows you to nominate a Guardian for your minor children, in case something happens to you.

If you have questions about any of the above, or other aspects related to Wills, Trusts, Probate or Conservatorship, please contact THOMAS K MURRAY of MURRAY LAW, at thomas@murraylawsd.com or 619 471 6775. DON'T WORRY CALL MURRAY

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It's time to rein in the high cost of prescription drugs

CA 53 BULLETIN
By REP. SUSAN DAVIS



Across America, seniors and families are struggling to afford the prescription drugs they need to stay healthy. Three in 10 adults reported not taking their medicines as prescribed at some point in the past year due to cost. Prices for more than 3,400 drugs jumped 17 percent in the first six months of 2019. Between 2011 and 2016, prescription drug spending in the United States grew more than 2.5 times inflation. The soaring cost of insulin provides one of the starkest examples of broken drug pricing. More than 100 million Americans are diabetic or pre-diabetic and more than \$300 billion per year is spent on treating diabetes, making it the disease category with the highest spending. Even though insulin was discovered in 1922, its inflation-adjusted per-unit price has almost tripled between the 1990s and 2014. In the United States, insulin costs per patient have nearly doubled from 2012 to 2016. These price spikes are driving up health insurance premiums and creating unaffordable costs for taxpayers who finance Medicare and Medicaid.

My constituents share their stories with me every single day about the struggles they face to get the life-saving medications they need. A 68-year-old man with chronic obstructive pulmonary disease (COPD), a condition that makes breathing very difficult, wrote me about his experience with trying to pay for his medication. He requires an inhaler to open up his airways and pays more than \$400 for a month's supply of the drug to treat his condition. A father told me about his trouble in affording his daughter's cystic fibrosis medication. He wants Congress to look at ways to bring down prices. He is also very aware of the need for innovation and research to discover new drugs. I agree that lowering drug prices cannot come at the expense of innovation. We can do both. One thing is for sure: the current system is simply unsustainable and Congress needs to take action. The Lower Drug Costs Now Act (HR 3) was introduced and would rein in out-of-control drug prices and reinvest those savings back into research and development. The main provision of HR 3 would give the Department of Health and Human Services (HHS) broad power to

negotiate lower drug prices for all Americans. The HHS secretary would be empowered to negotiate up to 250 drugs per year, drawn from a refilling list of the most costly drugs in the U.S. Drugs representing more than half of all Medicare Part D spending, covering tens of millions of patients, would be subject to the negotiation process – including insulin. These reduced drug prices would also be available to people with private insurance, which is critical to the more than 150 million Americans who get their health insurance through their employer. The Lower Drug Costs Now Act strengthens and improves Medicare. Seniors will see a new \$2,000 out-of-pocket limit on prescription drug costs. It also reverses years of unfair price hikes for thousands of drugs in Medicare. Currently there is no cap on out-of-pocket expenses for Medicare Part D enrollees. In 2017, 1 million Part D enrollees had average annual out-of-pocket costs exceeding \$3,200. The Congressional Budget Office and the Centers for Medicare and Medicaid Services both report that HR 3 would save \$345 billion for Medicare Part D over the 10 years. Over the same time period, it would also save \$46 billion in health

care costs for private employers and \$55 billion for the American people. It's these savings that will continue to fuel innovation, particularly in San Diego. Each year, our region gets about \$800 million in federal dollars from the National Institutes of Health (NIH) and San Diego is a leader in innovative research. In fact, much of the research and development driving the search for new breakthroughs isn't paid for by drug companies, it's paid for by American taxpayers through federal funding for the NIH and other grants. Action to lower prescription drugs is long overdue. Maintaining the status quo is simply not an option. The House of Representatives is working hard to bring relief to the American people. The Lower Drug Costs Now Act has the potential to provide that relief while directing resources toward innovation to discover the latest treatments and cures. —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.

RWCNC

CONTINUED FROM Page 8
volunteer-run organization and all donations go directly to their programs and operational support. Just as a reminder of how important it is to keep track of the path that California is on, the Los Angeles Times recently reported that if it were not for international immigration, California would be losing population. The California interstate U-Haul traffic is more and more a one-way business. The financial ramifications are huge. Our state and local governments ignore this trend. The only increase we are seeing in California is our homeless population. In the future, more and more state and local government spending on free college, single-payer health care, massive public transit projects, and "green" mandates will be put on the shoulders of fewer and fewer California taxpayers. This is the time to expound and advance our Republican values. More government is not the answer to a better quality of life. Let's focus on common sense and more opportunity for everyone. The result will be a better California for all. —Pat Boerner writes on behalf of Republican Women of California-Navajo Canyon.



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Local dance teacher inspires confidence and joy

By CYNTHIA ROBERTSON | MISSION TIMES COURIER

People who love line dancing often attest to a renewed sense of self-confidence. Adrienne Hart, who teaches the popular line dance class at La Mesa Adult Enrichment Center, has some first-hand experience on what it is to move from fear to living with joy and confidence.

Hart, a San Carlos resident, has everything to live and dance for. Just as she brings smiles to people who want to add a little extra exercise and fun to their personal lives, Hart had a similar motivation, albeit much stronger. For nearly 20 years, she had suffered from a debilitating panic disorder called agoraphobia during which she could not even leave her own home.

By a miracle she says is from God, she was healed of the disorder. Out of sheer gratitude, Hart

wanted to bring back to life that hope she had as a little girl to dance. But she did not want to dance alone.

So Hart found company in her group of Rhinestone Grannies, a dance troupe of older women who perform one-hour shows that include dance, comedy and song. The youngest is Karen Bain, 65; the oldest, Betty Cleveland, 89. Now 80 years old, Hart had no idea that the troupe would be such a hit in the community.

Every December, the troupe holds a fundraiser for the local Warrior Foundation-Freedom Station. "This will be the 11th year. All the proceeds go to our local military heroes," Hart said.

Hart's story about overcoming agoraphobia has been such an inspiration for people that she began sharing her story with organizations and churches. She speaks about how the disorder started,

what she experienced and how recovery came about for her.

"I am also currently working on a one-woman play about my struggles with agoraphobia," Hart said.

The mainstay of Hart's work is teaching line dance and the love of it. Several of her students have been with Hart since she started teaching.

"According to Alzheimer's Association, [dancing is] one of the best things you can do to protect from developing the disease. Our class is a great place for exercise and meet new friends," Hart said.

Barbara Jacobs, who has danced in Hart's class for nine years, says that every week she feels rejuvenated after the class.

"I have learned that I can still dance, appropriate to my age, but the joy I feel is the same throughout the many years I have lived," she said.

Donna Geiger, who's been a student of Hart's for 10 years, says that she has been given a great outlet for exercise as well as her own love of dancing.

"Most of all, we learn that even though our hips hurt and our knees crack, our eyes are weak and our balance is not as good as it used to be, 'we ain't dead yet,'" she said. "Our teacher is always on top of every movement and changing it to make it safe as well as fun. And most of all it is the fun and friendship."

One of the first things that Hart explains in the line dance class is that the main goals are to exercise the body, the mind and to have fun. In each class, students warm up with Hart to a lively song before starting lessons. She usually reviews between six and nine dances per session.

Many of the dances are repeated during the year, with the music ranging from all genres, including country, Latin, Irish, jazz, swing, rock 'n' roll and even waltzes.

"My method is to slowly go over each step and then give counts, or beats, for each section," Hart said.

Some students have some physical limitations, so Hart shows them how to modify a particular step to accommodate them. The 1 1/2 hour lessons include at least one five-minute break during the class.

"I remind them to drink water," she said, "and we laugh a lot during the class. They especially love it when I make a mistake. My husband usually leads in the laughter."

Hart laughs at herself along with them because, as she explained, she has everything to live and dance for now.

It's the friendship, too, that keeps many of the students joining up with the Rhinestone Grannies.

"We are like a family," Hart said. "We celebrate together, cry together, laugh together. The friendship and caring for each other is beautiful to see."



Adrienne Hart teaches line dance at La Mesa Adult Enrichment Center and is leader of the Rhinestone Grannies dance troupe. (Courtesy photos)

Although mostly women are in the class, men are welcome, too. Hart's own husband joins in on the fun after he sets up the equipment. And the group also includes John James, an original member of The Platters, who performs under the stage name Duke Richardson. James participates with the dancers when he isn't on the road.

The classes take place each Monday from 11 a.m. to 12:30 p.m. at the La Mesa Adult Enrichment Center. Anyone 21 and over is welcome. The fee is \$7 per class. For more information, go to rhinestonegrannies.com.

—Cynthia Robertson has been a local freelance writer and photographer for more than 30 years. She is also the author of a novel, "Where You See Forever." Her website is www.cynthiarobertson.com.



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Grantville-Allied Gardens Kiwanis Club, best-kept secret in town

By JILL DIAMOND

In an era when the Ford Mustang was king, Martin Luther King had a dream and Woodstock was the place to be, the Grantville-Allied Gardens Kiwanis Club came to be. Kiwanis was founded in Detroit between 1914 and 1915 and grew across the country, but didn't make its way to the Grantville community for a while. Grantville remained a tiny neighborhood along the San Diego River until the 1940s when it was finally annexed into the city of San Diego. Growth of the city came about mostly due to the military's presence during World War II; it forced eastward expansion into Mission Valley and beyond, leading to the birth of Allied Gardens in 1954. By 1960, the area including Grantville and Allied Gardens was big enough to start schools, churches, a post office, a community center, a freeway, and of course, a Kiwanis Club. Members from the Kiwanis Club of Old San Diego (which ended in October 2014) decided to recruit new Kiwanis members in the area and build a new Kiwanis Club. On Sept. 17, 1960, the Grantville Kiwanis Club (as it was called then) got its charter from Kiwanis International with 37 original members. The dedication of the original Grantville post office (then known

as "San Diego 20") would be the club's first community service project on Jan. 7, 1961, complete with a Kiwanis banner, uniformed military personnel, and on stage, the Naval Air Force Pacific Fleet Band to mark the occasion. In the beginning, Grantville Kiwanis Club met as a lunch club at the Purple Cow restaurant at 6160 Mission Gorge Road, which later changed hands and was called the House of the Beefeaters in 1964. In the latter part of 1965, the Kiwanis Club had moved to what is now the Allied Gardens Recreation Center for breakfast on Thursday mornings. The new location prompted the club to officially add "Allied Gardens" to its name. According to John Crawford, a past president of the club from 2007-08 and who will be serving as lieutenant governor for the division in another year and currently is the membership chair and newsletter editor, he was a young lad when he joined. "My situation is a bit unique among Kiwanis members, as I actually got involved when I was 12 years old. As a seventh-grader, the local Kiwanis Club supported the Builders Club at Lewis Middle School, and Builders Club is basically just a kids version of Kiwanis," he recalled. "I enjoyed my time in the Builders Club, continued with the Key Club in high school and the Circle K Club in college." After 11 years of service from the seventh grade through college



Kiwanians taking a turn with delivery (Courtesy photos)



John Crawford - Dedicated member of our community

graduation, he had made so many friends and connections he just had to join Kiwanis. "The alternative — just walking away after 11 years — was unthinkable. I officially joined Kiwanis in 2002 and am now in my 17th year — or 28th if you count my time in the youth groups," he said. He said what makes the group special is its sense of family shared by its members. "We have 33 members who care about each other, watch out for each other, and cheer each other up when we're down. If somebody is sick or injured, we're there for hospital visits and get-well cards. We're also a very welcoming group — it's easy to show up and feel like you belong. Anybody can do volunteer work, but our Kiwanis Club gives you a sense of unity and community that you can't get just anywhere," he said. Although the local chapter has been around since the 1960s, it's

been a little bit of a challenge attracting new members. "A lot of our members who were there in the 1960s, '70s, and '80s are now getting older and can't contribute the same way they once did," he said. This isn't just a local problem. Kiwanis clubs, Lions clubs, Rotary clubs, and other fraternal organizations are facing challenges now that the greatest generation and baby boomers are slowing down, he said. "Young people still want to volunteer, but where corporations and businesses were supportive of community involvement 50 years ago, today it's difficult for a Gen X'er or a millennial to take time out of their day and go to a meeting. One of my biggest fears is that I might outlive my Kiwanis Club," he said. But being a Kiwanis member does have its perks. Besides a sense of family and the connection shared, Crawford said, you also get a tremendous feeling of accomplishment from

giving back to your community, whether it's a litter cleanup or a hospital fundraiser. "My wife and I are both Kiwanis members. We actually met through our volunteer work and we both focus on Kiwanis youth groups like Key Club and Builders Club. Seeing these young students go from cautious and shy at the beginning of the school year to confident and driven by the time they graduate is really a tremendous thing to witness. Knowing that you had a small part in their growth makes you want to do it repeatedly," he said. Members are always looking for new ways to help from school events to outdoor cleanups and projects — in other words, the Kiwanis are a busy group. And while the membership is somewhat on the smaller side, it is still a group that people might want to consider joining. "Our last original member, Bob Frankhouser, passed away in 2017 at the age of 95. He spent 55 or 56 years in our club. Our most senior member, John Peterson, has been there since 1966 and he's still going strong at age 91. Sadly, we're not the most popular group in town — I think probably the 'best-kept secret in town' is a better description, but people who know us and what we do in the community always seem appreciative." Kiwanis on a national level has had some famous members ranging from senators and politicians, celebrities and presidents like Franklin Roosevelt and Richard Nixon. "I think the number one thing I would like to tell people is that we're worth waking up for. Some people are put off by our 7 a.m. start time, but I think anybody who attends two or three meetings with our club will be hooked. It's so much fun to be part of this club; I really don't understand why more people don't get involved," Crawford said. For more information about the local chapter, visit allied-gardenskiwanis.org



Connecting generations through technology

2. Video Chat

Video chat makes you feel as though everyone's in the same room. Use apps like Skype or FaceTime to have a video conversation from virtually any device, and share life events such as graduations or weddings.

3. Gaming and Creativity Apps

Apps like Magisto and PhotoFunia allow you to personalize photos and videos. Looking for some friendly competition with your grandparents? Try a gaming app like Wheel of Fortune or Minecraft. Or keep your grandparents updated with an app like Keepy, an interactive platform for sharing school projects and artwork.

Use family tree apps like Ancestry to discover photos and stories together as you navigate your family history.

4. Social Media

Start a private Instagram account where you can post photos and videos. Grandparents have lots to share as well, so encourage them to make their own Instagram handles and record their stories. This can be a unique way to learn about your grandparents' past, pass down family memories or share family recipes.

Snapchat is another option for sending and receiving custom pictures or videos with a variety of fun filters and lenses.

How to Help Your Grandparents

Only 44% of grandparents identify as tech-savvy.

Teaching non-tech-savvy family members how to use video chat and social media can be a bonding experience. You can also set your grandparents up with useful home features like the SURE Universal Remote, which allows them to control their TV and other devices from their smartphone. Less tech-savvy grandparents may not realize they can watch their cable TV content from their mobile device or schedule DVR recordings with apps like Cox Connect.

Giving your elders the power to connect helps build relationships with the people you love most, and that's priceless at any age.



Four easy ways tech can help grandparents bond with younger family members

Grandparents: a word often associated with presents, special outings, yummy food and unconditional love. Yet many Americans don't talk to, or see, their grandparents as often as they'd like.

Here are four ways technology can help you connect with your grandparents.

1. Messaging Apps

A recent study revealed that 73% of grandparents own smartphones. Messaging apps like WhatsApp or Talkatone are a great introduction to texting for grandparents.

With messaging apps, you can send and receive text updates, photos and videos in one place. When there's time for a longer conversation, you can use these apps to chat for free, as most don't use cell minutes.

[Editor's note: Some historical information for this article was supplied by the Grantville-Allied Gardens Kiwanis Club archives, the San Diego Historical Society, and "San Diego County Place Names A to Z," by Leland Fetzer; published 2005 by Sunbelt Publications.]

—Jill Diamond is a Southern California-based freelance writer with a penchant for articles about local history.

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Allied Gardens/Grantville Community Council news

By SHAIN HAUG

HOLIDAY CELEBRATIONS

The lighting of the community Christmas tree will take place at the corner of Zion Avenue and Waring Road (commonly referred to as the "Triangle") on Wednesday, Dec. 11 at 6:30 p.m. It is a short ceremony, but fun as two second grade students from Foster and Marvin Elementary will simultaneously turn a switch to illuminate the decorated tree. To help with the festivities, several students from Lewis Middle School Band will perform some special Holiday songs.

On Thursday Dec. 12, Lewis Middle School, Marvin and Foster Elementary will have students performing at the annual Holiday Festival. The festival is an hour long program of seasonal songs and dramatic readings by the students from these schools. The time is 7 p.m. and the location for the festival is the Lewis Middle School Auditorium, 5170 Greenbrier Ave.

TOWN HALL MEETINGS

Our normal schedule calls for a meeting on Nov. 26, but the week of Thanksgiving Day just doesn't work, so we will not hold a Town Hall Meeting in November 2019.

Tuesday, Jan. 28, 2020 – A presentation by the local Census Team on the census procedures and the importance of a full count of persons in the community.

Tuesday, March 24, 2020 – Eric Bowlby of San Diego Canyonlands will describe our role in the preservation of Navajo Canyon.

Tuesday, May 26, 2020 – Dr. Pat Abbott of SDSU will inform us on the geology of the Navajo area and the earthquake faults that define much of our building codes.

Tuesday, July 28, 2020 – We are working on a presentation that will explain how the State Legislature is dealing with the housing crisis. The primary focus will be how this centralized planning will affect our control

SEE AGGCC, Page 23

San Carlos Area Council news

By PATRICIA MOONEY

FIRE DANGERS

Many of us fondly remember watching "The Wizard of Oz" every year when we were children. Each character is on a quest to find something they are missing. The Tin Man needs a heart, the Cowardly Lion needs courage, and Dorothy needs to get home. But it's



Stay vigilant. Fire on Cowles Mountain, 2007
(Photo by Patty Mooney)

SEE SCAC, Page 24

Del Cerro Action Council news

By JAY WILSON

The Del Cerro Action Council (DCAC) held its quarterly meeting on Oct. 24 at Temple Emanu-El.

San Diego Police Department - Congratulations Officer John Steffen, our SDPD Eastern Division Community Relations Officer, for receiving his 15 year pin with the police department. Officer Steffen reported a total of five property crimes and vehicle break ins, two active arrests and seven moving violations in the Del Cerro area during the last reporting period. He also announced a drug take back program at the Eastern Division Police Station located at 9225 Aero Drive.

San Diego State Police Department - Corporal Mark Peterson, the Police Community Relations Officer for SDSU, stated there were only 22 Adobe Falls complaints reported to the SDSU police department compared to 80

for the same time period last year. SDSU police continue to patrol the Adobe Falls area.

Jonathan Clark for Rep. Susan Davis – Clark reported Rep. Davis has been working on legislation to simplify the student aid application. The current application is very complex. Her subcommittee is working to ensure those who deserve the service receive it. Clark also announced that the deadline for high school students to receive a nomination to a military academy closed Oct. 31.

Roarke Shanley for Council member Scott Sherman – Shanley announced 33 streets have been added to the slurry seal list for Del Cerro. This is in addition to the initial list for streets to be slurry sealed or resurfaced in Del Cerro. Shanley also announced that he will be leaving Council member Sherman's staff

SEE DCAC, Page 15

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Saturday, November 16
• Four \$250 cash winners every hour.
• Grand Prize \$5,000 Cash Drawing!



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DCAC

CONTINUED FROM Page 14

as of Nov. 1. He has accepted a job with Assembly member Marie Waldron with the 75th State Assembly who represents north east San Diego County and Temecula in Riverside County. He lives in Vista. We are very sorry to see him leave and thank him for the great work he did for us.

Public comment – Chris Pearson, a former community relations representative for Council member Marti Emerald, spoke on behalf of a brush management program called silviculture. This process trims sideways growth to eliminate fire ladders that explode and disperse burning embers during wildfires. It's a new ecologically sensitive technique that has not been tried in San Diego.

Here is a link explaining the work: treeculturesandiego.com. His request is for the DCAC to endorse silviculture and send a letter of support to the city of San Diego. The DCAC board will consider the request and check with the city's Fire-Rescue Department before making a decision.

All Peoples Church – Pastor Robert Herber commented on the homeless encampments on the church property. He indicated the church was able to file a letter of agency which means the city does not have to seek permission to go on the property regarding the homeless and/or homeless encampments. They are also

working with the neighbors and the city's brush management staff. Now that the bird breeding season has ended for endangered species, the church will be conducting some brush clearing. The website is being updated to make more information about the church available to the public.

When asked about the planned weekly activities at the church, Herber said, "We will have meetings/classes throughout the week but these are usually around 20 to 25 people. We are working diligently with city staff regarding handling the traffic which includes an additional signaled intersection and expanded deceleration/acceleration lane. Our plans have to follow the requirements of the city's planning department and its traffic engineers. This will determine the number of entrances and exists. Once we have a response from CalTrans, we will be able to establish the elevation of the building pad. We are waiting on the city regarding the deceleration lane as that will determine where the one-story parking structure can be located; close to the homes or our preferred location closer to College Avenue. Before the church submits its second set of plans for review, we will be back to the DCAC and the Navajo Community Planners, Inc."

The next DCAC meeting will be on Thursday, Jan. 23 at 7 p.m. at Temple Emanu-El.

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



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-  Let hot foods cool off (1hr max.) before placing them in the fridge.
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Patrick Henry
High School News

By ELIZABETH GILLINGHAM

Girls Tennis earns CIF seed

Following an incredible 2018 season with a CIF Championship, the tennis program earned promotion to CIF Division 1 and the City Conference Western League to compete against the best teams in the county every match. Coach Ronney knew that it would be a difficult challenge however had reason for optimism because she knew the fight of each individual player and the collective mindset and will to win.

The Patriots demonstrated that tenacity all season long with an early season tournament championship, huge non-league victories over Point Loma, Granite Hills, Grossmont, and Valhalla. With Western League competition came gritty victories over power schools Cathedral (twice!), Scripps Ranch (twice!), and Academy LOP (twice!). Finishing with a 6-4 league record, and earning the No. 3 seed in the Division 1 playoffs is an incredible accomplishment!

Del Mar Fair winners from PHHS

Photography students from throughout San Diego submitted pieces of their work to the San Diego County Fair this past summer. From the hundreds of photos submitted, Patrick Henry High School students took home two "Best in Show" Awards out of the 12 categories for the first-year photography students in grades 9–12.

Congratulations to Devin Chubb (Class of 2022) for Digital Photo Composite of a butterfly made up of butterflies and Tiffany La (Class of 2021) for Digital Manipulation of a pizza cutter. Patrick Henry offers its students three different photography

courses and students of all levels submitted photos winning many first and second place ribbons to list. In addition to the two Best in Show awards these are some of the other first place winners (list is incomplete as projects were picked up over the summer by the winners):

- Louisa Robinson – Black & White / Color
- Alyn Uribe – Digital Manipulation
- Emily Hill – Black & White / Color
- Elianna Castillo – Digital Manipulation
- Jenna Kotyk – Color

- Jacqui Bagalini – Color
- Khang Diep – Digital Manipulation
- Devin Chubb – Color
- Mya Galloway – Black & White / Color
- Malia Daft – Color
- Alexis Kovacevic – Color / Digital Manipulation / San Diego County Lifestyles
- Jilma Guzman – Color
- Bella Carillo – Color
- Kylie Palmer – Color
- Ben Manis – Black & White
- Megan Cheever – Color
- Evelyn Gutierrez – Color
- Lilly Hubbell – Digital Manipulation



Devin Chubb's Best in Show for Digital Photo Composite



Tiffany L's Best in Show for Digital Manipulation (Photos courtesy PHHS)

San Diego Museum of Art Teen Council

PHHS would like to recognize the following students who have applied and been accepted to participate on the San Diego Museum of Art Teen Council program:

- Bianca Smith
- Erin Graham
- Hannah Richardson
- Isabella Nguyen
- Kirsten Lockart-Haytt
- Lily Thomas
- Maria Preciado
- Marissa Crispino
- Olivander Wheelan

The council meets multiple times throughout the year to share ideas, develop youth events and programming, and participate in unique behind-the-scenes experiences at the museum. Participating students will also have an opportunity to make friends with similar interests, meet local artists, develop leadership skills and add unique experiences towards their college applications.

Student of the Month

PHHS is proud to name Samantha Linden as our October Student of the Month.


At the Grantville Allied Gardens Kiwanis monthly meeting, vice principal Bill Miller was in attendance to recognize her. He stated in his speech during the meeting, "Samantha has been absolutely instrumental in ASB in trying to transform the culture at PHHS. She works diligently, is a strong leader that never asks others what she isn't willing to do herself or is already doing! She started 'Spirit Attacks' on campus



Student of the Month Samantha Lindon

that is now an ongoing tradition at PHHS. Her teachers have the utmost

SEE PHHS, Page 17

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PHHS

CONTINUED FROM Page 16

confidence that she will follow through on anything that she commits to. She is also involved in our Patriot Pups program at Henry and loves working with kids. She is looking forward to being assigned to a local elementary school and start working in the classroom as soon as possible.”

Samantha makes Henry a better place because of her ongoing commitment to our student leadership team and the help she gives to our community. She is currently working her college applications and she is applying to many different colleges all across the U.S. She is keeping her options open and does not have a top pick at this moment.

We wish her all the best in what is sure to be a successful future. Great job Samantha!

PHAME Calendar

Performing Arts Center at Patrick Henry High School Calendar – most events sell tickets for \$10 each unless noted otherwise. Please check our website for updates as some events are subject to change:

- Dec. 5 – PHHS Improv Show (mature audiences), at 6 p.m.
- Dec. 3 – Green Elementary Holiday Sing, 4 p.m.–7:15 p.m.
- Dec. 5 – Green Elementary Holiday Sing, 5:15–7:15 p.m.
- Dec. 7 – Tuba Christmas in San Diego; Free entrance at 1 p.m.
- Dec. 12 – PHHS Choir Concert, 6 p.m.
- Dec. 19 – PHHS Instrumental Music Concert, 6 p.m.
- Feb. 5–9 – PHHS Drama Dept. presents “Fiddler on the Roof,” nightly at 6 p.m.
- Feb.. 20 – PHHS Airband Concert, 6 p.m.
- Feb. 25–26 – VAPA Choral Showcase, nightly at 6 p.m.
- March 5–6 – Hearst Elementary Talent Show, 6 pm., FREE!
- March 19 – PHHS ASB presents their Variety/Improv Night at 6 p.m.
- March TBA – PHHS Choir Concert, at 6 p.m. (see website for date)
- April TBA – PHHS Pops Concert in PHAME at 6 p.m. (see website for date)
- May 21 – PHHS Choir Concert, at 6 p.m.
- May 27 – PHHS Instrumental Music Concert, at 6 p.m.

National Merit Scholarship semifinalist

PHHS is proud to announce that we had four students named as a Commended Student in the 2020 National Merit Scholarship Program. Commended students placed among the top 50,000 scorers of more than 1.5 million students who entered the 2020 competition by taking the 2018 preliminary SAT/National Merit Scholarship Qualifying Test.

“Those being named Commended Students have demonstrated outstanding potential for academic success,” commented NMSC spokesperson. Congratulations to seniors Timber S. Carey, Kieran W. Hilmer, Chloe L. Morris, and Theodore M. Schenck for their hard work and dedication towards excellence in their academic endeavors.

—Elizabeth Gillingham is principal of Patrick Henry High School.

Patriots giving Back to the community

If you were out in the community on Saturday afternoon you may have seen Patrick Henry students volunteering at various community events. The annual Fall Festival at Gage Elementary was a great place to see all the latest Halloween costumes and a chance for the Gage Gators to come and play festival games run by Patrick Henry’s ROTC and Community Club members.

Over at Junior Seau field in La Mesa, the home of the San Carlos Patriots, there was the Challenger Division game put on with the help of members of the SRHS Falcons, GHHS Eagles, GHS Foothillers, and PHHS Patriots Football teams. KUSI was at the event to record the action.

Coach Mayisha is proud to be the head coach for the San Carlos Patriots Challenger team. It’s a team made up of students with disabilities coming together to play flag football with other students. Last month, PHHS football players and coaches showed up to play with the Challenger team.

Coach Mayisha stated, “It warms my heart that those boys took time out of their weekend to come play against us.” The Challenger team has three Patrick Henry students and one alumni playing on the team.

Coach Mayisha also stated, “I love the way Patrick Henry’s football team came out to support their classmates. When I spoke to Head Varsity Coach JT O’Sullivan

and Head JV Coach Teshawn about it, they were 100% on board. That speaks volumes about PHHS, the Henry coaches, and the entire football team. I appreciate all you do.”

—By PHHS athletic director Cody Clark



The San Carlos Patriots challenger Team

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Sticky fingers

Restaurant Review

By FRANK SABATINI JR.



The signage hanging above the entrance in block letters simply



Linda Dami took an interest in baking at a very young age (Courtesy photo)

reads “donuts.” The “o” isn’t illuminated, and the overall dull facade gives the impression of a place in transition.

But it isn’t.

Donut Panic has been around since 2014, ever since Mark Dami and his daughter, Linda Dami, took over the space from Sunshine Donuts. The name of the business is a clever play off the phrase “don’t panic” from the science-fiction book series, “Hitchhiker’s Guide to the Galaxy,” explained Linda.

Inside are a couple of couches positioned around a wooden coffee table. Music CDs hang

DONUT PANIC

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from the ceiling. Floor speakers with their woofers exposed sit alongside a working turntable that looks straight out of the 1970s, much like the albums stacked on the shelves below it.

In groovy font, the words “Keep Calm, Donut Panic,” pop boldly off a wall in orange and yellow colors, practically stealing the visuals from your final destination a



A mix of vegan and regular donuts (Photo by Frank Sabatini Jr.)

few feet ahead — that being the illuminated display case of donuts.

About 50% of the donuts are vegan. They’re made with potato flakes, which is Linda’s ingredient of choice for substituting the eggs

and dairy that go into traditional donuts. She used to make them with soy milk, but customers began asking for soy-free options.

SEE **DONUT PANIC**, Page 19



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Donut Panic

CONTINUED FROM Page 18

The first time I ever ducked in for a sugar fix, a vegan maple-bacon donut came to the rescue. The faux bacon has a coconut base, and the yeast-raised crumb offers a tad more chew compared to non-vegan donuts. But the appealing interplay of sweet and savory flavors will distract you from ever noticing.

"Lots of customers who aren't even vegan say they crave them," Linda noted.

Most recently I tried the vegan Neapolitan cake donut. It sports a vanilla crumb and is topped with strawberry and chocolate sprinkles. Very good and moist on its own, I nonetheless brought saturated fat into the experience by washing it down with a glass of cold milk when I got it home.

"If it wasn't for the cost differences, you'd never know these donuts are vegan," Linda added while pointing out that her vegan donuts are almost double in price compared to the regular varieties.

A single non-vegan donut, for instance, costs between \$1.25 and \$1.75. Their vegan counterparts range from \$2 to \$2.75. This is due to the array of gourmet-leaning flavors such as lemon-lavender, rosewater-cardamom, chai tea, and more. But keep in mind that a majority of them are available only on Tuesdays, Thursdays, Saturdays and Sundays — the days when their yeast dough is crafted.



A glaze donut with raspberry filling (Photos by Frank Sabatini Jr.)

The daughter-father duo make the donuts early in the morning, before Linda proceeds to her day job at the San Carlos branch of the San Diego Public Library. She holds a degree in anthropology from UCSD but always wanted to work with food.

"I wondered why I just didn't go to culinary school," she quipped.

Her father worked previously in the security-management industry. As the shop's front liner, most customers know him on a first-name basis.

One of the desirable qualities I've found with these donuts is that the donut crumb — whether it's of the cake or yeast variety — melts in your mouth as rapidly as the glazes coating them.

Such was the case with a regular apple fritter, despite its desirable denseness and crisp, sturdy exterior. A non-vegan

raspberry-filled donut delivered a bright rush of fruity jelly oozing from the center. I didn't care that the filling was artificially flavored. It tasted simultaneously sweet and tart, kind of like some favorite candy from my childhood.

Really, the only reason to "panic" at Donut Panic is if you tumble down that familiar donut hole in which you exceed your standard intake in one sitting. Mine is two. After that, I feel doomed by the calories, carbs and sugar.

In total, there are about 40 varieties of donuts for the choosing. But they sell out quickly most days. Such was the case on a recent Thursday when I called the shop at noonish for an inventory check. I was told the pickings were very slim.

Breakfast sandwiches and dark roast coffee by Starbucks are also available. And on occasion, the



Many customers know Mark Dami on a first-name basis

space makes way for sporadic art shows and live music.

—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.

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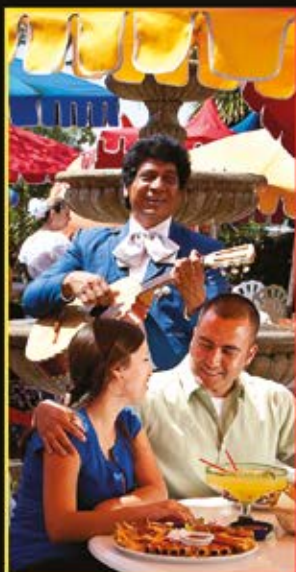
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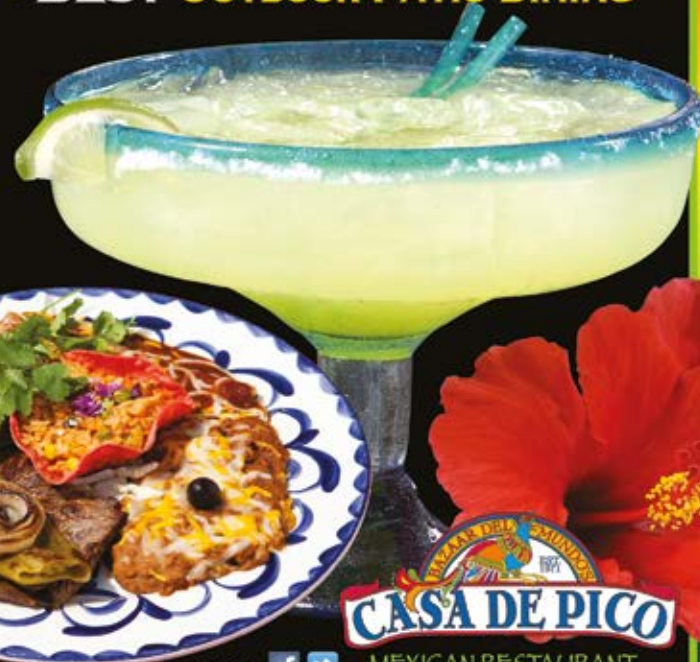
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Mission Trails programs offer knowledge, opportunities to give



By JENNIFER MORRISSEY

Though we won't have as many daylight hours, November is full of activity at Mission Trails Regional Park (MTRP). Please note that until Daylight Saving Time returns, all of the park's gates will close at 5 p.m. The MTRP Visitor Center will be closed on Thanksgiving but the parking lots will be open from 8 a.m.–5 p.m. in case you'd like to get some fresh air and exercise on the holiday.

There are many ways to enjoy Mission Trails in November, and we hope that you'll mark your



Mission Trails will offer a special day camp for kids Thanksgiving week. (Photos courtesy Mission Trails Regional Park Foundation)

UPCOMING EVENTS AT MISSION TRAILS*

Birds Along the Trail at Mission Trails Regional Park
Wendy Esterly, MTRP Trail Guide and Nest Box Volunteer
Thursday, Nov. 14, 7 p.m.

Holiday Marketplace
Sunday, Nov. 17, 10 a.m.–4 p.m.

Thanksgiving Week Day Camp
Nov. 25 through Nov. 27
9 a.m.–3 p.m. with optional after care

*Location MTRP Visitor Center unless otherwise noted.
Register and learn more at mtrp.org

calendar for Giving Tuesday on Dec. 3 and plan to make a donation to support Mission Trails, wilderness in our own backyard. You can make a gift at online at mtrp.org, call the MTRP Foundation with your gift, or come by the Visitor Center between 9 a.m. and 5 p.m. to make a gift in person.

KNOW THE BIRDS OF MTRP

A special public program being offered on Thursday, Nov. 14 is "Birds Along the Trail at Mission Trails Regional Park" with Wendy Esterly, longtime volunteer at Mission Trails and avid photographer whose stunning images of birds and other wildlife have been used in publications and exhibits. She has served on exhibit committees at MTRP including for the new nest box project exhibit, just completed at the MTRP Visitor Center; she is also the author of the recently published "Coloring

Southern California Birds" by Sunbelt Publications.

At her talk, Esterly will share photos of 20 birds commonly seen at Mission Trails, and attendees will learn where to find the birds, the time of year they can be seen, hear their call or song, and find out interesting facts. This presentation will sell out, so reserve your place soon through our website at mtrp.org.

HOLIDAY MARKETPLACE TO BENEFIT MISSION TRAILS

On Sunday, Nov. 17, the MTRP Visitor Center from will be transformed into a seasonal marketplace featuring unique gifts. At the free event, enjoy live demonstrations, music, and author signings, and you can also shop the recently transformed Visitor Center Gift Shop, curated by Sonya Kemp of Gold Leaf in South Park. You can shop knowing that at least

half of your purchase is benefiting Mission Trails.

Items at the Holiday Marketplace include Kumeyaay pottery, baskets, and jewelry; hand-carved bowls made from locally sourced wood by members of the San Diego Woodturners; a range of titles from Sunbelt Publications and book signings all day; leather goods, one-of-a-kind jewelry, home goods, cards, and more! This free, drop-in event allows you to give twice: to your gift recipient and MTRP.

THANKSGIVING WEEK DAY CAMP

Oh, to be a kid again! During Thanksgiving week, from Monday, Nov. 25 through Wednesday, Nov. 27, the Mission Trails Regional Park Foundation will offer a Day Camp program for children in second through sixth grades. The camp will allow children to learn

about hiking, animal habitats, food chains, ecosystems, biodiversity, and Kumeyaay connections through daily hikes; make crafts and play games, including making gourd rattles and learning games that Kumeyaay children played long ago; and engage with guest speakers including Bob Gordon and Huxley the Harris's Hawk and Native storyteller Cathleen Chilcote Wallace.

KEIL'S ENCOURAGES SUPPORT FOR MISSION TRAILS

Many thanks to Keil's Grocery for encouraging their shoppers to "round up" for Mission Trails. During the month of November, cashiers will ask patrons whether they'd like to round up to the next dollar (or more) to help support the park, which is in mere blocks away from Keil's, a cornerstone of the community. Cashiers will also have copies of a new brochure about the park so that shoppers can learn more about the incredible resource in our midst, which boasts more than 7,200 acres, 65 miles of trails, and is one of the largest urban parks in the United States. Kudos to Keil's for showing their support of this regional treasure, and for encouraging their shoppers to support MTRP, too.

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

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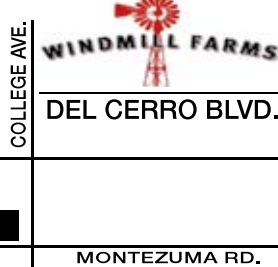
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Holiday Tips for Staying Trim



The holiday season is upon us, and with it comes all the holiday treats. From Halloween candy, to Thanksgiving dinner, to Christmas parties filled with alcohol and sweets, it is easy to overeat on all these calorie rich foods. On average, adults will gain 1 to 2 pounds from Halloween to the end of the year. While that might not seem like much, the majority of those people are unable to get rid of that weight, meaning each year the pounds add up. Here are a few tips to help keep the weight off and still enjoy your favorite holiday foods. Exercise. With the stress and busyness of the holiday season, it is easy to put off going to the gym or doing your fitness routine. Keeping the body moving and putting on lean muscle mass will help boost your metabolism during a time where the calorie rich foods and cold temperatures tend to slow us down. A 30-60 minute workout 2-3 times a week, will not only help control your weight, but also help relieve some stress.

Watch the liquid calories. Alcoholic holiday drinks add up quick. A small glass of alcoholic eggnog is close to 400 calories, so 3 small glasses is over half of the average daily caloric intake. Drinking also tends to inhibit decision making, making it easier to overindulge on the holiday snacks. Try to stick to calorie light drinks, such as vodka tonics or light beers, and drink plenty of water.

Stay active. During the winter, most people tend to stay inside, curl up on the couch and watch holiday movies and football to avoid the colder weather. While that is enjoyable, being a couch potato will slow down your metabolism, and lead to less calories burned. So, get up and enjoy some outdoor and indoor activities. Go for a hike or get a family football game going for Thanksgiving. Try joining a yoga class, a boxing session, or other group activity. Bottom line is to keep the body moving during this holiday season, and you will thank yourself come spring.

~ Mike Edwards Personal Trainer at Envision Personalized Health
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The invasive Italian white snail

By MARTY FINK

This summer, I was amazed by the vast number of white snails clinging to desiccated vegetation along the trails of Mission Trails Regional Park. I wondered whether the snails are native to our area. Why had they attached themselves to dead plants? Were they themselves now dead?

They are invasive Italian white snails (*Theba pisana*) and are found in coastal habitats with warm-to-hot arid climates, thriving on alkaline soils rich in loose calcium carbonate (limestone). The shell is almost always creamy white and may have a solid, dashed, or dotted dark-brown spiral, or no markings at all.

Originating in the Mediterranean region, the first North American sighting was in La Jolla in 1914. The snails were thought to have been brought in as a food delicacy. Then, the great escape. They were either intentionally thrown away because they were “dead” or crawled off unnoticed.

By 1918, an infestation covered four La Jolla city blocks. By 1922, they were found in 22 different La Jolla locations and at the Scripps Institute for Biological Research (now Scripps Institute of Oceanography), about two miles north of downtown La Jolla, on virtually

everything — houses, fences, bridges, curbs, telephone poles, trees, shrubs, and weeds, and averaged 21 snails per square foot. They spread north to Orange and Los Angeles counties, probably on hay used as citrus grove mulch, but have reportedly been eradicated in those two counties, although isolated clusters have been sporadically found. They remain firmly entrenched in San Diego County.

The snails feed ravenously on green plants and ground-level organic material. Their lifespan is one to two years. The right combination of coolish temperatures and moisture (as little as 1-2 mm) induces activity such as mating and reproducing but they only reproduce over a single breeding season.

The Italian white snail is a hermaphrodite so any snail can lay eggs after mating. Up to 4,500 eggs are laid in a 1-3-centimeter-deep cavity dug by the snail. The eggs hatch no sooner than 20 days later depending on surrounding moisture. Hatching may be delayed in dry conditions, but the eggs cannot survive long dry spells.

Snail activity decreases as the weather warms and ceases completely during summer heat. The climbing behavior is characteristic of this species as an adaptation to avoid ground-level high temperatures, which can exceed



Italian White Snails (Photo by Marty Fink)

their lethal limit, 115 degrees Fahrenheit.

Upon climbing they go into estivation, a prolonged torpor or dormancy during the hot, dry period. They also form a wall of thick, dried mucus across their shell opening to reduce water loss, thus being able to survive extended periods of low moisture and high temperature conditions.

The snails may appear lifeless and dead, but under cooler temperatures and the right water levels, they awake, revive, descend, and slither away.

—Marty Fink is a trail guide at Mission Trails Regional Park.

iNaturalist observation of the month: Song sparrow

By PATRICIA SIMPSON

If you haven't seen a song sparrow (*Melospiza melodia*) in your backyard, you have probably at least heard the bird's famous song. Most often, the first four notes resemble Beethoven's Symphony No. 5. While a song sparrow may be dismissed as just another LBJ (little brown job), it is easily recognizable by its dark brown streaks on the chest, dotted by a dark brown spot in the center of the breast.

Mission Trails Regional Park trail guide Millie Basden recently came upon a song sparrow bathing on the west edge of Lake Murray as seen in her iNaturalist observation found at bit.ly/2pkBHUd.

Bathing is a favorite activity for birds. It helps clean the feathers from debris and parasites. In one of Basden's photos, we can observe beads of water rolling off the back and the tail of the bird, reminding us that ducks and geese are not the only ones enjoying nice waterproof feathers.

Ever wondered why birds don't get soaked? The most common theory is that birds reach a special gland near their tails with their



Song sparrow (Photo by Millie Basden)

beaks while preening. The gland, called the preen gland, secretes a lipid rich oil that birds apply to their feathers for waterproofing. While this theory has merit, many scientists now agree that the feather structure is key to repelling water. Several experiments consisting of remov-

ing any oil residues from feathers while maintaining their structure have shown that water is still repelled in the absence of the oil.

In the book “Feathers: The Evolution of a Natural Miracle,” co-author Thor Hanson explains that scientists are still arguing about the mechanics of water repellence and feather structure. Is it the density of the microstructure of feathers or the pockets of air contained in that same microstructure that help ward off water? Many physicists, engineers and inventors are paying close attention to the research. The results may lead to groundbreaking, environmentally-friendly, lightweight, and extremely efficient new waterproof material. Stay tuned!

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

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Discovering the scaly-breasted munia

How a house pet native to India became an official California bird

By CYNTHIA ROBERTSON | MISSION TIMES COURIER

I'm always looking out my window, even as I'm writing articles like this one. Ours is a quiet neighborhood, but we do get a lot of action from our feathered friends. As I nearly always have birdseed mix out for the doves, house finches and white-crowned sparrows, as well as nectar feeders for the hummingbirds, I recognize many regulars who come around. So it was a real stumper for me when several visitors appeared in our *Cassia splendida* tree scoping out the yard and then finally flying in, one by one, to the birdseed tray.

I picked up my camera and zoomed in on the new birds. They had an interesting pattern on their chest and stomach and a russet color on their backs. Their thick beaks clued me in that the birds

were finches of some kind. I had never seen them around but remembered seeing somebody's post on one of the local Facebook photography groups about a finch that was now prevalent in San Diego. Try as I did, I could not again locate that post about the bird.

I gave in — until the next day the new birds showed up again. They were cute little guys, watching out for each other in the tree before they made a silent decision to fly together to the tray. They were very amicable among each other. I found it difficult to return to my writing. I was so enthralled with their behavior and appearance.

In my online research, I discovered that the birds had three different names: spice finch, nutmeg mannikin, and scaly-breasted munia. It is a cage bird, one that people buy as a pet, and whose native habitat is India. What's more, I found out that the bird has been added to the official California Bird List.

I asked a few people in the bird-watching community for information. Wendy Esterly, known for her expertise in bird photography around Mission Trails Regional Park, reported that she, too, had seen them.

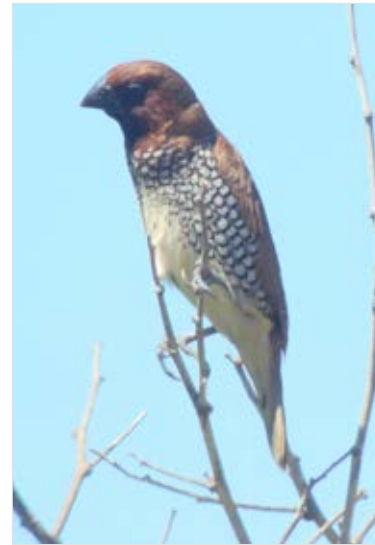
"The scaly-breasted munia's population has certainly increased locally," Esterly said.

A professor emeritus of geography at SDSU, Phil Pryde, who is also an Audubon Society member and author of the well-acclaimed "San Diego: An Introduction to the Region," is well-versed in bird knowledge. Pryde explained to me that the finch's proper name is scaly-breasted munia. The bird used to be called nutmeg mannikin in the United States before it was introduced here.

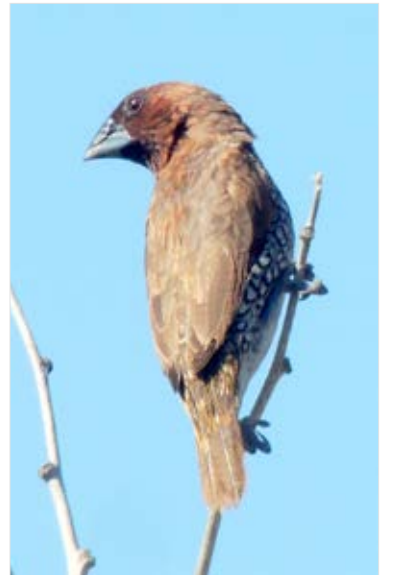
"When it became common in the San Diego area, it was decided to change its official name in the United States to what it is called in the rest of the world. The other two names, as far as I know, are today used only in the pet trade," Pryde said, who recommended Phil Unitt at the San Diego Natural History Museum for more detailed information.

Unitt did indeed have a wealth of knowledge about the bird. He is a specialist in subspecies identification of California birds and author of "The San Diego County Bird Atlas," "The Birds of San Diego County" and editor of *Western Birds*, the regional journal of ornithology for western North America.

He explained that the scaly-breasted munia has been seen in Southern California since



The second scaly-breasted munia
(Photos by Cynthia Robertson)



Male scaly-breasted munia

the 1980s and was known to be nesting in the wild from at least 1997 onward. By 2014, it had met the California Bird Records Committee's criterion of nesting in the wild for at least 15 years, as well as having an increasing population covering a substantial geographic area.

Although the Bird Records Committee has no explicit criterion for the size of a population in order for it to admit a new exotic species to the California list, by now the population of the scaly-breasted munia is several thousand. "So it clearly has cleared however high a bar could have been set for it," Unitt said.

I knew that whenever a new bird is introduced into a habitat, there is always danger of it affecting the ecology, so I asked Unitt about that.

"There isn't any evidence, to my knowledge, of the scaly-breasted munia causing environmental disruption — yet. It feeds principally on the seeds of grasses that are themselves exotic and has spread so far out of urban areas and into natural habitats to only a minor extent, though last year I saw a flock in a natural wetland near Warner Springs," Unitt said.

The munia is not alone in its preference for seeds of exotic grasses and weeds like the sow thistle. The native house finch and lesser goldfinch also feed on them. Right now, the plants are plentiful, and so there is no competition among the birds for food supply.

Unitt explained that the scaly-breasted munia is a species of the family Estrildidae, which contains about 140 species native to Africa, southern Asia, Australia, New Guinea, and smaller islands of the southwestern Pacific. Many are called "finches." When Unitt saw munias building nests last month, it surprised him.

"No details on the species' nesting cycle in California has been published to my knowledge, so I don't know how typical this is, but given the munia's explosive increase in California these past few years, it wouldn't surprise me if they were breeding year round," Unitt said.

When I mentioned how sociable the scaly-breasted munia appeared to be among themselves, Unitt agreed. "Yes, the scaly-breasted munia is highly gregarious, at least when not breeding. From what I have seen the breeding birds associate in pairs, but I doubt that they are very territorial.

"That said, I don't think the species' biology is well known. Certainly very little has been published on it," he continued.

So, with my camera, computer and plenty of birdseed just outside of my window, I get to have my own research station on these sweet-natured little birds once captured for use as pets. The scaly-breasted munia is now included on my own list of what I call my outdoor pets.

—Cynthia Robertson has been a local freelance writer and photographer for more than 30 years. She is also the author of a novel, "Where You See Forever." Her website is www.cynthiarobertson.com.



A family of scaly-breasted munia dine alongside a mourning dove at a bird feeder in Robertson's yard.

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Happenings at the Allied Gardens/Benjamin Library

Some of our regular visitors may already recognize our newest employee, Masha Dailey. Masha started at the Allied Gardens/Benjamin Library several months ago in a temporary position. We were very fortunate to have her come on board several weeks ago as a full-time regular library assistant II.

Masha enjoys arts and crafts with a preference for sketching and knitting. She is an animal lover and San Diego native (although she spent a few years in Arizona). If you enjoy poetry, holistic reading and psychology, Masha is the person to talk to since those are the books she most enjoys reading. Please stop in and say "hello" to our newest team member!

FOOD DRIVE FOR SAN DIEGO FOOD BANK

From Nov. 1 through Dec. 5, the library will be taking food donations to go to the San Diego Food Bank. Everyone is welcome to bring a nonperishable food item during the drive so that it can get to the food bank before the holiday season. We ask that you refrain from donating glass containers, opened containers, or homemade foods.

PROGRAMMING FOR ADULTS:

• Essential Oils 101

2:30 p.m., Saturday, Nov. 9

Are you curious about aromatherapy and other uses for essential oils? If so, this presentation will provide information on the many uses for oils, why quality matters and debunk some commonly believed myths. Free to attend but we ask that those interested in attending register online or by calling the branch at 619-533-3970.

• Introduction to Herbalism

10 a.m., Saturday, Nov. 23

Local author, Rhea Iris Rivers will talk about her book, which details home remedies for a variety of ailments. Join us as we learn about ways to improve your immune

system to fight mono, HPV, flu, cancer and more. Attendees will also learn about an effective way to increase energy without the use of stimulants. Books will be available for purchase.

• Vegan Adventures: Holiday Desserts

6 p.m., Tuesday, Nov. 12

Attendees will learn tips and tricks for "veganizing" desserts. Participants are sure to enjoy this "hands on" program; tasting included!

PROGRAMMING FOR YOUTH:

• Homework Club

Mondays, 2-4 p.m. and Wednesdays, 12:30-3 p.m.

Elementary and middle school students are welcome to stop in for homework assistance or quiet study on Mondays and Wednesdays when school is in session.

• Free play for babies and toddlers

Most Fridays from 10-10:45 a.m.

Little ones will have the opportunity to play in an unstructured setting while adults chat and connect with one another. We'll sing a few songs, and enjoy bubbles while making new friends. Older siblings are welcome.

• Snowman Coloring Contest

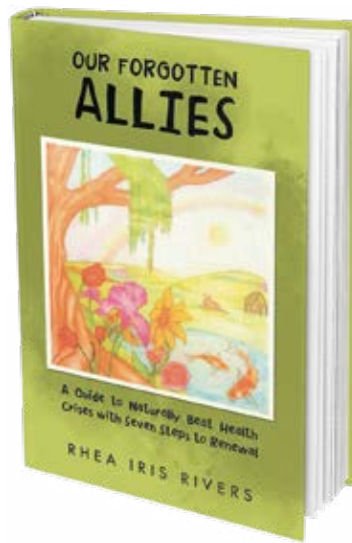
Dec. 1 through Jan. 3

It's time for our annual coloring contest for all ages! Stop in for a coloring sheet and bring us the completed masterpiece to be considered for a small prize. All works of art will be displayed during the month and a winner will be selected for each age category.

• Cookie Decorating

Two sessions on Wednesday, Dec. 11, at 4 and 4:30 p.m.

Are you a cookie lover? Do you like to decorate? If so, we have the perfect program for young



cookie connoisseurs. Attendees will enjoy creating their very own snowman cookie. Children under 8 should be accompanied by an adult. Please register on our website or by calling the branch at 619-533-3970.

Save the date: Noon Year's Eve program for little ones on Tuesday, Dec. 31, at 11 a.m.!

Please note: All San Diego public libraries will be open on Wednesday, Nov. 27, from 9:30 a.m. to 6 p.m. instead of our regular 11:30 a.m.-8 p.m. hours.

See you at the library!

—Kathryn Johnson, branch manager.

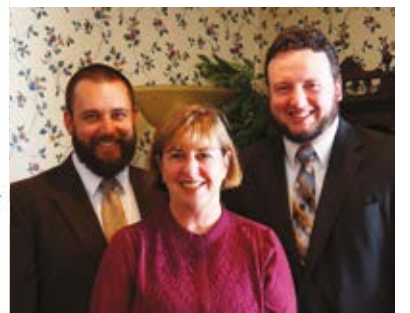
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AGGCC

CONTINUED FROM Page 14

over our local zoning and of the character of our single family residential neighborhoods.

SAN DIEGO CANYONLANDS

The mission of San Diego Canyonlands is to promote, protect and restore the natural habitats in San Diego County's canyons and creeks. They do this by fostering education, community involvement, stewardship, and advocacy in collaboration with organizations such as ours. They are committed to fostering opportunities to use our canyons as "Nature Classrooms" where San Diego's youth can learn about our unique wildlife and ecosystems with hands-on experiences.

The AGGCC is examining how members of our community can

participate in the work of this organization relative to Navajo Canyon. Once we have a clear picture of this involvement we will reach out to you by way of our Newsletter, this monthly article, and our email contact list. Until then you can learn more about the organization and its schedule of activities at sdcan- yonlands.org.

WEBSITE

Visit aggccouncil.org. Take a look and give us your suggestions for what we should include and what needs to be taken down. We want this site to be a community resource so we need your ideas of what is of value to you.

—Shain Haug is the President of the AGGCC. Reach him at aggccshain@yahoo.com to be added to our email contact list.



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MOVE

SCAC

CONTINUED FROM Page 14

the Straw Man who represents most Californians. Not in the sense that we need a brain, but that we need to protect ourselves from fire.

It's now the time of year when remnants of this Spring's Super Bloom have dried to a crackling crunch, providing fuel for fire. Santa Ana winds can whip up to a 100 miles an hour and devastate homes, land and families.

A few nights ago all evening television shows were pre-empted by breaking news of a fire in Chula Vista near Main Street which allegedly began on the river bed there where homeless encampments had been reported. So it's not difficult to parse what probably happened. Someone wanted to be warm or heat up a can of food and the fire got away from them.

Here in San Carlos, on Halloween, a man who picked up a jack-o-lantern with a candle inside lit his costume on fire and ended up in the hospital with third degree burns. Witnesses reported that he was a "walking fireball." The fire roared into his garage where it took firefighters 10 minutes to put it out.

As videographers, President Mark Schulze and I have produced a couple of videos over the years that can help you protect your home and family from wildfire. The "San Diego Fire &

Rescue Brush Management" video instructs home-owners how to create a defensible space around their homes. In the "Embers" video, produced for Mission Trails Regional Park (thanks to a grant from the city of San Diego), geologist Pat Abbott shows how embers can travel over 5 miles into dried palm trees and cracks in your roof. I have posted both of these videos at our Facebook page, bit.ly/2C83mKK.

NEIGHBORS, COME JOIN SCAC

At our most recent board meeting, the SCAC board members all voted to eliminate membership dues, so any community member can join the board (ages 18 and over) or simply come to our monthly meetings. We usually gather on the first Wednesday of the month at 6:30 p.m. at San Carlos Branch Library, 7265 Jackson Drive. Our holiday meeting will occur on Dec. 11, so bring a dessert or dish to share, as this will be a great way to meet your San Carlos neighbors.

If you wish to be added to the Interested Persons List or have a topic you would like to learn or talk about, please contact San Carlos Area Council VP Patricia Mooney at patty@crystalpyramid.com.

—Patricia Mooney is Vice President of the San Carlos Area Council.

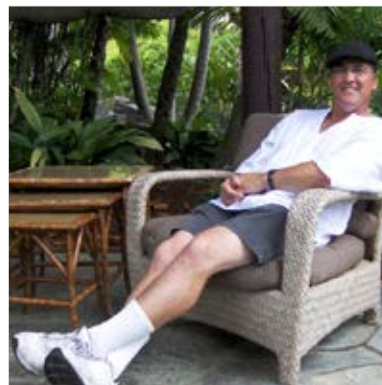
News from the San Carlos Library

By DAVID EGE

All San Carlos Friends of the Library (SCFOL) members are invited to attend the annual meeting of the general membership on Nov. 20 from 4-6 p.m. Library Foundation CEO Patrick Stewart will be the guest speaker and the slate of SCFOL board members for 2020 will be submitted for approval by the membership. There are currently 299 members including 117 Life Members. Life Members get their name added to the Honor Wall in the Winer Family Community Room & Art Gallery. General membership applications received after Oct. 1 will expire Dec. 31, 2020. All members can get into the SCFOL members-only Friday book sale before the big book sale on the first Saturday of each month.

ART SHOW

Terry Naughton returns as our featured artist from Nov. 4 to Dec. 28. A 1977 Patrick Henry High graduate, Naughton has become a much sought-after, award-winning, independent illustrator. For 17 years, he was an animator with Walt Disney Studios, working on almost every feature film produced by Disney from 1985-2002.



Artist Terry Naughton will showcase his pen and ink works in November and December. (Courtesy SCFOL)



This show will feature many examples of the multiple subjects he has created throughout his "illustrious" career! His reception will be on Nov. 16, from noon-2 p.m. and will feature live guitar music by Andrew Parsons.

USS MIDWAY MUSEUM

The USS Midway — America's longest-serving aircraft carrier of the 20th century — had its share of hair-raising missions, pranks, heartbreaking disasters, and remarkable accomplishments. Shared by about 150,000 sailors whose average age was only 19! Come learn about the history of the USS Midway on Nov. 15 from 2-3 p.m.

AUTHOR TALK

On Nov. 22, from 2-3 p.m., Dr. Baron Lawrence will present a lecture on the perennial best-selling Holocaust books and why they

appeal to a diverse spectrum of the American reading public. Though Anne Frank, Primo Levi, and Elie Wiesel are obviously on this top-10 list, the other works on it range from children's books to Christian Evangelical memoirs.

POETRY OPEN MIC

Join People Enjoying Poetry (PEP) on Nov. 23, from 1-3 p.m., for the fourth quarterly poetry open mic. Share your own work or read someone else's poetry. We'll collaborate to create a collection of poetry and the group will offer feedback at the poet's request.

TRASH DAY AT THE LIBRARY

Join us on Nov. 15, from 10-11:30 a.m., for a very special storytime featuring stories and crafts all about trash. You will also have the opportunity to see a trash truck up close and meet a community sanitation driver.

CHALLENGE ISLAND

Challenge Island encourages creativity, critical thinking, and social skills while instilling a love of science and engineering. On Dec. 11, from 4-5:15 p.m., kids will learn about the iconic 1982 film, "E.T. the Extra-Terrestrial." They will then use the concepts of balance, friction, and slickness to create a zipline basket ride for E.T. that moves as quickly and safely as possible. Ages 8-12. Registration required. Call 619-527-3430 to sign up.

DATES TO REMEMBER

- Nov. 11: CLOSED for Veterans Day
- Nov. 20, 4-5:30 p.m.: San Carlos Friends of the Library monthly meeting.
- Nov. 26: Children's Yoga + Stories – CANCELED
- Nov. 27: After School Special – CANCELED
- Nov. 28: CLOSED for Thanksgiving Day
- Dec. 4, 6:30-8 p.m.: San Carlos Area Council Meeting. Members of the community are invited to attend.
- Dec. 6, 1:30-3:30 p.m.: Friends of the Library only, Used Book Pre-Sale.
- Dec. 7, 9:30 a.m.-3:30 p.m.: SCFOL Monthly Used Book Sale
- Dec. 12, 12:30-2 p.m.: Library Book Club, "Educated" by Tara Westover.

—David Ege is branch manager of the San Carlos Branch Library.

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MISSION TIMES COURIER

COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR

ONGOING EVENTS



'On Golden Pond' Through Nov. 10

Lamplighters Community Theatre presents a play written by Earnest Thompson, made famous by its 1979 film adaptation. The plot focuses on aging couple Ethel and Norman Thayer, who spend each summer at their home on a lake called Golden Pond. During the year the story takes place, they are visited by daughter Chelsea, with her fiancé Billy Ray and his son Billy Ray Jr. The play explores the often-turbulent relationship the young woman shared with her father growing up, and the difficulties faced by a couple in the twilight years of a long marriage. Fridays and Saturdays at 8 p.m., Sundays at 2 p.m. at Lamplighters Community Theatre, 5915 Severin Drive. Tickets are \$23 general; \$20 seniors, students, active military; \$18 groups of 10 or more, available at bit.ly/2kPmvMr.



'Breaking Boundaries 2019'

Through Nov. 16

The Grossmont College Dance Department is proud to announce their annual student choreographed dance concert "Breaking Boundaries 2019" in the new Performing and Visual Arts Center. This semester's performances will showcase artistic choreography created by Grossmont College dance majors. A variation of genres will be highlighted — modern, jazz, hip-hop, tap, musical theater and contemporary dance. Friday, 7:30-9:30 p.m.; Saturday, 2-4 p.m. and 7:30-9:30 p.m. at Grossmont College, 8800 Grossmont College Drive, El Cajon. \$16 tickets available at bit.ly/3479DSW.

Saturday, Nov. 9



Craft Fair

Ascension Lutheran Church is hosting a holiday craft fair, featuring crafts, jewelry, scarves, quilts, ornaments, home décor and sweet treats. Proceeds benefit the church's ministry outreach to the community. 9 a.m.-1 p.m. at Ascension Lutheran Church, 5106 Zion Ave. For more information, call 619-582-2636 or visit ascension-church.com.

Genealogical presentations

The preeminent speaker and researcher on the topic of Eastern Europe, Lisa Alzo will be presenting "Ten Ways to Jumpstart your Eastern European Research" and "Crossing the Pond: Successful Strategies for Researching Eastern European Ancestors" at the San Diego Genealogical Society (SDGS) meeting at St. Andrews Church, 4816 Glen St., La Mesa on Saturday, Nov. 12, at 10 a.m. The San Diego Genealogical Society meetings are open to the public. Visit casdgs.org to register if you plan to attend and for a complete calendar of events.

Sunday, Nov. 10



Fred Benedetti concert

Fred Benedetti began playing guitar at the age of 9. In 1986, he was one of 12 guitarists chosen worldwide to perform in the Master Class of Andres Segovia at USC. He has performed with the San Diego Symphony,

The San Diego Opera, the Starlight Opera, the American Ballet Company, at the Old Globe, with Luciano Pavarotti, and with jazz legend Dave Brubeck. Fred is equally at home playing classical or contemporary music. He is a member of the Odeum Guitar Duo, the band Blurring the Edges, and a member of the band Hot Pstromi that plays Klezmer music. He is also a member of the Benedetti/Svoboda Guitar Duo. Presently he is an associate professor of music at Grossmont College, and is a member of the guitar faculty at San Diego State University. Free, hour-long show starts at 3 p.m. at Mission Trails church is located at 4880 Zion Ave.

EDITOR'S PICK



On the Edge Collective art show and sale

On the Edge Art Collective is a group of 15 local artists who have been meeting monthly for years to share great food and have great conversations while painting/creating together. Many of the group's members are longtime San Carlos area residents whose children (and grandchildren) go to local schools. They are painters, sculptors, quilters and creative mixed media artists. This summer, several On the Edge artists were featured in a monthlong exhibit in Spanish Village, Balboa Park. Also this year, individual artists exhibited in various venues around San Diego. Noon-4 p.m. at 6378 Lake Athabaska Place in San Carlos. For more information, contact Bebe Brookman 619-733-4786.

Monday, Nov. 11

Movie: 'Long Shot'

A talented journalist unexpectedly bumps into his former babysitter who is now running for the presidency. Feeling a

deep connection, she hires him to be her speechwriter and a romantic relationship develops between the two, despite being totally unprepared for her high profile lifestyle. 1 p.m. at College Avenue Center, 6299 Capri Drive. Free for CAC members, \$2 for all others.

Thursday, Nov. 14



Birds Along the Trail

Learn about 20 birds at Mission Trails including where they can be seen, hear their call or song, and learn facts about the birds presented. 6:30-8 p.m. at Mission Trails Regional Park, 1 Father Junipero Serra Trail. \$10 tickets available at bit.ly/2qSOv4x.

Casino Night Fundraiser

Join the Office of Professional Training for an evening of fun and games, food and prizes benefiting the OTP program. Donations for the program will be taken at the door. 21 and over. 4-8 p.m. at Grossmont College, Griffin Gate. Register at optcasinonight.eventbrite.com.

Friday, Nov. 15

EDITOR'S PICK



Night Shift at Pal Joey's

Prior to the one-year closing of Pal Joey's in the late '90s, Night Shift frequently played at the popular Allied Gardens bar. It is at Pal Joey's where Night Shift gained a considerably large fan base that spans throughout San Diego County. By popular demand, Night Shift is returning to play at Pal Joey's, 15147 Waring Road, Nov. 15, 8 p.m.-midnight. Visit pajoeysonline.com and nightshiftrocks.com.

Sunday, Nov. 17



Watoto Children's Choir

Since 1994, Watoto Children's choirs have traveled the world, shining a light on the plight of Africa's orphaned children. Each year, the choirs advocate for millions of African children currently orphaned by AIDS, poverty, and war. Along with energetic singing and dancing, the children will share inspiring stories of how their lives have been changed and how they have been called into a life of purpose to transform their communities. The show is an expression of joy from children who have been rescued after losing one or both parents to live in one of three Watoto villages. 7 p.m. at Church SD, 4579 Mission Gorge Place. Call 619-202-7603.

Monday, Nov. 18



Movie: 'The Tomorrow Man'

Ed Hemsler spends his life preparing for a disaster that may never come. Ronnie Meisner spends her life shopping for things she may never use. In a small town somewhere in America, these two people will try to find love while trying not to get lost in each other's stuff. 1 p.m. at College Avenue Center, 6299 Capri Drive. Free for CAC members, \$2 for all others.

Thursday, Nov. 21

Art Show & Craft Sale

Join College Avenue Center's art show featuring original art from the center's arts and crafts classes. One-of-a-kind, handmade objects make great gifts and will be available for purchase. Musical entertainment begins at 12:30 p.m. at College Avenue Center, 6299 Capri Drive.



Mojo Jackson at Folkey Monkey

What do you get when you put TJ 'Mo'ss, 'Jo'nathan Walsh & Jackson Price together? You get Mojo Jackson! This high energy, charismatic, three-piece band has been in the making for five years, and it has most certainly arrived. Doors at 6:30 p.m. at Folkey Monkey, 4780 Mission Gorge Place. \$20 tickets available at bit.ly/31WDFre.

Monday, Nov. 25



Movie: 'Hannah and Her Sisters'

Three successive family Thanksgiving dinners mark time for Hannah, her younger sisters Lee and Holly, and the men in their lives. Lee is having an affair with Hannah's husband, Elliot, and trying to end her Svengali-like romance with artist Frederick. Holly is frustrated by her lack of career fulfillment, while being courted by Mickey. 1 p.m. at College Avenue Center, 6299 Capri Drive. Free for CAC members, \$2 for all others.

Monday, Dec. 2

Afro-Cuban & Middle East Ensemble

The Grossmont College Jazz Studies presents Afro-Cuban & Middle East Ensemble directed by Manny Cepeda and Farhad Bahrami. 7:30-9:30 p.m. in the Grossmont College Recital Hall Building 26, Room 220, 8800 Grossmont College Drive, El Cajon. Admission: \$10 general, \$8 seniors/faculty, \$5 students. Call 619-644-7254 for information.

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Dinner will be served at:
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SUDOKU & CROSSWORD PUZZLE ANSWERS FROM P. 27

6	8	1	9	8	4	7	9	2
9	7	4	6	1	2	9	8	8
2	9	8	7	9	8	6	1	4
7	8	6	4	9	1	8	2	9
8	4	9	2	6	8	1	9	7
9	1	2	8	7	9	4	8	6
4	9	9	8	8	6	2	7	1
1	2	7	9	4	9	8	6	8
8	6	8	1	2	7	9	4	9

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

News briefs

CONTINUED FROM Page 7

follow Del Cerro Fall Festival on Facebook! This event is made possible by Hearst PTA and our many supporters of parents, friends, neighbors and local business sponsors.

—By Peggy Han

JUNIOR ACHIEVEMENT, UPS STORE REOPEN BIZTOWN

On Oct. 30, Junior Achievement San Diego and The UPS Store, Inc. hosted more than 100 children at Junior Achievement’s BizTown in Grantville for a grand reopening of The UPS Store. Students from both Museum School in San Diego and Jefferson Elementary in Carlsbad visited BizTown, a 10,000-square-foot mini-city in

which kids discover how the “real world” works and are “citizens” with real jobs and responsibilities. Bryan Clements, managing attorney at The UPS Store, Inc., and Sidd Vivek, president and CEO of Junior Achievement, spoke at the ribbon cutting prior to the children beginning their ‘work’ day. The UPS Store, Inc. recently reinvested in its store at BizTown by remodeling it to align with the company’s new store design concept that is currently being tested in San Diego and locations across the country.

All students start their ‘job’ by visiting The UPS Store to gather all supplies and deliveries needed to make their business operational. JA BizTown “citizens” work in one of 21 businesses, make personal financial decisions as well as for their business, hold business



The new BizTown UPS Store at Junior Achievement (Photo by Tracy Spahr)

meetings, pay taxes and donate to charity. The UPS Store, Inc. has been a strong supporter of Junior Achievement for more than 12 years, donating over \$25,000 in grants each year totaling more than \$600,000.

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PUZZLES ANSWERS ON PAGE 26

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.

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

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CROSSWORD

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

- ACROSS**

 - 1 Shelter for pigeons
 - 5 Popular lit genre ___-fi
 - 8 Used to harvest agave
 - 11 Wintertime accessory
 - 13 “Gandalf” actor McKellen
 - 14 Taxis
 - 15 Political plot
 - 16 Public television
 - 17 Nigerian ethnic group
 - 18 Informal loan clubs
 - 20 “Wheel of Fortune” host
 - 21 C C C
 - 22 North, South and Central make them up
 - 25 In an early way
 - 30 Lied down in rest
 - 31 Female hip-hop trio
 - 32 Improves
 - 33 Genus of mackerel sharks
 - 38 Electronic countermeasures
 - 41 Emerging
 - 43 Balkan body of water
 - 45 A type of delivery
 - 47 Ancient kingdom near Dead Sea
 - 49 Title given to a monk
 - 50 Partner to “oohed”
 - 55 “Luther” actor Idris
 - 56 Supporting pin (nautical)
 - 57 Golden peas plant
 - 59 One point north of northeast
 - 60 Unit of measurement
 - 61 Where clothes hang
 - 62 Opposite of night
 - 63 A way to change color
 - 64 Korean independence proponent Syngman
- DOWN**

 - 1 Reciprocal of sine
 - 2 Political organization
 - 3 Defunct funk record label
 - 4 Geological times
 - 5 One who drinks slowly
 - 6 Nightclub entertainment
 - 7 Establish in one’s mind
 - 8 Restaurants
 - 9 Off-Broadway theater award
 - 10 Requests
 - 12 You don’t watch to catch it
 - 14 Intestinal pouches
 - 19 Satisfy
 - 23 Wet dirt
 - 24 Regularly repeated
 - 25 Before
 - 26 The color of Valentine’s Day
 - 27 Indicates near
 - 28 Bon ___: witty remark
 - 29 One’s holdings
 - 34 Request
 - 35 Prefix meaning “badly”
 - 36 Midway between north and northeast
 - 37 Ottoman military title
 - 39 Teased
 - 40 Happily
 - 41 Pie ___ mode
 - 42 Mars crater
 - 44 Sports TV personality
 - 45 Taxi driver
 - 46 Abba ___, Israeli politician
 - 47 The sick are sometimes on it
 - 48 Relating to olives
 - 51 Swiss river
 - 52 Grayish white
 - 53 A way to engrave
 - 54 Where Coach K. works
 - 58 Midway between south and southeast



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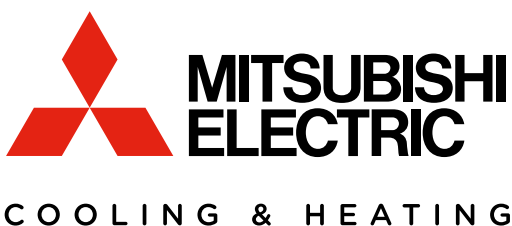
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