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A business done right

Local shop owner's savvy, goodwill creates positive change



Jackie O'Connor, owner of O'Connor Church Supply (Photo by Cynthia Robertson)

By CYNTHIA ROBERTSON

It's always a joy to reconnect with friends from our past. Just two months ago, I had that experience when I walked into O'Connor's Church Supply in Grantville. Jacquelyn O'Connor, known by her friends as "Jackie," was every bit as elegant and charming as I had remembered when I worked with her in the early 2000s. Back then, she was president of the El Cajon Boulevard Business Improvement District where her shop was formerly located.

It was a pleasure to greet her after all these years. We talked as if no time had passed. I walked around the shop, smelling the fragrant candles, not overpowering, but a gentle presence, rather like O'Connor herself. Quiet music played in the background as I gazed at books, collectibles, art, religious objects and furniture.

SEE **O'CONNOR**, Page 4

NEWS BRIEFS



Crystal Pridmore (Courtesy photo)

PRIDMORE STILL IN RUNNING FOR GRAMMY

Allied Gardens resident Crystal Pridmore is still in the running to win a Music Educator Grammy Award. The Music Educator Award recognizes current educators who have made a significant and lasting contribution to the field of music education and who demonstrate a commitment to the broader cause of maintaining music education in the schools.

Pridmore, a music teacher at Finney Elementary School in Chula Vista, has made it to the top 25 nominees out on an initial list of over 3,300. As a top 25 nominee, she is guaranteed to receive at least a \$500 honorarium with matching school grants.

If Pridmore is selected to be in the top 10, she will receive a \$1,000 honorarium and matching school grants. If she is the finalist and Grammy winner, she will be flown to Los Angeles to attend the 62nd annual Grammy Awards and a range of Grammy Week events.

To view Mission Times Courier's feature story on Pridmore, visit bit.ly/2DBJgt1.

SEE **NEWS BRIEFS**, Page 8

Alvarado completes ER expansion

By JEFF CLEMETSON | MISSION TIMES COURIER

A plan over 25 years in the making to expand Alvarado Hospital's emergency room has finally come to fruition.

On Dec. 5, Alvarado held a pre-grand opening for its \$14 million new ER facility that adds 20 new beds — which will relieve some of the pressure on the impacted emergency room that currently sees around 2,000 patients a month with only 12 existing beds.

"It's huge for the community because we've always been here but we've been so compact and now we're not compact anymore — we

have more space," said Alvarado Hospital CEO Robin Gomez.

Alvarado is one of only two ER hospitals in East County and with the new emergency room, it will be the first with a special accreditation for serving seniors. As an accredited Geriatric Emergency Department (GEDA), Alvarado Hospital staff is trained to give a special screening for older patients that covers medications, memory health, diet and living conditions. The hospital also provides special equipment for senior patients such as foam beds and informational cards with larger type for easier reading.

SEE **ALVARADO ER**, Page 9



The entrance to Alvarado Hospital's new emergency room facility (Photo by Jeff Clemetson)



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Residents decry ‘noxious odors’ from concrete plant

By DAVE SCHWAB | MISSION TIMES COURIER

A year ago, residents near Superior Ready Mix (SRM) on Mission Gorge Road claimed the concrete plant was turning their neighborhood into a dust bowl.

That issue has since subsided. But neighbors now are insisting a new problem — health concerns from foul odors — has taken its place.

Numerous neighbors near Superior have recently complained of noxious odors they claim are coming from the asphalt plant to San Diego Fire Rescue, Hazmat and SDG&E. All three agencies responded and investigated.

“The smell outside of our home was incredibly strong, even from that distance,” said Elizabeth Howard, who lives 1.7 miles from Superior. “It is unacceptable for a company to be making money at the expense of the neighborhood’s health. ... The last time I was home when they were making that smell, I had to stay inside with the windows and doors shut. I felt nauseous and headachy after being outside for just one minute.”

“I live close by and on many occasions have noticed and become concerned about our air quality,” said another Superior neighbor, Jennifer Weaver. “I had to take my 2 year old away from our community and neighborhood so that he could play outside. I

get nauseated and have headaches due to the pungent and repulsive air quality. My son has asthma, and I’m concerned about what he is breathing.”

Dana Giusti, who lives on Conestoga Way, said the Superior odor issue is not new. “My family and myself have had to deal with the horrid smells and dust emitted from Superior for years, which have gotten worse and worse,” she said. ... “The smells were so strong that my family had headaches, sore throats, watery eyes and complained they couldn’t breathe. ... There seems to be zero accountability for Superior ... I can guarantee that Superior is not in compliance due to how horrid the smells were just last week and how sick my entire family was.”

Mary Padgitt, who moved to Old Cliffs Park just over a year ago said, “I have noticed the odor (from Superior) becoming progressively worse since I moved here ... becoming severe enough that I avoid going outside several times a week, especially in the morning. I have been considering moving from my home because I am extremely concerned by the health risks this problem poses.”

Allied Gardens resident Jenny Wilson, who’s lived on Laramie Way for nearly 10 years noted, “Our neighborhood smells really bad like burning rubber and it’s due to the production of asphalt at Superior. It smells so awful. It’s

affecting the quality of life for me and my family... recently I was just loading my children into the car and just with that brief exposure to the smell outside, it caused me to feel nauseous and gave me a terrible headache. ... I am also concerned that this situation could potentially affect the value of our home if we ever decide to sell it.”

“I have a 3-month-old baby and we had been going on walks each morning,” said Kristine Riesch of Red River Drive. “However, I do not want him to breathe in the terrible smell since I do not know what harmful effects it may have, so we have not been able to go for our morning walk... I should be able to walk around my neighborhood without worrying about what my baby is breathing in.”

Noting the quarry at 7500 Mission Gorge Road began operations in the 1940’s, and has been yielding much-needed construction materials ever since, SRM spokesperson Arnold Veldkamp said: “Complaints about odor have been very infrequent, and most of the time there is no detectable odor from the asphalt plant. Regardless, Superior purchases a chemical additive which is added to asphalt oil to reduce the odor.”

There’s been a new wrinkle though, noted Veldkamp.

“Recently, Superior has been supplying rubberized asphalt



Residents along Mission Gorge Road are raising concerns over dust and noxious odors emanating from the Superior Ready Mix plant. (Photo by Kirk Riley)

for road repair for the City of El Cajon,” he said. “Rubberized asphalt uses a liquid asphalt blend that uses rubber from recycled tires, and unfortunately, has a stronger odor than regular asphalt.”

Veldkamp said rubberized asphalt has some advantages such as reducing road noise, recycling tires that would otherwise be landfilled, being longer lasting and of higher quality and supplying better road traction, especially in wet weather.

Added Veldkamp, “Because of the odor, Superior does not sell rubberized asphalt unless the local agency requires it. The City of El Cajon is the only local entity that requires the use of rubberized

asphalt, and the City of El Cajon job is nearly finished. Superior does not plan to produce any more rubberized asphalt after the El Cajon job is finished.”

Kirk Riley, who is watchdogging Superior to ensure it is living within its regulations and permitting, talked about the outcome he and other neighbors would like to see with how plant problems are dealt with in the future.

“Neighbors want a voice in the process of SRM’s permit renewal,” Riley said. “They are the ones being impacted by SRM’s operating conditions, and potentially exposed to health hazards. But when it comes to renewing the permits,

SEE SUPERIOR, Page 3

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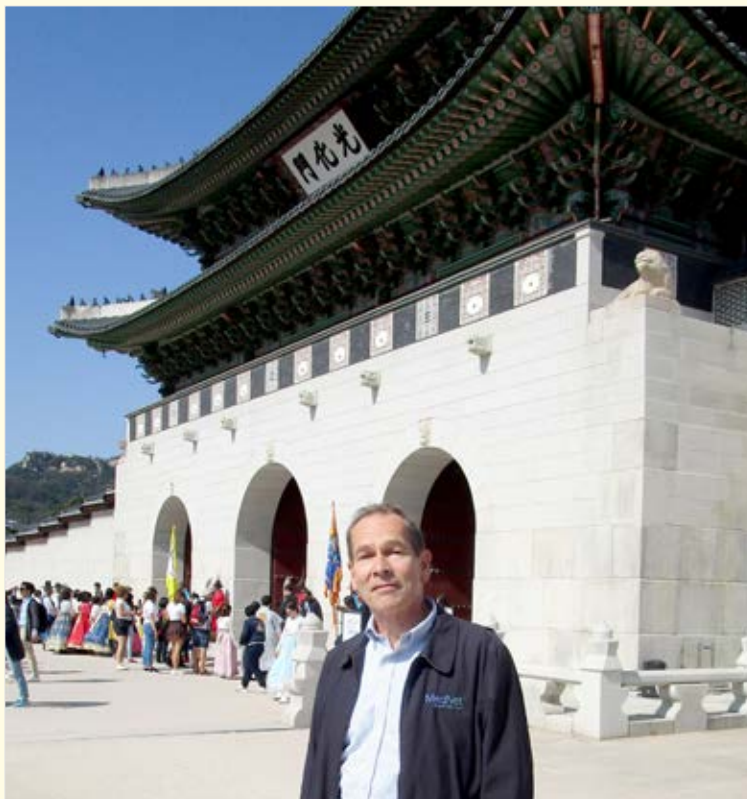
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A rewarding return to Thailand

San Carlos residents Linda and Gordon Gidlund recently traveled to South Korea as guests of the Korea Foundation, an organization that fosters global understanding.

Linda and Gordon were Peace Corps volunteers in South Korea who taught English in middle schools and trained Korean English teachers from 1977 to 1979. They were invited back by the foundation out of appreciation for the role they and other volunteers played in the dramatic development of the formerly impoverished and authoritarian country into one that now boasts the world's 11th largest economy (just after Canada) and enjoys a vibrant democracy.

From 1966 to 1981, more than 2,000 Americans served as Peace Corps volunteers in South Korea, primarily as teachers and health workers. The Gidlunds' weeklong stay included visits to museums, schools, historical sites, and, most rewardingly, the headquarters of the Korea Overseas International Cooperation Agency (KOICA), which serves



Gordan Gidlund in front of the former royal palace in Seoul, Korea (Courtesy photo)

as the equivalent of the Peace Corps in annually sending thousands of Korean aid workers to 56 developing countries, such as Sri Lanka, Indonesia, Ghana, and Rwanda.

South Korea is the only country that received Peace Corps assistance and that has advanced to the level of itself sending out volunteers in imitation of John F. Kennedy's ideal.

Superior

CONTINUED FROM Page 2

the quality of life conditions the neighbors face doesn't seem to make a difference. They want and need a say regarding what is being produced in essentially their back yards, and what they and their loved ones are forced to breathe."

Riley claims residents near Superior have been having problems with the plant since the 1990s. "Back in 1935, the quarry on the land off Mission Gorge Road used to be a relatively small operation," Riley said. "In 1991, Superior Ready Mix bought the relatively small quarry business and started expanding. To the surprise and horror of neighbors, dust started coating their properties and obnoxious fumes permeated the air. The expansion of SRM essentially happened without the neighboring communities having any input."

Added Riley, "Superior started growing. APCD Permit number 930742 allowed SRM to install a new hot mix asphalt plant with a 500-ton-per-hour capacity. This increased their production capacity by 150%... Residents point to at least one law that is supposed to protect them, the 'nuisance' law, which states no person can discharge air contaminants that cause injury, nuisance or annoyance to any considerable number of persons or the public, or that endanger the comfort, health or safety of such persons. Residents around Superior Ready mix have been filing nuisance complaints with the APCD for years. But they wonder if anyone is listening."

Riley said Fire Station 31 was called out to the Superior plant five times on Nov. 23. "On the fifth time, Capt. Anders said he saw Hazmat was on the scene and left it to them," Riley said.

Mónica Muñoz, San Diego Fire Department media services manager, said SDFD engine 31 responded to a report of the odor of natural gas in the air from 7432 Conestoga Way. "They determined that it was the odor of asphalt in the air and no hazard existed," Munoz said, adding there was also a response by SDFD engine 31 to Mission Gorge and Princess View to a report from someone driving through the area reporting a fuel spill. "Engine 31 responded and was not able to locate a fuel spill," she said. "They did detect an odor of asphalt in the air, but determined that there was no hazard."

Searching Hazmat (hazardous materials) calls, Munoz found

one response to 6875 Clara Lee. "It was a report from a resident of a noxious odor in the air," she said. "SDFD engine 31 responded and investigated. They determined it was an odor of asphalt in the air and that there was no hazard."

Mahiany P. Luther, County chief of Departmental Operations, sent Riley a letter confirming that an investigation is ongoing into neighbors' complaints of odors coming from Superior.

"The investigation is open," Luther said. "The engineering department is working on a health risk assessment to evaluate the emissions of toxic air contaminants. We are verifying compliance will all applicable rules and regulations and we will take enforcement actions if we document a violation."

—Reach Dave Schwab at reporter@sdnews.com.

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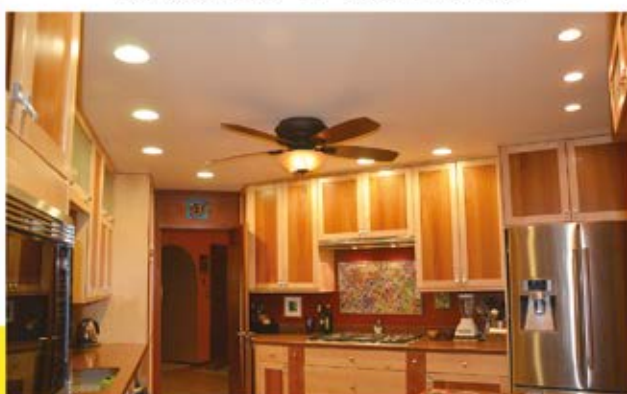


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O'Connor

CONTINUED FROM Page 1

I had always wondered what made O'Connor so successful in both her personal and business life, and I was determined to find out.

I asked what her secret was that she could pass on to other women who have similar hopes. She answered, "If you can run your personal life in an orderly manner, you can achieve anything you want to."

As a schoolgirl at Blessed Sacrament Elementary and Crawford High, O'Connor had not dreamed of having her own business and becoming a role model in the business community. As

with most young women at the time, she was happy simply to marry and have a family. But she suddenly became the head of her family of two teenagers and a 6-year-old when her husband passed away in 1987. To help preserve the business, O'Connor purchased the building from her father-in-law. With that purchase, she officially entered the business world full-time.

"It was a change for my family not to have their mom at home. However, I had support from my family that was so helpful," she said. "My daughter, son and brother have assisted in so many ways throughout the years, in addition to great staff people who have really blessed us with their abilities and loyalty."

Before O'Connor relocated her business to its current location, it had been in East San Diego's neighborhood of City Heights since 1965.

"We had an opportunity to sell our building to Jay Wence, the owner of the Lafayette Hotel, to use the tax credits to build a trade school for the community," O'Connor explained.

She chose the new Grantville location for the business after the sale of the building on El Cajon Boulevard. It was close to the old location, and there was plenty of parking and good retail space in a safe, clean area.

Customers at the store now include her previous following of customers, along with neighborhood people and clergy.



Isabel Hart and O'Connor's brother Bob Brant work alongside Jackie O'Connor at O'Connor's Church Supply. (Photo by Cynthia Robertson)

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"We not only service the Catholic faith, we also serve the other major religious communities," said O'Connor.

Nowadays, O'Connor has more customers who want to add an inspirational theme to their home, more so than in the past. People also often prefer to shop online rather than coming into the shop.

"Fortunately, my son, and brother have kept up with the online shopping opportunities for our store. I feel it is a necessity in today's world to participate and offer this type of service," she said.

A typical day for O'Connor includes opening the store at 8:30 a.m. and doing the bookkeeping. "There are always meetings, projects, customers, thinking, planning, and enjoying it all with my friends, employees and family," she said.

Becoming a savvy businesswoman over the years, O'Connor helped form the Business Improvement District Council in 1991, serving as its first president. She initiated change for public improvements to El Cajon Boulevard, resulting in nearly three miles of new landscaped medians and the installation of more than 100 streetlights.

In 1991, Mayor Susan Golding recognized O'Connor's ingenuity, appointing her to lead the Economic Retention Task Force. With great foresight, O'Connor recommended the formation of the city of San Diego's Office of Small Business.

SEE O'CONNOR, Page 5



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O'Connor

CONTINUED FROM Page 4

O'Connor was recognized by the Mid-City Chamber of Commerce as its 1991 Citizen of the Year, the city of San Diego's Office of Small Business as its 1997 Business of the Year, and she is a recipient of the Community Leadership Award from the California State Assembly.

Yet for all these accomplishments, O'Connor defers to the aid and advice of people she has worked with.

"I have had the pleasure of working and learning almost everything I know about working in the community," she said.

In particular, O'Connor gives high praise to Gary Weber, a land use planner. "He was my mentor and I have been honored to work with him to assist in the business community. All credit given me would not be possible without his influence," she said.

The surprise of a lifetime came when she received a special honor four years ago from the city of San Diego — a day named after her, Nov. 3. On that day, she entered the City Council room and, to her amazement, saw many of her personal and business friends gathered in the room. They were there to congratulate her on a job well done and the Community Service Award from the city for her service to the business districts.

"Following the event, my family hosted a luncheon at the Lafayette

Hotel with family and friends. Each year on Nov. 3, my family celebrates this like an anniversary, with a nice dinner. I am so blessed," O'Connor said.

But she does not rest on her laurels, never has. Currently, O'Connor is president emeritus for the El Cajon Boulevard Business Improvement District and also its representative to the Business Improvement District Alliance. In Del Cerro, where O'Connor resides, she helped form The Friends of Del Cerro, a neighborhood non-profit organization whose goal is to achieve beautification, safety and cohesiveness in the neighborhood. The group is currently working with SDSU on Adobe Falls Canyon and surrounding areas.

Business is not the only place O'Connor finds community. She is working on a memory book for her elementary school reunion. O'Connor had bumped into an old friend while out shopping. They began reminiscing about their schoolgirl days and determined that they should all come together again.

"We have become so motivated by the joy people seem to share about the reunion that we are planning. Sharing their biographies, photos, and fun memories has been a great way to reestablish our friendships," she said.

When O'Connor isn't busy at the shop or working on her book, she enjoys cooking, sewing, and most of all, being with her family,

especially her three granddaughters and one grandson.

In her own way, O'Connor has broken through a glass ceiling. Through sheer motivation and devotion to her family and the community, she is a top-notch business leader in every way imaginable. Her grace, poise and pleasantness create an immediate

bond with people, just as with me when I first met her 22 years ago.

A quote by Margaret Mead sums up O'Connor's philosophy on doing business in the community: "Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it is the only thing that ever has."

O'Connor's Church Supply is located at 4780 Mission Gorge Place #F, San Diego, CA 92120.

—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 cynthiarobertson.com.



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Guest editorial

For older adults, the holiday blues are real

By SIMONA VALANCIUTE

The “holiday blues” are a too-common experience for more than 8 million older American adults suffering from social isolation — and they can lead to some very real health problems. Studies have shown that prolonged isolation is as detrimental to a person’s health as smoking 15 cigarettes a day, and increases the risk of high blood pressure, obesity, anxiety, cognitive decline, and even death. According to Pew Research Center, Americans age 60 and older who live on their own spend more than 10 hours daily alone. Thankfully, there are many ways older adults can combat isolation, overcome the holiday blues, and improve their health in the process.

WHY DO SOME PEOPLE EXPERIENCE THE HOLIDAY BLUES?

“Survivor’s guilt” over the passing of a friend or loved one in the previous year (especially if it’s the first holiday after their death), a decrease in energy or mobility that limits activity, living far away from family and friends, the financial pressure of gift-giving, and social media-induced envy or FOMO (fear of missing out) can easily contribute to feelings of loneliness or isolation.

WHAT CAN BE DONE TO BEAT THE HOLIDAY BLUES?

- Even if you feel down, you are still in charge of your life. If you’re experiencing the holiday blues:
- Be around people and friends, even if you don’t feel like it. Perhaps skip the festive holiday bash, but still make plans with small groups of friends.
- Find new ways to keep busy. Book a tour and see your city like a tourist. Go to a theater show or a sporting event.
- Learn something new. Sign up for a class in a skill you’ve always wanted to learn.
- Keep moving. When you exercise, you release mood-boosting endorphins. Plan a workout with a friend or join a group exercise class.
- Avoid social media. These are “highlight” reels of peoples’ lives, not reality.

- **Volunteer.** Give back to your community; you will feel more connected, and have a sense of purpose.
- Create new traditions, especially if you’ve lost a loved one. It’s OK to be sad, but don’t feel guilty. Try new things to enrich your life in a way your loved one would have wanted for you.

WHAT CAN BE DONE TO HELP AN OLDER ADULT WHO MIGHT BE SUFFERING?

- If you have a parent or older relative who might be feeling the holiday blues, here are some tips for how to support them:
- Simplify your holiday plans to focus on the real meaning of the season. Consider cutting back on activities that require expensive outings or focus too much on gifts.
- Actively listen to them, even if the discussion is negative. The simple act of just listening attentively shows them that they are not a burden.
- Remind them how important they are as a part of your life. Look at family photos, watch home videos and holiday movies, or sing seasonal songs together.

- Help them get out and try new things. Check with your loved one’s religious organization, if they have one, to see if they can offer social and/or spiritual support. Also, check if there’s a local chapter of Oasis near you, offering classes and meetups for older adults that can help them feel more energized and mentally stimulated.
- At San Diego Oasis, we like to say our classes, activities, and travel opportunities are the prescription for senior isolation. Our central location in Grossmont Center encourages connection and socializing during the holidays and throughout the entire year. If you’re feeling a bit down, take a moment for self-care — to try new things, meet new people, gather with friends, and combat those holiday blues.

—Simona Valanciute is the president and CEO of San Diego Oasis, an award-winning nonprofit organization serving people age 50 and better, who pursue healthy aging through lifelong learning, active lifestyles, and community service. Learn more at sandiegoasis.org.

Letters

MAD COMMENTS

Re: “Del Cerro can benefit from a MAD” [Volume 25, Issue 10]

Kudos to the Del Cerro Action Council for their thorough research and recommendations for a community Maintenance Assessment District. Having been raised within the district’s proposed boundaries and now retired in Del Cerro, I have the benefit of a very long arc of residency beginning in the late 1950s continuing intermittently to the present.

As the first homes were going up in Del Cerro and the roads, parks, infrastructure, houses and reputation were consistent with an affluent, brand new, custom home community, our neighborhood was a standout in San Diego. Predictably, as Del Cerro marches toward its 70th anniversary, a disconnect has happened. While much of the housing stock retains a pride-of-ownership shine through remodels, changes of ownership and market forces driving housing values ever higher, the overall feel of the community is one of age, unaddressed maintenance issues and a definite inability to compete with other San Diego communities that are much newer or that have already formed their own MADs.

I won’t repeat the thoughtful statement of support in the last issue of the Mission Times Courier by Mark Rawlins where all the reasons in favor of the Del Cerro MAD are listed. I will add one more. As a point of reference, in the early 1990s, I was the volunteer community administrator for two MADs in Rancho Bernardo — a community about the same age as Del Cerro. One of the two MADs under my purview was one similar to the proposed Del Cerro MAD. It still exists today. For anyone on the fence about supporting an MAD for Del Cerro, I urge you to tour Rancho Bernardo and see the difference in appearance.

But perhaps the best thing about a MAD is that you and I — the property owners funding it — have direct input into how funds are spent. A successful MAD encourages input from area residents which then guides the MAD’s liaison to the city of San Diego on how best to leverage the fund in support of the community’s (not the city’s) needs.

The Del Cerro MAD is estimated to cost us \$140 annually billed on our property taxes. It is not a Mello-Roos, though opponents often characterize it as such. After all these years, Del Cerro deserves a facelift and doing so will not just enhance our lives, it will enhance the individual investments in our homes. Opponents of MADs offer the same hue and cry typical of anti-tax advocates. Certainly, \$140 each year is not pocket change. I can, however, guarantee based on my own direct experience that the Del Cerro MAD would be a tremendous value. The benefits will offer something for

everyone and our community will stand out again as one that has taken its future in its own hands. Vote YES on the Del Cerro MAD. —James Abbott, Del Cerro

This article makes broad assertions, based on highly subjective judgments that Del Cerro is run-down and dilapidated. However, on a personal note, my wife, two daughters, and I have lived in Del Cerro since 1971 and we all have found Del Cerro to always be a most beautiful and safe community.

The article points out the Del Cerro property owners already are paying \$5,000 to \$12,000 annually in property taxes and states that \$140 per year to establish a MAD pales in comparison. But according to this article, these property owners are not getting very much from the city for the luxury improvements that the MAD advocates want. Why are these property taxes so high and why can’t the city pay for some of those improvements?

This \$140 per year MAD additional property tax only would be the beginning and we are sure that we can look forward to an ever-increasing annual MAD assessment.

There are several proposed sales tax increases for upcoming elections. Also, depending upon the outcome of next year’s federal election, federal tax increases could be massive.

Del Cerro taxpayers presently are bearing a high tax burden, including the recently passed gasoline tax and DMV fee increases. If these new additional proposed state, local, and federal tax increases are enacted, along with the MAD assessment, this tax burden will become unbearable.

We urge all Del Cerro property owners, in their own interest, to soundly vote against a MAD and defeat this onerous idea!

—Stuart R. Josephs, CPA and Del Cerro Taxpayers Association president

OFF-LEASH LAWBREAKERS

I live across the canyon from Rancho Mission Canyon Park on Margerum, and I hate seeing people run their dogs off-leash every day after 5 o’clock. They don’t care that they’re exposing their dogs to rattlesnakes. They don’t care that other people have to be afraid of getting attacked or mauled if they use the park. They don’t care that there’s dog shit all over the park that these selfish dog owners don’t clean up.

These law-breaking losers have ruined the park for me. I’ve reported them many times to the police department, but all they did was put up signs, which the off-leash dog owners just ignore. They break the law and ruin everything for the rest of us because of their selfishness and criminal behavior. There’s an old saying: if you don’t like the law, change it — don’t break it.

These selfish jerks should take heed. —Béla Dornon, San Carlos

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PENINSULA BEACON



Dems start new year with candidate's forum



By TINA RYNBERG AND JEFF BENESCH

La Mesa Foothills Democratic Club, perhaps the largest political entity in the 53rd Congressional District, has been represented in Congress by Susan Davis for nearly 20 years. Always strong in constituent relations, Rep. Davis has led on many progressive issues including pay equity for women, increasing veterans' benefits, growing our green economy, and lately, joining the call for the impeachment of a corrupt, immoral, dangerous and self-enriching president in Donald Trump.

She's seen San Diego County cities like La Mesa, Lemon Grove and Solana Beach join San Diego, Chula Vista and Imperial Beach in growing Democratic majorities during her decadeslong tenure. The county as a whole is now more solidly Democratic than even 10 years ago, and Republicans hold only one congressional seat in San Diego (and that one is being held by a thread by an politician who admitted using donor monies for personal expenses).

We live in a time of great social unrest, with an administration that defunds and denies climate science, upends long held immigration policies (and separates children from their families for months at a time), endangers women's right to choose, ignores bi-partisan gun control legislation, leaves key allies in the Middle East and elsewhere wondering about American commitment to our shared democratic ideals, and leases out public lands to drilling, mining, fracking and logging.

So the importance of replacing Representative Davis in the 53rd District with an equally effective and like-minded progressive Democrat is of critical importance. We've invited all 11 Democratic candidates in the race for the 53rd to our Jan. 8 meeting, though the first of the year should see some narrowing of the field.


Without a doubt, the most recognizable names are San Diego City Council President Georgette Gomez, and ex-Obama State Department staffer Sara Jacobs. Many other of the candidates have excellent progressive bonafides, and work tirelessly for social and environmental justice in their communities. Gomez recently garnered the endorsement of the California Democratic Party and should be viewed as the front-runner.

La Mesa Foothills Democratic Club represents the communities of La Mesa, San Carlos, Allied Gardens, Del Cerro, Santee, College Area, Mt. Helix, Casa de Oro, and other close by enclaves. The club meets on the first Wednesday of each month (except Jan. 1, which has been moved to Jan. 8) at the La Mesa Community Center, 4975 Memorial Drive. Doors open at 6:30 p.m. with a half hour social time with snacks and beverages.

Dues are being collected in January, starting at only \$35 per year. Silver and Gold memberships are also available for just a little more.

View lamesafoothillsdemocraticclub.com and follow on Facebook.


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



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Republican Women anticipate election



By PAT BOERNER

Excitement is brewing for the November election, but even before that we are focused on the March 3 California primary. We are thrilled to see so many qualified candidates competing to serve as Republican representatives.

Meanwhile, the November election is growing ever closer and deserves our attention and our volunteer efforts. This is the time to not just talk about how much we want a Republican majority, but to get out and work to make it happen. There are endless opportunities to volunteer such as walking your precinct, registering voters, making phone calls, or helping with mailers. Please check our website, RWCNavajo-Canyon.org, and follow us on Facebook to learn more about the plans we are making for January.

We believe that a Republican Candidate Forum is the perfect way to hear each candidate speak and convince us they deserve our vote and support. The details are coming soon so please check and mark your calendar for upcoming events.

At our regular November meeting, members and guests

were delighted to hear a bit of political humor from well-known comedian Eric Golub. It was a wonderful change of pace from our usual seriousness and as we all know, laughter is food for the spirit. He also reminded us that President Trump is keeping his promises and that we owe him a conservative majority in Washington and throughout the country. It is truly amazing what he has accomplished, but he can't always reach his goals because of the extremely partisan atmosphere in Congress. Let's volunteer and work together to elect Republicans that we can count on to support the president's policies and get legislation passed.

Tony Krvaric, San Diego County Republican Party chairman, will be our speaker at the Feb. 10 meeting at the La Mesa Brigantine. Check-in begins at 10:30 a.m. for the 11 a.m. meeting. Cost is \$25 and a full-course lunch is served. Reservations are absolutely required. We usually have a waiting list days before the meeting and cannot accommodate everyone. Cash and checks are accepted, but no credit cards. Please make your reservation at RSVPwrcnc@gmail.com. You will receive a confirmation of your reservation. Any questions, please call Marjie at 619-990-2797.

You won't want to miss this opportunity to hear Krvaric's

thoughts on the upcoming election and insight into all that is happening in the political world. We guarantee you will leave the meeting more informed and inspired.

The 2020 election will have life-changing consequences. It sounds dramatic, but it is true. We must prevent our county from going down the road of historically unsuccessful socialism. Single-payer health care would be a disaster for our country. Do you really want the government making your health care decisions and rationing services? We need to focus on having immigrants enter our country legally and spend our tax dollars on those who actually contribute to our economy and pay income taxes. Please join us and take part in spirited discussions and common sense proposals. This is the time to fight for Republican principles of freedom and less intrusive government.

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



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Reform ballot measure approved for march ballot

District 7 Dispatch
By **SCOTT SHERMAN**



Recently, the City Council voted unanimously to place my proposed charter amendment on the March 3, 2020 primary ballot.

As Audit Committee chairman and a member of this year's

Auditor Search Committee, it became clear that there was a fundamental flaw in the Auditor selection process.

Currently the Mayor's office appoints the City Auditor. This appointment process could create accountability issues since the City Auditor would be tasked with conducting oversight of, and holding accountable the administration.

To fix this flaw, my ballot measure, if approved by voters, would make the following changes:

- The Audit Committee vets all applicants and nominates three candidates to the full City Council
- The City Council interviews the three candidates and appoints the best qualified
- Mayoral administration not involved in the appointment process

The City Auditor is vital to holding the city administration accountable and ensuring taxpayer dollars are spent properly. The administration shouldn't be in charge of choosing who is overseeing the administration. This ballot measure will help ensure this vital position is truly independent.

I appreciate the unanimous and bipartisan support this measure received at City Council.

I am also thankful for former Councilmember Donna Frye who helped push this measure through.

I look forward to speaking with voters in the upcoming months regarding the importance of passing this measure in March of 2020.

—Scott Sherman represents District 7 on the San Diego City Council.

News Briefs

CONTINUED FROM Page 1

CRUSADERS SOCCER UPDATE

Registration for the Crusaders Soccer Club (CSC) 2020 spring recreational season for boys and girls born between 2016 and 2005 is now open through Jan. 15. There is a \$25 early registration discount through Dec. 15.

The games will be on Sundays from March 1 through April 26, with no games on Easter Sunday. Games are scheduled to be at Pershing Middle School.

"We are always looking for coaches who want to volunteer and share in this wonderful experience of coaching and motivating the boys and girls

SEE NEWS BRIEFS, Page 10

Addressing climate change will take group effort

CA 53 BULLETIN
By **REP. SUSAN DAVIS**



A new United Nations report released in November provided a serious warning regarding the climate crisis we face. Unless we act now, global temperatures will spike 4 degrees by the end of the century.

This year has been the hottest on record and we are seeing the impact. Superstorms, raging wildfires, droughts seem to be the new normal.

The good news is that solutions are not elusive and by working together there is a way to slow the rise in global temperatures.

While the House has taken action to address climate change, there is a new tool people are

using around the country to better understand the challenges we face in creating viable solutions.

The En-ROADS initiative, created by MIT and the nonprofit, nonpartisan Climate Interactive, is a program that brings people together and requires them to engage as a group to craft climate change policy.

The nations of the world came together under the Paris Agreement with a goal of reducing global temperatures by 2 degrees by the end of the century.

With this goal in mind, the En-ROADs program looks to show how cooperation and a comprehensive approach can achieve the same outcome.

Mostly, it has been students who have taken up this challenge, but the creators of the initiative believe state, city, and local

government leaders can participate to determine what policies they can implement to stem the rise in global temperatures.

In fact, just last month members of Congress were briefed on this new program.

En-ROADs takes a group of people and divides them into small groups representing stakeholders, such as climate activists, developed nations, developing nations, energy efficiency, fossil fuels, and renewable energy.

They then set about coming up with policy solutions requiring each group representing different sectors to find an approach that leads to a two-degree drop in global temperatures by 2100.

The groups eventually (usually through encouragement) then begin to negotiate with each other to come to an agreement.

The two big takeaways from these sessions? People are realizing how hard it is to reach the goal of reducing rising temperatures and there is no silver bullet to ending climate change. It's going to take discussion, compromise, and a myriad of approaches to get the job done!

We cannot just look at reducing carbon emissions — while very important and a key component to reducing the effects of climate change.

We must look at sustainable communities. It's not just cars with better gas mileage but how about fewer cars! Encouraging more bicycling through increased bike lanes. Making public transportation more accessible, reliable, and more affordable.

There is reducing our reliance on fossil fuels and increasing access to renewable energy. Looking at population and deforestation. Carbon pricing needs to play a role as well as building and industry energy efficiency.

How we look at these aspects to address the climate crisis and doing it while working together is what En-ROADs is all about.

This climate interactive tool should not be seen as something just for the classroom or government representatives. It can be a resource for citizens to use to learn more about how we can address the existential threat of our lifetime. Maybe they can take what they learned to their local representatives with ideas and proposals on how we solve this problem.

Get together with your friends, relatives, and neighbors. The challenge: See if you can achieve what world leaders are striving for, which is to bring down our planet's temperature.

We would love to hear what you discovered and how you approached the goal of reducing climate change. Send your findings to susandavis.house.gov/contact.

We are literally all in this together. No one is immune. This tool shows it will take a team effort — people coming together to find common ground to solve this. Only together can we create a sustainable Earth for future generations.

—Congresswoman Davis represents central San Diego, including the communities of Grantville, Allied Gardens, San Carlos and Del Cerro, as well as La Mesa, Lemon Grove, Spring Valley and parts of El Cajon and Chula Vista.

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Alvarado ER

CONTINUED FROM Page 1

The expanded ER also boasts a new electronic medical records system that Gomez described as “the Rolls Royce of EMRs.”

Some additional staff will be hired for the ER including one extra physician shift, Gomez said.

Jordan Cohen, M.D. head of ER at Alvarado said he and the staff are excited to move into the facility and are eager to be able to move patients through faster and reduce wait times.

“Robin and I have assembled the finest team I have worked with in over 30 years of emergency medicine — physicians, physician assistants, nurses, really down the EMTs and the CNAs. This is the facility that the staff deserves to function well in,” he said. “With this facility, we’re going to become the premier emergency department in the county.”

Although the ER is ready to operate, Alvarado must wait for an inspection by the California Department of Health before it can begin admitting patients. Gomez hopes this will happen before the holidays, and by state law cannot

take over 100 days before an inspector comes to do the site visit. Gomez is confident that Alvarado will pass the inspection.

“This isn’t a new service line for us. We know how to do ER,” she said. “We have all the policies; we have everything in place. The staff has been running drills. ... So we are literally just waiting on licensing. It’s going to be an easy one-day survey.”

For more information on Alvarado Hospital, visit alvaradohospital.com.

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



Alvarado Hospital CEO Robin Gomez and head of ER Jordan Cohen, M.D. pose in front of one of the new GEDA ER rooms for senior patients. (Photo by Jeff Clemetson)

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News Briefs

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in our community through our recreational soccer program,” said Director of Coaching Rene Miramontes. “Come join this spring. We will be conducting coaching clinics to help you and your team have an outstanding experience. We also offer a \$40 discount off your child’s registration.”

CSC will have six recreational all-star teams competing in the Scripps Tournament on Dec. 14 and 15 and several of the fall recreational teams are participating in other holiday tournaments throughout the county.

The CSC competitive division had a very successful season, and a number of teams finished well up in the rankings in San Diego’s

countywide Presidio League. Tryouts for CSC’s initial competitive teams will be Jan. 11, 12, 18, 19, and 26.

For more information about registration and tryouts for the various age groups and divisions, visit crusaderssoccer.org.

LOCAL PROPERTY MANAGERS WIN INDUSTRY AWARDS

FBS Property, AMO has been a housing provider in San Diego, specifically Del Cerro for almost 50 years. At this year’s Southern California Rental Housing Association Mark of Excellence Awards, two FBS employees went home winners.

Melissa De Marco, a Patrick Henry alum and Lake Murray Fireworks Committee member, was honored by the association



(l to r) Melissa De Marco and Maria Rohr (Courtesy FBS Property, AMO)

with the President’s Award. Nominated by the association, this award recognizes outstanding service by an individual to the Rental Housing Association and recognizes De Marco for

her amazing work as chair of the Marketing and Editorial Committee. De Marco was key in the research and rollout of the re-branding of our association from San Diego County Apartment Association to the Southern California Rental Housing Association. She, along with a specialized task force, recreated the association website, Rental Advisor Magazine, all marketing material and social media content. From a pool of five other heavy hitters in the industry, De Marco was voted upon by the board of directors as the best of the best.

Maria Rohr, property supervisor at FBS, was honored by the Southern California Rental Housing association with second place in the Multi-site Manager of the Year category. This honor is awarded based on a score that

evaluates a written submission (questionnaire) and an in-person interview. Rohr’s competition included 10 other multi-site managers from several leading large management firms.

PRESENTS FOR PAWS

San Diego Credit Union is collecting “Presents for Paws,” a special holiday fundraising campaign benefiting animal shelters in San Diego, Orange and Riverside counties. This will be SDCCU’s eighth consecutive holiday season supporting the Presents for Paws campaign.

“SDCCU is proud to support animal shelters throughout Southern California this holiday season,” said SDCCU President and CEO Teresa Campbell. “We have seen

SEE NEWS BRIEFS, Page 21

SHOP LOCAL

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

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Legacy International Center opens in Mission Valley

Legacy International Center, located in the heart of San Diego's famed Mission Valley, is set to be unveiled this winter. The religious-themed resort features a 126-room hotel and conference center; an International Experience Center; and a 500-seat performing arts theater.

The resort was conceived by Dr. Morris Cerullo, an American Pentecostal evangelist whose ministry has led him to travel to 93 countries and speak to more than 5 million people in his 88 years. He is known for his television show "Victory Today" as well as his many books.

"San Diego has been my home since 1959 and I'm thrilled to bring this vision to life in such a beautiful and vibrant community," said Dr. Cerullo. "San Diego is an incredibly diverse city and we look forward to welcoming people of all cultures, faiths, and backgrounds to experience the Legacy International Center."

A GLIMPSE INTO LEGACY INTERNATIONAL CENTER

Opening its doors in January 2020, the International Experience Center will feature:

- An 18-foot-tall interactive globe that gives visitors the chance to learn about different cultures – a feature that won the 2019 Product of the Year at the National Association of Broadcasters Convention in Las Vegas.

- A series of galleries that offer immersive stories told in 2- to 3-minute increments via floor-to-ceiling video projections.

- A 4D, 100-seat motion theater, conceived by former Disney Imagineers, where guests can experience "Wings Over Israel," a full sensory "hang gliding" tour of Israel complete with sights, sounds and scents.

- An underground maze of stone chamber catacombs where massive original works of biblical art by 3D illusion artist Kurt Wenner will line the walls.

- A curated botanical garden for moments of quiet reflection.

The boutique-style five-story hotel will offer:

- 126 rooms and suites in a variety of room types to fit any budget including a presidential suite overlooking beautiful San Diego.

- A spa and salon with a full menu of indulgent treatments and services.

- A private pool that provides a place to soak in the Southern California sun.

Restaurants at the Legacy International Center are overseen by San Diego executive chef Brian Freerksen. The options include:

- Fine-dining Italian prime steakhouse Theresa's, with indoor dining as well as an open-air patio.

- The Fountains will offer unique twists on American favorites with casual indoor and outdoor plaza seating.

The Legacy Plaza will serve as the center's gathering place for visitors and features:

- A 110-foot-long Western Wall, made from authentic Jerusalem gold limestone from Israel that will pay tribute to the Wailing Wall in Jerusalem.

- A 30-head show fountain, created by fountain builders Outside the Lines, will come to life several times an hour in a blend of music, light and water dance.

- An international market where guests can discover goods, foods and spices from around the world in an ancient "souk" atmosphere.

- A display of light and sound every December during Christmas City USA, featuring a 50-foot Christmas tree that will come to life during an LED light show choreographed with the show fountain.

The Legacy International Center also features the Pavilion Theater, a 500-seat, multi-use performing arts theater featuring a variety of programming from movies to live performance. Behind the scenes, full studio capabilities will be available including a recording studio, edit bays and audio booths. And the Legacy Conference Center, located adjacent to the theater, is 6,000 square feet of meeting space available for bookings that feature convertible rooms to fit a wide variety of groups.



A conceptual drawing of the Legacy International Center Christmas City (Courtesy Legacy International)

CHRISTMAS CITY

The Legacy International Center's first events open to the public will be the Christmas City celebrations held Dec. 14-15 and Dec. 21-22, 6-9 p.m.

At 6:15 p.m., during the Dec. 14 kick off, guests will gather together and count down to the lighting of a 52-foot tree and watch lights come to life and "dance" with the nearby 30-head, 40-foot show fountain set to Christmas carols.

The attendee who most closely guesses the number of lights on the tree will win a night's stay at Legacy Hotel — entries will be collected all four nights.

The evening's festive atmosphere will continue with no entry fee, complimentary cookies with purchase of hot drinks, a gingerbread decorating station and performances from local choirs and community groups. Santa Claus will be posing for pictures. A Christmas-themed boutique will have its grand opening on Dec. 14 and be stocked with holiday gifts year-round.

Fans of the comic book "The Legends of Lightfall" will have the opportunity to take pictures with characters Kort and Sophia, and participate in a themed scavenger hunt via a smartphone app

than can be downloaded free of charge.

The Fountain restaurant will also be open, serving casual bites. The restaurant will remain open to the public following its Dec. 14 debut from 10 a.m. until 8 p.m.

For those who want to give back this holiday season, Legacy International Center has partnered with Operation Homefront, designed to raise in-kind gifts to assist military families who need it the most. Attendees are encouraged to bring unwrapped gifts to donate.

For more information, visit legacysandiego.com.

Mission Trails Regional Park Visitor Center Gift Shop



Give gifts that give twice! This holiday, shop the Mission Trails Regional Park (MTRP) Visitor Center Gift Shop knowing that your purchase will support the park through the MTRP Foundation. The Gift Shop offers unique items for everyone on your list including a large selection of books for adults and children, toys for young explorers, puppets, stocking

stuffers, and Mission Trails hats and t-shirts, including a 5-Peak Challenge tee and other MTRP-related items. The Gift Shop is one of the only places in the county where you can purchase authentic, hand-made pottery, jewelry, and baskets created by Native peoples in our region, and we now carry hand-turned bowls made by members of the San Diego Woodturners Association. The one-of-a-kind bowls are made from beautiful, locally sourced wood. Let your holiday shopping benefit MTRP!

One Father Junipero Serra Trail, San Diego
Open daily from 9AM-5PM; www.mtrp.org

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Holidays at Mission Trails Regional Park

Mission Trails Regional Park Foundation
By JENNIFER MORRISSEY

Have family and friends coming to town this holiday season? We have outing ideas for you!

Explore the stunning, 14,000-square-foot Mission Trails Regional Park (MTRP) Visitor & Interpretive Center, which includes educational exhibits, films, a library, gift shop and an expansive terrace with a stunning view of Mission Gorge.

Each Wednesday, Saturday and Sunday morning at 9:30 a.m., you can take a free, guided nature walk with Mission Trails' volunteer trail guides. Learn about the park's history, fauna, geology and wildlife on these 90-minute walks. Meet for the walks in the Visitor Center lobby.

Families with children of all ages can go on one of our monthly Family Discovery Walks— this month's takes place on Sunday, Dec. 22 at 3 p.m. These walks help children and youth discover the wonder and beauty of nature.

The trails used are easy, but have uneven surfaces so be sure to wear sturdy, closed-toe shoes and bring along water. A hat and sunscreen are also recommended. The walks are free and open to the public, with no reservations required, but cancelled if raining.

Earlier in the afternoon on Sunday, Dec. 22 from 1-3 p.m., hear a free "Ladies of the Flute" San Diego Native American Flute Players performance in the Visitor Center Theater.

Also on Sunday, Dec. 22, MTRP Ranger Andrew Miller will lead a 90-minute nature walk at the park's northernmost property, West Sycamore. This area encompasses 1,128 acres and includes seven miles of trails to be explored by hiking, mountain biking, or horseback riding. Learn about the native plants and wildlife commonly found in this area of the park. Meet at 8 a.m. at the West Sycamore Staging Area, at the very east end of Stonebridge Parkway in Scripps Ranch.

Please note that the MTRP Visitor Center will be closed on Christmas and New Year's Day, but its parking lot and restrooms will be open, both closing at 5 p.m. Learn about all of the events being offered around the holidays at mtrp.org/events, and we wish you a safe and enjoyable holiday and wonderful New Year.



Discovery Walks in Mission Trails are a perfect holiday activity for the whole family. (Courtesy MTRPF)

ART FOR THE PARK

On view at the Visitor Center through Jan. 3 is "Art for the Park," an exhibition of artworks by some of the MTRP Art Program's most popular artists. The works will be priced for gift giving, with half of the artwork sales supporting the park through the MTRP Foundation.

Park visitors of all ages are encouraged to discover the connection between the great outdoors and the creative spirit of our regional artists, which includes a wealth of talented painters, photographers, illustrators, and artisans who celebrate the natural environment.

Art for the Park will showcase works by nine artists at the MTRP Visitor Center in a variety of mediums from acrylics, pastels, and watercolors to photography and printmaking. Each month, this art gallery at the stunning Visitor Center displays artworks that remind the public of how nature can

MISSION TRAILS REGIONAL PARK WINTER CALENDAR*

Wildlife Tracking Walk: 8:30 a.m. first Saturday each month – Visitor Center
Guided Nature Walks: 9:30 a.m. Wednesday, Saturday, Sunday each week – Visitor Center
Guided Nature Walks Kumeyaay Lake Campground: 8:30 a.m., second and fourth Saturday each month – KLC Campground
West Sycamore Nature Walk: 8 a.m. fourth Sunday each month – Stonebridge Pkwy in Scripps Ranch
Bird Walk: 8 a.m. third Saturday each month – *check website events calendar for meeting locations.*
Family Discovery Walk: 3 p.m. fourth Sunday each month – Visitor Center
Lake Murray Walk & Talk: 9 a.m. third Tuesday each month. December meet by boat docks.
Discovery Table Activity: 10 a.m.–1 p.m. second Saturday each month – Visitor Center
Live Hawk Talk Activity: 9 a.m.–noon, first Sunday each month, Visitor Center
Kids Nature Story & Craft with a Ranger: 10 a.m. third Saturday each month – Meet at KLC Campground Picnic Structure. RSVP to 619-668-3279
Native American Flute Circle: 1–3 p.m. second Saturday each month – Visitor Center
Arbor Day Tree Planting: 9 a.m. Dec. 6 – KLC Campground Day Use Lot
Art for the Park: Exhibition Opening 2–4 p.m. Dec. 8 – Visitor Center
Star Party: 5–8 p.m. Dec. 14 – KLC Campground Day Use Lot
Stars at West Sycamore: 5–9 p.m. Dec. 20 – Stonebridge Pkwy in Scripps Ranch

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

ART FOR THE PARK

Opening Reception Sunday, Dec. 8, 2–4 p.m.

Exhibition on view through Jan. 3, 2020

Mission Trails Regional Park Visitor Center

Open daily 9 a.m.–5 p.m.

BECOME A TRAIL GUIDE

Volunteer Trail Guides are wanted to lead nature walks for the public at Mission Trails Regional Park. Join us for an 11-week training course beginning Jan. 11. No experience required. Please note there is a \$25 materials fee due at orientation. For more information, e-mail Ranger Chris Axtmann at caxtmann@sandiego.gov or call 619-668-3277.

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

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Boys water polo surfaces with first CIF title

By DAVE THOMAS | MISSION TIMES COURIER

Winning a CIF title in any sport takes a lot of hard work and perseverance.

The Patrick Henry High boys water polo team's hard work paid off as they recently swam away with a CIF Division II crown in a 13-10 win over Eastlake in overtime. It was the first CIF victory in the team's history.

In capturing the gold, the Patriots were led by Alex Wenzel (six goals), goalie Tanner Furtak (21 saves, multiple assists) and captain Adam Monroe (led his team in goals this season and won the CIF Sportsmanship MVP).

Although Patrick Henry would go on to lose in the SoCal Regionals to Mount Carmel 12-9, something good came out of that loss.

Patrick Henry head coach Charlie Equels alerted officials to a Mount Carmel goal that was initially disallowed. As it turns out, the ball did go in the net. Mount Carmel was awarded the goal due to Equel's sportsmanship in pointing out the score that not many others seemed to notice.

In a statement, Mount Carmel Athletic Director Greg Lanthier wrote, "In a game where every goal was going to be crucial; in a time where an emphasis on winning is out of control, your



(l to r) Top row: Assistant coach Brandon Huff, Alex Velazquez, Tanner Furtak, Nico West, Crew Jenkins, Garrett Mellinger, Ali Nouredine, Jessie Farquhar, Sean Quirk, Wyatt Dickinson; middle row: Lucas Draper, Austin Wenzel, Harrison Eaton, Alex Wenzel, Zach Stull, Andrew Gerbole, Adam Monroe, head coach Charlie Equels; bottom row: Jack Peterson and Shaw Hull. (Courtesy photo)

coach displayed the highest level of integrity and sportsmanship. Please pass on to your coach, [Patrick Henry Water Polo] program, and your PH athletics community, sincere appreciation from [Mount Carmel Boys Water Polo], and our entire athletic community. Your coach has helped to renew my faith in the value of integrity in education-based athletics."

While the loss ended Patrick Henry's season, it was a season to remember for Equels and assistant coach Brandon Huff.

"Winning this title cemented this team in school history," Equels commented. "Winning the first boys CIF championship has set the groundwork

for our future. We only lose four athletes, so hoping that our returning athletes and future team members learned what the value of teamwork can accomplish."

Asked about when he thought he had a championship contending team in his midst, Equels noted, "Our boys have been in search of the title for a few years now; last year losing in the semifinals was exactly what this team needed. Every year, we have an end-of-season analysis with our staff and players and following that loss it was obvious the next season would be special. Led by our captains Adam and Alex, it was clear that

SEE WATER POLO, Page 20

Henry winter teams gearing up for winning seasons

By DAVE THOMAS | MISSION TIMES COURIER

With colder temps and shorter days here, a number of Patrick Henry High winter sports teams are geared up for play as another season begins.

SOCCER

In boys soccer action, the Patriots, under head coach Justin Clark, have good numbers for the 2019-20 season.

"We have had another incredible turnout this season from our student-athletes and I cannot remember in my nine years as the head coach the depth of the program from varsity through our

two JV teams to be so strong," Clark commented.

The Patriots were to get underway with their first games in early December in the annual Parker Cup.

"We have a veteran roster this year with 11 varsity returning players that made it to the quarterfinals of CIF in 2018-19," Clark added. "I am excited with the roster we have put together. I expect some of our greatest competition to come in our practice sessions."

According to Clark, some of the expected leaders this season will include junior forward Michael

SEE WINTER SPORTS, Page 20



Patrick Henry roller hockey looks for a return to CIF's this season. A season ago, senior Matthew Voegel and current sophomore Dylan Montes take the ice. (Courtesy photo)

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With over 1100 square feet of living space this home features an open floor plan, warmly painted accent walls, beautiful laminate flooring and natural light. The dining room has a classic built in hutch with fluted glass and wall air conditioner. Adjacent kitchen has a lighted soffit, plenty of cabinets and counterspace, newer cooktop, microwave, dishwasher, wall oven, broiler and refrigerator.

Mike Barbusca
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Laundry room has newer full-sized washer and dryer with shelf and storage cabinets. Master and guest bedrooms are nice size with carpeting, wood blinds, mirrored closet doors and ceiling fans. Both bathrooms have newer fixtures, tile flooring and are well lit. Exterior features covered entry and sitting porch, easy care roses on drip irrigation system, newer evaporative cooler, newer forced air heater and storage shed. There is room for outdoor furniture and barbecue in the rear. This is a well-cared for home and it shows!

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Sicilian time capsule

Nicolosi's celebrates its 67th birthday

Restaurant Review

By FRANK SABATINI JR.



The spirit of Salvatore “Sam” Nicolosi is alive and well at Nicolosi's Italian Restaurant, which the Sicilian immigrant originally opened with his wife, Francesca, on Goldfinch Street in Mission Hills in 1952. Here, at its thrice-relocated home on Navajo Road, he is captured in vintage photographs while the intoxicating aromas and flavors from his recipes for red sauce, ravioli, pizzas and more continue wooing customers.

Back-east transplants craving a taste of home are especially in for a treat. As a native Buffalonian, rarely do I come across the kind of small, cup-shaped pepperoni that addicted me to pizza at an early age. To my delight, these crispy-edged coins of strongly spiced meat carpeted the “Sicilian pepperoni” pie we ordered. Even better, they resided among a fresh layer of melty mozzarella and ribbons of fresh basil — and with an enjoyable crust that was both airy and chewy.

It was explained by our server that the coveted pepperoni is used only on this particular pizza, although it can be requested on



Where original recipes from a bygone era are upheld (Photo by Frank Sabatini Jr.)

others. He understood my excitement for it, saying he too grew up with the stuff in New Jersey.

Ron Burner is the grandson of the late Nicolosi. He owns and operates the restaurant with



Owners Barb and Don Burner (Courtesy photo)

his wife, Barb. He cites a host of items that have remained untouched in their construction, such as the pizza dough, the sheet pasta used for making ravioli, the nicely seasoned beef-pork

meatballs, and the “special” torpedo sandwich.

The latter envelopes cotta salami, Black Forest ham, Provolone

SEE NICOLOSI'S, Page 15



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Nicolosi's

CONTINUED FROM Page 14

cheese, lettuce, tomatoes and onions. It sings to Nicolosi's original Italian dressing, which appears to contain red-wine vinegar and oregano. Ask for it on the side because you'll want to drench the entire sandwich in it.

We discovered from eating a hearty plate of spaghetti and meatballs, plus an order of mixed ravioli — half of them filled with beef, the others filled with creamy ricotta — that Nicolosi's red sauce is a little sweeter than most. But we didn't mind, as it escaped the acidic edge I encounter too often in Italian-American restaurants.

Our mound of spaghetti wasn't overly starchy. It was boiled obviously in a *large* pot of fresh water. (Bravo!) And our forks glided through the soft, evenly textured meatballs of decent size.

NICOLOSI'S ITALIAN RESTAURANT

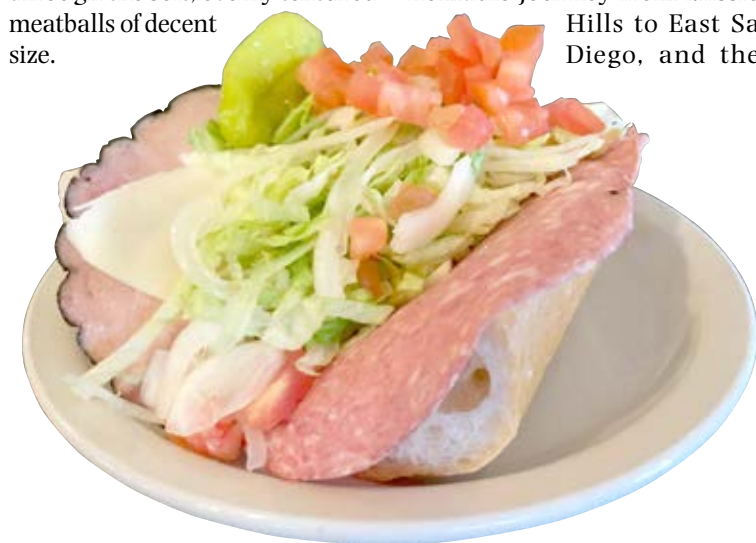
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Prices: Antipasto and appetizers, \$4.75 to \$16.50; torpedo sandwiches, \$9 to \$11.50; pizzas, \$14.25 to \$23.50; pasta and entrees, \$10.50 to \$23

As for the ravioli, they were as plump and pillow-y as those my grandmother used to make from scratch on her kitchen table. The mantle of melted mozzarella on top, however, seemed unnecessary as these delicate purses were very filling and satisfying on their own.

Nicolosi's arrived to this location in 2009 after taking a nomadic journey from Mission Hills to East San Diego, and then



A half torpedo sandwich

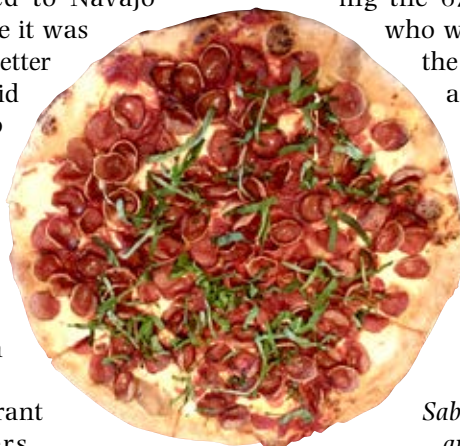


Classic spaghetti and meatballs (Photos by Frank Sabatini Jr.)

to Adobe Falls Road a few miles from here.

"We moved to Navajo Road because it was a bigger and better location," said Burner, who added that at one point Nicolosi's had four locations, including one in Mammoth Lakes, Calif.

The restaurant today offers spacious dining areas, plus a front patio that feels more like an inviting porch of someone's home, and a bar stocked with beer and wine.



The 'Sicilian pepperoni' pizza

In celebration of its 67th anniversary, the restaurant is awarding the 67th customer who walks through the door each day a \$30 gift card that can be used on any menu items. The promotion continues until Dec. 15.

— 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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Patrick Henry
High School News

By ELIZABETH GILLINGHAM

PHHS Marching Band rocks

Last month, PHHS Spirit of 76 Marching Band was seen all over San Diego County performing and showing off their talents both on the football field for our fans and on the streets competing against other bands.

The Marching Patriots performed a near-sweep at the Mira Mesa Field Tournament and Band Review, winning first-place awards in our division in Field Show for both Band and Color Guard and a second-place finish for our percussion team. We also took first place in our division for Parade Review. This is an exciting conclusion to our field tournament season.

The band also participated in the annual Veterans Day Parade for the community and participated in the Arcadia Festival of Bands that took place on Saturday, Nov. 23, where they marched in a Parade Review.

PHHS Student of the Month

Alyssa Lozano was nominated as our Kiwanis' student of the month for November because of her dedication to the students and staff at Patrick Henry High School.

Vice Principal Jennifer Pacofsky stated, "Alyssa always has a smile on her face and goes out of her way to acknowledge everyone on campus."

Her teachers describe her as, "simply amazing! She is kind, caring, genuine, and an all-around good-hearted person."

Alyssa does so much for her school and peers. She is a peer tutor for students with moderate-to-severe disabilities, cheer captain, president of Circle of Friends, and is president of Drama Club. Not a day goes by that she won't make time for someone or help out someone in need. She goes above and beyond for everyone to make them feel included, important, and lets them know that they matter. She has great leadership abilities and is a great role model to all she comes in contact with.

Her theater teacher, Mrs. Chris Carr, described her as an excellent role model, a leader, and a mentor. She stated, "Alyssa not only makes sure every student in my class feels included in our activities and productions but makes them feel confident and comfortable on stage."

Her cheer advisor, Mrs. Terri Clark, described her as the "first



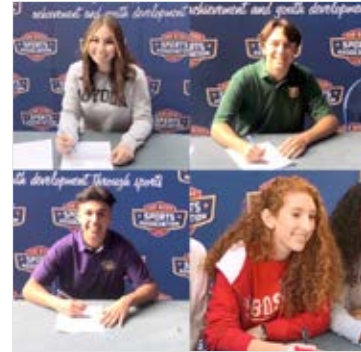
Student of the Month: Alyssa Lozano (Photos courtesy PHHS)

person to step up and lead. Whether it's in cheer or her drama classes, she is a leader through and through. She leads with respect for others and a work ethic that shows she's not afraid to work hard and follow through, even when others don't. She is a pleasure to teach, coach, and watch grow into an amazing young adult."

Alyssa has a heart for those with special needs and when the students were asked about her they said, "She is my friend. I am proud of her. She always helps me with drama class and she makes me laugh. She always helps me and gives me high fives. She is very good. I love her smile. Alyssa is funny. We love Alyssa."

We know that Alyssa has a great future ahead of her and we can't wait to see where her leadership skills will take her. She has a tremendous heart, work ethic and grit — three characteristics that you cannot teach.

National Letter of Intent Signing Day at Petco Park



(clockwise from top left) Victoria Tracey, Max Jones, Lauren Nett, and Mateo Medina

athletic scholarships to their perspective colleges. Each student signed a letter of intent to study and play in a sport.

Victoria signed to go to Loyola Maryland to play Division 1 tennis. Max is going to University of San Francisco to play Division 1 baseball as a pitcher; Mateo is a baseball center fielder is on his way to the San Francisco State University; and Lauren is playing at Boston University as a softball utility player.

We are proud to have these students recognized by their coaches and future universities and wish them well next year!

Victoria Tracey, Max Jones, Mateo Medina, and Lauren Nett were all recognized and awarded

Photography students in the community

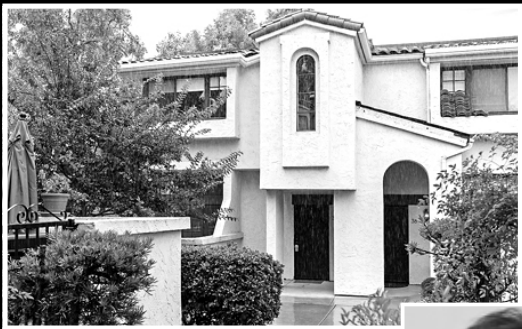


(l to r) Marlena Bunch, Thom Hunt and Tessa Gervase

Henry photography students Tessa Gervase (Class of 2021) and Marlena Bunch (Class of 2022) were selected to be photographers at the Blue Tech Gala during Blue Tech Week. This local convention was devoted toward businesses with renewable and sustainable resources. It was held at the Sheraton Bay Tower Hotel and Marina on Harbor Island in San Diego

Photography teacher, Mr. Thom Hunt, attended the conference and got to see them share

SEE PHHS, Page 17



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SENIOR BUSINESS SPOTLIGHT

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Vision loss from Macular Degeneration?
Imagine a pair of glasses that can actually help you see better.
Have you ever looked through a pair of binoculars? Things look bigger, closer, and easier to see. Dr. Peter DeGraziano, OD uses that same principle when he designs custom miniaturized binoculars, microscopes, and prismatic glasses to help people with decreased vision to see better. Dr. DeGraziano, OD explains, "My goal with these devices is to get people back to doing the things they enjoy." In many cases these special glasses can be prescribed to help people read, watch TV, and sometimes even drive. We also work with cutting-edge electronic devices like IrisVision, and CCTV. To find out if you are a candidate for these services, call and discuss your case with the doctor at no cost. For more information and a free telephone consultation, call 619-488-1100 and visit us online at EyeHelpSanDiego.com.

PHHS

CONTINUED FROM Page 16

their talents with others in this professional setting.
In addition, Malia Daft (Class of 2021) had her photo selected to be

used for the cover of the holiday card for San Diego Unified School District Superintendent Cindy Marten. It is the second year in a row that a Patrick Henry photography student has been honored to be featured on the annual gift cards given out by Mrs. Marten.

Unified Physical Education at Patrick Henry

[Editor's note: This section is written by PE teacher Terri Clark]

This year, I have been given the unique opportunity to be a part of Unified Physical Education at Patrick Henry High School. I am partnering with our Adapted Physical Education specialist Chris Ahrens to create a more inclusive and comprehensive approach to providing quality physical education for all of my students.

Unified Physical Education is a unique program that allows students with all types and ranges of disabilities to participate, to the best of their abilities, in a general education physical education class alongside their peers. It typically looks like 10 to 15 students with special needs who are mainstreamed into general education physical education classes. Special needs students are paired up with mainstream students who act as peer buddies to assist with the learning process in class.

When I was first approached with this opportunity, I gave an enthusiastic "yes" to Mr. Ahrens, though I had no real idea what I was saying yes to. What I did know was that over the past four to five years at Patrick Henry, I have had a few special education students mainstreamed into my classes, working to provide them with the least restrictive environment to

experience high school physical education, and I liked what came from those experiences. What I learned alongside my students was that every student has the potential to grow, develop, and gain new skills and knowledge when they are in an environment that provides social, emotional and physical support to do so. What I also learned was that my students grew in compassion, empathy and understanding for other students who were different from themselves.

What I am learning so far this year: high school students are so much more capable of kindness and compassion than they are ever given credit for (I witness it every day); change does not come easily, but it's well worth the work; and that even the most physically challenged students are capable of participation in physical education when given the right opportunities and environment.

There are a few amazing programs like Unified Physical Education that exist at Patrick Henry: Circle of Friends, Peer Buddies, Athletes Training Athletes and Special Olympics are the ones that come to mind. I'm very proud of the work Patrick Henry is doing to include, teach and provide equitable experiences for all students.

—Elizabeth Gillingham is principal of Patrick Henry High School.

HC STEMM Foundation news

By JAY WILSON

On Nov. 8, the Henry Cluster STEMM Foundation sponsored 23 engineering students from Patrick Henry High School and their teacher Craig Olsson as participants in the annual SDSU STEM Exploration Day. This annual event included students from a number of high schools throughout San Diego County. The event was hosted at SDSU's Pathways Office of the Pre-College Institute, which promotes college access and completion for underserved students through excellence and innovation in education. This was an opportunity for SDSU to demonstrate the opportunities available to students in the field of science and engineering.

Last year, the HC STEMM Foundation was asked by Dr. Cynthia Park, the executive director of the Pre-College Institute, to sponsor students from Patrick Henry, and we were asked to participate again this year. Working again with Olsson, an outstanding staff member of the engineering department at Patrick Henry, an orientation meeting was held in his classroom for interested students. All who attended the orientation participated in this year's STEM Exploration Day at SDSU. The students attended three sessions.

In the first session, employees from Illumina, the San Diego firm



A Patrick Henry student preparing a sample of her DNA during a session was presented by the San Diego based genetics firm, Illumina as part of the annual SDSU STEM Exploration Day. (Photo courtesy HC STEMM Foundation)

specializing in sequencing and array-based solutions for analysis of genetic variation and function in fields ranging from cancer research to agriculture, gave an overview of the company and the very positive impact it is having on genetic research. Our students were also able to go through the process of extracting their own DNA and preparing it for processing.

In the second session, Dr. Eric Frost met our students in the SDSU Visualization Lab and gave a visual example of using near-real-time data for challenges such as predicting weather, paths of wildland fires, hurricanes and pollution to assist people in making decisions much faster and more efficiently than ever before. He also raised the deep privacy

concerns of popular applications like TikTok and facial recognition and artificial intelligence.

The third presentation was in mechanical engineering with professor George Youssef. The students participated in several interactive experiments, which included dropping rubber balls into liquid nitrogen and measuring how far they would bounce when thoroughly frozen.

"The students had a great day," Olsson said. "They really enjoyed the STEM-related activities. I am looking forward to participating in next year's event with a new group of motivated students."

—Jay Wilson is a board member of the Henry Cluster STEMM Foundation.



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San Carlos United Methodist Church
Christmas Eve SERVICES

Candlelight Service of Lessons & Carols
Tuesday, December 24th, 7:00 pm

Prepare your hearts for the celebration of our Savior's birth by joining us for worship on Christmas Eve. With a Christmas message by Rev. Martha Wingfield, this reflective service will be filled with inspirational lessons, familiar carols, and special music by our adult choirs. Childcare will be provided.

Family Services

Tuesday, December 24th, 3:30 & 5:00 pm

During these children-focused services, we celebrate the miracle of Jesus' birth. All children are invited to participate in the manger story as we bring the meaning of Christmas to life. The service includes a puppet performance and a small gift for every child.



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San Carlos Branch Library news

By DAVID EGE

In 2019, the San Carlos Branch Library continues to be the place for opportunity, discovery and inspiration! We partnered with many local organizations for feature events and had great attendance at our monthly programs. Our biggest event was the second Robotics Showcase Extravaganza featuring the Patrick Henry Patribots, Cajon Park Binary DragOns, Lakeside Middle Broncobots, Magnolia Science Academy NextGen and MagnoBricks, Dailard Mechanical Dolphins, Crescendo, Wizalos, Dapper Robo-Noodles and Creator Critters. The appearance of robot teams from MCAS Miramar and SDPD SWAT entertained the crowd and attracted 285 attendees. We held 214 programs for children with 7,366 participants in 2019. Our youth services librarian coordinated many special programs to engage young people. The library's Spring into STEAM and Library NExT programs introduced scientific procedures and critical thinking while the Where's Waldo Contest attracted record numbers to the Summer Reading Program. We worked with the Environmental Services Department to host a Trash Truck Storytime and the Halloween Trick-or-Read program gave free books to kids. Families also had a

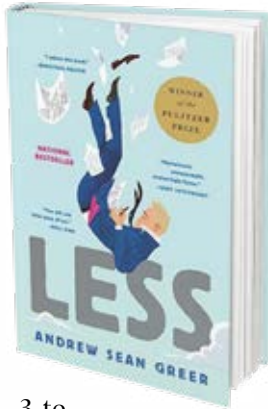
great time celebrating at the Dr. Seuss Birthday Party. In 2019, we have held 190 programs for adults that attracted 2,769 attendees. We had a visit from San Diego County Tax Collector Dan McAllister, and patrons learned to Plan Before the Sun Goes Down at our One Book, One San Diego event. Members of the community designed and hosted the new People Enjoying Poetry program, which brought together people who share a love of poetry. Geologist Pat Abbott discussed the geology of Mission Trails Regional Park and a local gardener taught us about the importance of butterflies. We appreciate the support of the San Carlos Friends of the Library who made these wonderful events possible. The dedication and hard work of the staff and volunteers make our library a wonderful community gathering place! **Mountain Lions 101:** On Dec. 20, at 2-3 p.m., Mountain Lion Foundation Field Representative Robin Parks will present on mountain lion biology and behavior, with safety tips and misinformation about the species. Signs of these animals are routine in nearby Mission Trails Regional Park, and education is key to ensuring the protection of these native big cats. **Christmas Stories & Card-Making:** Join us for a holiday-themed book and craft hour

on Dec. 18, from 2:30-3:30 p.m. First, we will read fun stories to celebrate the yuletide season. Then we will finish up by making beautiful cards to give to friends and loved ones. **Paws to Read:** Read aloud to therapy dogs on Dec. 28, at 11 a.m.-noon. Studies show that children can improve their confidence and reading skills by reading aloud to animals. Dogs make the perfect nonjudgmental audience. All therapy dogs are provided courtesy of Love on a Leash, a foundation for pet-provided therapy. **Challenge Island:** Challenge Island encourages creativity, critical thinking, and social skills while instilling a love of science and engineering. On Jan. 8, from 4-5:15 p.m., kids will learn about dinosaurs and the role they played in the classic movie "Jurassic Park." They will then create a dinosaur miniature golf course with varying degrees of difficulty. Ages 8-12. Registration required. Call 619-527-3430 to sign up. **Dates to remember:** • Dec. 25: CLOSED for Christmas Day • Jan. 1: CLOSED for New Year's Day • Jan. 3, 1:30-3:30 p.m.: Friends of the Library only, Used Book Pre-Sale. —David Ege is managing librarian of the San Carlos Branch Library.

Happenings at the Allied Gardens Library

By KATHRYN JOHNSON

Thank you to all our patrons for making 2019 a great success for your library. We added new staff and new programs this year and are looking forward to serving you in the 2020! Happy holidays from all of us at the branch. In fact, it is that time of year for our annual Snowmen Coloring Contest. Please stop in for your entry and submit before Jan. 3 to be entered into the contest.



PROGRAMMING FOR ADULTS Be sure to stop in for your program calendar, which details all our regular, ongoing programs. **Book Club:** On Tuesday, Dec. 9, at 1 p.m. the Book Club will discuss "Less" by Andrew Sean Greer. This well-reviewed book by O'Henry-winning author Andrew Sean Greer has been touted as his finest work yet. Readers will enjoy this read, which has been described as "very funny and occasionally wise" by the Kirkus Review.

PROGRAMMING FOR YOUTH **Cookie Decorating:** Wednesday, Dec. 11, at 4:30 and 5 p.m. Are you a cookie lover? Patrons will enjoy decorating a snowman cookie. Children under 8 should be accompanied by an adult. Please register to attend. **Noon Year's Eve Party:** Tuesday, Dec. 31, at 11 a.m. Come join us for a family New Year's celebration. We'll be ringing in the new year at noon — perfect for those of us who can't stay up to midnight. We'll have a dance party, crafts, a story and light refreshments all leading up to a noon year's countdown. Registration is required as space is limited. Come one, come all — no age limit!

SCHEDULE ALERTS AND SAVE THE DATES All San Diego Public library branches will be open from 9:30 a.m. to 6 p.m. on Dec. 24 and closed all day on Dec. 25. On Tuesday, Dec. 31, we will be open 9:30 a.m. to 6 p.m. All locations will be closed on Wednesday, Jan. 1, and reopen Thursday, Jan. 2. **Winter Reading Challenge 2020:** Readers of all ages are welcome to join us for a winter reading challenge starting Jan. 1. Read five books or five hours and receive a prize. **Vegan Adventures:** Tuesday, Jan. 14, at 6 p.m. Are you a long-time vegan looking for new recipes or someone new to veganism and not sure where to start? All are welcome to this free, live cooking demonstration and sampling. Each program has a different delicious theme. —Kathryn Johnson is managing librarian of the Allied Gardens/ Benjamin Brach Library.

SUDOKU & CROSSWORD PUZZLE ANSWERS FROM P. 23														
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With the time and weather changes upon us, we're now arriving home to a darker, colder house. Yes, even in Southern California. But with the vast array of smart home technology available today, and a strong internet connection that can power dozens of devices simultaneously, you and your family can better adjust to standard time and the winter months. **Smart lights.** Don't waste energy or money leaving lights on all day to deter would-be burglars. Turn individual lights on or off using your smartphone or tablet with Cox Homelife automation features. Set automatic lighting timers if you want to turn on a light before arriving home.

Cox Homelife's lighting control function means your pet doesn't have to be in the dark either. **Smart thermostats.** Forgot to turn off the heating before you left for work? Or maybe you want the house to be nice and toasty when you get home. Cox Homelife's programmable thermostats allow you to remotely adjust the heat and air to have the perfect temperature when you get home or wake up. **Home cameras.** Daylight saving means the kids may be home by themselves when it's dark. Cox Homelife's home monitoring services offer remote live video viewing, professional monitoring, video recording, and customizable notifications, allowing you to monitor things when you're not home. And with Cox Homelife, you'll feel safe knowing only you have access to the video footage. Learn more at cox.com/homelife. **Smart locks.** Roughly 30% of burglars enter a home through an unlocked door. A smart lock allows you to remotely control home door locks from your smartphone. Cox Homelife's smart lock features include voice commands,

customized chimes so you can recognize certain visitors or family members, activity logs, and integration with other smart devices in the home. You can also set special codes for house sitters, dog walkers, and even deliveries to keep the porch pirates away. **Next-generation internet connection.** Just as important as the smart home technology you select is the internet service you choose. To get the optimal experience from your smart home devices and technology, make sure you have the right internet speeds. Cox offers various speeds to meet a household's needs. Its fastest service, Cox Gigablast, offers next-generation gigabit internet speeds (1 gigabit is equivalent to 1,000 megabits per second) and can connect dozens of smart devices in the home simultaneously.

Allied Gardens/Grantville Community Council news

By SHAIN HAUG

Holiday celebrations

By the time the December 2019 issue is published, the lights will be up on the fly-over bridge, the tree and lights will be shining at the Triangle, and the Holiday Festival will be a happy memory. We will report on these events in our January 2020 article. For the time being, we wish our community neighbors the happiest of holidays.

TOWN HALL MEETINGS

We have some important topics to address in 2020. We hope you will join us on the fourth Tuesday of each odd numbered month at 6:30 p.m. at Benjamin Library. Our schedule includes:

- Jan. 28 – A presentation by the local Census Team on the census procedures and the importance of a full count of persons in the community.
- March 24 – Eric Bowlby of San Diego Canyonlands will describe our role in the preservation of Navajo Canyon.
- May 26 – 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.
- July 28 – 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 over our local zoning and of the character of our single family residential neighborhoods.

Our topics arise from comments and inquiries from our Allied Gardens and Grantville neighbors. Let us know what interests and concerns you.

STELLA

The Allied Gardens/Grantville Community Council asked the community to welcome and support the 84 formerly homeless folks who took up residence at Zephyr on Alvarado Canyon Road. We now have a new challenge in Stella, the residence that recently opened at Fairmont and Twain.

This facility will offer permanent housing to 80 chronically homeless who are returning to a stable and productive role in society. Onsite counseling and support will be offered by the Interfaith Community Services and the Department of Veteran Affairs. We can help with their physical needs and we again call upon your generosity. Take your memory back to your first

SEE AGGCC, Page 23

Del Cerro Action Council news

By JAY WILSON

The winter rains have begun and SDSU and Adobe Falls have already felt the impact. The heavy rains of Nov. 28 and 29 were so powerful they ripped the gate off the entrance to the flood control channel that runs under Interstate 8 from SDSU to Adobe Falls. This time, the power of the water in the channel bent the gate off its hinges. This is the third time the gate has failed, and each time the gate was secured in a stronger manner.

Dr. Eric Frost sent me a photo of the gate taken at 2 p.m. on Friday, Nov. 29, with the following text: "The photo shows vegetation, mostly of arundo, going up about 6 feet above the cement tunnel, suggesting that the water was about 24 feet deep when deepest, as the tunnel was completely covered in water and forming a major whirlpool adjacent to off ramp of Interstate 8 at College Avenue. You can see the gate is still connected on right side, but ripped out of the cement on the left side and where the gate was once locked to the cement wall on the right side of the structure."

A committee headed by Jackie O'Connor, the president of the Friends of Del Cerro, continues to work with SDSU staff to establish a plan for developing the Adobe Falls property owned by SDSU



The gate at the east entrance to the SDSU tunnel at Adobe Falls was damaged by storms at the end of November. (Photo by Dr. Eric Frost)

that will not negatively impact the residents adjacent to the property.

"Now that we have defined the total area in question, as everything adjacent to Alvarado Creek between SDSU and SDSU West, and confirmed the key players, we will be moving forward to define viable uses for the area adjacent to Adobe Falls and how to control the flow of water," O'Conner stated.

San Diego's Fire and Rescue Department is reminding everyone to be very careful with all your electrical connections during the holidays — both inside and outside your home. John Steffen, our Police Department's Community Relations Officer, urges everyone to keep valuables out of sight when shopping. Put those presents in the trunk and do not leave curtains open so presents are visible to anyone

walking by or specifically looking for a target house.

There is no update on the All Peoples Church, although they plan to have an update for us at our January meeting.

The city is continuing to work on catching up on the several applications ahead of Del Cerro for establishing Maintenance Assessment Districts (MAD). We are most likely several months away before all the information will be available for the property owners to review and then vote against or for the MAD.

Our next Del Cerro Action Council meeting will be Thursday, Jan. 23, 7 p.m. at Temple Emanu-El.

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

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ASCENSION LUTHERAN CHURCH
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Sunday Advent Services | 9:30A!

Special December Events:
Dec. 18th | 7p – Blue Christmas Service
Sometimes the color of Christmas is blue.
Dec. 22nd | 4P – Christmas Cantata
Beautiful choir arrangements along with special music shared by our Sounds of Ascension Ringers.

Christmas Eve Service | 5:30P:
Join us for Our Family Christmas Eve Candlelight Service on December 24th with a children's play, special music and performances the whole family can enjoy!

www.ascension-church.com

YOUR COMPUTER IS NOT A REFRIGERATOR

Your fridge is a handy and undemanding box. Plug it in, add food, and with infrequent repair and a little luck, it can last 15 years.

Computers "age" more quickly. The average PC lasts four years, and meanwhile, its programs must be updated to keep the machine stable and secure.

Replacing a "dead" computer can cost hundreds, but if it holds personal information like family photos or financial records, the true cost of a computer crash can be much greater.

How can you protect your precious files, while using your PC to stay in touch with the world? Here are some ideas for keeping up with your computer's health and security:

- 1. Back Up.** Keep current backup copies of important files.
- 2. Tidy Up.** Clear out unneeded cookies, files and other "junk."
- 3. Tune Up.** Speed your PC by keeping it updated and organized.
- 4. Check Up.** Diagnose and repair problems, before it's too late.

If you're not a computer "geek," don't worry - Arbor Tech offers preventative maintenance, emergency service, and PC set up and support – in-office, by remote connection and in your home.

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Water Polo

CONTINUED FROM Page 13

with their drive and commitment to success, we would be successful."

A TEAM FROM DAY ONE

As important as the coaching staff is to a team, it is the athletes that have to get the job done no matter the surroundings they are playing in. With this group, mission accomplished.

According to Monroe, "It was an amazing feeling to win CIF because we struggled from the beginning of the season but we rallied together and made a run for the championship and succeeded. Winning CIF is always the number one goal but I never thought that was in our reach until I realized how dedicated this team was. This isn't a team, it's a family; we are always together whether it be in the pool or out."

Wenzel echoed those sentiments, noting, "Winning CIF this year was our main goal throughout the season, and putting in

countless hours of hard work in and out of the pool was the way we were able to win. Everyone on the team grew tremendously as water polo players and teammates throughout the year, and winning CIF was a perfect way to show it."

Any successful water polo team needs a goalie they can depend on to make up for any defensive mistakes and more. In Furtak, the Patriots had that during the season and playoffs.

"It felt great [winning CIF] and was very exciting," Furtak commented. "At the start of the season, I thought we were going to get killed every game and be nowhere near as good as last year's team. But because a few of us played in the offseason, we became a solid squad and beat teams favored to win."

With the season now in the history books, Equels and Co. can now focus on the 2020 campaign after taking some time to enjoy this year's accomplishments.

"I have been coaching since 2005; year after year I have been

lucky enough to have an impact on the future of our nation," Equels commented. "Year after year, players and parents teach me just as much as I teach them. However, this team as a unit has had a profound impact on my coaching career; they have given me a remarkable season to remember. These are incredible young men and they have provided the community with hope in our youth. They proved that positive growth mindset is real and have set the example for many athletes to come."

As Patrick Henry Principal Elizabeth Gillingham summed it up best, "He [Equels] is a fierce competitor who can take the last seconds of the game and make magic happen in the pool with a few words of inspiration."

For the Patrick Henry boys water polo team, this was a magical season.

—Dave Thomas is a San Diego-based freelance sports writer.

Winter Sports

CONTINUED FROM Page 13

Medina, senior midfielder Uly Jimenez, senior midfielder Jonny Moreno, senior defender Garreth Konig and senior midfielder Julian Garcia.

ROLLER HOCKEY

In boys roller hockey action, the Patriots, under head coach Chuck Russell, are entering their fourth year of CIF varsity play. The team has improved each year from 1-21, to 10-12, to 12-10 this past year.

"We are looking to improve on that [record]," Russell remarked. Patrick Henry had its first winning record last season and made it to the second round of CIF's (lost to Eastlake High 7-6).

According to Russell, key players this season look to include senior goalie Enrique Alduenda, senior forward Jackson Rayner, senior defender Sam Moorhead, senior defender Jenny Russell, junior defender Aiden Elswick and sophomore defender Dylan Montes.

"Following the 2018-19 season, PHHS varsity roller was expecting

to have a rebuilding season with the graduation of six seniors, including Matthew Voegel [41 goals, 15 assists] and Matt Russell [25 goals, 13 assists]," Coach Russell went on to say. "However, with the addition of five solid freshmen [Brian Bui, Yusef McCaskill, Yasin McCaskill, David Weiss and Marcus Madonia] and sophomore goaltender, Tommy Kenney, the expectations for the 2019-20 season are high. Our goal is to meet pre-season favorite Scripps Ranch in the CIF Final."

RUGBY

In boys rugby play, the Patriots, coached by Greg Chronopolos, look to get on the winning track this year after a tough campaign last season.

"We had a disappointing season last year, didn't win one game," Chronopolos remarked. "But I'm very optimistic for this season. We could potentially start 15 returning players, eight of them seniors. Our rookie class is filled with athletic and physical young men. We play in a very competitive region. San Diego has a rich background in high school rugby. I will not make any predictions regarding

our record for this year, but I have a strong sense that we'll have a much stronger showing this year."

According to Chronopolos, key players look to be seniors Josiah Lawson (center), Mario Morante (hooker) and Jose Diaz (lock) and juniors Tyler "Stinky" Daugherty (half-back) and Levi Pritchard-Hickey (loose forward).

BASKETBALL

In girls basketball action, the Lady Patriots, under head coach Branisha Jones, look to improve upon last season's 5-18 mark.

Jones noted key players include sophomore guard Isis Barritt, sophomore guard Elianna Castillo and sophomore point guard and transfer Eja Lake.

"This season is all about learning the basic fundamentals of basketball," Jones commented. "It is also about learning how to use our individual talents to become better as a team. There is so much room for growth, and I am excited to see every girl on my team progress and bring out all of their potential."

—Dave Thomas is a San Diego-based freelance sports writer.



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MISSION TIMES COURIER
COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR

ONGOING EVENTS



'She Loves Me'
Through Dec. 8

Set in a 1930s European perfumery, meet shop clerks Amalia and Georg, who, more often

than not, don't see eye to eye. After both respond to a "lonely hearts advertisement" in the newspaper, they now live for the love letters that they exchange, but the identity of their admirers remains unknown. Join Amalia and Georg to discover the identity of their true loves... and of all the twists and turns along the way. Wednesday through Sunday at 7:30 p.m., with Saturday and Sunday matinees at

2 p.m. in the SDSU Don Powell Theatre, 5500 Campanile Drive. Tickets range \$15-\$20, available at bit.ly/2NX36Up.

'A Christmas Past'
Through Dec. 15

Lamplighters Community Theatre presents "A Christmas Past" featuring two one-act plays. "The Long Christmas Dinner" showcases the lives of the Bayard family over nine



generations. In this funny and poignant one-act play, characters age from children to seniors in one continuous ribbon.

The second play, "A Child's Christmas in Wales," is a dramatization of Dylan Thomas' wonderful, nostalgic look at memories of his childhood. Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. at Lamplighters Community Theatre, 5915 Severin Drive. Cost is \$23 adult; \$20 for seniors, students and active military. Tickets and information available at lamplighterslamesa.com.

FEATURED EVENTS

Saturday, Dec. 7



Christmas on Mt. Helix

Mt. Helix Park's 29th annual holiday event will feature European Christmas markets with local artisans, family caroling and a Nativity story. 2-5 p.m. at Mt. Helix Park, 4905 Mt. Helix Drive, La Mesa. Free admission and free parking and shuttle from Grossmont High School staff parking lot. Visit MtHelixPark.org.

imagination and connect people to their creativity. The opening reception for Art for the Park on Dec. 8 from 2-4 p.m. is the ideal way to purchase unique works by local artists while also giving back to the park. The Art for the Park benefit exhibition runs Dec. 7-Jan. 3. The MTRP Visitor Center is open daily from 9 a.m.-5 p.m. and admission is free, but closed on Thanksgiving, Christmas, and New Year's Day. For more information, visit mtrp.org.

Tuesday, Dec. 10



'The Nutcracker'
Through Dec. 11

Golden State Ballet presents the story of a little girl named Marie who falls asleep after a party at her home and dreams herself into a fantastic world where toys become larger than life. Her beloved nutcracker comes to life and defends her from the Mouse King, then is turned into a prince after Marie saves his life. There will also be a Christmas opportunity to give at the performance where you can bring a toy or canned food for the less fortunate. 7:30 p.m. at the Joan Kroc Theatre, 6611 University Ave., San Diego. Visit gsballetpilates.com for tickets and information.

Friday, Dec. 13



Holiday in the Village
Through Dec. 14

The La Mesa Village Association's Holiday in the Village returns to downtown La Mesa. This free, family-friendly event will feature a wonderland of festive holiday music and dance, food, children's activities, shopping and more. Friday, Dec. 13, 4-9 p.m. and Saturday, Dec. 14, 10 a.m.-9 p.m. in the downtown Village. Visit lamesavillageassociation.org for more information.

Saturday, Dec. 14



Christmas City Tree Lighting
Through Dec. 22

The inaugural Christmas City tree-lighting ceremony at Legacy International Center will be a family-friendly evening that will include the lighting of a 52-foot, LED-lit tree that will "dance" to with the nearby 30-head, 40-foot show fountain. The evening will include food from the center's new cafe, hot cocoa,

holiday shopping, scavenger hunts, performances from local choirs and pictures with Santa Claus. Legacy International Center has partnered with Operation Homefront, designed to raise in-kind gifts to assist with military families who need it the most. This will be the first of four Christmas City nights including Dec. 15, 21 and 22. 6 p.m. at Legacy International Center, 875 Hotel Circle South, San Diego. Visit legacysandiego.com.

Friday, Dec. 20



Handel's 'Messiah'

Bach Collegium San Diego's performance of "Messiah," delivered by a dynamic cast of musicians in the manner of Handel's most dramatic operas, has become its crown jewel and is not to be missed. 7 p.m. at First United Methodist Church of San Diego, Mission Valley, 2111 Camino del Rio South, San Diego. Tickets cost \$20 student, \$35 senior, \$40 general and \$70 premium; available at bit.ly/37Ge61M.

Monday, Dec. 23



Happy Hanukkah!

Wednesday, Dec. 25



Merry Christmas!

Thursday, Dec. 26



Happy Kwanzaa!

Saturday, Jan. 4



'Back To The Sixties'

Concert featuring Howard Blank's The Outsiders band. The Outsiders were/are a national recording and touring act with several Billboard hit songs from the mid-1960s, including the 1966 No. 5 hit song "Time Won't Let Me," No. 15 "Respectable," No. 21 "Girl in Love," No. 37 "Help Me Girl" – plus four albums. 7:30 p.m. at the Joan B. Kroc Theatre, 6611 University Ave. Tickets range \$46-\$52, available at bit.ly/2pTROII.

News Briefs

CONTINUED FROM Page 10

firsthand the positive impact these donations have on animals who need it most and encourage everyone to donate at any SDCCU branch location or online to help raise much-needed funds for animal shelters in our community."

SDCCU hopes to raise \$10,000 throughout the holiday season. In San Diego County, collections will benefit San Diego Humane Society; in Riverside County, collections will benefit Animal Friends of the Valleys; and in Orange County, collections will benefit the Animal Assistance League of OC. Donations will be accepted at all 44 SDCCU branch locations and online on sdccu.com/paws.

Last holiday season, SDCCU's Presents for Paws campaign exceeded the \$10,000 goal, raising a total of \$13,783.

For more information, visit sdccu.com.

EITC OUTREACH EFFORT GETS FUNDING

2-1-1 San Diego has been awarded \$376,000 from the Department of Community Services and Development to support California Earned Income Tax Credits (Cal EITC) Outreach and Education efforts. The grant will be used to facilitate outreach, marketing and education around the federal and state earned income tax credit which serves as a tax break for California's working families and individuals, the creation of young child tax credit (YCTC), and local free tax preparation assistance.

2-1-1 San Diego will work with the Cal EITC Coalition and partner with the United Way of San Diego, Dreams for Change, International Rescue Committee, Elderhelp, Child Development Associates, and the YMCA to provide Cal EITC outreach and education specifically to reach out to likely eligible populations.

In June of this year, Governor Newsom and the California Legislature passed a budget that more than doubled the Cal EITC, making it a \$1 billion program. This coming tax season, the cashback credit for low-wage earners will be available to approximately 1.7 million eligible families. That massive expansion means low-income parents with young

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News Briefs

CONTINUED FROM Page 21

children will be eligible for an additional \$1,000 credit, and workers making \$30,000 or less will be able to claim the Cal EITC in 2020.

"For the fourth year in a row, California is offering earned income tax credits for working families and individuals," said 2-1-1 San Diego Executive Vice President William York in a press release. "We're proud to be working to help educate our

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San Carlos Area Council news

By PATRICIA MOONEY

Supervisor Nathan Fletcher paid us a visit at our October San Carlos Area Council meeting. (Please note that Dianne Jacob is the County Supervisor for our district and we hope she will come and talk to us in 2020.)

Turns out Supervisor Fletcher is a good speaker and opened his presentation with a story about two women who were excited to meet him. They both asked for selfies with him. As they were walking away, he overheard them say, “I can’t believe we just got a photo with Governor Newsom.” He had to tell them, “I’m not Gavin Newsom. The governor is taller and prettier than me.” Later on, Supervisor Fletcher met someone who demanded to know why he had spent taxpayer dollars on frivolous things, such as a plane ride for a pet bunny. Fletcher said, “I’m not Duncan Hunter Jr. either!”

Fletcher related details about his upbringing in Arkansas where his working-class family struggled to make ends meet, his father working in a paper plant, and his mom working in a battered women’s shelter. They were not wealthy but young Nathan never missed a meal and he had a great education. He then signed up for the military where he learned a lot about life and fighting and running to those who needed help.

After his military career, he became involved in politics so he could change the system from within. He asked himself, “How can we have a system where veterans can survive combat but not the peace that follows? How can our government fund all kinds of weapons but not support the veterans?” He started a nonprofit and raised \$1,000. Then he found out San Diego County was sitting on \$168 million of unspent mental health funds and his anger

motivated him to become more involved in helping veterans, including those who are deported after being promised citizenship. Fletcher also gave a shout-out to some older veterans in the room. “The Vietnam veterans made things easier for my generation of soldiers, as we get thanked and apologized to in their stead.”

Another issue that gets him out of bed charged and ready to go is the homelessness issue which he said is paired with a mental health issue. David “The Water Man” Ross once told me that, “If you don’t have a mental health issue when you get on the streets, you soon will.” Fletcher echoed that statement and related that the Board of Supervisors has recognized the truth of it. They have begun a redesign of the entire system including the deployment of mobile crisis outreach teams, regional behavioral health hubs, and publicizing the number to call regarding someone who needs help is 211.

More than half of the homeless population is comprised of veterans. SCAC President Mark Schulze and I learned this factoid first-hand while producing a documentary called “The Invisible Ones: Homeless Combat Veterans” in 2008. It’s an eye-opening glimpse into what is really going on here in San Diego. We gave a DVD to Supervisor Fletcher to help him in his work. We also invite you to see the documentary in its entirety on YouTube at youtu.be/upue5Ti30ho.

The Board of Supervisors has also been working on MTS and increasing ridership. They want



Supervisor Nathan Fletcher addresses the San Carlos Community Council. (Photo courtesy SCAC)

to provide options for everyone. Studies have found that expanding the freeway merely leads to an increase in usage and congestion. Seattle provides an example of light rail bussing, bike lanes, with walk paths and housing closer to where people work. Solving our traffic congestion problems will also address air quality issues

SCAC POTLUCK HOLIDAY PARTY

Our next SCAC meeting is actually going to be a potluck holiday party on Dec. 11 (the second Wednesday instead of the first) at 6:30 p.m. at San Carlos Branch Library, 7265 Jackson Drive. Join us! Bring a dish and/or beverage to share. We’ll have plates and utensils. Let’s celebrate the season together.

No regularly scheduled meeting in January due to the holiday. Our next meeting will be on Feb. 5, at 6:30 p.m., at the San Carlos Branch Library.

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

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

AGGCC

CONTINUED FROM Page 19

apartment and you will have a pretty good idea of what they need as they set out on this journey: New and unused items such as dish detergent, brooms, Tide pods, towels, personal hygiene products, soap and shampoo, garbage bags, laundry baskets to carry the donated items, laundry and carts, shopping bags, mops and dust pans, small hard floor vacuums, shower curtains/liners small garbage cans for the bathroom, toilet brushes, sponges, dishtowels, full bed sheet sets, blankets, rugs, and kitchen supplies such as silverware, glasses, plates, pots, pans and storage containers.

Once again Ascension Lutheran Church leads this effort and will handle collection of your contributions for delivery to our new neighbors. There will be box

depository at the church, 5106 Zion Ave., in the parking lot (enter from 51st Street) as follows:

- Thursdays and Fridays, Dec. 19, 20, 26, and 27, 2019 between 8 a.m. and 5 p.m.
- Sundays, Dec. 22 and 29, 2019 between 8:30 a.m. and 11:00 a.m.

WEBSITE

Take a look and give us your suggestions for what we should include in and exclude from the site. We need you to tell us what is of value to you. Visit aggccouncil.org.

BOARD OF DIRECTORS MEETINGS

The Board of Directors meets on the first Tuesday of each month at 6:30 p.m. at Benjamin Library, at the corner of Zion Avenue and Glenroy Street. The next meeting will be on Jan. 7. The public is welcome; we encourage you to join us.

—Shain Haug is the President of the Allied Gardens-Grantville Community Council. Reach him at aggccshain@yahoo.com and let him add you to our email contact list.

PUZZLES

ANSWERS ON PAGE 18

SUDOKU

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

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

Level: Advanced

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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
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					43			44				
	45	46	47									
48									50	51	52	53
55						56				57		58
59										61		
62						63					64	

- ACROSS**

1 Egyptian bull-god
5 America
8 Type of field (abbr.)
11 Reagan's Deputy AG
13 Negative
14 Mother of Hermes
15 Summer and Winter Olympics gold medal winner
16 In shape
17 Oh my goodness!
18 People of Guinea or Sierra Leone

20 A form of "to be"
21 Succulent plant
22 Estranges
25 Honest
30 Showing conviction
31 High schoolers' test
32 Implant
33 Acknowledgment
38 Cash dispenser
41 Transferred to another
43 Superhero group
45 Photographers
48 Small, rich sponge cake

49 Power to perceive
50 Heavy cavalry sword
55 Israel's first permanent UN delegate
56 Everything
57 Afflicted
59 Language spoken in Chad
60 Pioneering MC Kool Moe —
61 Jewish spiritual leader
62 Keyboard key
63 Soviet Socialist Republic
64 Impudence

- DOWN**

1 Type of degree
2 Expression of sorrow or pity
3 Large, predatory lizard
4 River in Romania
5 Biased
6 Parties
7 TV's used to need one
8 Philly football player
9 Recognized ethnic group of China
10 Gradually disappear
12 Large, dark antelope
14 Vegetarians won't eat it

19 Takes the energy out of
23 Body part
24 Succeed in achieving
25 Where golfers begin
26 Computer memory
27 One who buys and sells securities
28 Midway between north and northeast
29 Quiet and rather dull
34 A limb on which to walk
35 It precedes two
36 Of she
37 Commercials

39 Necessary for sewing
40 Infectious viral disease
41 Expression of good wishes
42 Some are contact
44 More plentiful
45 Secret political clique
46 Behind the stern of a ship
47 Supernatural force
48 Altar in Orthodox churches
51 Swiss river
52 Impartiality
53 "Luther" actor Idris
54 They resist authority (slang)
58 Criticize

HOLIDAY WORSHIP DIRECTORY

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

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We look forward to opportunities ahead in the New Year, and are excited to celebrate 60 years of Ideal service in our Allied Gardens, Grantville, Del Cerro, and San Carlos communities.

We wish you a happy, safe, and prosperous Holiday Season and New Year!

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