Return to nature

The Navajo Canyon trailhead at Adobe Falls Road may soon be the staging ground for trail and habitat improvements. (Photo by Jeff Clemetson)

Plan to restore Navajo Canyon gains steam

By JEFF CLEMETSON | Mission Times Courier

As a coastal city, San Diego is best known abroad for its beaches. But locals know it is also full of wonderful urban and suburban neighborhoods intertwined between mountains, foothills and canyons. For outdoor nature enthusiasts, the Navajo area is best known for its proximity to the expansive Mission trails Regional Park. But there is another, more niche, local outdoor space that is about to get some long overdue attention — Navajo Canyon.

NAVAJO CANYON ENHANCEMENT PLAN

A plan is currently underway to enhance trails and restore habitat in Navajo Canyon, which runs north eastward from its main entrance along Adobe Falls Road. It is part of a project led by San Diego Canyonlands and funded by the Coastal Conservancy to create enhancement plans for 12 canyons in the city of San Diego, said SD Canyonlands director Eric Bowlby.

Right now, the Navajo Canyon Enhancement Plan is wrapping up. Navajo Planners gave mixed reaction to presentation on proposed campus expansion. Page 11

Fosters Freeze takes quick burger meals back to the time before drive thrus.

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FOOD & DRINK

Fast food flashback

Brew Coffee Market will serve the Monthly market.

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CONTACT US

Editorial
(858) 270-3103 x130
jeff@sdnews.com

Advertising
(858) 270-3103 x118
hfine@sdnews.com

www.sdnews.com
San Diego Community Newspaper Group

This is a sample of the content from the document. For more information, please refer to the original document.
New community market opens in Lake Murray area

**By JEFF CLEMETSON | La Mesa Courier**

Good things are starting to brew in the Lake Murray area of La Mesa.

On Dec. 7, Brew Coffee Spot, 6101 Lake Murray Blvd., hosted the “Brew Holiday Market” — a crafts market in the parking lot next to the coffee shop that attracted vendors and local residents despite a rainfall that persisted throughout the event.

“It was pouring and it was so busy. It was awesome,” said Tara Van Sickle, who was both a vendor and an organizer of the event. “Customers would walk by and you could see they were happy about the vibe.”

The market did so well, that Brew Coffee Spot owner Joe Paraiso and Van Sickle have decided to make it a monthly event called the Brew Community Market. The new market, which will be held on the first Saturday of the month with the exception of January and July, when the market will be held on the second Saturday, is an opportunity to fill a need for community events.

“The whole idea is, this part of La Mesa and San Carlos and Lake Murray area, there’s really nothing going on and there are so many people here and there are people in the community that just wish something would start happening over here. So that’s where we come in,” Paraiso said.

Although the monthly markets will mark the first regular events in Brew Coffee Spot’s parking lot, they are not the first.

In the recent past, the lot has hosted two car shows — a classic car and bike show and a Volkswagen enthusiast show.

“We had a pretty big turnout for both of them,” Paraiso said, and credited the ample parking and the proximity to his shop and others in the shopping center for the success of the events.

“People come out here, they walk around, check stuff out, buy stuff and then come in for a cup of coffee. But we’re really going to help everybody in the shopping center. It’s not just a selfish thing. We want to bring people to the shopping center.”

At the Dec. 7 market, despite the rain, the community showed overwhelming support for the 17 vendors that sold everything from handmade holiday decorations and gifts to jewelry, clothing, essential oils, candies and more.

“One woman crocheted actual little plaid ornaments — they were so cute. She actually sold out of everything she brought,” Van Sickle said, adding that a local school even raised money with a gift-wrapping station.

The next market will be held on Jan. 11, and Paraiso and Van Sickle expect it will do even better than the first as the word gets out and hopefully the weather improves. The space for the market can hold up to 20 or so vendors, so there is room for a few more, Van Sickle said, adding that the vendors in the first market were mostly locals and customers of the coffee shop.

For more information about upcoming events at Brew Coffee Spot, including the Brew Community Markets, visit brew-coffeespot.com.

—Reach editor Jeff Clemetson at jeff@sdnews.com.
The reforms come after a city audit, a Grand Jury report and Circulate San Diego’s Democracy Reform Act, as small mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitles “The 9 Step System to Get your Home Sold Fast and For Top Dollar”. To order your FREE copy of this report, call toll-free 1-800-270-1494 and enter 1000. You can call anytime, 24 hours a day, 7 days a week.

Get your free special report Now to find out how you can get the most money for your home.

Why Homeowners Leave Thousands Behind When Selling Their Homes

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

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

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

Get your free special report Now to find out how you can get the most money for your home.

CPS reforms

The reforms come after a city audit, a Grand Jury report and Circulate San Diego’s Democracy Reform Act, as small mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled “The 9 Step System to Get your Home Sold Fast and For Top Dollar”. To order your FREE copy of this report, call toll-free 1-800-270-1494 and enter 1000. You can call anytime, 24 hours a day, 7 days a week.

Get your free special report Now to find out how you can get the most money for your home.
“We do that for a number of reasons,” he said. “Sometimes we do that just to build a friends group to support the city in stewardship. This year we did that and also went door-to-door to discuss a need for enhancements, restoration and improvements in the canyon. So it’s a real grass-roots community outreach effort that we make to create a list of stakeholders.”

So far there have been three meetings with stakeholders to gather input for the plan. At the next meeting, which Bowlby predicts will be held in mid to late February, the draft plan will be presented. But, he said, residents shouldn’t expect drastic changes like BMX courses or suspension bridges. Because Navajo Canyon is located in a habitat species conservation area and is protected, uses in the area are limited.

“We’re allowed to have access to the canyon, reasonable access, so if we were to propose a new trail somewhere in Navajo Canyon, the maximum impact would be 4 foot wide and anything that would be impacted outside of that would need to be restored back to natural habitat.” Bowlby said.

However, the plan also does not include any new trails at the moment.

“Some constituents that live on the top end of the north ridge of Navajo Canyon had indicated they would like to have a trail, but the ranger said it is super steep and would like to have a trail, but the Navajo Canyon had indicated they would like to have a trail, but the canyon. So it’s a real grassroots community outreach effort.”

However, SD Canyonlands does have some control on what it seeks to fulfill the plan. “We are just creating a conceptual plan based on community stakeholder input.”

Besides improving the existing trails, the plan will include minor improvements like signage and major improvements like restoration of habitat.

“There are somewhere around 500 palm trees in the canyon, which are not native, and have taken over the stream corridor and one of the things we’ll do to restore the canyon would be to remove those palm trees.”

Returning Navajo Canyon to its natural state will have many positive effects.

“Rehabilitating native habitats at Navajo Canyon, which are within the city’s Multiple Habitat Planning Area (MHPA), will attract more native wildlife,” said Carey Goldstein, a senior ranger with the Parks and Recreation Service. “This includes some species covered by the Multiple Species Conservation Program (MSCP) such as the Least Bell’s Vireo. These birds enjoy the native willow trees that are often displaced by invasive palm trees. Another bird which may benefit from the project is the California Gnatcatcher, an endangered species which only lives in [San Diego] coastal sage scrub plant communities like those found in the canyon.”

Goldstein added that beautifying the canyon by removing invasive trees and plants will provide a more aesthetically pleasing experience for canyon users, which he estimates is currently about 100 people a day — a mix of hikers, dog walkers and mountain bikers.

Once a date is set for the next meeting where the draft plan will be introduced, SD Canyonlands will make an outreach effort to share the plan with neighbors, local planning groups and other entities to inform residents about the meeting. If there is a consensus on the plan, the next step will be to go after funding to implement the plan — which SD Canyonlands and the city have had some success in getting.

Another canyon enhancement project is currently underway in nearby Ruffin Canyon, where SD Canyonlands developed the plan and construction on rehabilitating trails and the natural habitat is now ongoing. Most recently, 300 palm trees were removed from Ruffin Canyon by helicopter.

For more information on San Diego Canyonlands, visit sdcanyonlands.org.
season which begins on Sunday, March 1, through April 26 (no games on Easter Sunday). For more information and to register a player, visit bit.ly/3yk4HatW.

Crusaders Soccer is also inviting all soccer players to tryouts for the upcoming 2020-21 competitive season. Under the direction of Rene Miramontes, director of coaching, the mission of CSC competitive soccer is to provide a fun, safe, and professional soccer environment. The Competitive Elite and Academy divisions are continuing and have expanded. CSC will once again have the opportunity to compete in the National Premier League.

Below is the tryout information for each age group along with a URL to register for the proper tryout session. For any other competitive soccer questions, please contact Rene Miramontes at 619-807-2951 or email: rene.miramontes@crusaderssoccer.org. All tryouts for boys and girls are from 11 a.m. to 1 p.m. at Pershing Middle School on the following dates:
- 2007 and 2008 players – Jan. 11 and 12
- 2006 and 2009 players – Jan. 18 and 19

Please bring shin guards, a ball and plenty of water. Players should arrive 30 minutes early so parents/guardians can check in the player. Register at crusaderssoccer.org/tryouts.

For nearly 50 years, the Crusaders Soccer Club has focused on developing leaders both on and off the soccer field within the East County community, consisting of players primarily from the cities of San Diego, La Mesa, El Cajon and Santee.

DEL CERRO FOOD DRIVE IS ANOTHER HUGE SUCCESS

The Kaisers’ 3rd annual Del Cerro Food Drive provided huge Thanksgiving feasts for 108 less fortunate families chosen by the Salvation Army. Tom, Kassy and Lindy Kaiser said that over 80 volunteers (from passing out flyers, collecting, sorting, boxing food, and monetary donations to complete the boxes) made this possible.

The Kaisers want to specifically thank: Windmill Farms for providing frozen turkeys, Home Depot for providing the boxes, Pizazz Salon, Nancy Losek, for promoting the drive and collecting barrels of food, Jack and Candy Kirchner for providing the space for food collection and sorting, and to Norm Katz for all of his extraordinary organizational skill and help every year.

The Del Cerro Community was hugely generous in providing tons of food and donations to complete Thanksgiving boxes. Each Thanksgiving box contained approximately 75-80 pounds of food, including turkey, bags of apples, potatoes and onions plus all other types of Thanksgiving food, freshly baked dinner rolls, roasting pans and recipes.

The letters of gratitude for the Thanksgiving box that the recipients send to the Salvation Army makes this drive so very rewarding to all of those who make this an annual event.

Tom, Kassy and Lindy want to thank each and every one who put food out to be picked up, donations of time and money, and each person’s time and effort passing out flyers, collecting, sorting, filling boxes, and helping to make this year’s drive a huge success.

DISTRICT 7 CANDIDATES FORUM IN SERRA MESA

Cubberley PTA and the Serra Mesa Community Council are co-sponsoring a District 7 City Council Candidate Forum on Wednesday, Jan. 22, 6:30-8:30 p.m., at Cubberley Elementary School, 3201 Marathon Drive. The forum will be moderated by the League of Women Voters according to their guidelines. District 7 encompasses Allied Gardens, Del Cerro, Grantville, Linda Vista, Mission Valley, San Carlos, Serra Mesa, and Tierrasanta.

As the result of 2017 state legislation, California becomes one of 14 states to hold primaries on Super Tuesday, March 3. Mail-in ballots will distributed in February. Consequently, if you haven’t already selected a city council candidate, this forum is for you. It’s a chance to meet the candidates, ask questions, and find out their position on issues — citywide and locally. If you can’t attend the forum but have a question you want asked, please email communitycouncil@smccusa.com.

The two candidates who receive the most votes in the primary advance to the general election in November. The City Council representative is extremely important since District 7 tends to keep representatives for a long time. In the last 18 years we’ve only had three representatives — Scott Sherman, Lori Zapf (representative for only four years because her residence changed to another district as a result of redistricting), and Donna Frye.

The forum is open to all — invite your friends and neighbors!

TYPE 0 BLOOD AT ‘CRITICAL LEVELS’

San Diego Blood Bank is asking those who have not given blood and those who haven’t given blood recently, and have Type O blood, to donate blood immediately. Supplies of O-positive and O-negative blood are at critically low levels.

According to Legacy Blood Center CEO, “The need for Type O blood has hit a critically low level and we need the community to help us keep a safe supply for local hospital patients.”

San Diego Blood Bank has six donor centers throughout San Diego County and bloodmobiles on wheels.

Legacy is open seven days a week, from 7 am to 7 pm. Bring a photo ID to donate. Visit legacy.org or call 1(800) LEGACY9 for more information.
Declutter your life for a stress-free 2020

KATHI BURNS / special to The La Jolla Light

2020 marks the beginning of a new decade and if you want to embrace it with 20/20 vision and clarity, this is the perfect time to start decluttering and organizing your life.

The average U.S. home contains more than 300,000 possessions, or as many items as we sometimes feel like our possessions are possessing us!

Most of us spend a great deal of time buying, maintaining, storing, and searching for items we sometimes feel like possess our possessions are possessing us!

When your life is overrun with clutter, you are not able to see clearly what you need to do to create more success or to simply have more free time.

The great news is that when your home and your life are organized and decluttered, you will automatically have extra room for new experiences and will also experience a greater sense of peace and well-being.

When we waste time searching for things we know we own, but cannot find, we become frustrated and lose precious hours from our lives. Studies show that the average person wastes 3 1/2 hours each week searching for lost items.

There are several simple steps you can take to start 2020 on an organized path. These are easy tasks that are not necessarily easy. Keep in mind, there is no one end result — it is all about your personal vision for this new decade. If you feel ready to begin anew, here are a few basic steps you can take right now to start this new decade feeling like your life is under control and headed in the right direction.

The first organizing tactic is to set up a permanent donation bin in your home.

It is important to position your donation bin in a place that is quiet and easy to access. A hall closet or right inside the garage typically trumps other locations.

Once you set up a permanent donation bin for items you no longer want, use, or love, your life will flow more smoothly and the process will be less effort.

Develop your new habit of releasing unwanted items into this bin for four to six weeks until it becomes automatic.

It doesn’t really matter what type of bin you use for your un-wanted items. It can be as simple as a plastic tub or old box.

The main requirement is that it stays vertical on its own. This way it is easy to open the lid and toss items in as soon as you decide they are no longer needed, used or loved.

To guarantee success, once your donation bin is full, you must take it immediately to your closest donation station.

Get into the habit of going to the donation station as frequently as your bin fills up. If your bin is the perfect size and shape, simply empty it and bring the bin back to keep the process going smoothly.

Adding a second donation bin inside your master closet will dramatically help you reduce your closet congestion by helping you get rid of clothes you no longer wear.

When you try on a piece of clothing and take it off right away, you will be able to see a good indication that you no longer really like it. We only wear 20% of the clothes in our closet so this might be the perfect time to get real with yourself. If you don’t want to wear it today, why would you want to wear it tomorrow?

If in doubt and you just can’t talk yourself into tossing it immediately, place the hanger back onto the rod. In a few weeks, check to see if you ever wore it again. If not, toss it onto your donation bin quickly and be done with it.

Once you have a donation station set up inside your home, it is time to start the purging process.

Your next step will be to assess each space every time you open a door or drawer. Do a quick scan to check if there is anything inside that you have not used in the last six months or last six years.

A pro organizing tip is: It is easier to make decisions if you empty the drawer. Seeing all of the contents will help you make a quick assessment of the contents. You will probably be surprised or even shocked at how much stuff that drawer contained.

Before you place items back into that drawer or cabinet, think about how you might be able to optimize that space. This area will be better organized when you create separate zones to contain each type of item.

It is easy to contain collections of ‘like’ items within plastic bins. You can also employ baskets to serve as quick and easy dividers in deep drawers. Use pre-made plastic drawer bins for instant cabinets within cabinets.

For instance, my bedside drawer has a few different categories within. One caddie holds pens and notepads, another holds vital medications, extra cables are stashed inside a plastic bag and the last container holds my reading glasses.

This strategy follows the principle of containing ‘like with like’ that you will often hear professional organizers like myself teaching. The reason we love this organizing tactic is simply when similar items ‘live’ in the same location, they are much easier to find when needed.

One important decluttering strategy is to purge your home on a regular basis. The beginning of each year is the ideal time to begin this process.

The beginning of a new decade makes decluttering even more significant. Start this decade with systems put into place and remove all clutter from your space!

Keep in mind that purging and releasing items on a regular basis is a win-win! It helps you pass your good out into the world and at the same time makes your home much less stressful and you will absolutely receive an abundance of free time for fun!

—Kathi Burns is the CPO founder of addSpace To Your Life! Learn more at addspacetoyourlife.com.
With anti-Semitism on the rise, the stories of Holocaust survivors become more important

CA 53 BULLETIN
By REP. SUSAN DAVIS

On Dec. 28, I had the honor of attending a birthday party for Rose Schindler, a 90-year-old friend, hosted by her remarkable family and community. A birthday at 90 is extraordinary in itself, but she is a Holocaust survivor. Her story and that of her husband is now told in the recent publication of “Two Who Survived: Keeping Hope Alive While Surviving the Holocaust,” which I strongly recommend.

That same night in Monsey, New York, another party commemorated for the seventh night of Hanukkah. Family and friends gathered at the home of their rabbis. An individual stormed the party wielding a machete determined to harm as many people as possible. At least seven were wounded — one severely. It is clear now that the perpetrator was obsessed with anti-Semitic thoughts.

Here in San Diego, we have had our own horrific events, principally the attack on the synagogue and fatal shooting of a worshiper in Poway last year. We know that anti-Semitic acts occurring throughout our country have increased sharply, not to mention those in Europe. My colleague from New York, Rep. Nita Lowey, recently wrote an editorial with the American Jewish Committee’s David Harris asking two important basic questions: Why now? How to respond?

In trying to understand the rise of anti-Semitism, Lowey and Harris state it exists as the world’s oldest social disease. As fewer and fewer Holocaust survivors are able to tell their wrenching stories, understanding the conditions that created such dehumanization becomes a less personal story to new generations. This is why capturing these stories from survivors able and willing to share painful memories is so important. It is no coincidence that the rise in violence against individuals is occurring in parallel as the ignorance of the Holocaust also increases. According to a recent report by the FBI, while the number of hate crimes reported has gone down, violent acts have increased.

Failure to address hate in all its forms is tantamount to accepting it. The response to the machete attack in New York and other attacks across the country produce the usual results in increased security, and stronger police presence, and talk of raising awareness. These, of course, are positive signs. Unfortunately, as these incidents fade from memory, so do prevention efforts.

There needs to be a constant campaign of education about hate, violence — past and present — and the importance of acceptance. This education needs to start at an early age so we don’t see astonishing numbers like 66% of millennials who can’t name a single concentration camp. We need to hear from survivors.

SEE HOLOCAUST, Page 11

Correction
In the December issue of Mission Times Courier, a page 4 headline was incorrect. The headline “A rewarding return to Thailand” should have been “A rewarding return to South Korea.” We regret the error and have an updated version online at mtscourier.com.

Letters

SUPERIOR SMELL
Re: “Residents decry ‘noxious odors’ from concrete plant” [Volume 25, Issue 12 or bit.ly/2ZKS3DJ]

Your article on Superior Concrete and Asphalt was interesting and well-received. I would like to point out that Superior has been a problem since long before the ’90s.

All original owners were required to sign a form, acknowledging that we understood that blasting would occur at the plant. However, we were not informed that it would occur every working weekday (always exactly at noon). The blasts would literally shake the entire neighborhood, producing clouds of dust everywhere in our neighborhood.

On one occasion, an excessive amount of dynamite was apparently used, and a huge boulder was thrown across Mission Gorge Road, penetrating the roof of a two-story home.

Many things have changed, as you noted in your article. The expansion of that plant’s capacity to include asphalt in the amount of 510 tons/hour production, is not only distressing to me, but alarming.

— Ed Levin

Smell in the air was overwhelming again this morning in Allied Gardens. I live across the street from Grant Hill Park and the smell hit me as soon as I opened the door this morning.

— Elizabeth Howard

I was told you might be writing about Ready Mix on Mission Gorge. They have been a very bad neighbor for a very long time. They burn rubber and other compounds to produce asphalt and the toxic fumes consume our homes to the point you can’t be outdoors. It causes a burning sensation in the lungs and the neighborhood gets covered in black dust. Calls to the San Diego County Air Pollution Control District yield little to no results.

Thank you for exposing this local health hazard.

— Oded Moore
Dem Club to host climate change forum

By TINA RYNBERG and PAT BOERNER

One month before the March California primary, La Mesa Foothills Democratic Club (LMFDC) wants to highlight that elections have consequences and who we place in higher office can either further our climate action goals and help stem the dire consequences of fossil fuel extraction and production, or send us on an ever-ending spiral of climate caused disasters.

With the Trump era ushering in a whole administration of climate change deniers and with fossil fuel lobbyists as heads of bodies, state houses, the halls of Congress, and the White House, before it’s too late.

We have invited local climate action advocates Nicole Capretz, director of the Climate Action Campaign; Steve Padilla, Chula Vista City Council member and newly appointed chair of the California Coastal Commission; Rafael Castellanos, chair of the Port of San Diego and candidate for the coast-hugging Supervisory District 1; Chris Ward, San Diego City Council member and candidate for the largely coastal 78th Assembly District; and Brian Elliott, former chair of the Sierra Club’s Political Action Committee to participate in this most important and urgent discussion. This promises to be a special teaching moment for all members and guests present.

Our large and active club represents the communities of San Carlos, Allied Gardens, Del Cerro, La Mesa, College Area, Santee, Mt. Helix, Casa de Oro, Spring Valley and other close by areas. We meet the first Wednesday of each month at the spacious and newly refurbished La Mesa Community Center. Our social time begins at 6:30 p.m. with snacks, salads, desserts and beverages provided by the club membership. The business meeting starts promptly at 7 p.m. We are starting our 2020 dues campaign with annual memberships starting at $35. Like us on Facebook and check out our interactive website at lamafoothillsdemocraticclub.com.

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

Republican Women celebrate holidays, install new officers

A delicious potluck buffet was enjoyed and a huge collection of gifts was gathered for Military Outreach Ministries at the Christmas holiday party at the beautiful home of California Republican Women-Navajo Canyon member Ginny Wisley. Outgoing president Marjie Siekerka was commended and thanked for her outstanding leadership in 2019, resulting in enthusiasm and increased club membership.

We were honored to have Judge Robert Amador and Judge Daniel Lamborn install the 2020 board of directors, Waskah Whelan, who served as the club’s campaign precinct chair during the past year, was sworn in as the new president and is continuing as campaign precinct chair. Other newly elected officers were first vice president of programs, Marjie Siekerka; recording secretary, Gloria Harpenuau; second vice president of membership, Wendy Wolfe; treasurer, Bonnee Proo; parliamentarian, Nancy Amador; ways and means, Diane Randolph; technology, Sally Steele; and corresponding secretary, Betty Landen.

The RWNC club is off to an exciting start with Tony Kvarric, San Diego County Republican Party chairman, speaking at the Tuesday, Feb. 11, meeting at the Brigantine Restaurant in La Mesa.

The meeting will begin at 11 a.m. with check-in beginning at 10:30 a.m. A full-course lunch will be served at noon for a charge of $25. Due to the large number attending our general meeting, reservations are mandatory. Cash and checks are accepted, but no credit cards. Please make your reservation at RSWNcnc@gmail.com. You will receive an email confirmation of your reservation. Any questions or to request a confirmation, please call Marjie at 619-990-2791.

You won’t want to miss this opportunity to hear Mr. Kvarric’s presentation which is most timely in this presidential election year. The more informed and educated we are as voters, the better job we can do educating others. Accurate, honest information is the key to winning elections and it is our responsibility to combat the “fake news” that we are all exposed to every day. Be informed, be proactive and fight to give President Trump another four years and keep America great! We need to elect Republicans at every level—so get involved and do whatever you can to ensure Republican victories. There will be an abundance of opportunities to volunteer and help candidates at local, state and national elections in 2020.

This election year will be exciting and will have life-changing consequences. We must fight—and vote—to prevent single-payee health care, which is just another way of saying rationed medical care with the government making the decisions. We are currently enjoying all the benefits of a record-breaking strong economy and we do not want to see it weakened by letting Democrats raise taxes and control the purse strings.

Make your reservation now to attend our February meeting and learn what Tony Kvarric has to say about current Republican topics and the March 3 California primary election. For more information on our activities, please visit our website at RWCNavajoCanyon.org and follow us on Facebook at Republican Women of California Navajo Canyon.

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

GET READY TO MOVE

If you’re planning to buy or sell a home or property, we would like to help you put your plan in motion. Here are some properties that are currently on the market, but they’ll be going fast.

Give one of us a call! It’s your move....

California Republican Women-Navajo Canyon officers being sworn in

(Courtesy RWCNC)
We can all agree that, in the many outbursts of hate we hear and see today, social media plays a role in giving people a toxic outlet for like acceptance. Social media platforms create easy environments for hate groups and terrorist organizations to recruit vulnerable individuals, who are usually those feeling isolated from society and seek affirmation from others. Social media companies have a responsibility to weed out those who would use their platforms as tools to spread hate and violence.

Putting a stop to hate is the responsibility of everyone. The voices of tolerance are many and the voices of hate are few. When communities join together to denounce hate and promote tolerance, it sends a powerful message that we will not be intimidated and we will not live in fear.

Here is a simple maxim to start the new year: Treat others as you want to be treated.

To check out the memoir, go to TwoWhoSurvived.com.

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

Navajo Community Planners, Inc. (NCPi) held their first meeting of the year at Tifereth Israel Synagogue on Jan. 8.

The main topic of the meeting was a presentation on the SDSU West project by SDSU's Laura V. Shinn, director of planning for their facilities, planning and construction department and a slide show on the project by Glen Schmidt, president of Schmidt Design Group.

A hotel, student housing, a 35,000-seat stadium, parks, six multi-purpose fields, parks, retail, campus, and more are incorporated into the master plan.

The current timeline on SDSU Mission Valley’s progress according to Shinn is:

- Presentation to the California State University’s Board of Trustees – Jan. 28-29, 2020 in Long Beach
- Final EIR and Campus Master Plan
- Purchase and sale agreement
- Acquisition and site development financing
- Presented to the San Diego city council: Feb. 2020
- Close of Escrow: March 27, 2020 (estimated)
- Groundbreaking: April 2020
- Stadium completion: Aug. 2022
- River Park Completion: Aug. 2023

Of note was a letter sent to Shinn on Oct. 1, 2019 with concerns NCPi had on the draft environmental impact report (EIR) targeting traffic mitigation, Navajo community access, and construction of a community recreation facility.

One resident acted as a voice for her neighbors on traffic mitigation issues.

It’s a general concern of the neighborhood because of the traffic corridors that are already clogged,” said Allied Gardens resident Barbara Price.

The full response to the board’s concerns was not available at the meeting. According to Shinn, a final response to their draft EIR will be posted on SDSU’s website on Jan. 18 — 10 days before the trustee’s meeting in Long Beach.

Shinn said a draft was available already online.

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Soroptimists, Page 17

The proposed SDSU West innovation district (Rendering by Carrier Johnson + Culture)

Navajo Community Planners hear presentation on SDSU West

By REBECCA J. WILLIAMSON

Mission Times Courier

The situation is bad but there is hope if communities get together and then tell them, “What we did to that goat, we would take enslaved laborers making tacos out, shoot a goat in front of them and then tell them, “We did to that goat, we could do to you.”

The situation is bad but there is hope if communities get together and work cooperatively, Miller said.

By DAVE SCHWAB

Mission Times Courier

"It’s a general concern of the neighborhood because of the traffic corridors that are already clogged," said Allied Gardens resident Barbara Price.

The full response to the board’s concerns was not available at the meeting. According to Shinn, a final response to their draft EIR will be posted on SDSU’s website on Jan. 18 — 10 days before the trustee’s meeting in Long Beach.

Shinn said a draft was available already online.

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Soroptimists, Page 17

The proposed SDSU West innovation district (Rendering by Carrier Johnson + Culture)

Navajo Community Planners hear presentation on SDSU West

By REBECCA J. WILLIAMSON

Mission Times Courier

The situation is bad but there is hope if communities get together and then tell them, “What we did to that goat, we would take enslaved laborers making tacos out, shoot a goat in front of them and then tell them, “We did to that goat, we could do to you.”

The situation is bad but there is hope if communities get together and work cooperatively, Miller said.

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Soroptimists, Page 17

The proposed SDSU West innovation district (Rendering by Carrier Johnson + Culture)
Volunteering at Mission Trails Regional Park

Volunteer Opportunities

Visitor and Interpretive Center: Working at the Visitor and Interpretive Center’s front desk, these volunteers welcome guests to the park, answer questions about the trails, activities, programs, start presentations in our 94-seat theater, and help in the gift shop. During the week, they assist park rangers and MTRP Foundation staff in welcoming school groups to the park. These volunteers work half-day shifts, from 8:45 a.m. to 1 p.m., or from 1 p.m. to 5:15 p.m. If interested in this opportunity, please go to the MTRP website and download and complete the Visitor Center Volunteer Application and either drop it off or send it to the Visitor Center, or scan and email to mtprg@mtrp.org. Questions? Email jmorrissey@mtrp.org or call 619-582-4502.

Trail Patrol: If you like taking long hikes at MTRP, then consider becoming a member of the park’s Trail Patrol. These volunteers interact with park users and educate the public about park rules on foot or on mountain bike, assess and monitor trails, and submit reports to the park rangers about their observations from their patrol. With thousands of acres and more than 60 miles of trails, MTRP is a lot of territory to monitor and we appreciate the help from community members. For information on how to join the MTRP Trail Patrol, please contact Ranger Aide Mansour Habis at 619-668-2744 or send email to MHzabis@sandiego.gov.

Volunteer Work Crews: By participating on one of the park’s regular work crews, you can get your exercise for the day and help the park at the same time. There are weekend crews, a regular weekday crew, and you can organize a group volunteering opportunity as well. If you would like to schedule a group volunteer opportunity, please contact David Lee at DNLee@sandiego.gov.

West Sycamore Volunteer Crew: On the first Sundays of the month, join Ranger Dan Kimpel to assist with various projects at our West Sycamore property in Scripps Ranch. Meet near the trailhead at the east end of Stonebridge Parkway. For more information and to RSVP, please send email to DKimpel@sandiego.gov.

Habitat Restoration Crew: On the second Saturdays of the month, assist Ranger Heidi Gutknecht with non-native plant eradication, habitat protection and revegetation projects. For more information and to RSVP, please send email to HGutknecht@sandiego.gov or call 619-668-1201.

Trail Improvement Crew: On the third Sundays of the month and on some Wednesdays, work with Ranger Andrew Miller with trail maintenance, construction and erosion control projects. For more information and to RSVP, please send email to AMiller@sandiego.gov or call 619-668-2745.

Park Beautification Crew: On the fourth Saturdays of the month, help beautify the park with Ranger Julie Aeilts. For more information and to RSVP, please send email to JAeilts@sandiego.gov or call 619-668-1201.

All work crews meet at 8 a.m. and work until noon at the latest. Rain cancels the events, and no crews take place in July or August due to extreme heat. The West Sycamore Crew takes off July–September. Volunteers should bring work gloves, a water bottle to refill, and a snack. Be sure to wear long pants, sun protection and sturdy, closed toe shoes.

Mission Trails’ Apex Predator

Join the Mission Trails Regional Park community for a multi-media presentation about mountain lions by author Don Endicott, a National Association of Interpretation Certified Interpretive Guide and MTRP Trail Guide as well as public educator for the San Diego Natural History Museum and San Diego Humane Society’s Project Wildfire. At the presentation, Endicott will provide an introduction to the natural history of Southern California’s seldom seen apex predator. He will share the incredible attributes and signature behaviors of our big cats, show how relationships between mountain lions and people have changed over time, outline their key contributions to a healthy wilderness environment, and address the challenges and threats facing them.

Rain, Wind, and Fire...

“The three menaces to any chimney, fireplace, or stove.”

Every year there are over twenty thousand chimney / fireplace related house fires in the US alone. Losses to homes as a result of chimney fires, leaks, and wind damage exceeds one hundred million dollars annually in the US.

Chimney Sweeps, Inc., one of San Diego’s leading chimney repair and maintenance companies, is here to protect you and your home from losses due to structural damage and chimney fires.

Family owned and operated and having been in business for over 30 years, Chimney Sweeps Inc. is a fully licensed and insured chimney contracting company (License # 976438) and they are certified with the National Fireplace Institute and have an A+ rating with the Better Business Bureau.

For a limited time, readers of this paper will receive a special discount on our full chimney cleaning and safety inspection package with special attention to chimney water intrusion points in preparation for the rainy season.
When I’m out in the field at this time of year, one of the plants that visitors are most curious about is *Stephanomeria exigua*, commonly known as San Diego wirelettuce. It is also a native of Baja California, California, where it is “Christmas-y” in appearance when it blooms in the summer and well into the fall. The small clusters of delicate, mostly white, sometimes pinkish, flowers almost look like large snowflakes suspended in the air and since wirelettuce tends to thrive on disturbed slopes, a patch of these plants can look quite striking.

In addition to San Diego wirelettuce, Mission Trails might also be home to another *Stephanomeria* species: *S. exigua*, commonly known as twiggy wreath plant or small wirelettuce. As the common name indicates, *S. exigua* is usually smaller in size, but the two species can be very difficult to tell apart. Examination of the seeds with a hand lens or macro photography is often necessary to tell the two apart.

In this observation of the month, Alan King took nice shots of the seeds and the *iNaturalist* community was able to confirm the identification of his plant.

**iNaturalist Observation: San Diego wirelettuce**

**By PATRICIA SIMPSON**

Toyon berries

California, these festive branches are nothing else "Christmas-y" in appearance. The beautiful white flowers of Toyon (Heteromeles arbutifolia) grow 10- to 15-feet high as a shrub or small tree and is found only in the chaparral, coastal sage scrub and oak woodlands of California and Baja California. The leaves are elliptical and evergreen with serrated edges. The berries have ripened in November to January. The leaves are elliptical and evergreen with serrated edges. The berries are not true berries, but rather miniature pomes, like pears and apples. The seeds contain dangerous levels of a poisonous cyanide-forming compound. Animals will not eat unripe berries because they are so bitter and astringent, however once they have ripened into the attractive red color, animals can eat them and not be harmed. It is very common to find reddish coyote scat on the trails with digested berries.

Native Californians used toyon for food, medicine and tools. Toasted or boiled to remove the bitterness and toxicity, ripe pomes were a good source of food during the winter. The fruit can also be dried and saved for several months and cooked later into porridge or flakes suspended in the air and since wirelettuce tends to thrive on disturbed slopes, a patch of these plants can look quite striking.

Toyon is a great shrub for your xeriscape yard, as it is drought tolerant, evergreen, low maintenance and attracts many backyard birds. As the shrub can grow into a fairly large tree, one might trim it back after the berries have ripened. You know that the berries have ripened in your yard when they all disappear because the mockingbirds, finches and sparrows have eaten them all!

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

**Our native Christmas Tree**

By NORA BODRIAN

The perennial toyons are in full display this year: bright red berries decorate our trails for the holidays.

Toyon (Heteromeles arbutifolia) grows 10- to 15-feet high as a shrub or small tree and is found only in the chaparral, coastal sage scrub and oak woodlands of California and Baja California. The beautiful white flowers of spring transition to bright red berries from November to January. The leaves are elliptical and evergreen with serrated edges. To the touch, these characteristics, it is also known as Christmas berry or California holly. Since there is nothing else “Christmas-y” in California, these festive branches were historically picked by early Californian settlers for holiday wreaths and decorations, until the 1920s when the state of California outlawed their harvest on public lands. Like many fire-resistant shrubs in our fire-prone state, the toyon is a crown-sprouter and will regenerate its shoot system after a fire.

Toyon is a member of the family Rosaceae, like pears, apricots, plums and apples. Botanically speaking, this means that the berries are not true berries, but rather miniature pomes, like pears and apples. The seeds contain dangerous levels of a poisonous cyanide-forming compound. Animals will not eat unripe berries because they are so bitter and astringent, however once they have ripened into the attractive red color, animals can eat them and not be harmed. It is very common to find reddish coyote scat on the trails with digested berries.

Native Californians used toyon for food, medicine and tools. Toasted or boiled to remove the bitterness and toxicity, ripe pomes were a good source of food during the winter. The fruit can also be dried and saved for several months and cooked later into porridge or pancakes. The Kumeyaay pounded the toyon bark and leaves to make an infusion to treat wounds, stomach ailments and women’s conditions. Branches can be used to make bows and hair pins.

Toyon berries (Photo by Nora Bodrian)

**MTRPF CONTINUED FROM PAGE 12**

Don’s presentation features still photos, audio tracks, and video footage of seldom seen behaviors, including nursing kittens and bonus footage of two trail encounters filmed by a hiker and a bicyclist. He will describe and demonstrate how to respond if you should meet a mountain lion on the trails.

Doors open at 6:30 p.m. for a book signing of Don Endicott’s book “50 Best Short Hikes: San Diego,” with the presentation beginning at 7 p.m. Books will be available for purchase at the event.

An avid hiker and climber, Don Endicott has enjoyed over 50 years exploring and photographing wildlife and wilderness settings throughout California and the western States. Throughout that time, *Puma concolor* has been a nearly invisible but tantalizing presence, leaving behind tracks and other signs and has gifted Don Endicott with a couple of rare sightings.

—Jennifer Morrissey is executive director of the Mission Trails Regional Park Foundation.
Imagine the casual culinary scene in 1946, when grabbing a “fast” cheeseburger pretty much meant plopping down inside a local diner and going through the rigmarole of full wait service.

McDonald’s and In-N-Out Burger hadn’t hit the scene yet, and a then-fledging White Castle didn’t expand outside its Wichita, Kansas roots until many years later.

Although if you were a West Coaster on the hunt for soft serve ice cream and wanted to precede it with a grilled burger with crinkle-cut french fries on the side, Fosters Freeze was the quick way to go.

Founded 74 years ago by George Foster in Inglewood, California, the company touts itself as “California’s first fast-food chain.” There are about 80 locations throughout the state, with one of them firmly residing in Allied Gardens for the past 60 years.

For anyone seeking refuge from today’s quinoa-wielding food police, Fosters Freeze is where you come to commit culinary sins.

Aside from a slew of soft serve treats like sundaes, banana splits, parfaits, shakes and cones, the

Customers are afforded walk-up windows and an inside seating area. (Photo by Frank Sabatini Jr.)

SEE FOSTERS, Page 15
The only difference offered a mild thrill in terms of flavor and easy handling. My lunch companion, who came along with skeptical enthusiasm, wolfed down a classic patty melt on rye bread with no complaints. He also put a sizable dent in my paper basket of crinkle-cut fries topped with similar chili, shredded cheddar and diced onions.

As for the grilled green chile sandwich flashing a well-endowed picture of itself from a lighted promo panel, it came with less meat than expected and verged on the chewy side. Layered within were copious pickles and yellow mustard, thus making for a tart outcome.

We concluded our visit with cold blasts of sugar. And who doesn’t when they come here?

A chocolate malt milkshake proved extra-malty in the most lovable sense. And a swirl of chocolate and vanilla soft serve extruded into a small-size cone and dipped in chocolate was no less exciting than the dipped cones I devoured in New York State cones I devoured in New York State as a kid from my local Dairy Queen. It had been a long time.

The only difference was back then I didn’t care about the dribbled mess left on my shirt. Here, an astute employee saw me clumsily battling the soft serve cozing from a couple cracks in the hardened dip. Within seconds he ran over with a cardboard container and extra napkins.

It was a super-thoughtful and highly appreciated gesture that seemed more old-fashioned to me than the burgers and shakes.

Though next time, I’ll opt for a spoon-friendly sundae or banana split.

— 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.
BY SHAIN HAUß

COMMUNITY

Allied Gardens/Grantville Community Council news

HOLIDAY CELEBRATIONS

On Dec. 11, two outstanding students, Jordyn Moravec from Foster School and Drake Bouchard from Marvin School, turned on the holiday lights at the Triangle. We are proud of their achievements.

The Dec. 12 Holiday Festival was a resounding success. The Lewis Middle School auditorium was nearly filled. The band gave us superb performances of traditional holiday tunes. The Marvin Elementary School chorus performed — more than just sang — several cheerful songs, and three students gave us readings on Hanukkah and Christmas. After the performance, the audience adjourned to the cafeteria for punch and cookies.

TOWN HALL MEETING

On Tuesday, Jan. 28, at 6:30 p.m. in the Benjamin Library, the next meeting will be on the first Tuesday of each month at 6:30 p.m. at Benjamin Library. The next meeting will be on Tuesday, Feb. 4. We encourage you to join us.

—Shain Haug is the president of the Allied Gardens/Grantville Community Council. Reach him at aggccouncil.org.

San Carlos Area Council news

Happy New Year and happy new decade. “2020” has a nice ring to it, intimating that the year will bestow perfect vision upon all of us.

Since this is the time of year when we are all treated to lists of 2019 highlights, people who passed, celebrities who made their mark, movies that reigned to the box office, etc., I thought I’d share my list of top 10 San Carlos moments.

1. The December 12th Holiday Festival was a resounding success. The Lewis Middle School auditorium was nearly filled.

2. In March, our speaker, Professor Emeritus Rolf Schulze, propelled us all back to when Germany when Hitler rose to power. He spoke to a rapt audience and later autographed a book for interested SCAC members. “Dangereous Delusions” is available on Amazon.com.

SEE SCAC, Page 23

Del Cerro Action Council news

By JAY WILSON

The next meeting of the Del Cerro Action Council (DCAC) is Thursday, Jan. 25, at 7 p.m. at Temple Emanu-El.

As we all know, SDSU West is moving forward. In December, I attended a presentation on the initial design for the 50-plus acres of the park area that will be built in the eastern portion of the property. This is adjacent to Interstate 15 and the Murphy Canyon Creek and reaches from the San Diego River to Friars Road.

I attended a previous workshop at SDSU in September with about 75 citizens from the communities close to SDSU West. I was very impressed that the designers listened to what the participants in the workshop had recommended and incorporated virtually everything suggested.

The presentation was very thorough and I asked Rachel Gregg, the SDSU director of Government Relations, if we could have a similar presentation at the January meeting of the DCAC. The park has something for everyone and the area is about 10 acres larger than the entire Lake Murray Community Park.

This new and outstanding park will be just 10 minutes from Del Cerro. You will definitely want to hear about this incredible new park addition.

SEE DCAC, Page 23

TOWN HALL MEETING

On Tuesday, Jan. 28, at 6:30 p.m. in the Benjamin Library (corner of Glenroy Street and Zion Avenue) there will be a presentation by the local census team on the census process. There will be a full count of persons in the community.

WEBSITE

Give us your suggestions for what we should include and exclude from the site. We need to know 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. The next meeting will be on Tuesday, Feb. 4. We encourage you to join us.

—Shain Haug is the president of the Allied Gardens/Granville Community Council.

SEE DCAC, Page 23

By PATRICIA MOONEY

MISSION TRAILS INTERPRETIVE CENTER

The next meeting of the Del Cerro Action Council (DCAC) is Thursday, Jan. 25, at 7 p.m. at Temple Emanu-El.

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SEE DCAC, Page 23
Moreno looking to finish strong at Patrick Henry

By DAVE THOMAS — Reach Dave Thomas Contreras at hoopsthomas@yahoo.com.

For Patrick Henry High senior Jonathan Moreno, finishing out his high school soccer career strong is definitely a goal during the 2019-20 season.

Moreno, who is one of the team captains, is a midfield player leading by his actions, according to head boys soccer coach Justin Clark.

"His role on the team requires him to be able to do it all on both sides of the ball and he is able to take command in the middle of the field," Clark commented. "I'm looking forward to Jonny growing into the position we have put him and become one of the strengths on our team. He will be someone we will count on in the biggest matches as we get toward the end of the season."

Patrick Henry, which was sporting a 4-1-2 record heading into the holidays last month, will count on Moreno and others to push them toward a CIF title as the season moves along.

Mission Times Courier recently caught up with Moreno for an interview.

What age did you begin playing soccer and what got you interested in the sport?

I started playing soccer at around the age of 5. The thing that most got me into the beautiful game was my father because he would just kick the ball around with me at such a young age. One day, he took me to practice with a team but I didn’t like it at first. So, I told my dad that I would come back and play when I was 5 years old. Ever since then, I’ve been playing soccer.

What are your goals you want to accomplish both individually and as a team this season?

Individually this season, I just want to have as much fun as I can because it’s my last year here and I want to enjoy it. As a team, I really hope we can make it to CIF and win it. I believe in our team this year a lot and we all work really well with each other most of the time.

What else are you involved in at school besides soccer?

Besides soccer, I am not involved in any clubs or anything like that because soccer has always been my life. I wake up, go to school, go to practice, do homework, and then sleep.

Do you plan to go to college next fall and any hopes of playing soccer at that level?

I do plan on going to community college next fall and I do plan on playing at the college level if not higher.

What advice would you have for any young boys wanting to come out for the team next season?

If anyone wants to come out and try out for the Patrick Henry boys soccer team, come do it. It’s one of my best experiences that I have done during high school. You make new friends, meet people with the same love of the sport you have, and you are just going to have so much fun. You will not regret it.

—Dave Thomas is a San Diego-based freelance sports writer. Reach him at hoopsthomas@yahoo.com.

You did it, San Diego. More than 600,000 of you are thinking about energy differently. By using less electricity from 4 p.m. to 9 p.m., you’ve helped save energy and contributed to a cleaner environment for us all. Because of you, when is truly in. Visit us online for tips on how to continue your success with Time-of-Use.

Find tips at sdge.com/whenmatters
Circle of Friends annual dance

On Friday, Dec. 6, the Circle of Friends Club held their Winter Wonderland Dance at Ascension Lutheran Church in Allied Gardens. Parents had the chance to see their children interacting in a fun, accepting, safe and wonderful environment. Students pitched in to set up, break down, contributed food and drinks and supported the club’s objective of providing positive interaction both in and outside the school environment and to help the students with special needs grow socially.

"Ms. Reitman and I are always grateful when other teachers support our efforts," Lisa Achenbach, our new speech and language pathologist joined us for the first time, and English teacher Katie Scarafone and our new moderator to severe special education teacher Chelsea Scarafone were in attendance — a mother and daughter teaching team," said club advisor Jim Achenbach. "I’m always really impressed when our support staff turns out.

The following special education technicians also came this year: Tiffany Newman, Stephanie Nenigar, Russ Hall and Jessica Villa.

PHHS's UNICEF Club hosted the first ever “Big Sleep Out” as a fundraiser on Dec. 7. The Big Sleep Out involved spending the night “under the stars” at Henry in the quad as an act of solidarity with the homeless population across the city. The fundraiser was hosted and endorsed by UNICEF (United Nations International Children’s Emergency Fund). UNICEF aids more than 190 countries faced with disaster. The Big Sleep Out was meant to give students a tiny insight into the reality of homelessness locally and the global refugee crisis that affects us all.

The event came to the consensus that having a bed to sleep in and a roof over our heads are privileges that we should never take for granted. The act of sleeping outdoors on the hard concrete, in similar conditions faced by homeless every day, allowed us to show our solidarity with the 70.1 million refugees and homeless globally. Coordinating and participating in this event was an enriching opportunity to bring UNICEF’s Big Sleep Out onto the hard concrete, and playing spikeball. Although the ground was wet from rain and temperatures reached the 40s, the next morning we all debriefed the event.

We are proud to have Zyah Cephus named as Patrick Henry High School’s Student of the Month for December. She received this recognition due to her involvement in many student activities on campus and the glowing recommendations from her teachers and advisors.

Zyah Cephus (Photo courtesy PHHS)

PHHS robotics program needs mentors

Patrick Henry Patriots program is looking for mentors. Can you help? Please fill out the form through the link provided below. They’re looking for mentors in the following areas:

- Programming (Java)
- Design (SolidWorks/CAD)
- Electrical, Pneumatics
- Build (fabricating parts)

The Henry Circle of Friends Club members at their Winter Wonderland Dance

Articulation night

PHHS is happy to host our annual eighth grade articulation night to help families understand the process of enrolling their student for the fall at Henry. Everyone is invited to join us on Tuesday, Feb. 4, in PHAME (Patrick Henry Arts, Media and Entertainment) Center. The meeting will begin at 6 p.m. and is scheduled to last one hour. At articulation night, you will learn about:

- New student enrollment (by appointment, call 619-286-7700)
- Course offerings/selections
- Graduation requirements
- College entrance preparation
- The eight-grade tour and pep rally coming on March 20 from 10-11:30 a.m. (All families are welcome, please put this date on your calendar.) Students from Lewis and Pershing will arrive on a school bus but all local schools are encouraged to join us as well.

You will also have the opportunity to meet the PHHS counselors!

Just Listed!

Beautiful and meticulously maintained 2 story home with 4 bedrooms and 3 baths, family room & enclosed patio.

Great location on a corner lot close to Lake Murray and Benchley-Weinberger Elementary.

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- Electrical, Pneumatics
- Build (fabricating parts)
Patrick Henry cheer competes in first CIF competition

The Patrick Henry cheer team went to its first CIF competition on Dec. 7, at Carlsbad High School where the team took third overall in the “Spirit Side-Line” category.

Henry had a perfect score on its side-line spirit cheer. The cheer team would have been more competitive, however 10 minutes prior to the final performance, there was an injury that caused a few last-minute changes, including re-working two whole stunt groups, that caused the team to lose a few points overall.

“I’m super proud of our team for the first efforts in the competitive arena,” said cheer coach advisor Terri Clark. “They worked really hard over the past month.”

Henry presents ‘Fiddler on the Roof’ at PHAME!

Winner of nine Tony Awards in 1965 and still touching audiences worldwide today with its humor, warmth and honesty, “Fiddler on the Roof” is a musical theater tradition.

Set in the little village of Anatevka, the story centers on Tevye, a poor dairyman, and his five daughters. With the help of a colorful and tight-knit Jewish community, Tevye tries to protect his daughters and instill them with tradition in the face of changing social mores and growing anti-Semitism of Czarist Russia.

Rich in historical and ethnic detail, this universal theme cuts across barriers of race, class, nationality, and religion, leaving audiences crying tears of laughter, joy and sadness.

The vision of this production’s creative team is to preserve the honesty of the period, yet create an experience for the audience that is both uplifting and historically accurate. “Fiddler on the Roof” is one of the best written stories in musical theater history. Its universal themes of the importance of tradition in community, the conflict between generations, the struggle of co-existing cultures, and the strength of family touch us all.

Bringing this vision to PHAME will be artistic director Christine Carr, technical director Matthew Kalal, costume designer Jan Wilson, choreographers Chelsea Montgomery and Astrid Pett, and music director Luis Sherlin.

Also helping lead the way are the following students: stage manager Joel Tanner, assistant stage manager Brianna Aguilar, orchestra conductor Ethan Ackland, lighting designer Laura Schull, sound tech Cori Andrews-Mcintosh, and actor/singer Diego Luis Sherlin.

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Also helping lead the way are the following students: stage manager Joel Tanner, assistant stage manager Brianna Aguilar, orchestra conductor Ethan Ackland, lighting designer Laura Schull, sound tech Cori Andrews-Mcintosh, and actor/singer Diego Luis Sherlin. As Tevye. In addition is a very, very talented group of actors, singers, dancers, musicians and crew who will be working hard to complete this wonderful show! Don’t miss this universal story of hope, love and acceptance, a stunning, joyful and jubilant musical masterpiece. “Fiddler on the Roof” runs Feb. 6-8 at 6 p.m. in the PHAME theater on the Patrick Henry campus. There will also be a special matinee performance Sunday, Feb. 9, at 2 p.m.

Patrick Henry School is proud to announce that World Language Department chairperson and Spanish teacher extraordinaire Mr. Edward Stanko was named as our Teacher of the Year for 2020.

Stanko was born and raised in San Diego. From birth to 4 years of age, he spent weekdays with his grandparents while his parents were busy working; his grandparents, David and Mary Diaz, would speak to him and spend time with him in Spanish, and it was during these years that his exposure to the Spanish language and culture began. All throughout his childhood, he would be exposed on a daily basis to Spanish and English, and would experience the culture — including his favorite tradition of the tamalada — when his family would gather to make tamales, a traditional Mexican food made during the holidays.

When Stanko was a freshman at Mt. Carmel High School, a California Distinguished School in San Diego’s North County, he began his formal study of Spanish
Happenings at the Allied Gardens/Benjamin Library

By KATHRYN JOHNSON

Are you interested in helping our community? Would you like to be a part of activities at your local library? If so, our Friends of the Library group would love your help as a board member. They are currently recruiting for various positions and only require attendance at one monthly meeting and assistance at their quarterly book sales. For more information, please contact the library at 619-513-1970.

Winter Reading Challenge 2020: Readers of all ages are welcome to join us for a winter reading challenge that started Jan. 1. Read five books or five hours. All finishers will receive a pencil pouch, admission to two events at the Maritime Museum, and a Subway sandwich coupon.

PROGRAMMING FOR YOUTH

Be sure to stop in for your program calendar, which details all our regular, ongoing programs such as Life in Stories, Mindfulness & Meditation, Mystery Buffs, and Fitness Fun. Using Herbs for Detox & Pain Relief: Start 2020 with the amazing powers of herbs and plants, aka “our forgotten allies.”

Book Club: On Tuesday, Jan. 14, at 1 p.m., the Book Club will discuss “A Gentleman in Moscow” by Amor Towles, the New York Times bestselling author of “Rules of Civility.” This is a transporting novel about a man who is ordered to spend the rest of his life inside a luxury hotel.

Free Tax Help Returns: Starting Monday, Feb. 3, we will once again host AARP to assist patrons with their taxes. This free tax preparation service gives special attention to taxpayers over the age of 60 but is also open to taxpayers of all ages with low and moderate incomes. Mondays, 9:30 a.m.-4 p.m. and Fridays, 12:30-3 p.m. Feb. 3-April 10. No appointments. First come, first served.

PROGRAMMING FOR ADULTS

Be sure to stop in for your program calendar, which details all our regular, ongoing programs such as Life in Stories, Mindfulness & Meditation, Mystery Buffs, and Fitness Fun.

Using Herbs for Detox & Pain Relief: Start 2020 with the amazing powers of herbs and plants, aka “our forgotten allies.” Join us Saturday, Jan. 11, at 10 a.m. Participants will also gain insights into how to choose medicinal plants to heal and detoxify.

Vegan Adventures: Tuesdays, Jan. 14, at 6 p.m. Are you a long-time vegan looking for new recipes, or someone new to veganism? Come learn how to cook delicious vegan meals.

All are welcome to this free, live cooking demonstration and sampling. January’s theme will be Asian lettuce wraps and orange chicken and rice.

Winter Reading Challenge 2020: Readers of all ages are welcome to join us for a winter reading challenge that started Jan. 1. Read five books or five hours. All finishers will receive a pencil pouch, admission to two events at the Maritime Museum, and a Subway sandwich coupon.

Chinese New Year Celebration: Saturday, Feb. 1, at 11 a.m. We will celebrate the year of the rat with stories, crafts and a Lion Dance!

Schedule alert: All San Diego public library branches will be closed on Jan. 20, for Martin Luther King Jr. Day.

—Kathryn Johnson is managing librarian of the Allied Gardens/Benjamin Beach Library.
**EDITOR’S PICK**

**Gregory Page**

Hovellen concert
International performing songwriter and recording artist Gregory Page Hovellen returns to the stage at Mission Trails Church on Jan. 12 with new songs and old favorites to share. Gregory’s genre-bending original music has taken him to major music festivals all over the world, including the Woodford Music Festival in Queensland, Australia and London’s 02 Arena. He records for the V2 record label in the Netherlands. Recently, Gregory toured North America with Jason Mraz and later in January, he will travel to New Orleans as an official showcase artist at the Folk Alliance International New Orleans. The free Jan. 12 concert will be held at Mission Trails Church, 4860 Zion Ave., from 3 to 4 p.m.

**Saturday, Jan. 11**

**CafeNetworking**

The San Diego County Hispanic Chamber of Commerce presents an opportunity for new “Referral Partners” who can help you grow your business. There are no fees or attendance requirements. But the chamber asks participants to support the local venue selected. The main focus is to bridge the gap from various groups and networks in the South and East (San Diego) County with other professionals who are interested in increasing their refferability. 3-9:30 a.m. at Brew Coffee Spot, 6101 Lake Murray Blvd. register at bit.ly/2YScVuA.

**Sunday, Jan. 12**

**The Fermenters Club**

Visit brewcoffeespot.com. Brew Community Market The Brew Community Market brings the community together by creating this diverse venue of local artisans, craft home goods, hand-made jewelry, bath soaps, scented candles, and more. The Brew Community Market is located in the parking lot to the side of the Brew Coffee Spot building, 6101 Lake Murray Blvd. in La Mesa, and hosts up to 25 different vendors. This is a monthly event. Come shop 10 a.m. to 2 p.m. from many local businesses in the community. For more information, visit brewcoffeespot.com.

**Saturday, Jan. 25**

**BIG Salsa Festival**

Through Feb. 3
BIG Salsa Festival San Diego is a four-day Latin event featuring some of the greatest names in performing arts and music! Each day is packed with dance classes, amazing performance acts, live band concerts, and Latin dance parties into the early morning hours. Once you experience this event, it will surely become one of the premier events your look forward to every year. If you’ve never wanted to learn to dance, this is the perfect beginning. If you are looking to improve and advance your techniques, BIG Salsa offers classes for beginners, challenges for the advanced, and everything in between. Come learn from the best in the world and our local community has to offer. At the San Diego Marriott Mission Valley, 8757 Rio San Diego Drive.

**Ticket prices and times vary. Visit bigsalasafestival.com.**

**Friday, Jan. 31**

**Adventures By The Book**

The Book will host a “Southern Lunch Adventure” with New York Times bestselling author Kristin Harmel, Mary Alice Monroe and Kristy Woodson Harvey on a panel moderated by Tina McMorris. Harmel is a No. 1 international bestselling novelist. Her latest novel is “The Winnermaker’s Wife.” Monroe is a NYT bestselling author of environmental fiction, her current book is “Summer’s Guests.” Woodson Harvey is a NYT bestselling author; her current book is “The Southern Side of Paradise.” McMorris is a NYT bestselling author; her current book is “Sold on a Monday.” Noon at Claim Jumper in La Mesa, 5500 Grossmont Center Drive. The event is ticketed ($39 per person) and is open to the public. Visit adventuresbythebook.com.

**Saturday, Feb. 1**

**Homebrew Kombucha Hands On Workshop**

The Fermenters Club will host a class that will cover how to make kombucha safely at home, including secondary flavoring. Participants will get a flight of seasonal kombucha flavors to taste. The experience also includes instruction on how to make kombucha at home; a live kombucha culture (SCBY) to take home; and a take-home 16-ounce bottle of kombucha that you will flavor in class with seasonal fruits and herbs. $50 for one person, $95 for two available at bit.ly/2YZfB- Boc. 10:30 a.m. to 1 p.m. at The Home Brewer, 211 El Cajon Blvd.

**Thursday, Jan. 30**

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**Inside the Actor’s Process: Love Scenes Through Feb. 13**

Grossmont College Stagehouse Theater Presents: In a world that feels saturated with negativity, a showcase of the best parts of life is long overdue, even if sometimes the characters in these love stories betray mixed motives, less-than-stellar ideals, and imperfect behavior. This behind-the-scenes look at how the theatrical artist engages with the audience, in dance parties into the early morning hours, once you experience this event, it will surely become one of the premier events your look forward to every year. If you’ve never wanted to learn to dance, this is the perfect beginning. If you are looking to improve and advance your techniques, BIG Salsa offers classes for beginners, challenges for the advanced, and everything in between. Come learn from the best in the world and our local community has to offer. At the San Diego Marriott Mission Valley, 8757 Rio San Diego Drive.

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**Tool**

On and on Tools

Pro-grock icon Tools bring their mind-bending music and light show to San Diego for two nights – Jan. 10 and 12, 7:30 p.m. at Viejas Arena, 5500 Campanile Drive. Tickets start at $79.50, available at bit.ly/3ySYpHz.

**Tuesday, Jan. 14**

**Brew Community Market**

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**Sunday, Jan. 19**

**When Mom Chooses to Die**

Hemlock Society of San Diego presents first-hand accounts of experiences with California’s medical aid-in-dying law. Witnesses, including two daughters and a friend (Faye Green), will recount their experiences with planned deaths via California’s End-of-Life Option Act. A representative from End-of-Life Choices California will tell participants about their organization and a group discussion will follow the presentation. The event will be held at Vision, 4780 Mission Gorge Place, from 1:30 to 3 p.m. Free program and free parking. Visit hemlocksocietyofsandiego.org.

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Jan. 10 – Feb. 13, 2020
Mission Times Courier

COMMUNITY / EDUCATION / PUZZLES

DCAC CONTINUED FROM Page 16
Two major projects for Del Cerro are still on hold. The first is the proposed Maintenance Assessment District thin the city is still working on several proposed MADs throughout the city that were submitted prior to the one for Del Cerro. The second project is the

SCAC CONTINUED FROM Page 16
3. Assembly member Shirley N. Weber and the California state Assembly honored me with an award as Business Woman Leader in the 79th District. A few months later, Dr. Weber honored San Carlos Area Council President Mark Schulze as Male Business Leader in the 79th District. Congratulations, Dr. Weber, on being honored as San Diego Union Tribune’s 2019 San Diegan of the Year for her work on AB 192, which was signed into law by Gov. Gavin Newsom in August. The legislation changes when California police officers can use deadly force from when it is “reasonable” to when it is “necessary” to prevent imminent death or serious injury to a peace officer or to another person.
4. At our meeting in May, can- nabis nurse Elisabeth Mack, RN, MBA, shared her knowledge and how much a person without an empty seat in the room. Nurse “E-Mack” delivered information valuable to all inter- ested in improving our health and well-being without succumbing to prescribed drugs that address certain symptoms while creating unwanted side effects.
5. The sunshine along with a breeze off of Lake Murray, the music, the food and drinks, the scent of kettle corn wafting through the park, the sounds of laughing children — it added up to a fantastic Fourth of July for all. President Schulze and I enjoyed a night at the theater watching “33-1/3: House of Dreams,” a life’s work of San Carlos dentist, Brad Ross. His father was Stan Ross, who was the proprietor of Goldstar Records, which churned out hit after hit for 33-1/3 years of its existence. “33-1/3” is also a reference to the speed at which a vinyl record will rotate on a turntable. It was a remarkable play with all the music we grew up to: Cher, Tina Turner, Ricky Valens, The Beach Boys and so much more.
6. Supervisor Nathan Fletcher spoke to us at our meeting in November about all the issues that the Board of Supervisors has been working on. This includes home- lessness, mental health, veteran affairs and increasing ridership on MTS. 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.
7. In December, the SCAC hosted a Holiday Potluck party as a nice wrap-up to the year. So farewelled, 2019. We are look- ing forward to a lovely 2020. Please join us at our next meeting on March 4, at 6:30 p.m., at the San Carlos Branch Library, 7265 Jackson Drive.
8. 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 pattymcgroundy@gmail.com.

Edward Stanko (Courtesy PHHS)

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culture, communication, and the ability to see the world and its peo- ple through another’s eyes.

As the World Language Department chair, Stanko has shared his teaching philosophy with the department and district through special pull out meetings. He is credited for transforming the language department from using worksheets and book work toward using real world texts, articles, songs, and short stories that carry interesting facts for the students grasping with translating the in- formation. It has made learning language fun and interesting as students are able to respond to the new vocabulary as it’s introduced in the text.

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PHHS continued FROM Page 19

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SUDOKU

ANSWERS ON PAGE 15

Fill in the blanks 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.

CROSSWORD

PHHS CONTINUED FROM Page 19

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Call Ideal for all your home service needs! (619) 583-7963 or visit idealservice.com