A mother and daughter share their story of reunification, recovery

By DAVE SCHWAB | Mission Times Courier

[Editor’s notes: The real names of the people in this story have been changed to protect their anonymity. This is the first installment of a series on human trafficking in San Diego.] One day late in January, 16-year-old Lesley Buckley took off on her bike to go to a friend’s house — and never arrived. It triggered a massive search by mom Erin Buckley, the police and private investigators that took several weeks to find her, followed by months of rehabilitation to heal her mental wounds from the experience.

Unwittingly, Lesley had been lured into the sex trafficking trade by her 15-year-old girlfriend and her 15-year-old boyfriend. Together, they lured Lesley with the promise of money. The boyfriend then forced Lesley into the trade.

Lesley’s story is not unique. In California, the number of children in the sex trafficking trade is on the rise, rising 70% from 2014 to 2016, according to a 2019 report by the National Center for Missing and Exploited Children. More than 1,000 children were lured into the sex industry in San Diego County, according to the report.

Lesley had just run away from home for the first time. She had told her mom she wanted to leave. But she didn’t want to be left alone. She was still relatively new to the family, and mom Erin Buckley was in the process of separating from dad.

Lesley’s experience is not a trauma she can easily shake off. “She’s still dealing with it,” Erin Buckley said. “She’s still fighting through that. She had to go through a lot of therapy.”

In May 2020, Lesley told her mom a passerby called police and said she saw “her.” Police arrested the boyfriend and the boyfriend’s mother.

Lesley returned home and stayed with her mom. She attended school. She did not want to talk about what happened. She did not want to talk about her experience. She did not want to talk about the procedure she had undergone to remove an implant.

“Things are going well,” Erin Buckley said. “She’s still healing. She’s still doing therapy.”

Developers purchase Riverbend properties

By JEFF CLEMETSON | Mission Times Courier

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

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

Developers G.H. Palmer expect to begin construction on the Riverbend project in Allied Gardens, former industrial buildings.

His visit to San Diego came amid his housing tour where he signed 18 bills aimed at addressing different parts of the complex housing issue. Senate Pro Tempore Toni Atkins joined him at the press conference. The San Diego politician ensured bills protecting renters, cutting red tape on building new housing, and normalizing the issue. At a press conference in San Diego on Oct. 9 where he signed SB 113, a bill that allows $331 million in state funds to be used by renters and homeowners for legal aid, Newsom said he normally steers clear of the word, but the issue of affordable housing in California has truly become a crisis.

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

ATKINS CONTINUED FROM PAGE 1

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

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

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

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

“All we’ve done since then is lose ground,” the Senator said. San Diego has continued to fall short of building enough units to sustain the population, leading to higher rents and housing costs as well as an increasing homeless-
ness crisis.

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

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

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

Fixing housing has been Atkins’ singular career focus even before she was elected into office and working in the office of then-City Council member Christine Keloe. Despite each new position, from City Council member to interim mayor, to Assembly member, to Assembly speaker, to Senate pro tempore and even briefly acting governor, the problem has only worsened around her.

Last year, she shedled an ambi-
tious — and controversial — ef-
fort to increase housing produc-
tion by limiting the powers of local governments to impede develop-
ment. Atkins guaranteed that work would continue on SB 50 and it would come up in commit-
tee again in January or February. She said the bill’s author, Senator Scott Weiner, is going over the bill again while on break.

“We may need to undo some of the exemptions and compromises that have been made. Scott’s tak-
ing a fresh look,” Atkins said.

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

“I don’t think one size fits all. I think small cities and large cities are different.”

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

“The crux of this is really go-
ing to be can you bring other stakeholders to the table and get them to agree on how to do this,” Atkins explained. “The dilemma is how do we get broad support from legislators to support a bill that basically pushes — maybe incentives. I don’t know what the bill turns out to be at the end of the day but pushes — for actual development to happen where it needs to happen.”

For her, senators need to figure out a way to accomplish the goal of adding production through a broad piece of legislation that im-
presses the lowest levels of govern-
ment, including the 42 commu-
nity planning groups and areas in San Diego.

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

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

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

—Kendra Stitson can be reached at kendraj@sdcourier.com.
What dancing and saving lives have in common

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

Riverbend

CONTINUED FROM Page 1

The Riverbend project was approved by City Council in 2012 and representatives of G.H. Palmer said they will stick closely to that plan with some upgrades. Planned for the site are 996 apartments — a mix of studios, one-bedroom and two-bedroom units within several three-to six-story buildings. Planned amenities include pools, gyms and a business center. All of the apartments will be market-rate, excepting the project will also include 37,500 square feet of commercial and office space and 5 acres set aside for park space.

In addition to the housing, the project will also include 37,500 square feet of commercial and office space and 5 acres set aside for park space.

The Riverbend project, when it was first proposed and presented to the city, was controversial among some Allied Gardens residents who complained that the buildings were too high, that the density would bring too much traffic to the area, and that the project would use too much water. After the project was approved by City Council in 2012, the developers shelved it and never broke ground for unknown reasons.

Now under new ownership, the current time line for construction has grading and land development beginning sometime around May of 2020 and construction on buildings starting a year later. G.H. Palmer hopes to have apartments ready and available for rent by summer of 2023.

—Reach editor Jeff Clemet son at jeff@sdnews.com.

News briefs

CONTINUED FROM Page 2

Lewis Middle School Auditorium, 5170 Greenbrier Ave.

We are pleased to have Mrs. Johnson’s students form Marvin Elementary once again performing as well as so many students from Foster Elementary School. It is wonderful to see their performance reflect all the hard work and preparation that the teachers and students have been doing since September.

Finally, the Festival presents the tremendous musical talent of the Junior High Students from our communities who have been working with their teacher, Mr. Josh Prout. Under his guidance, as Lewis Band Director, the students play seasonal orchestral arrangements as well as jazz compositions and give an amazing performance not to be missed.

Not to be overlooked are all the volunteers from the AGGCC who help with these events. They not only decorate the tree at the Triangle, but string lights along the Waring Road Bridge just to help make our community a little more festive. Volunteers

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

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

Erin recalls being frantic at first.

“We called all her friends. Her phone was off. We searched and retraced her probable bike route.

By the next morning, we grew increasingly alarmed when we couldn’t track her down and called the police.

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

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

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

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

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

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

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

Persistence paid off in the end for the Buckleys.

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

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

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

This was a person we no longer knew,” Erin said of her daughter. “She had come back from being gone a very different, traumatized girl. ... Now, she referred to the staff and her fellow residents as ‘family’ and I think she was feeling resentment that we had abandoned her. ... Her therapist was convinced she was ready to come home, but on her trial visit, she was in touch with a problematic young man in her life from the past and planning to escape with him when she came home for her trial visit. She was convinced she was not rehabilitated at all. She was just as much a flight risk now as she was previously and a very confused, dysfunctional child.”

Lesley was taken to a residential treatment facility in southern Utah for months of rehabilitation that she was convinced she didn’t need.

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

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

After Lesley’s rescue, Erin said a police officer told her that “her parents really loved her because they had seen parents with kids who were clearly messed up kids in there. ... I made some incredibly close friends after a while. I wanted to escape and live with them. I didn’t want to go back home and wanted to start out new somewhere else. My friends and I kept talking about what we’d do when we got out of there.”

Lesley noted the connection is not yet complete—maybe never will be.

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

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

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

By DAVE SCHNAB | Mission Times Courier

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

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

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

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

- Human trafficking is San Diego’s second largest underground economy after drug trafficking.
- Estimated 2013 revenues from the San Diego’s underground sex economy is $810 million.
- 130 gangs are actively involved in gangs.
- 80% of pimps/sex trafficking facilitators are involved in gangs.
- Pimps/facilitators are about evenly split between Caucasian, African American and Hispanic ethnicities.
- 16 is the average age of entry into child commercial sexual exploitation, and three years is the average length of their trafficking.
- 4.5 is the average number of victims/survivors controlled by trafficking facilitators.
- 50% of adults arrested for prostitution actually can be classified as human-trafficking victims, but are unidentified or misidentified.
- African American street gangs use social media (Facebook, Twitter) to recruit, and data sub-committee of this advisory council, Drs. Carpenter and Gates were asked to pursue a research agenda that would help develop robust measures of the scope of human trafficking in San Diego County. Of particular interest to the County Advisory Council was empirical evidence of the suspected relationship between gangs and human trafficking.

Despite widespread attention on sex trafficking, there has been little empirical research on the nature and process of sex trafficking activities, and even less on the connection between sex trafficking and gangs.

Prior to this three-year study by Drs. Carpenter and Gates, much of what was known about sex trafficking in San Diego County was anecdotal and descriptive. Their empirical study reports on three major sets of findings: the scope and nature of gang involvement in sex trafficking and commercial sexual exploitation of children.

The results of the study are available online at bit.ly/3h4AE7N.

—Reach Dave Schnab at reporter@sdnews.com.

TRAFFICKING CONTINUED FROM PAGE 6

friend who had been a runaway and got sucked into a world that our daughter did not know. In trying to help her, Lesley got sucked into it, too.”

Regarding lessons learned, Lesley concluded, “It’s best not to trust adults you don’t know. You shouldn’t be around adult men that want to be with kids. If it doesn’t feel right, get away from it. You have to be very careful in talking to strangers that hide in social media. There are some disturbed people out there that go after vulnerable girls and boys. You need to listen to your parents. They are your friends. They are there to protect you.”

—Reach Dave Schnab at reporter@sdnews.com.

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MONTGOMERY-GIBBS COALITION

Structures as Nonprofit

Montgomery-Gibbs Environmental Coalition (MGEC) has announced it is now officially a nonprofit with tax-exempt status under Section 501(c)(3) of the Internal Revenue Code.

News briefs

CONTINUED FROM PAGE 3

are always welcome, so please come and join us.

Members of the AGGCC wish you and your families a very happy and safe holiday.

—By Marilyn Reed

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Del Cerro can benefit from a MAD

By MARK RAWLINS

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

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

Here’s the Gotchas:

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

Of course, the real worry should be that this split roll roll will be the camel’s nose assessment increases to no more than 2% annually, and established that state tax increases can only be done via a two-thirds vote of the Legislature. Houekers would now know with some certainty what their property taxes would be and that there would be no massive increase sprung on them.

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

An initiative to modify Prop 13 and exempt commercial property from protections of Prop 13 and enact a so-called “split roll” property tax is being circulated by public employees unions and will likely be on next year’s ballot. While proponents claim they only want to tax property owned by businesses and corporations, ICSC, a business advocacy group writes: “Creating a split roll property tax could result in higher taxes and create uncertainty leading to the devaluation of all property values.”

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

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

How do we get the city to upgrade and maintain our community? The city does not have the financial resources to upgrade and maintain all of its communities. The city’s standard for maintaining medians is the cost of maintaining asphalt. This is called a general benefit: all communities get the same benefit. If our community wanted enhanced services (cleaner streets and sidewalks, more street lights, maintained medians, beautiful parks and playgrounds, and open space improvements), we have the right to establish a MAD and assess ourselves. Keep in mind that MADs are not new and they do not affect Proposition 13. They have been around since 1972, with Tierrasanta being one of the first communities to create a MAD in San Diego. There are more than 63 MADs have been established in the city, and all are doing exceptionally well. These areas boast safer communities, more attractive surroundings, increased property values, and better quality of life. Alternatively, a run-down, tired-looking community tends to invite more crime due to the “broken windows theory”; if a neighborhood looks unkempt, criminals assume it is an easy target.

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

I want to open this original question: “Can Del Cerro community benefit from having a MAD?”

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

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

—Mark Rawlins is a resident of Del Cerro and president of the Del Cerro Action Council.
under the tent, leading to more attacks on Prop 13, which has allowed us homeowners to have the 17th lowest property taxes in the nation.

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

The granting of nonprofit status to MGEC is a major milestone for our growing organization. We are excited to expand our environmental education for the public about aviation and how to lessen it, and thereby benefiting the community and ensure fulfillment of its mission, an executive board of directors was assembled with a combined experience of over 125 years involvement in business and community service. Montgomery-Gibbs Environmental Coalition is located in San Diego, California. MGEC is a grassroots organization and relies on community participation to fulfill its mission to provide educational events and advocate for the public good.

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

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

"The granting of nonprofit status to MGEC is a milestone for our growing organization. We are excited to expand our environmental efforts to reduce the lead in aviation fuel, help reduce the aircraft noise impact on residents, and improve the safety of General Aviation airports and the planes that use them," he added.

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

The Del Cerro Fall Festival will feature lots of family fun activities.

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

**Health Crisis:** Health officials continue to investigate. The ban will not apply to flavored tobacco made for hookahs.

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

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

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

**Del Cerro Fall Festival**
Everyone is invited to join us from 4 to 6 p.m. on Saturday evening, Nov. 16, for family fun, food, carnival rides, vendors and entertainment at the annual 2019 Del Cerro Fall Festival, held on the campus of Hearst Elementary School. Children’s activities include inflatable slides, games and rides for all ages. For additional details about the Festival or vendor information, like and or follow the Festival Facebook page.

For more information, go to http://sandiegoegovernment.org/ADU. You can also call 858-495-5182 or email PDS.ABQuestions@sdcounty.ca.gov.

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

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

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

**Health Crisis:** Health officials continue to investigate.

The ban will not apply to flavored tobacco made for hookahs.

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

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

Ratepayers will finally have an alternative to what have been some of the highest utility rates in the nation. They’ll have freedom of choice!
We also support the efforts of the La Mesa United Methodist Church, which offers the city’s homeless citizens hot showers and other necessities. We ask that you bring some new, unused toiletries and/or gently used clothing for those who don’t take these items for granted. Shoes and new socks are particularly appreciated.

Lastly, we ask each member and those who have not yet joined or renewed, to please pay our modest 2020 dues at our December meeting. It is only $15 for the whole year, and we still offer silver level memberships at $50, and gold level at $65 for those that can give a little more. Please bring cash or checks for our membership sign-ups and renewals.

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

Tina Rynberg is president and Jeff Benech is vice president of programing for the La Mesa Foothills Democratic Club.

Bowzer returns to headline holiday party

By TINA RYNBERG and JEFF BENESCH

We would love to have you join us and learn more about our plans for next year. Call Marjie at 619-990-2791 for information and to RSVP. Reservations are required. Please bring an appetizer to share and a donation to Mom. Gift cards are always appreciated. Please visit our website, RWCNavajo-Canyon.org and visit us on Facebook at Republican Women of California.

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

My constituents share their stories with me every single day about the struggles they face to get the life-saving medications they need. A 68-year-old man with chronic obstructive pulmonary disease (COPD), a condition that makes breathing very difficult, wrote me about his experience with trying to pay for his medication. He requires an inhaler to open up his airways and pays more than $400 for a month’s supply of the drug to treat his condition.

A father told me about his trouble in affording his daughter’s cystic fibrosis medication. He wants Congress to look at ways to bring down prices. He is also very aware of the need for innovation and research to discover new drugs.

I agree that lowering drug prices cannot come at the expense of innovation. We can do both. One thing is for sure: the current system is simply unsustainable and Congress needs to take action.

The Lower Drug Costs Now Act (HR 3) was introduced and improves Medicare.Seniors will see a new $2,000 out-of-pocket limit on prescription drug costs. It also reverses years of unfair price hikes for thousands of drugs in Medicare.

Currently there is no cap on out-of-pocket expenses for Medicare Part D enrollees. In 2017, 1 million Part D enrollees had average annual out-of-pocket costs exceeding $5,200.

The Congressional Budget Office and the Centers for Medicare and Medicaid Services both report that HR 3 would save $145 billion for Medicare Part D over the 10 years. Over the same time period, it would also save $46 billion in health care costs for private employers and $55 billion for the American people.

It’s these savings that will continue to fuel innovation, particularly in San Diego. Each year, our region gets about $800 million in federal dollars from the National Institutes of Health (NIH) and San Diego is a leader in innovative research.

In fact, much of the research and development driving the search for new breakthroughs isn’t paid for by drug companies, it’s paid for by American taxpayers through federal funding for the NIH and other grants.

Action to lower prescription drug costs is long overdue. Maintaining the status quo is simply not an option. The House of Representatives is working hard to bring relief to the American people. The Lower Drug Costs Now Act has the potential to provide that relief while directing resources toward innovation to discover the latest treatments and cures.

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

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By CYNTHIA ROBERTSON | Mission Times Courier

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

Hart, a San Carlos resident, has everything to live and dance for. Just as she brings smiles to people who want to add a little extra exercise and fun to their personal lives, Hart had a similar motivation, albeit much stronger. For nearly 20 years, she had suffered from agoraphobia during which she could not even leave her own home. By a miracle she says is from God, she was healed of the disorder. Out of sheer gratitude, Hart wanted to bring back to life that hope she had as a little girl to dance. But she did not want to dance alone.

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

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

Hart’s story about overcoming agoraphobia has been such an inspiration for people that she began sharing her story with organizations and churches. She speaks about how the disorder started, what she experienced and how recovery came about for her. “I am also currently working on a one-woman play about my struggles with agoraphobia,” Hart said.

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

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

Barbara Jacobs, who has danced in Hart’s class for nine years, says that every week she feels rejuvenated after the class. “I have learned that I can still dance, appropriate to my age, but the joy I feel is the same throughout the many years I have lived,” she said.

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

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

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

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

“Method is to slowly go over each step and then give counts, or beats, for each section,” Hart said.

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

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

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

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

—Cynthia Robertson has been a local freelance writer and photographer for more than 30 years. She is also the author of a novel, “Where You See Forever.” Her website is www.cynthiarobertson.com.
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Grantville-Allied Gardens Kiwanis Club, best-kept secret in town

By Jill Diamond

In an era when the Ford Mustang was king, Martin Luther King had a dream and Woodstock was the place to be, the Grantville-Allied Gardens Kiwanis Club came to be. Kiwanis was founded in Detroit between 1914 and 1915 and grew across the country, but didn’t make its way to the Grantville community for a while.

Grantville remained a tiny neighborhood along the San Diego River until the 1940s when it was finally annexed into the city of San Diego.

Growth of the city came about mostly due to the military’s presence during World War II; it forced eastward expansion into Mission Valley and beyond, leading to the birth of Allied Gardens in 1954.

By 1960, the area including Grantville and Allied Gardens was big enough to start schools, churches, a post office, a community center, a freeway, and of course, a Kiwanis Club. Members from the Kiwanis Club of Old San Diego (which ended in 2010) decided to recruit new Kiwanis members in the area and build a new Kiwanis Club.

On Sept. 17, 1960, the Grantville Kiwanis Club was formed. Its charter was from the Kiwanis International with 37 original members.

The dedication of the original Grantville post office (then known as “San Diego 20”) would be the club’s first community service project on Jan. 7, 1961, complete with a Kiwanian banner, uniformed military personnel, and on every downtown building.

In the beginning, Grantville Kiwanis Club met as a lunch club at the Purple Cow restaurant at 6160 Mission Gorge Road, which later changed hands and was called the House of the Beetlefasts in 1964. In the latter part of 1965, the Kiwanis Club had moved to what is now the Allied Gardens Recreation Center for breakfast on Thursday mornings. The new location prompted the club to officially add “Allied Gardens” to its name.

According to John Crawford, a past president of the club from 2007-08 and who will be serving as a mayor for the first time in another year and currently is the membership chair and newsletter editor, he was a young lad when he joined.

“My situation is a bit unique among Kiwanians, as I actually got involved in a Kiwanis Club when I was 12 years old. As a seventh-grader, the local Kiwanis Club supported the Builders Club at Lewis Middle School, and Builders Club is basically just a kid version of Kiwanis,” he recalled. “I enjoyed my time in the Builders Club, continued with the Key Club in high school and the Circle K Club in college.”

After 11 years of service from the seventh grade through college graduation, he had made so many friends and connections he just had to join Kiwanis.

“The alternative — just walking away after 11 years — was unthinkable. I officially joined Kiwanis in 2002 and am now in my 17th year — or 28th if you count my time in the youth groups,” he said.

He said what makes the group special is its sense of family shared by its members.

“We have 13 members who care about each other, watch out for each other, and cheer each other up when we’re down. If somebody is sick or injured, we’re there for hospital visits and get-well cards. We’re also a very welcoming group — like to show up and feel like you belong. Anybody can do volunteer work, but our Kiwanis Club gives you a sense of unity and community that you can’t get just anywhere,” he said.

Although the local chapter has been around since the 1960s, it’s been a little bit of a challenge attracting new members.

“A lot of our members who were there in the 1960s, ’70s, and ’80s are now getting older and can’t contribute the same way they once did,” he said.

This isn’t just a local problem. Kiwanis clubs, Lions clubs, Rotary clubs, and other fraternal organizations are facing challenges now that the greatest generation and baby boomers are slowing down, he said.

“Young people still want to volunteer, but where corporations and businesses were supportive of community involvement 50 years ago, today it’s difficult for a Gen Y'er or a millennial to take time out of their day and go to a meeting. One of my biggest fears is that I might outlive my Kiwanis Club,” he said.

But being a Kiwanis member does have its perks.

“Besides a sense of family and the connection shared,” Crawford said, “you also get a tremendous feeling of accomplishment from giving back to your community, whether it’s a litter cleanup or a hospital fundraiser.

“My wife and I are both Kiwanis members. We actually met through our volunteer work and we both focus on Kiwanis youth groups like Key Club and Builders Club. Seeing these young students go from cautious and shy at the beginning of the school year to confident and driven by the time they graduate is really a tremendous thing to witness. Knowing that you had a small part in their growth makes you want to do it repeatedly,” he said.

Members are always looking for new ways to help from school events to outdoor cleanups and projects — in other words, the Kiwanis are a busy group.

And while the membership is somewhat on the smaller side, it is still a group that people might want to consider joining.

“Our last original member, Bob Frankhouser, passed away in 2017 at the age of 95. He spent 55 or 56 years in our club. Our most senior member, John Peterson, has been there since 1966 and he’s still going strong at age 91. Sadly, we’re not the most popular group in town — I think probably the best-kept secret in town is a better description, but people who know us and what we do in the community always seem appreciative. Kiwanis on a national level has had some famous members ranging from senators and politicians, celebrities and presidents like Franklin Roosevelt and Richard Nixon.

“I think the number one thing I would like to tell people is that we’re worth waking up for. Some people are put off by our 7 a.m. start time, but I think anybody who attends two or three meetings with our club will be hooked. It’s so much fun to be part of this club. It’s lonely don’t understand why more people don’t get involved,” Crawford said.

For more information about the club, visit alliedgardenskiwanis.org

[Editor’s note: Some historical information for this article was supplied by the Grantville-Allied Gardens Kiwanis Club archives, the San Diego Historical Society, and “San Diego County Place Names A to Z” by Ken & Mary Forst. Published 2005 by Sanbelt Publications.]
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Oct. 11 – Nov. 7, 2019
Mission Times Courier

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

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

TOWN HALL MEETINGS
Our normal schedule calls for a meeting on Nov. 26, but the week of Thanksgiving Day just doesn’t work, so we will not hold a Town Hall Meeting in November 2019.
Tuesday, Jan. 28, 2020 – A presentation by the local Census Team on the census procedures and the importance of a full count of persons in the community.
Tuesday, March 24, 2020 – Eric Bowley of San Diego Canyonlands will describe our role in the preservation of Navajo Canyon.
Tuesday, May 26, 2020 – Dr. Pat Abbott of SDSU will inform us on the geology of the Navajo area and the earthquake faults that define much of our building codes.
Tuesday, July 28, 2020 – We are working on a presentation that will explain how the State Legislature is dealing with the housing crisis. The primary focus will be how this centralized planning will affect our control

San Carlos Area Council news

By PATRICIA MOONEY

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

SEE SCAC, Page 24

Del Cerro Action Council news

By JAY WILSON

The Del Cerro Action Council (DCAC) held its quarterly meeting on Oct. 24 at Temple Emanu-El.
San Diego Police Department - Congratulations Officer John Steffen, our SFPD Eastern Division Community Relations Officer, for receiving his 15 year pin with the police department. Officer Steffen reported a total of five property crimes and vehicle break ins, two active arrests and seven moving violations in the Del Cerro area during the last reporting period. He also announced a drug take back program at the Eastern Division Police Station located at 9225 Aero Drive.

San Diego State University Police - Corporal Mark Petersen, the Police Community Relations Officer for SDSU, stated there were only 22 Adobe Falls complaints reported to the SDSU police department compared to 80 for the same time period last year. SDSU police continue to patrol the Adobe Falls area.

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

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

SEE DCAC, Page 15
As of Nov. 1, he has accepted a job with Assembly member Marie Waldron with the 75th State Assembly who represents north east San Diego County and Temecula in Riverside County. He lives in Vista. We are very sorry to see him leave and thank him for the great work he did for us.

Public comment – Chris Pearson, a former community relations representative for Council member Marti Emerald, spoke on behalf of a brush management program called silviculture. This process trims sideways growth to eliminate fire ladders that explode and disperse burning embers during wildfires. It’s a new ecologically sensitive technique that has not been tried in San Diego. Here is a link explaining the work: treeculturesandsiego.com. His request is for the DCAC to endorse silviculture and send a letter of support to the city of San Diego. The DCAC board will consider the request and check with the city’s Fire-Rescue Department before making a decision.

All Peoples Church – Pastor Robert Herber commented on the homeless encampments on the church property. He indicated the church was able to file a letter of agency which means the city does not have to seek permission to go on the property regarding the homeless and/or homeless encampments. They are also working with the neighbors and the city’s brush management staff. Now that the bird breeding season has ended for endangered species, the church will be conducting some brush clearing. The website is being updated to make more information about the church available to the public.

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

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

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

Here are some things you can do this season to save between 4 p.m. and 9 p.m. when energy prices are highest:

- Do laundry before 4 p.m. or after 9 p.m. when energy prices are lower.
- Caulk/weatherstrip doors and windows to save 10-20% on heating.
- Let hot foods cool off (1 hr max.) before placing them in the fridge.
- Turn off computers, TV’s and other electronics when not in use.
- Prepare meals in a slow cooker outside the hours of 4 p.m. and 9 p.m.

Find more tips at sdge.com/whennatters

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A FEW SMART IDEAS TO HELP YOU SAVE.
Del Mar Fair winners from PHHS

Photography students from throughout San Diego submitted pieces of their work to the San Diego County Fair this past summer. From the hundreds of photos submitted, Patrick Henry High School students took home two “Best in Show” Awards out of the 12 categories for the first-year photography students in grades 9–12. Congratulations to Devin Chubb (Class of 2022) for Digital Photo Composite of a butterfly made up of butterflies and Tiffany L. (Class of 2023) for Digital Manipulation of a pizza cutter. Patrick Henry offers its students three different photography courses and students of all levels submitted photos winning many first and second place ribbons to list. In addition to the two Best in Show awards these are some of the other first place winners (list is incomplete as projects were picked up over the summer by the winners):

- Louisa Robinson – Black & White / Color
- Alyna Uribe – Digital Manipulation
- Emily Hill – Black & White / Color
- Elianna Castillo – Digital Manipulation
- Jenna Kotyk – Color
- Jacqui Bagalini – Color
- Khang Diep – Digital Manipulation
- Devin Chubb – Color
- Mya Galloway – Black & White / Color
- Malia Daft – Color
- Alexis Kovacevic – Color / Digital Manipulation / San Diego County Lifestyles
- Iluma Guzman – Color
- Bella Carillo – Color
- Kylie Palmer – Color
- Ben Mantis – Black & White
- Megan Cheever – Color
- Elyns Gutierrez – Color
- Lilly Hubbell – Digital Manipulation

Girls Tennis earns CIF seed

Following an incredible 2018 season with a CIF Championship, the tennis program earned promotion to CIF Division 1 and the City Conference Western League to compete against the best teams in the county every match. Coach Romney knew that it would be a difficult challenge however had reason for optimism because she knew the fight of each individual player and the collective mindset that is now an ongoing tradition at PHHS. Her teachers have the utmost respect for patient care and safety.

San Diego Museum of Art Teen Council

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

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

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

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

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

PHHS. Her teachers have the utmost respect for patient care and safety.

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National Merit Scholarship semifinalist

PHHS is proud to announce that we had four students named as a Commended Student in the 2020 National Merit Scholarship Program. Commended students placed among the top 50,000 scorers of more than 1.5 million students who entered the 2020 competition by taking the 2018 preliminary SAT/National Merit Scholarship Qualifying Test. “Those being named Commended Students have demonstrated outstanding potential for academic success,” commented NMSC spokesperson. Congratulations to seniors Timber S. Carey, Kieran W. Hilmer, Chloe L. Morris, and Theodore M. Schuick for their hard work and dedication towards excellence in their academic endeavors.

—Elizabeth Gillingham is principal of Patrick Henry High School.

PHAME Calendar

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

• Dec. 5 — PHHS Improv Show (mature audiences), at 6 p.m.
• Dec. 3 — Green Elementary Holiday Sing, 4 p.m.–7:15 p.m.
• Dec. 5 — Green Elementary Holiday Sing, 5:30–7:15 p.m.
• Dec. 7 — Tubac Christmas in San Diego; Free entrance at 1 p.m.
• Dec. 12 — PHHS Choir Concert, 6 p.m.
• Dec. 19 – PHHS Instrumental Music Concert, 6 p.m.
• Feb. 5–9 — PHHS Drama Dept. presents “Fiddler on the Roof,” nightly at 6 p.m.
• Feb. 21 – PHHS Airband Concert, 6 p.m.
• Feb. 25–26 – VAPA Choral Showcase, nightly at 6 p.m.
• March 5–6 – Hearst Elementary Talent Show, 6 p.m., FREE!
• March 19 – PHHS ASB presents their Variety/Improv Night at 6 p.m.
• March TBA – PHHS Choir Concert, at 6 p.m. (see website for date)
• April TBA – PHHS Pops Concert in PHAME at 6 p.m. (see website for date)
• May 21 – PHHS Choir Concert, at 6 p.m.
• May 27 – PHHS Instrumental Music Concert, at 6 p.m.

Patriots giving Back to the community

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

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

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

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

Coach Mayisha also stated, “I love the way Patrick Henry’s football team came out to support their classmates. When I spoke to Head Varsity Coach JT O’Sullivan and Head JV Coach Teshawn about it, they were on board. That speaks volumes about our school and the support the students and one alumni gave to our community. She is sure to be a successful future. Great job Samantha!”
Sticky fingers

Restaurant Review

By Frank Sabatini Jr.

The signage hanging above the entrance in block letters simply reads “donuts.” The “o” isn’t illuminated, and the overall dull facade gives the impression of a place in transition. But it isn’t. Donut Panic has been around since 2014, ever since Mark Dami and his daughter, Linda Dami, took over the space from Sunshine Donuts. The name of the business is a clever play off the phrase “don’t panic” from the science-fiction book series, “Hitchhiker’s Guide to the Galaxy,” explained Linda.

Inside are a couple of couches positioned around a wooden coffee table. Music CDs hang from the ceiling. Floor speakers with their woofers exposed sit alongside a working turntable that looks straight out of the 1970s, much like the albums stacked on the shelves below it. In groovy font, the words “Keep Calm, Donut Panic,” pop boldly off a wall in orange and yellow colors, practically stealing the visuals from your final destination a few feet ahead — that being the illuminated display case of donuts. About 50% of the donuts are vegan. They’re made with potato flakes, which is Linda’s ingredient of choice for substituting the eggs and dairy that go into traditional donuts. She used to make them with soy milk, but customers began asking for soy-free options.
The first time I ever ducked in for a sugar fix, a vegan maple-bacon donut came to the rescue. The faux bacon has a coconut base, and the yeast-raised crumb offers a tad more chew compared to non-vegan donuts. But the appealing interplay of sweet and savory flavors will distract you from ever noticing.

“Lots of customers who aren’t even vegan say they crave them,” Linda noted.

Most recently I tried the vegan Neapolitan cake donut. It sports a vanilla crumb and is topped with strawberry and chocolate sprinkles. Very good and moist on its own, I nonetheless brought saturated fat into the experience by washing it down with a glass of cold milk when I got it home. “If it wasn’t for the cost differences, you’d never know these donuts are vegan,” Linda added. Her father worked previously in the security-management industry. As the shop’s front liner, most customers know him on a first-name basis.

“I wondered why I just didn’t go to culinary school,” she quipped. Her father worked previously in the security-management industry. As the shop’s front liner, most customers know him on a first-name basis.

One of the desirable qualities I’ve found with these donuts is that the donut crumb — whether it’s of the cake or yeast variety — melts in your mouth as rapidly as the glazes coating them. Such was the case with a regular apple fritter, despite its desirable denseness and crisp, sturdy exterior. A non-vegan raspberry-filled donut delivered a bright rush of fruity jelly oozing from the center. I didn’t care that the filling was artificially flavored. It tasted simultaneously sweet and tart, kind of like some favorite candy from my childhood.

Really, the only reason to “panic” at Donut Panic is if you tumble down that familiar donut hole in which you exceed your standard intake in one sitting. Mine is two. After that, I feel doomed by the calories, carbs and sugar. In total, there are about 40 varieties of donuts for the choosing. But they sell out quickly most days. Such was the case on a recent Thursday when I called the shop at noonish for an inventory check. I was told the pickings were very slim.

Breakfast sandwiches and dark roast coffee by Starbucks are also available. And on occasion, the space makes way for sporadic art shows and live music.

—Frank Sabatini Jr. is the author of ‘Secret San Diego’ (ECW Press) and began his local writing career more than two decades ago as a staffer for the former San Diego Tribune. You can reach him at fsabatini@san.rr.com.
MISSION TRAILS

Mission Trails programs offer knowledge, opportunities to give

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

There are many ways to enjoy Mission Trails in November, and we hope that you’ll mark your calendar for Giving Tuesday on Dec. 3 and plan to make a donation to support Mission Trails, wildness in our own backyard. You can make a gift at online at mtrp.org, call the MTRP Foundation with your gift, or come by the Visitor Center between 9 a.m. and 5 p.m. to make a gift in person.

**UPCOMING EVENTS AT MISSION TRAILS**

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

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

- **Thanksgiving Week Day Camp**
  - Nov. 25 through Nov. 27, 2019

- **HOLIDAY MARKETPLACE TO BENEFIT MISSION TRAILS**
  - On Sunday, Nov. 17, the MTRP Visitor Center from will be transformed into a seasonal marketplace featuring unique gifts.

- **Mission Trails**
  - Half of your purchase is benefiting Mission Trails.

**MISSION TRAILS**

- Holiday Marketplace include Kumeyaay pottery, baskets, and jewelry;
- Hand-carved bowls made from locally sourced wood by members of the San Diego Woodturners; a range of titles from Sunbelt Publications and book signings all day; leather goods, one-of-a-kind jewelry, home goods, cards, and more!

**THANKSGIVING WEEK DAY CAMP**

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

**TRAILS**

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

**KEIL’S ENCOURAGES SUPPORT FOR MISSION TRAILS**

- Many thanks to Keil’s for encouraging their shoppers to “round up” for Mission Trails. During the month of November, cashiers will ask patrons whether they’d like to round up to the next dollar (or more) to help support the park, which is in mere blocks away from Keil’s, a cornerstone of the community. Cashiers will also have copies of a new brochure about the park so that shoppers can learn more about the incredible resource in our midst, which boasts more than 7,200 acres, 6.5 miles of trails, and is one of the largest urban parks in the United States. Kudos to Keil’s for showing their support of this regional treasure, and for encouraging their shoppers to support MTRP, too.

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

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**MISSION TIMES COURIER**

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**Holiday Tips for Staying Trim**

- **Stay active.** During the winter, most people tend to stay inside, curl up on the couch and watch holiday movies and football to avoid the colder weather. While that is enjoyable, being a couch potato will slow down your metabolism, and lead to less calories burned. So, get up and enjoy some outdoor and indoor activities to keep your body moving during this holiday season, and you will thank yourself come spring.

- **– Mike Edwards Personal Trainer at Envision Personalized Health**

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**Hiring a personal trainer can help with weight loss, meaning each pound lost is burned calories.**

**The holiday season is upon us, and with it comes all the holiday treats.**

**From Halloween candy, to Thanksgiving dinner, to Christmas parties filled with alcohol and sweets, it is easy to overeat on all the calories.**

- **On average, adults will gain 1 to 2 pounds from Halloween to the end of the year.**

- **According to the American Society of Clinical Nutrition, the majority of those people are unable to get rid of that weight, meaning each pound is stuck on your body.**

- **Here are a few tips to help keep the weight off and still enjoy your favorite holiday foods.**

**Exercise.** With the stress and busyness of the holiday season, it is easy to put your fitness routine on hold. Keeping the body moving and putting on lean muscle mass will help boost your metabolism during a time where the calorie-rich foods and cold temperatures tend to slow us down. A 30-60 minute workout 2-3 times a week, will not only help control your weight, but also help relieve some stress.

**Watch the liquid calories.** Alcohol, holiday drinks add up quick. A small glass of alcohol caging is close to 400 calories, so 2 small glasses is over half of the average daily calorie count. Drinking an alcoholic beverage makes it easier to overindulge on the holiday treats. Try to stick to calorie light drinks, such as vodka tonic or light beer, and drink plenty of water.
The invasive Italian white snail

By MARTY FINK

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

They are invasive Italian white snails (Theba pisana) and are found in coastal habitats with warm-to-hot arid climates, thriving on alkaline soils rich in loose calcium carbonate (limestone). The shell is almost always a solid, dashed, or dotted dark-stone (Fig. 32). The shell is almost always creamy white and may have a solid, dashed, or dotted dark-brown spiral, or no markings at all.

Originating in the Mediterranean region, the first North American sighting was in La Jolla in 1914. The snails were eradicated four La Jolla city blocks. By 1922, they were found in 22 different La Jolla locations and at the Scripps Institute for Marine Studies.

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

The Italian white snail is a hermaphroditic so any snail can lay eggs. The eggs hatch no sooner than 20 days later depending on surrounding moisture. Hatching may be delayed in dry conditions.

The eggs are laid in a 1-3-centimeter-deep cavity dug by the snail. The snails may appear lifeless, even dead, but have reportedly been eradicated in those two counties, although isolated clusters have been sporadically found. They remain firmly entrenched in San Diego County.

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The invasive Italian white snail (Photo by Marty Fink)

iNaturalist observation of the month: Song sparrow

By PATRICIA SIMPSON

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

Mission Trails Regional Park trail guide Millie Basden recently came upon a song sparrow bathing on the west edge of Lake Murray as seen in her iNaturalist observation found at bit.ly/2plH1Ud. Bathing is a favorite activity for birds. It helps clean the feathers from debris and parasites. In one of Basden’s photos, we can observe beads of water rolling off the back and the tail of the bird, reminding us that ducks and geese are not the only ones enjoying nice waterproof feathers.

Ever wondered why birds don’t get soaked? The most common theory is that birds reach a special lethal limit, 115 degrees Fahrenheit. Upon climbing they go into estivation, a prolonged torpor or dormancy during the hot, dry season. They also form a wall of thick, dried mucus across their shell opening to reduce water loss, thus being able to reproduce over a single breeding season.

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The invasive Italian white snail (Photo by Marty Fink)

Song sparrow (Photo by Millie Basden)

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

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Discovering the scaly-breasted munia
How a house pet native to India became an official California bird

By CYNTHIA ROBERTSON | Mission Times Courier

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

I picked up my camera and zoomed in on the new birds. They had an interesting pattern on their chest and stomach and a russet color on their backs. Their thick beaks chucked me in that the birds were finches of some kind. I had never seen them around but remembered seeing somebody’s post on one of the local Facebook photography groups about a finch that was now prevalent in San Diego. Try as I did, I could not again locate that post about the bird.

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

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

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

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

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

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

He explained that the scaly-breasted munia has been seen in Southern California since the 1980s and was known to be nesting in the wild from at least 1997 onward. By 2014, it had met the California Bird Records Committee’s criterion of nesting in the wild for at least 15 years, as well as having an increasing population covering a substantial geographic area.

Although the Bird Records Committee has no explicit criteria for the size of a population in order for it to admit a new exotic species to the California list, by now the population of scaly-breasted munia is several thousand. “So it clearly has cleared however high a bar could have been set for it.” Unitt said. I knew that whenever a new bird is introduced into a habitat, there is always danger of it affecting the ecology, so I asked Unitt about that.

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

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

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

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

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

“Then said. I don’t think the species’ biology is well known. Certainly very little has been published on it,” he continued.

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

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

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Happenings at the Allied Gardens/Benjamin Library

Some of our regular visitors may already recognize our newest employee, Masha Dailey. Masha started as the Allied Gardens/Benjamin Library several months ago in a temporary position. We were very fortunate to have her come on board several weeks ago as a full-time regular library assistant II. Masha enjoys arts and crafts with a preference for sketching and knitting. She is an animal lover and San Diego native (although she spent a few years in Arizona). If you enjoy poetry, holistic reading and psychology, Masha is the person to talk to since those are the books she most enjoys reading. Please stop in and say “hello” to our newest team member!

FOOD DRIVE FOR SAN DIEGO FOOD BANK

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

PROGRAMMING FOR ADULTS:

- **Essential Oils 101**
  - 2:30 p.m., Saturday, Nov. 9
  
  Are you curious about aromatherapy and other uses for essential oils? If so, this presentation will provide information on the many uses for oils, why quality matters and debunk some commonly believed myths. Free to attend but we ask that those interested in attending register online or by calling the branch at 619-533-3970.

- **Introduction to Herbalism**
  - 10 a.m., Saturday, Nov. 23
  
  Local author, Rhea Iris Rivers will talk about her book, which details home remedies for a variety of ailments. Join us as we learn about ways to improve your immune system to fight mono, HPV, flu, cancer and more. Attendees will also learn about an effective way to increase energy without the use of stimulants. Books will be available for purchase.

- **Vegan Adventures: Holiday Desserts**
  - 6 p.m., Tuesday, Nov. 12
  
  Attendees will learn tips and tricks for “veganizing” desserts. Participants are sure to enjoy this “hands on” program; tasting included!

PROGRAMMING FOR YOUTH:

- **Homework Club**
  - Mondays, 2-4 p.m. and Wednesdays, 12:30-1 p.m.
  
  Elementary and middle school students are welcome to stop in for homework assistance or quiet study on Mondays and Wednesdays when school is in session.

- **Free play for babies and toddlers**
  - Most Fridays from 10-10:45 a.m.
  
  Little ones will have the opportunity to play in an unstructured setting while adults chat and connect with one another. We’ll sing a few songs, and enjoy bubbles while making new friends. Older siblings are welcome.

- **Snowman Coloring Contest**
  - Dec. 1 through Jan. 3
  
  It’s time for our annual coloring contest for all ages! Stop in for a coloring sheet and bring us the completed masterpiece to be considered for a small prize. All works of art will be displayed during the month and a winner will be selected for each age category.

- **Cookie Decorating**
  - Two sessions on Wednesday, Dec. 11, at 4 and 4:30 p.m.

  Are you a cookie lover? Do you like to decorate? If so, we have the perfect program for you to participate in the work of this organization relative to Navajo Canyon. Once we have a clear picture of this involvement we will reach out to you by way of our Newsletter, this monthly article, and our email contact list. Until then you can learn more about the organization and its schedule of activities at sdccan-ylands.org.

WEBSITE

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

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

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

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

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

Here in San Carlos, on Halloween, a man who picked up a jack-o-lantern with a candle inside lit his costume on fire and got away from them. Art in San Carlos, on Nov. 4 to Dec. 28.

Terry Naughton returns as our featured artist from Nov. 4 to Dec. 28. A 1977 Patrick Henry High School graduate, Naughton has become a much sought-after, award-winn- ing, independent illustrator.

For 17 years, he was an animator with Walt Disney Studios, working on almost every feature film produced by Disney from 1985-2002. If you wish to be added to the Interested Persons List or have a topic you would like to learn or talk about, please contact San Carlos Area Council VP Patricia Mooney at patty@crystalpyramid.com.

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

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

This is your chance to see up close a trash truck up close and meet a community sanitation driver.

NEWS: SCFOL board members all voted to eliminate membership dues, so any community member can join the board (ages 18 and over) or simply come to our monthly meetings. We usually gather on the first Wednesday of the month at 6:30 p.m. at San Carlos Branch Library, 7265 Jackson Drive.

Our holiday meeting will occur on Dec. 11, so bring a dessert or dish to share, as this will be a great way to meet your San Carlos neighbors.

If you wish to be added to the Blandon Foundation CEO Patrick Bloom have dried to a crackling crunch, providing fuel for fire. You also have the opportunity to see the remnants of this Spring’s Super Bloom have dried to a cracking crunch, providing fuel for fire. Santa Ana winds can whip up to a 100 miles an hour and devastate homes, land and families.

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Saturday, Nov. 9

Craft Fair

Ascension Lutheran Church is hosting a holiday craft fair, featuring crafts, jewelry, scarves, quilts, ornaments, home decor and sweet treats. Proceeds benefit the church's ministry outreach to the community. 9 a.m.-1 p.m. at Ascension Lutheran Church, 5102 Zion Ave. For more information, call 619-582-2636 or visit ascensionchurch.com.

Genealogical presentations

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

Sunday, Nov. 10

Fred Benedetti concert

Fred Benedetti began playing guitar at the age of 9. In 1986, he was one of 12 guitarists chosen worldwide to perform in the Master Class of Andres Segovia at USC. He has performed with the San Diego Symphony. The San Diego Opera, the Starlight Opera, the American Ballet Company, at the Old Globe, with Luciano Pavarotti, and with jazz legend Dave Brubeck. Fred is equally at home playing classical or contemporary music. He is a member of the Odeum Guitar Duo, the band Blurring the Edges, and a member of the band Hot Patrons that plays Klezmer music. He is also a member of the Benedetti/Svoboda Guitar Duo. Presently he is an associate professor of music at Grossmont College, and is a member of the guitar faculty at San Diego State University. Free, hour-long show starts at 3 p.m. at Mission Trails church is located at 4880 Zion Ave.

Monday, Nov. 11

Night Shift at Pal Joey's

Prior to the one-year closing of Pal Joey's in the late '90s, Night Shift frequently played at the popular Allied Gardens bar. It is at Pal Joey's where Night Shift gained a considerably large fan base that spans throughout San Diego County. By popular demand, Night Shift is returning to play at Pal Joey's, 19417 Waring Road, Nov. 15, 8 p.m.-midnight. Visit pajoeysonline.com and nightshiftrocks.com.

Monday, Nov. 18

Movie: 'Hannah and Her Sisters'

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

Thursday, Nov. 14

Birds Along the Trail

Learn about 20 birds at Mission Trails including where they can be seen, hear their call or song, and learn facts about the birds presented. 6:30-8 p.m. at Mission trails Regional Park. 1 Father Junipero Serra Trail. $10 tickets available at bit.ly/2x9viju.

Casino Fundraiser

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

Wednesday, Nov. 13

Mozart Children's Choir

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

Monday, Nov. 25

Movie: 'Hannah and Her Sisters'

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

Featuring Hunter Hayes, a country artist who first rose to fame in 2010 with his number one hit “My Town.” He has since released seven albums and has been nominated for numerous Grammy Awards. Doors at 6:30 p.m. at Holley Monkey, 4750 Mission Gorge Place. $20 tickets available at bit.ly/31WDFire.

Sunday, Nov. 17

Watooto Children's Choir

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

Monday, Nov. 18

Movie: 'The Tomorrow Man'

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

Thursday, Nov. 21

Art Show & Craft Sale

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

Wednesday, Nov. 13

‘On Golden Pond’

Through Nov. 10

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

Sunday, Nov. 10

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News briefs
CONTINUED FROM PAGE 7
follow Del Cerro Fall Festival on Facebook! This event is made possible by Hearst PTA and our many supporters of parents, friends, neighbors and local business sponsors.
—By Peggy Han

JUNIOR ACHIEVEMENT, UPS STORE REOPEN BIZTOWN

On Oct. 30, Junior Achievement San Diego and The UPS Store, Inc. hosted more than 100 children at Junior Achievement’s BizTown in Grantville for a grand reopening of The UPS Store. Students from Grantville for a grand reopening of Junior Achievement’s BizTown in Grantville for a grand reopening of The UPS Store. Students from The UPS Store, Inc. recently invested in its store at BizTown by remodeling it to align with the company’s new store design concept that is currently being tested in San Diego and locations across the country.

All students start their ‘job’ by visiting The UPS Store to gather all supplies and deliveries needed to make their business operational.

JA BizTown “citizens” work in one of 21 businesses, make personal financial decisions as well as for their business, hold business meetings, pay taxes and donate to charity. The UPS Store, Inc. has been a strong supporter of Junior Achievement for more than 12 years, donating over $25,000 in grants each year totaling more than $600,000.

10,000-square-foot mini-city in Diego and Jefferson Elementary both Museum School in San of The UPS Store. Students from Grantville for a grand reopening of Junior Achievement’s BizTown in Grantville for a grand reopening of The UPS Store. Students from

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

LOSS DUTCHMAN

Pools and Spas

$36,995.00

14 X 28 Faux Rock Pool $36,995.00

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Now everyone in your home can have a personalized comfort zone. A Mitsubishi Electric Zoned Comfort Solution™ gives you a heating and cooling system that allows for more control over the temperatures in your home, and does it better than a traditional central heating system.

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- Quieter than a human whisper.
- System can be operated remotely using a smart device.
- Our systems are compatible with popular smart thermostats.
- Hyper-Heating INVERTER® technology can warm your home in temperatures as low as -13° F.

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