Mission Trails clears hurdle toward expansion

MISSION TRAILS
‘California Tapestry’

Mission Trails Regional Park, already considered to be one of the crown jewels of parks in San Diego, is poised to become an even bigger and brighter gem for outdoor enthusiasts.

On May 21, San Diego City Council voted unanimously to approve a master plan update (MPU) for Mission Trails Regional Park (MTRP) that maps out how the park will expand acreage, improve infrastructure, provide more outdoor activities, improve trails, and better protect habitat and natural resources.

“Mission Trails is a special place for me, just as it is for thousands of other San Diegans,” said Councilmember Scott Sherman in a statement after the vote. “The area was my playground as a child even before it became an official park, instilling a deep appreciation for the outdoors that I still carry today. I thank the City Council for approving this update so we can continue investing in this natural treasure.”

The most significant change in the MTRP master plan update — it’s first since 1985 — is the addition of new acreage in the East Elliott and Sycamore West sections of the park. The update will increase the size of MTRP from 5,380 acres to approximately 9,780 acres with the potential to acquire additional property in the future — mostly from a planned annexation of the Sycamore Landfill property. Other areas of park expansion would be from private landowners in East Elliott.

As of now, there are no legal trails in East Elliott. Current trails are utility access roads and user-created trails that cross public and private land and are not formally designed or planned and have no legal access. The MPU contains recommendations that provide guidance for the long-term development of a trail network within East Elliott area that can be implemented as lands are brought into public ownership or

See plan update, Page 22

Fireworks a go despite funding shortfall

Since the July Fourth fireworks display and music festival at Lake Murray was brought back in 2017 after a six-year hiatus, thousands of residents of the Navajo neighborhoods, La Mesa and visitors from all over San Diego County have enjoyed the event and its high-quality family fun and entertainment. This year’s festival promises to deliver much of the same. However, organizers are worried about a lack of money raised to seed next year’s event and are calling on the community to see fireworks, Page 3

Volunteer organizers for the Lake Murray Fireworks and MusicFest fundraiser at La Mesa’s Flag Day Parade on June 1. (Photo courtesy Tracy DeitKamp)

NEWS BRIEFS

Housewarming gift

Ascension Lutheran Church is fundraising to purchase a “housewarming gift” for the new residents of the Zephyr housing complex, which recently opened in Grantville. Zephyr houses previously homeless veterans and the church is raising funds to install flagpoles that will hold flags from all the branches of the U.S. military.

People interested in making a tax-deductible donation toward the flags and flagpoles, can call 619-582-2636; visit ascension-church.org; or send a check to 5106 Zion Ave., San Diego, CA 92120. Credit card donations can be made to bit.ly/ZHUC3YI.

SEE NEWS BRIEFS, Page 3
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to step up and donate what they can to ensure the local celebration of our nation’s birthday continues into the future.

According to the Lake Murray Fireworks and MusicFest GoFundMe page, the group has raised $60,000 of its $85,000 goal, with much of those funds coming from sponsors such as title sponsor Stormberg Orthodontics. Despite the $25,000 shortfall, the show will go on.

“Right now it’s happening,” said Rob Hotz, a volunteer organizer of the fireworks festival. “We have enough to pull it off this year. We have dipped into the majority of our savings from previous years in order to do that.”

What that means is that there will be no seed money for next year’s event. Seed money is required for the necessary permits and fees, and for the vendors that need deposits several months in advance to provide fencing, portable restrooms, the concert stage and even the fireworks display itself.

“They need the money well before the core of our fundraising effort for that year, so dipping into our savings this year as much as we have does put a damper on what we could pull off next year, or if we can pull it off next year or not,” Hotz said.

The fundraising strategy for the fireworks event is two tiered — get corporate sponsorships and also raise money from residents who attend the event through corporate sponsorships and typically raise around $6,000 during the festival, Hotz said, but it is not something he and the other volunteers prefer to do.

Festival organizers always have a booth at the event with a jar to collect donations and typically raise around $6,000 during the festival, Hotz said, but it is not something he and the other volunteers prefer to do.

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“A view of the 2018 Lake Murray Fireworks crowd. Festival organizers are hoping people attending this year will donate to ensure the event continues in 2020. (Photo by Brett Alan, brettalanphotography.com)
SDSU Mission Valley site redevelopment plan proposed uses
Research & Innovation hub: 1.6 million square feet; 5,000 underground parking spaces
Parks & open space: 89 total acres
Housing: 4,600 units on 15 blocks
Retail: 95,000 square feet
Hotels: 250-room conference hotel, 150-room select service hotel
Stadium: 35,000 multi-use capacity
Tailgating: Shared community park with 1,000 game-day parking spaces

The SDSU West proposal won out over a competing proposal, SoccerCity, in last November’s general election. Voters, by a 69.5% margin, rejected the SoccerCity proposal, while favoring the SDSU West plan by a 54% majority.

The speakers all gave brief presentations before a small-group workshop session.

Cary Lowe, board member for C-3, which is dedicated to preserving the region’s built and natural environment, in introducing Gregg noted she would discuss “the relationship of the universities as a whole to the surrounding community.”

“We’re very excited about this project and the outreach with different stakeholders: This is your backyard,” enthused Greg. “The university is totally interested in developing this project to its highest and best use. We really want folks to understand what our initial plan is, give them the tools they need to be part of the [planning] process and have a voice.”

“Obviously, this is very important to us as community members living across the street from the stadium site,” said Frankel of MVPG, which is completing its community plan update. “It’s really exciting for the future.”

“How do we create a walkable, livable, transit-friendly space in Mission Valley?” asked Frankel. Characterizing the stadium’s existing trolley system as “one of the most underutilized in the entire network,” Frankel added, “This is a great opportunity to implement the vision of our [new] community plan and really make it a model for urban design and sustainable development, as we look ahead to the next 20, 30 years in Mission Valley.”

Stepner, a former city planner, gave a brief history of Mission Valley, noting it started out as a dairy and agricultural center.

“Somewhere along the line we lost that vision,” he said.

The architect described Mission Valley’s subsequent development as “a fragmented and uninspiring image, an uncompleted jigsaw puzzle near impossible to walk.”

Added Stepner. “With a strong vision, this can be not just another development in the valley. This needs to be done with the highest possible architectural and landscape standards to rebuild Mission Valley. We want Mission Valley to be the model for how we do things better.”

The room then broke into small groups to discuss access and mobility, open and public spaces and design principles and concepts for incorporating the Qualcomm site into Mission Valley.

One small group included: Mark Carpenter, principal planner of KTUA planning and landscape architectural services firm. Jeff Marston, past president of The California State University Alumni Council; Cary Lowe of C-3; Eduard Schmiege, longtime Tierrasanta resident; and Denise Friedman of Pacific Beach Town Council.

“There’s talk about connecting this site to the city as a whole,” said group leader Lowe. “Any thoughts about the need to improve connectivity?”

“It’s not always easy doing public transportation if you’re older or disabled,” answered Friedman.

“Not everybody is a millennial.”

“The SDSU West proposal won out over a competing proposal, SoccerCity,” said Friedman. “We really want this space to the city as a whole, not just Mission Valley, noting it started out as a dairy and agricultural center.

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“There’s talk about connecting this site to the city as a whole,” said group leader Lowe. “Any thoughts about the need to improve connectivity?”

“It’s not always easy doing public transportation if you’re older or disabled,” answered Friedman.

“That’s difficult,” replied Lowe. “Fria’s Road runs for miles. It’s like a mini freeway.”

Lowe noted another redevelopment challenge is creating a river park through the project site that he said, “Can’t be seen and really doesn’t connect to the river in some way.”

“That is checking the box for open space and adding recreational amenities,” agreed KTUA architect Carpenter who asked, “But is that a proper balance between public versus programming space?”

“I would rather park farther away and walk,” said Marston about proposed underground parking. “What is being looked at is the role of public transit in this. The hope is there’s enough people out there who would take transit so the 4,000 to 5,000 dedicated parking spaces for a particular event is enough.”

Concerning design, Friedman said, “I like tying it in with the architectural style that exists on [the SDSU] campus and making that connection. It looks like this is very dense with buildings, and not much green space and ways to get around. It doesn’t look pedestrian-friendly.”

Lowe discussed the redevelopment project’s timetable.

An artist rendering of the river park hike and bike trail proposed for the future SDSU West campus. (Courtesy SDSU)
BILLS FACE MORE PENALTIES

So far, the TTC has collected 99.2% of first installments and 97.5% of second installments. There weren’t any real surprises for me, said Marston. People had a bunch of ideas. They included the bridge over the river, bike path down from Normal Heights and adequate parking. There was also a little grumbling about keeping the stadium and rebuilding it, which actually messes up the whole site plan. That train has left the station. It was also so disorienting to hear that the meetings in council districts, sponsored by council members, are not being well attended.

I inspected certain parts of the site [SW and SE corners] and also the south bank, said Schmiege. The noise from [Interstate] 8 traffic is extremely high. This section of the freeway is in need of sound protection walls. Construction of building homes, and Schmiege gave their impressions.

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“First the university has to acquire the property; they’re in negotiations now,” he said. “They hope to have this environmental impact report certified and the deal done by the end of the year.”

Anticipating litigation, which Lowe said will take “at least a few months, if not a year,” he added the plan is to demolish the old stadium and start on the new one by early next year.

This year you got the river park, which has to be in within two years after they break ground on the stadium,” added Lowe. “Then you got the housing. Those [units] would be phased in with demand.”

Following the C-3 breakfast dialogue, both Marston and McAllister plus a $10 fee if the second installment was late and will receive another 1.5% penalty if the second installment was late. Threat of increased penalties is not the only incentive for people to pay their taxes. Under California state law, the TTC may sell properties that have been in default for five years.

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Following the C-3 breakfast dialogue, both Marston and McAllister have pledged to give 5% of all proceeds on Thursday, June 27. The family-owned and operated DMiller’s Italian Restaurant in Normal Heights is a proud supporter of Day of Giving and has pledged to donate 20%. And Cothrusts, a local barbecue shop near SDSU that serves the communities of Rolando, Del Cerro and La Mesa, will donate 10% of all proceeds.

All three restaurants are frequented by dog owners because of their pet-friendly patio areas. Other restaurants include local Luna Grill locations and Anthem Vegan in North Park.

The Day of Giving event has a goal of raising $500,000 for SDHS programs and shelters.

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News briefs

CONTINUED FROM Page 3

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36,000 LATE PROPERTY TAX BILLS FACE MORE PENALTIES

San Diego County Treasurer-Tax Collector Dan McAllister began sending 36,489 notices on May 29 to property owners who did not pay all their 2018-2019 property taxes. The notices warn owners that they face more penalties if they do not pay their taxes. Under California state law, the TTC may sell properties that have been in default for five years.

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On July 1, any unpaid bill will go into default and will receive another 1.5% penalty each month, said McAllister. That penalty amounts to 18% per year. I want to save people this hefty fine and encourage them to pay their bills as soon as possible.

Property taxes are due in two installments — the first in December and the second in April. Each late installment has already incurred a 10% penalty, plus a $10 fee if the second installment was late. The total of late taxes due is $109 million. The Treasurer-Tax Collector’s Office (TTC) mailed 3,000 more late notices this year compared to last, when $87 million in property taxes was due before the June 30 default deadline.

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Guest editorial

Monthslater: Our imperative to resurge following anti-Semitic terrorist attack

By DAVIV WANG

Just half a week after the domestic terrorist attack at Chabad of Poway, I received a text from my brother. As a first-year student at Columbia University, engulfed in final exams, I found his “how are you?” particularly reassuring. Diverging momentarily from our banter on family and classes, with the synagogue shooting lingering on my mind, I tucked on “And how is San Diego?” to the end of our messages. Buried beneath my brother’s anxieties about Advanced Placement exams and high-school course selection were four words—his reply—that made me scoff: “San Diego is reeling.” My laughter about a sub-ject so somber surprised and stung me. Yet, upon further introspection, I realize that the spontaneous, scornful sounds that had slithered from my throat were not unfounded. In a Columbia dining hall just a few nights prior, I had watched an “hundreds” filled Valle Verde Park for a candlelight vigil. In San Diego County—a city of 3 million “strong”—would you in fact go so far as to memorialize its fallen, especially on a Sunday evening? What had been my scorn become my sorrow. Despite murder and blatant anti-Semitism, my community’s outrage was told and short-lived. Despite an inundation of “this can’t keep happening” posts on my Facebook feed, my neighbors’ activism rarely surpassed a like. Despite all-caps, sans serif headlines that plastered the CNN homepage for a few hours of April 27, sweeping action against anti-Semitism and domestic terror by my reeling community had not, has not, and will seemingly never come.

A tremendous disparity exists between how we Americans respond to foreign and domestic terrorism. For the former, our nation has spent nearly 1 trillion dollars in Afghanistan—the longest-running war in its history. For the latter, domestic mass shootings and bubbling extremism receive thoughts, prayers, and failed demonstrations alone.

One explanation for this gap is what Harvard Law School Professor Cass Sunstein calls the “Goldstein Effect.” Sunstein postulates that an identifiable perpetrator is essential to fueling outrage and spawning tangible democratic change.

While our hands pinned radical Islamic terrorism on Osama Bin Laden, to whom do our fingers point for domestic terror and anti-Semitism? No one. For this reason, these evils are especially foul. They are poisons without a distinct scent; they fly undetected until hatred becomes our throat were not unfounded. In introspection, I realize that the sting me. Yet, upon further

While I laugh about our inability to identify a perpetrator for the root causes of the Chabad attack is a consequential shortcoming for our city’s response. Given this challenge, what then are we supposed to do? Another culprit for our inaction is the lack of solutions we hear. While the media swarms to cover Elizabeth Warren’s proposal for student debt relief or Donald Trump’s for a coal-pow-ered energy revolution, no one widely covers resolutions to anti-Semitism or domestic terror.

When Fox News’ debates on these topics stream and scream through our screens, we further become conditioned to these debates’ fundamental premise: that anti-Semitism and domestic terror may be debated, that their threat may not be real. According to the canonical psychological work of Amos Tversky and Nobel lau-reate Daniel Kahneman, any information made more available to us more rapidly grafts itself into our consciousness. Therefore, these skewed messages about anti-Semitism and domestic terror distort our perception of the synagouge attack and sedate our urgency.

When mentioning my brother Wednesday, I probed further, “Is SD actually reeling?” He responded, “No. Honestly not reely.”

While langour summarizes our present, action and activism must define our future. In his op-ed in the New York Times, Rabbi Yisroel Goldstein of Chabad of Poway resurges in pride and resolve to never lose his Jewish identity and faith again. San Diego, it is our turn to surge forth. Although, write to call us out for our lukewarm reaction to a domestic, anti-Semitic terror attack in our home, I doubly call us in to rupture our idleness.

While there is no easily iden-tifiable perpetrator to blame for anti-Semitism and domestic terror, let us seize the responsibility to fight back anyway. While many of us have no Jewish blood, let us comfort our Jewish neighbors who lost theirs. While ma-ny of us possess no Judaic faith, let us invite others to fortify the memory of this tragedy, inspire outrage against anti-Semitism, and pursue change even if we cannot completely fathom it. Only then, will our “this can’t keep happening” become a victorious affirmation that it won’t.

—David G. Wang is a San Diego native and first-year student at Columbia University in the city of New York.

Letters

ALL PEOPLES CHURCH
Re: “New church proposed for College Avenue property” [Volume 25, Issue 5 or bit.ly/2XIfg3]

I live on Marne Avenue. I oppose this project. In my opinion, your article is lacking in many respects. An affinity for the church is the reason ColRich pulled out — this is nonsensical. You then quote the representative saying if the church isn’t built, homes will be built. By whom? I asked at the first meeting about the budget. The preacher said $1.3 million. Why wasn’t this mentioned in your piece?

I hear the Navajo Board precluded any further inquiry into the budget. This same board/coun-cil voted against ColRich, but the city unanimously reversed based on the sup-posed need for housing. The plans to date don’t show a parking garage. Why? Now homeowners on Marne will face a parking lot. Nothing to see here.

The gym and classrooms obviously won’t be restricted to use on Sundays. Yet the traffic study allegedly being done is restricted to weekends. No one has ap-proved a traffic light or another entrance. Given the traffic that already exists and the topography, add-ing a light or intersection will likely lead to serious accidents.

For 65 years this parcel has a gulf. There is good use for this lot. The builders and planners knew what they were doing.

—Larry Dawson, Del Cerro.

First, let me say that I am no critic and really not qualified to judge someone else’s writing. I just want-ed to say I read the article that you wrote on the All Peoples Church, and in my opinion you did an excel-lent job, thank you.

—Joe Neg, Del Cerro.

MORE CAN BE DONE
Re: “Program fights food insecurity with SUDSD annual lunches” [Volume 25, Issue 5 or bit.ly/2iMVnK1]

I recently read your article about addressing food insecurity through the reclaiming and redistribu-tion of school lunches. I am a teacher at one of the schools mentioned in your

“Program fights food insecurity with SUDSD annual lunches” [Volume 25, Issue 5 or bit.ly/2iMVnK1]

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San Diego school districts should consider building teacher housing

By MARK POWELL

California is experiencing a teacher shortage — even though the enrollment in teacher credentialing programs is rising, the numbers just aren’t high enough. Many California teachers have already departed to less-expensive states where housing costs are more in line with salaries, which has exacerbated our teacher shortage.

In San Diego, a school teacher needs to make $10,986 a year in order to afford a median-priced single-family home. With the average public school teacher salary at $63,113, purchasing a home is unlikely. San Diego is one of the most expensive cities to live in, with rents among the highest in the state. Due to the common law required that homes or apartments be open to anyone who meets the low-income requirement if they used state and federal low-income housing funds or tax credits. But another law[6] passed in 2017 exempts school districts from some of the usual requirements related to the sale or lease of property if it will be used for employee housing. Districts no longer have to convene an advisory committee when they want to use school facilities. Other funding mechanisms to finance the construction of affordable housing projects can be built using several different funding sources, including general obligation bonds that are issued by school districts and community colleges, to finance the construction of facilities. Non-teaching district employees who are usually paid less than teachers also need affordable housing, so they would be included in the teacher affordable-housing program. District-owned affordable housing projects can be built using different federal laws such as district-owned affordable housing projects need to be given serious consideration, because San Diego is still behind most other cities in building housing, which is keeping rents and home prices too high, especially for teachers.

—Mark Powell is a San Diego Association of Realtors board director and San Diego County Board of Education trustee. He’s also an adjunct professor at National University.

Letters

CONTINUED FROM PAGE 6

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tion program is an important and valuable service, howev-
er, what the article does not address is the amount of food that is wasted once the stu-
dents leave the serving line. On a daily basis, I witness pounds and pounds of uneat-
en food being thrown away. My understanding is that un-
der federal law, students who are on free or reduced lunch must take complete servings of every food group and can-
not leave the student serving line until they do so. What I see happening is too much of this food being immediately thrown away in the garbage cans inside the cafeteria.

I don’t know the legalities, but it must not be lawful for that food to be saved once it’s landed on a tray and left the serving area. So while I applaud the efforts to recover unused or unserved food from the cafeteria kitchen, it’s still just a fraction of what could be redistributed under more relaxed federal or state re-
quibitions that saves unused food before it is thrown away.

—Ken Hughes.
Big Blue Wave Independence Day Celebration

By TINA RYNGBERG and JEFF BENEDECH

On Wednesday, July 3rd, La Mesa Foot山上 Democratic Club will usher in our Independence Day Celebration with a gala barbeque at Harry Griffen Park in La Mesa. Co-sponsored by the San Diego County Democratic Party, this year’s picnic promises to be the best ever.

All members and guests are invited to congregate at the amphitheater at 5 p.m. for three hours of fun, barbeque hot dogs, music, snacks, beverages, desserts, and our traditional pie-baking contest. Bring a lawn chair, blanket or just sit on the grass in this wonderful park located right behind Grossmont High School, at 9550 Milden St., La Mesa, 91942. While we’ll supply the dogs, chips, desserts and drinks, feel free to bring a picnic dish to share, and your own cooler if you wish.

There’s no admission charge for The Big Blue Wave Independence Day Celebration that will feature great candidates and public servants from all over San Diego County. We may have a surprise guest or two as the lead up to the election year heats up. California’s primary election is early next year and we should have a big say in which candidates will further our progressive ideals on all levels of government, including president. No matter what, we must all work together to end the disaster that is a Trump administration bent on undoing decades of diplomacy and compassion here at home. Our planet’s future depends on a new governing regime in Washington not beholden to fossil fuels, corporate welfare and special interest lobbyists.

We’ve invited the San Diego Democratic Congressional Delegation, all statewide office holders, local Assembly members and San Diego County officials, County Supervisor Nathan Fletcher, other significant local Democrats, and all Democratic candidates for San Diego City, County and State City offices at all levels. Celebrate Independence Day with a party in the park like no other. Our La Mesa Foot山上 Democratic Club represents the communities of San Carlos, Allied Gardens, Del Cerro, La Mesa, College Area, Santee, Mt. Helix, Casa de Oro and Spring Valley and other close-by areas. We normally meet the first Wednesday of each month at the spacious La Mesa Community Center, 4975 Memorial Drive, just north of University Avenue in La Mesa. Please join us as a guest or become a member, with our moderate annual dues starting at $30. However, at our Big Blue Wave Independence Day Celebration in July, new members can join for as little as $15 each for the remainder of 2019. Like us on Facebook and check out our new website at lamesafoothillsdemo-craticclub.com.

—Tina Ryngberg is president and Jeff Benedech is vice president of programming for the La Mesa Foot山上 Democratic Club.

Proposition 13 protections under assault

By PAT DOBNER

Susan Shelly, vice president of communication for the Howard Jarvis Tax Association, gave an eye-opening talk at the May meeting of the Republican Women of California-Navajo Canyon. Shelly reminded us how important it is to fight to retain the benefits of Proposition 13, which imposes limits on how much our property taxes can be increased.

Before Proposition 13, taxes were based on the assessed market value of your home and taxes were 2.76% of this amount each year. After it passed, taxes were figured on a base of 1% of the purchase price and yearly increases were limited to 2% regardless of any changes in the market value. As an example, a home currently valued at $500,000 without the protection of Proposition 13 would currently be taxed $1,400 per year.

Housing in San Diego is already expensive, and the loss of Proposition 13 would make the dream of home ownership impossible for many people. Of course, rents would also be affected. This is not just hypothetical rhetoric — there will be a measure on the 2020 ballot that will cut off all California businesses from Proposition 13 protections. That means all businesses! Any place you shop will be hit by higher taxes, and these costs will be passed on to the consumer. Some businesses will choose to just leave California.

The attack on Proposition 13 will come in two parts. First, Sacramento will try to eliminate its protections for businesses with a ballot initiative in 2020. If successful, they will attack Proposition 13’s protections for homeowners in a subsequent election. The best way to protect Proposition 13 for homeowners is to defeat the attack on businesses in the upcoming 2020 ballot. Be educated and be aware of who is trying to push for its repeal.

As exciting and informative as our May meeting was, we feel sure that the June meeting featuring Carl DeMaio will be equally stimulating and educational. As a former member of the San Diego City Council and currently hosting an

OBITUARY: William A. Redelings

William A. Redelings (“Bill”), March 14, 1922–April 2, 2019, age 97. The fourth child of Dr. Leslie H. Redelings and Mrs. Gertrude A. Redelings, Bill was born and raised in San Diego. He graduated from Grant Elementary School in 1934, from Roosevelt High School in 1937, from San Diego High School in 1940, and began studies at San Diego State College. In the summer of 1941 he received a pilot’s license from the Civilian Pilot Training Program in Chula Vista. That fall he studied at UC Berkeley. After the US entered WWII in Dec. 1941, the draft age dropped, so he returned to San Diego and enlisted as a pilot; due to a pilot backlog he was not called up until July 1943. He trained twice as a US Navy pilot, but the war ended before he was shipped overseas from Corpus Christi. After his discharge from active duty, he returned to San Diego State, continuing as an officer until 1956 in the Naval Reserves. He majored in zoology, and took his degree in 1947. In his senior year he took an accounting class, and continued taking accounting classes after his graduation. He became a CPA in 1951. After a short time working as a general accountant, beginning in 1953 he worked for 30 years for San Diego Federal Savings and Loans (and successor banks), including as Controller, Internal Audit Director, and as a Senior Vice President. He eventually became a Certified Internal Auditor, and served as Vice President of the Institute of Internal Auditors in San Diego.

It was at San Diego State College that he met Margaret “Marde”, their wedding was at All Saints Episcopal Church. They were married from 1948 until her death in 2016. He was a 50-year member of St. Dunstan’s Episcopal Church, where he had been a vestry member, and later a leader in “Faith Alive” and Carillon, and children’s church. He was an avid camper with his family and a Boy Scout Leader for many years. In recent years his social activities were seriously limited by increasing deafness.

Survivors include his children Robert (and wife Susan), Christine (and husband Terry Latuinen), Barbara (and husband Gary Escalante), David (and wife Cherie), and Kathleen (and husband Rick Preboz), 14 grandchildren and 21 great-grandchildren, and Joan’s 3 children, 6 grandchildren, and 2 great-grandchildren.

A memorial service will be held at St. Dunstan’s (6556 Park Ridge Blvd.) on June 8, 2019 at 11 AM. In lieu of flowers the family suggests donations to St. Dunstan’s Memorial Fund, or to the charity of your choice.
Congress must codify Roe v. Wade into law

It’s also difficult to believe these laws are about protecting life when many states with restrictive abortion laws also have some of the highest rates of infant mortality. Where’s the legislation to bring down these rates? The supporters of these bills are clear in their objective: to repeal Roe v. Wade. It’s time to settle this issue once and for all.

Congress must pass the Women’s Health Protection Act (WHPA) to codify the Roe v. Wade decision into law. I joined in introducing this legislation in May. The WHPA is straightforward. It simply prohibits states from imposing the limits and restrictions being put on women.

Existing restrictions in some states require women to drive miles to visit a clinic, incurring travel expenses and having to miss work. No one is pro-abortion. It’s an incredibly difficult decision for a woman to make. If abortion opponents want to really reduce the number of abortions, invite them to join us in making child care more affordable.

Seventy-five percent of women seeking an abortion are economically disadvantaged. Financial constraints are regularly cited in a decision to end a pregnancy. We need to help working families afford child care.

The Child Care for Working Families Act would do just that by creating a federal/state partnership to provide high-quality, affordable child care from birth to the age of 13.

It would more than double the number of children eligible for child care assistance. The Child Care for Working Families Act would also have a positive economic impact creating 770,000 new child care jobs.

This new workforce of child caregivers will allow 1.6 million parents, primarily mothers, to go back to work. It would also lift 1 million families out of poverty.

Another way we can help hardworking Americans with family-related costs is to pass the FAMILY Act. Taking time off work to care for a sick child or loved one can create an economic hardship. It’s time we provide paid leave for families who find themselves in this unfortunate situation.

These are proven policies that help bring down abortion rates. Bans don’t end abortions, they just make them less safe, putting women’s lives at risk.

A recent study by the Guttmacher Institute found that countries with the most restrictive abortion laws have the highest rates of abortions. Some states are recognizing this and moving in the opposite direction. In Nevada, where women are a majority of the state’s legislature, legislation has been passed to reduce restrictions. Nevada is ending requirements mandating doctors to explain the emotional and physical implications of having an abortion. Nevada is also ending the more ridiculous provision requiring doctors to inquire about a woman’s marital status. Illinois is also looking to reduce restrictions.

Congress needs to follow the lead of states like our own state of California as well as Nevada that understand a woman’s right to control her own body. It’s time to pass the Women’s Health Protection Act now.

—Rep. Susan Davis represents central San Diego, including the communities of Granville. Allied Gardens, Del Cerro and La Mesa.
Wildfire worries: San Diego County is stepping up its fire preparedness game. Following up on proposals I announced in my State of the County address earlier this year, the Board of Supervisors recently OK’d several initiatives to better protect people and property in our most fire-prone areas.

The improvements include doubling the number of annual property safety inspections, from 10,000 to 20,000, and the creation of a grant program to encourage homeowners to install ember-resistant vents and other fire-resistant materials.

Deadly fires last year across California, and the tragic destruction of places like Paradise, remind us that disaster could strike here again any time. The county has invested more than $500 million since 2003 on fire protection improvements.

Go to ready.sandiego.org and see how you can better safeguard your family during a disaster.

Our beautiful backcountry: Thanks to a recently approved land purchase, the county is expanding the scenic Ramona Grasslands by 123 acres.

The acquisition means the preserve now spans more than 3,600 acres — bigger than Del Mar and Solana Beach combined.

Thanks to the community and county staff, the preserve is turning into a real treasure and it’s a perfect spot for families to enjoy the great outdoors.

Public safety first: Community leaders, first-responders, wildfire evacuees and others recently joined me next to state Route 67 to call out SANDAG’s executive director for his plan to shelve badly needed safety improvements on the highway and other arteries across the county.

As many of you know, the fall 2007 wildfire season was a nightmare. A half-million people were ordered to evacuate their communities and had to use escape routes like SR-67.

SANDAG promised voters it would improve these major roads, these lifelines, not leave them high and dry. Public safety must always come first.

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

San Carlos Area Council news

By PATRICIA MONEY

Both of my parents, and San Carlos Area Council (SCAC) President Mark Schulze’s dad served their country in the Army (WWII and Korean War). But they would be the first to explain how there are more ways than one to serve your country. You can do it by volunteering within your community.

San Carlos is a wonderful community and opportunities abound here. Mission Trails Regional Park is always seeking volunteers, and so is the San Carlos Branch Library. The Second Sunday Concert series folks would love for someone to help them with their social media. SCAC welcomes thoughtful, curious people who care about San Carlos to join us at our monthly meetings on the first Wednesday evening of the month at 6:30 p.m. in the San Carlos library. It’s free!

A shout-out to our new secretary, Ariel Voss, who is the perfect example of how one person can make a difference as a volunteer. We’re happy to have you, Ariel. Community and state representatives attended our June SCAC meeting. Police Liaison John Steffen reported on crime in San Carlos — nothing violent over the last month, but people are still leaving valuables in their unlocked cars when hiking at Mission Trails. These are crimes of opportunity. Lock your cars and keep your valuables out of sight.
From fighting fires to fermenting cider
Navajo cidery is a one-woman operation for a canine cause

By FRANK SABATINI JR. | MISSION TIMES COURIER

The flavor choices posted above a long row of taps flanking custom-made wooden handles give the impression you’ve walked into an ice-cream parlor.

On any given day, visitors might encounter selections such as chocolate-coconut, caramel-apple, butter-pecan and mango. There’s also the flagship “Cinville,” which ties together the essences of cinnamon and vanilla in what turns out to be hard ciders made from the juice of apples.

Poochie’s Hooch Urban Cidery at 7559 Mission Gorge Road is the brainchild of Mary Paulson, a retired firefighter who holds a special place in her heart for one of the dogs she fostered from Labrador and Friends Dog Rescue Group in Mission Valley.

Now deceased, the dog’s name was Poochie. She serves as the mascot for the cidery, which Paulson opened on New Year’s Eve weekend after committing to donate 20 percent of ongoing sales to the dog-rescue organization.

The spacious structure encompases a five-tank production facility as well as a tasting room replete with a copper-top bar, two seating areas and a front patio.

“I designed everything entirely myself,” said Paulson, adding that she even built the tables, chairs, bar stools and tap system without the support of contractors.

Most impressive is how she gradually mastered the skill of cider making after buying a basic do-it-at-home kit from Bed Bath & Beyond.

“I was looking for an activity after being in physical therapy for 11 months because of health issues. So I used the kit to make a gallon of cider — and it turned out terrible,” she recalls. “I’m not a quitter, so I was determined to get it right.”

Paulson then proceeded to buy 10-gallon jugs and turned her kitchen into a “laboratory,” as she described.

“I began figuring out the apples, the sugar, the yeast and all of that while getting my flavors down. And I haven’t stopped making it since.”

A batch of cider takes Paulson one month to produce. It’s a process that generally begins with juice extracted from Washington state apples (Paulson doesn’t reveal whether she juices the apples herself) before proceeding to creating a yeast starter, sterilizing the equipment, brewing the juice to kill bacteria, and finally monitoring it through fermentation.

In flavoring the ciders she uses “all natural” ingredients — particularly dried spices and various woods — which have led to a portfolio of ciders spanning 56 flavors that rotate through the tasting room on a sporadic basis. They range in alcohol from 7.09 to 7.35 percent.

Paulson is a fan of keeping the sugar levels low. Her ciders contain only 8 grams of sugar per 16 ounces compared to many commercial versions that give consumers twice as much or more. As a result, her ciders carry slightly sour finishes that most customers quickly acclimate to.

Such was the case before she started the business, when she threw “happy hooch hours” in her home backyard in University Heights for close friends. The hosted gatherings were held every other month over the course of two years.

“It was my way of being part of society after retirement. I’m here today for the support of contractors. But for anyone, it’s very difficult to come in here and see how you don’t like at least one of the ciders,” she added, citing an array of other flavors such as spicy ginger, chocolate-peanut butter, coconut-pineapple and apple-bacon. The flavors come and go based on demand.

Paulson also emphasizes that she isn’t in business to compete with the nearly nine other cider makers sprinkled throughout San Diego County.

“I did my 26 years with the Federal Fire Department of San Diego and retired at age of 50 as my birthday gift. I’m here today to raise money for the dogs and because I enjoy figuring out how to create different cider flavors.”

Poochie’s Hooch Urban Cidery is located at 7559 Mission Gorge Road. For more information, call 619-414-4495 or visit poochiehoochcidery.com.

“My birthday gift. I’m here today to raise money for the dogs and because I enjoy figuring out how to create different cider flavors.”

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Owner and cider maker Mary Paulson regularly tests new flavors.

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Discover Botta’s pocket gopher

By GEORGE VARGA

While hiking in Oak Canyon, I detected some motion on the ground. By the time I focused on the area, there was nothing moving. Then suddenly, a fleet- ing fur ball appeared but quickly retreated down the hole from which it had emerged. I remained as quiet as possible, reaching for my camera, and hoped for a photo opportunity. The little critter obliged. I successfully captured numerous images of it. For quite a while I observed what turned out to be a Botta’s pocket gopher (Thomomys bottae).

The species name and common name honors Paul-Emile Botta, a naturalist and archaeologist who collected mammals in California during the 1820s and 1830s. The range of T. bottae goes from California east to Texas and from Utah and southern Colorado into Mexico. Their large cheek pouches are the source of the word “pocket” in their common name. The animal fills the external fur-lined cheek pouches with food and carries it into storage chambers in its underground burrow system.

Botta’s pocket gopher is an herbivore eating roots, stems, and bulbs of plants. It can eat without leaving the safety of its burrow. It simply pulls its food into the ground and carries it into storage — George Varga is a Mission Trails Regional Park trail guide.

Observation of the month: Mining bee

By PATRICIA SIMPSON

It’s the little things in life. Did you know that San Diego County is a biodiversity hot spot for our small pollinator friends? There are now around 700 native bee species that have been recorded here. That is an impressive number. Among these are mining bees in the genus Andrena, ranging in size from 8 millimeters to just about two tons of soil. Botta’s pocket gopher seldom appears above ground in the daytime because hawks, herons, and egrets would be delighted to feast on one. At night, coyotes and great horned owls are also a threat to survival. Day or night, snakes, such as the gopher snake, can move through the Botta’s tunnel and eat both adults and the young.

When burrowing or moving soil, Botta’s pocket gopher uses its powerful front feet to move through and push away soil. It also uses its large front incisors to break up soil. The teeth continuously grow to accommodate the wear and tear on them. A single gopher can, in a year’s time, dig a burrow system consisting of up to 200 yards and displacing over two tons of soil.

Although gophers are considered pests in urban and agricultural areas because of their burrowing activity, gophers are important in nature because they make the soil richer. They push minerals from the deeper soil upward and push away soil. In general helps to aerate the surface and the burrowing part of their burrows toward the surface and the burrowing in general helps to aerate the soil.

Females will section off cells underneath and deposit an egg on a pollen/nectar ball in each chamber. When the egg hatches, the larva will consume its meal and pupate for the rest of the winter, then emerge as an adult in the spring. The newly adult bee will feed, find a mate, and repeat the process to ensure future generations. As with other ground dwellers, mining bees are sensitive to soil disturbances, making urban areas and heavily tended gardens poor habitat. Places like Mission Trails Regional Park are great safe zones for them.

But another less popular threat might be looming for the future of our incredibly diverse native bee population. A new study by Keng-Lou James Hung and his colleagues from UCSD’s Division of Biological Sciences has found that local blooms are overwhelmed by the non-native European honey bee (Apis mellifera). On average in San Diego County, honey bees are a stunning 75% of all pollinators observed and, in some instances, that number surges to 90%. This might be cause for concern as honey bees are very efficient about collecting pollen and hence removing a large amount of food and harvest for our native pollinators. To learn more about this new study, visit bit.ly/2WHE0zh.

To learn more about responsible apiculture near wildlife sanctuaries, please visit honeybee-suite.com.

—Patricia Simpson is Mission Trails Regional Park trail guide.
Native plant illustrations on exhibit at Mission Trails Park

By JENNIFER MORRISEY

On view at the Mission Trails Regional Park (MTRP) Visitor and Interpretive Center June 22 through Aug. 3 is an exhibition by artist and illustrator Lesley Goren whose lively and colorful images of plants and flowers are a self-described “love note” to the native vegetation of Southern California.

The works in “California Tapestry” include cheerful drawings of Scarlet Monkey Flowers (Mimulus cardinalis), Shooting Stars (Primula clevelandii), and Yellow Mariposa Lilies (Calochortus luteus), Among others. She also includes cheerful drawings of Scarlet Monkey Flowers (Mimulus cardinalis), Shooting Stars (Primula clevelandii), and Yellow Mariposa Lilies (Calochortus luteus) among others.

Goren sees her subject matter as a way to bring attention to preservation and conservation. She studies and sketches important, unique aspects of native plants like the colors of chaparral through the seasons, or how plants appear as they recover from wildfires.

“My work is highly stylized and colorful. Although I somewhat reduce the imagery to a simple form, it is extremely important that I retain the accuracy of what I am drawing,” Goren says of her approach to her art. “The details are what make the plant what it is. I want to share the beauty of these specific plants in all their individuality, to shine a light on their uniqueness.”

Goren’s work has been on view at the Theodore Payne Foundation, the California Native Plant Society, and The Theodore Payne Foundation and Nursery among others. She recently took part in the Rancho Santa Ana Botanic Garden’s “Art of the Wildflower” exhibition and sold one of her paintings of the Santa Monica Mountains to Los Angeles Mayor Eric Garcetti.

The opening reception for Goren’s solo exhibition and first showing in San Diego County will take place at the MTRP Visitor Center on June 23 from 2-4 p.m. Artwork featured in the exhibition will be available for sale throughout the show’s run, and a portion of the funds will support the park through the Mission Trails Regional Park Foundation.

To commemorate her exhibition at the MTRP Visitor Center, Goren has created two new custom greeting card designs for Mission Trails Regional Park, highlighting the leaves and flowers of Mission Trails. The cards will be available for purchase in the Visitor Center’s Gift Shop beginning in late June.

The Art Program at the MTRP Visitor Center is organized by the MTRP Foundation and a portion of all artwork sales benefits the park. For more information and a list of this year’s exhibitions, visit mtrp.org/art. The Visitor Center is open daily from 9 a.m.-5 p.m. and admission is free.

MTRP CALL FOR ARTISTS DEADLINE JUNE 30

The Mission Trails Regional Park Foundation is accepting applications June 30 for 2020 exhibitions at the MTRP Visitor and Interpretive Center. Artists can submit diverse artistic interpretations of the natural world in a range of media including paint, clay, photography, pastel, fiber, colored pencil, mixed media, and more.

Art exhibitions showcase one artist or groups, and are staged for a period of six weeks. Artists can also host an opening reception for members of the public. Artworks include wall-hung, two-dimensional, and three-dimensional pieces. More information and an application form can be found at mtrp.org.

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

Crusaders

coach the team. Coaches are always needed to ensure every child has an opportunity to play. Visit crusaderssoccer.org for more information and to register your child for the CSC fall recreation division season.

Coach clinics: Rene Miramontes, the CSC director of coaching, has scheduled two free clinics for recreational division coaches in August.

“We want to give all our volunteer recreational coaches as much help as we can so they may continue to provide quality coaching so the players continue to love the game,” he said. Rick Flores, the manager of recreational soccer for Cal South, along with Coach Miramontes, will be conducting the first clinic on Aug. 10 on the fields at Pershing Middle School. The second clinic will be in the classroom on Aug. 24.

Recreational Division Soccer Camp: Boys and girls born between 2006 and 2010 are invited to attend the Crusaders Soccer Club’s three-day soccer camp for recreational division players July 10-Aug. 1. The camp will be held at the artificial turf fields at Pershing Middle School from 8:30 to 10:30 a.m. each day. The camp will be conducted by professional soccer coaches affiliated with the CSC’s competitive division. The cost is $150. More information and registration at crusaderssoccer.org.

Player clinics for CSC recreational players: Coach Miramontes is scheduling free Friday clinics for registered CSC players in July and August. Details at crusaderssoccer.org.

CSC Competitive Division: In addition to the recreational division, the CSC has a very successful competitive division. All the professional coaches of the CSC’s Academy and Premier teams are finalizing their team rosters for the 2019-2020 soccer season. Nearly 400 skilled soccer players will be participating at the competitive level. Go to the CSC website for more information on the competitive division.

Rebranding Crusaders Soccer: CSC would like to thank David Rees, president of the Carousel Agency, and Heath Ivie, a highly skilled software engineer, for their donation of time and expertise to design and implement the CSC rebranding as the club closes in on their 50th anniversary in 2021.

In addition to the new logo and colors scheme, Rees and Ivie have created an outstanding website and developed a new social media platform. As part of the rebranding of the CSC, the crimson and grey uniform shirts introduced this spring as home and away jerseys will be continued for the fall season as well.

This is all possible because of the sponsorship by Soccer Loco, the leading soccer equipment and retail store in San Diego (soccerloco.com). John Lococo, the president of Soccer Loco, suggested staying the home and away jerseys use the two new primary colors for the CSC and contributed to the purchase of the new uniforms.

Soccer Loco is continuing as the main sponsor for the recreational and competitive divisions programs of CSC. Soccer Loco is also contributing the practice T-shirts for our recreational and competitive divisions.

3v3 tournament: On Sunday, June 2, the Crusaders Soccer Club hosted its annual 3v3 tournament. The two large artificial fields at Pershing Middle School were turned into 18 fields. Each of the 120 participating teams from throughout San Diego County could have three to five players per team with three players on the field at any one time. The first game began at 8 a.m. and the last game was at 4:15 p.m. The Crusaders Soccer Club will have three of the divisions: Boys and Girls 2012, and Boys 2005.

—Jay Wilson is a volunteer organizer for the Crusader Soccer Club.
Family-friendly ‘Q’

By FRANK SABATINI JR | Mission Times Courier

I could have only dreamed of self-serve ice-cream machines, arcade games and play areas stocked with toys at the restaurants my parents dragged me to as a child. Unless the meal was spaghetti with meatballs or burgers and french fries resembling those at McDonald’s, dining out bored this fidgety soul to death. Del’s Hideout is the Cohn Restaurant Group’s latest venture that happens to cater well to kids. It’s set in a 5,400-square-foot industrial structure that previously housed The Junk House sports bar. Though not quite as rollicking and colorful as Cohn’s Corvette Diner, tykes nonetheless feel right at home here because of the above-mentioned amenities. A friend and I arrived for lunch during a large preschool graduation party that seemed in stark contrast to Del’s central bar and the liquor cages that sit behind it. Sports games were airing on multiple flat-screens. Thankfully their sound was muted.

While adults potentially sip on mules and Manhattans over smoked brisket and other Southern-style fare, their kids can graze on grilled cheese sandwiches and apple slices in between rounds of Pac-Man and Ninja Turtles. Del’s Hideout aspires to be a lot of things for a lot of people, and the concept at this early stage so far appears to be working. Customers queue up to the front counter, often in lines that snake outside to the front parking lot. An impressive beer list hangs over the cash register, showing off more than 35 choices of craft brews. After placing your order and seizing a table (or bar stool), your food and drinks are delivered.
The playful adult amenity is a GPS-driven system also referred to as “butler bells.” It’s basically a wireless device with buttons that you press for summoning a server whenever you want to order additional food and drinks. The call buttons come in handy provided you can keep little Junior’s fingers off of them. I actually wouldn’t mind seeing them used in more restaurants, as it spares you from flagging down servers with awkward stares and hand gestures.

Our original order from the counter was a Mother Earth Cali Creamin’ on nitro (handed to us on the spot), a pimento cheese board, and Baja chicken salad. The food arrived to our table in less than 10 minutes. We relied afterwards on the nifty call buttons to encroach on bigger, meatier selections.

The spreadable pimento cheese was a tasty blast to the past, a party appetizer lifted straight out of a Betty Crocker cookbook from the ’70s. The generous scoop of cheese came with crackers, raw veggies and a couple of fried green tomatoes — all in all an agreeable come-on to beer as well as to any food-oriented kids in your clan.

The salad was a colorful mound of fresh romaine, roasted corn, black beans, finely shredded jack-cheddar cheese and bright-red tortilla strips. The medley supported plump, crispy chicken tenders offering Southern-fried goodness. I suspect buttermilk is in the batter. Among the dishes that followed was a well-conceived yellowtail fish sandwich with roasted tomatoes, red onions, chimichurri sauce and arugula on a fresh Kaiser roll. But it was salty in spots. So was a juicy rotisserie half-chicken and a side of collard greens. Disclaimer: I’m a lightweight when it comes to sodium while my friend who isn’t, wasn’t as fazed.

The plate’s second side dish, creamed corn, was pleasant and richer than most — better than what I’ve had in certain high-end steakhouses. The Southern culinary bent is evident throughout the menu with things like deviled eggs (sold in the half-dozen), various mac ‘n’ cheese options, baked beans and smoked brisket, which our on-call server confidently touted as the “best in town.”

The only dessert in the house is complimentary dairy-free soft-sell ice cream that you dispense into mini cones from a walk-up machine. We got our fix right after the rugrats cleared the place, lapping up the vanilla peaks with our own kid-like gusto in the precious quietude that suddenly prevailed.

— 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.
Final 2018-2019 Student of the Month

Congratulations to Zoe Chandler who was named PHHS’s Student of the Month for May at the Kiwanis breakfast meeting. Zoe came with her mom and dad, Stacey and Gabe Chandler, and her brother Grant to the breakfast where she was given a certificate and a gift card in recognition of her achievements at Henry. Principal Listy Gillingham presented Zoe as one of her personal favorite graduates given Zoe’s longstanding commitment to the school.

Zoe has been an active supporter of the PHHS’s wrestling team as both of her parents are coaches. She was seen at every match where she managed the team by providing extra assistance to the athletes, taking pictures, and helping in any way possible. She took the leadership skills she learned through this commitment and bumped it up a notch by becoming a peer mediator for two years assisting students in crisis while helping them solve conflicts before they got out of hand.

Zoe is also the PHHS yearbook editor. She earned this role after enrolling in yearbook as a sophomore and then continued to help create three yearbooks for the students at Henry. Yearbook advisor Rachel Samuel reported that we wouldn’t have a yearbook if it weren’t for the commitment, dedication and hard work provided by Zoe Chandler.

PHHS cuts ribbon on new building

May 6 was the official opening of the new two-story building at PHHS! In coordination with the SDUSD’s communication department and the contractor Chuck Gossage, president of PVW Construction, an official ceremony was held to celebrate the grand opening and use of the new facilities in phase two of modernizing PHHS.

The event started off with the PHHS NJROTC color guard team presenting the colors while senior Iris Rogel sang the national anthem. Principal Listy Gillingham welcomed everyone and gave a quick overview of the importance of the new facility for the students and staff at Henry.

SDUSD’s Board President Sharon Whitehurst-Payne spoke next and shared how having bond measures supported by the voters has had a direct impact on the campus transforming it into a college-like setting. She thanked the hard work of the team which included Chief of Facilities Lee Dulgeroff, project manager Julio Ramos, construction manager Carl Schneider, assistant construction project manager Lisa Sikorski, inspector Greg Schwartz, and James Bucknam, Chuck Gossage and Steve Yetta of PVW.

Dulgeroff spoke and highlighted the different components of the project which include:

• 24 new classrooms and two ROP (regional occupation program) classes, providing a community pre-school for Henry students to learn how to be teachers.
• Two filtered hydration stations.
• Three newly-remodeled engineering classrooms, which includes a civil engineering and design lab, a fabrication lab and graphic/arts instructional space.
• Remodel of the main office with a state-of-the-art glass entrance, PHHS logo, and a new staff lounge area.
• Solar energy panels will be coming next.

ASB President Christopher Stagner provided a few comments in terms of the student’s perspective of the campus and what it means to attend school in the new facility with the many upgrades. PHHS hopes to offer a 50th celebration of the first graduating class next spring with an open house and other student performances.

Stay tuned for more updates!

Track and swim news

Patrick Henry had a successful Western League finals on May 31. The Patriots will go strong to CIF on June 8 with Western League champions in the 100-meter, George Oke, coming in ranked No. 1 for Division 1 along with teammate Steven Gallery-Smith ranked sixth.

Doevan Jennings comes in ranked third in the long jump in Division I and fourth in San Diego.

Jennings was able to do this feat without having a facility to train on during the season! Amazing freshman Daniella Smith comes in ranked eighth in Division I in the 100-meter and freshman Shayla Harris is ranked 11th in the 400.

Henry also had an exciting finish with our swim and dive season. Our athletes did great at CIF finals. Our para swimmer Grace Lockwood advanced to state finals for her 50 and 100 freestyle. Here are all of our results from our CIF swim team finals:

• Ingrid Maclean placed 13th for her 100 backstroke.
• Becca Winter placed 16th for her 500 freestyle.
• Boys medley relay with Sean Quirk, Kevin Harris, Ethan Ackland and Ian Bakanzar placed 15th.
Music students travel the country

Several alumni and current students of the Instrumental Music Program will be traveling the country this summer as part of Drum Corps International’s (DCI) Tour.

After an extensive audition process with their chosen drum corps, accepted students will be practicing and performing with the world's best of the marching arts at various venues coast to coast from June through August, culminating at the DCI World Championships at Lucas Oil Stadium in Indianapolis, Indiana, in front of a crowd of over 25,000.

“I’m extremely excited for the hardworking and dedicated musicians and color guard members that are participating from our program which represent the top 1% of all young adults in the activity,” said PHHS Director Matt Lockwood. “It’s unique to have so many students participating at the highest level from one school in our district.”

Participating in World Class Corps are Armando Cano (alumnus) and Nathan Anthony with Pacific Crest, Jennifer Voogd with the Mandarins, and Matthew Voogd (alumnus) with the Blue Knights. Participating with Gold, an Open Class Corps, are Ian Lovewell, John Lagunas, and Sydney Eun. Previous participating students have included Ashlynn Willis, Nico Coto, and alumni Cris Cerna, Jacob Goucher, and Ryan Morrison.

The 2019 DCI Tour will feature more than 70 drum corps and SoundSport teams participating in more than 100 different competitive events in 35 states. You can see our students perform with their respective drum corps at 5 p.m. on Friday, June 28, at Rancho Buena Vista High School in Vista, CA.

For more information on the Instrumental Music Program at PHHS, go to spiritof76boosters.com and DCI at dci.org.

PHHS students win Law Day contest

Three PHHS freshman — Alexis Kovacevic, Cassie Pataky and Naomi Susuki — won the City Heights Law Day essay contest last month. The theme was the First Amendment and they wrote about the history of banned books in schools. San Diego City Council President Georgette Gomez awarded the students with a certificate and a $200 check for each of the students.

Union-Tribune Community Journalism Scholar

PHHS junior Kellen Foster is one of six students countywide selected to participate in the San Diego Union-Tribune’s 2019 Community Journalism Scholars program.

The students were selected based on their academic achievement, writing ability, recommendations and interviews. They will be paired with mentors from the Union-Tribune’s newsroom for five weeks this summer to learn about journalism and leadership, and their works will be published online by the newspaper. The students will be paid, and one of the six students will win a $5,000 scholarship.

Kellen reported that during the summer he will attend classes on becoming a journalist which will include shadowing one who will likely end up being his mentor. He will have to write five different stories and create some video stories as well. He demonstrated a strong commitment to program and will give a full report about it once he completes it. Congratulations to Kellen for furthering his education this summer with such a great program!

—Elizabeth Gillingham is principal of Patrick Henry High School.
Mortarboards with a special touch

By DELLA ELLIOTT

Commencement is a day of celebration, but for some, the pomp and circumstance is more than they can afford.

For the past 15 years, longtime Grossmont College staffer Juliette Harrington has quietly paid for the caps and gowns of dozens of graduates who might otherwise not be able to participate in the celebration. This year, Harrington, a Health Services specialist, wanted to help more students and thanks to a $500 grant from student government, she was able to take part in the time-honored procession because of job and personal commitments.

“About half of all graduates are unable to attend commencement for a variety of reasons and they are so grateful and appreciative to receive a cap they can keep as a reminder that they’ve accomplished something to be proud of,” said Harrington, who added that last year, her musician husband pitched in to help a handful of graduates with the music program.

Including the expense of graduation announcements, student pay about $60 for regalia.

“I hope to inspire others by example,” said Harrington, who graduated from Grossmont College a generation ago and cherishes the memory of her own commencement.

She credits math instructor Irene Palacios for helping to find students who would benefit from getting a cap and gown.

Palacios said many students do not take part in the ceremony because of the extra fees.

“I was one of those students and I regret not walking,” she said. “I convinced the students to not let this stop them and that we could help.”

One student who has already put her graduation cap to use is Janelle Silvas, who wore hers at the college’s LatinX graduation ceremony.

“Juliette wanted to make sure transfer students felt included in the celebration of completing community college,” Silvas said. “Her and Irene’s efforts to create a memorable and accessible graduation ceremony is something that should be recognized. Juliette radiates compassion for others and her impact on Grossmont College is inherently theirs and rightful to each of us. Our success should be recognized. Juliette rightfully so.”

Della Elliott is marketing and communications director for the Grossmont-Cuyamaca Community College District.
Changing the face of cafeteria cuisine

By JOYELLE NEWSW [MISSION TIMES COURIER]
[Editor’s note: Part two of a two-part series on school lunch programs. To read part one, “Program fights food insecurity with SDUSD unused lunches” from Volume 25, Issue 5, visit bit.ly/2HmFuxJ]

When you think of a school cafeteria, do extra-sloppy Joes and mystery meat come to mind? If so, you can stop cringing and start salivating, because San Diego Unified Food & Nutrition Services (SDUFNS) is changing the face of cafeteria cuisine.

They have incorporated the regulations of the Healthy and Hunger-Free Kids Act, from the front, and interesting facts on the back, such as the farm’s size, tractor, and animals. Featured farms include Sage Mountain, Suzie’s Farm, Stehly Farms Organic, Sahu Subtropical, and Sunrise Farms.

Middle School.

the production kitchen at Pershing Acquisition Fred Espinosa explains Services Manager of Production and San Diego Unified Food & Nutrition Hunger-Free Kids Act, from the regulations of the Healthy and cafeteria cuisine.

Changing the face of cafeteria cuisine

sdnews.com

MISSION TIMES COURIER

GARDEN TO CAFÉ

Some of the produce gets even closer than that — from schools’ own gardens. For the spaces that have been certified to allow it, student-grown produce is harvested and served in the cafeteria. During the last three months alone, the Garden to Cafés Schools harvested 598 pounds of produce to be used for their respective salad bars.

“Today the salad bar was stocked with the student-grown vegetables, you should have seen the kids’ plates,” exclaimed SDUFNS Superintendent Cindy Marten. “This is personalized and local seed to harvest.”

Other ways students get involved are through nutrition education in the classrooms, virtual farm field trips, and the student recipe contest. For last year’s contest, 120 students throughout the district submitted plant-based recipes to be incorporated into the grab-and-go menu. The winner was “Wee’s Avocado Salad,” a California-style concoction featuring, you guessed it, avocados. For the 2019-2020 school year, staff are testing vegan recipes from the contest as well.

The focus on local food extends beyond the salad bar. Bread comes from Giuliano’s Bakery in Carson, the same bakery Five Guys uses, and dairy products are purchased from Hollandia Dairy in San Jacinto. A majority of the antibiotic-free, free-range chicken comes from Mary’s in Sanger. On Thursdays, cafeterias sponsor “California Thursdays,” where students can build a meal completely out of foods sourced from the state.

PAY THE PIPER

How can SDUFNS afford this? In consumer grocery stores, organic produce and free-range meats are often significantly more expensive than the less healthy items. Plus, SDUFNS is budgeted under $5 a meal. But there are a couple of factors that help reduce the school’s cost.

First, there is no middleman.

SDUFNS works directly with the farmer(s) themselves on the farm field trips, and the student education in the classrooms, virtual farm field trips, and the student recipe contest. For last year’s contest, 120 students throughout the district submitted plant-based recipes to be incorporated into the grab-and-go menu. The winner was “Wee’s Avocado Salad,” a California-style concoction featuring, you guessed it, avocados. For the 2019-2020 school year, staff are testing vegan recipes from the contest as well.

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some of the general planning recommendations in the MPU include designing neighborhood or community parks on the perimeter of MTRP to be compatible in size and layout with adjacent neighborhoods.

The MPU lays out recommendations for facilities to be kept signs and buildings consistent in design. The habitat/species recommendations provide guidance on fencing in the park, monitoring of plants and animals, dealing with invasive species and specific plans to protect various endangered or sensitive species.

The recreation recommendations set standards on how trails should look and where and how they should be built.

In addition to the planned improvements to the new sections of the park — East Elliot and Sycamore West — the MPU also lays out specific recommendations for the other sections of the park.

For Lake Murray, the MPU includes a plan for the Mission Trails Golf Course property in the case of sale, purchase or development of the parcel. The MPU also recommends the building of a new gravel parking area at the south end of Mesa Drive and some useful trail infrastructure.

For the Mission Gorge area of the park, the MPU recommends MTRP consider acquiring the 200-plus acres of land owned by the city of San Diego’s Public Utility District on Kwaay Paay as dedicated parkland.

A major re-naturalization effort is also recommended where the park would coordinate with adjacent landowners to restore the perimeter around Kumeyaay Lake and redirect the San Diego River back to its former course to reduce sedimentation and spread of invasive species.

Facility and recreation upgrades for Mission Gorge include installing EV charging stations at the Visitor Center; operating Kumeyaay Lake and adjacent beach areas as an overnight campground; expanding the bike skills area; constructing a parking lot on the eastern side of Father Junipero Serra Trail between Mission Gorge Road and Visitor Center; building a permanent restroom at the Old Mission Dam staging area; and constructing a Deerfield Canyon Nature Park in the 2 acres next to the bike skills area with picnic tables, fitness course and children’s play area.

The MPU also recommends building a path along the river in accordance with the San Diego River Park Master Plan and constructing a suspension or truss bridge for pedestrians and bikes to cross the river.

The Fortuna area of the park has the most recommendations in the MPU, almost all of which are to either assess new trails or close and restore existing ones.

“The trails in the Fortuna area were not created as recreational trails but for use by the military and other agencies with ease of access in the area,” explained Leonard on why the Fortuna area is in need of so much restoration work.

Now that the MPU has been passed by City Council, the final hurdle before any of the recommendations can be implemented is a vote by the San Diego County Board of Supervisors, although a date has not yet been set.

“We are looking forward to support from the County Board of Supervisors and setting priorities so we can get started on some much-needed trail improvements,” Leonard said.

To view the MTRP master plan update, visit bit.ly/2MEGgDR.

—Reach Jeff Clemetson at jeffc@sdnews.com

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Battle of the Books and more library news

**By ZAHRA ESE**

Battle of the Books is back at the San Carlos Branch Library! What happens when you favor- ition and nonfiction series face off against one another? Can Winnie the Pooh hold his own against the “Eyewitness” books? Are the Berenstain Bears any match for the Magic Tree House Fact Trackers? You decide!

Here’s how it works: Through a series of votes, we will narrow the list of 16 fiction and nonfiction nominees to one grand champi- on. Visit the library throughout the summer to check out these popular titles. Then vote for your favorites!

**Photography display:** Local photographer Brian Miller’s work will be on display in the Winer Family Community Room and Art Gallery from June 3 through July 3. A San Diego native, Miller studied advanced and commer- cial photography at Southwestern College. He continued to pursue his passion by photographing local labor rallies and events, and his work has been published throughout the community for over 20 years. Please join us on June 15 from noon to 2 p.m. for the artist reception. Refreshments will be served. An example of Miller’s photography can be seen on this issue’s cover story about the Mission Trails Regional Park master plan update on page 1.

**A visit from Dan McAllister:** The San Diego County Treasurer- Tax Collector has many new and exciting topics to share with you! On June 21 from 2-3 p.m., Dan McAllister will discuss a variety of topics, including San Diego’s current economic outlook, updates on the housing market, property taxes and more. Local author: We are pleased to welcome back Jill G. Hall to discuss her new book, “The Silver Shoes.” On June 28 from 2-5 p.m., Hall’s second novel continues fol- lowing Anne McFarland as she purchases a pair of rhinestone shoes in an antique shop that spark her imagination and lead her on a quest to learn more about the shoes’ original owner.

**Paws to Read:** Read aloud to certified therapy dogs in this brand-new program! Studies show that children can improve their confidence and reading skills by reading aloud to animals. Dogs make the perfect nonjudgmental audience. This program meets from 11 a.m.-noon on the first and third Mondays from June 17 through Aug. 19. Ages 5 and up.

**Summer reading:** Our sum- mer reading program is in full swing! Here’s what’s happening this month: On June 19, watch Joe Gandelman the Ventriloquist bring to life fun characters and a positive reading message. On June 26, Zovargo Animal Show will bring a variety of furry, feather- ed, and scaly friends for you to meet. On July 3, kids can act out a story time favorite with Literature Comes to Life: “Dog Breath.” And on July 10, prepare to be dazzled and mystified by Amazing Dana the Magician. Each program starts at 2:30 p.m. and lasts about 45 minutes.

**Local Author Jill G. Hall will discuss her latest book “The Silver Shoes” on June 28. (jghall.com)**

**Dates to Remember:**
- June 19, 4-5:30 p.m.: San Carlos Friends of the Library monthly meeting.
- July 3: CANCELED—San Carlos Area Council Meeting.
- July 4: CLOSED—Independence Day
- July 5, 1:30-3:30 p.m.: Used Book Pre-Sale. Friends of the Library only.
- **July 6, 9:30 a.m.-3:30 p.m.:** SCVOL Monthly Used Book Sale. Open to the public.
- July 9: CANCELED—Youth Chess

**Special Events:**
- June 17 – Hallabaloo per- forms kid-foo music
- June 24 – Cupcake decorat- ing, registration is required, sign up online

—Kevin Tram is library assistant III at the Allied Gardens/Benjamin Branch Library.

**Del Cerro Action Council news**

**By JAY WILSON**

SDSU Director of Government and Community Relations Rachel Gregg reported that earlier this spring, SDSU President Angela de la Torre toured the Adobe Falls site with Scott Sherman. SDSU is now negotiating with the city of San Diego to purchase the Mission Valley stadium site. A draft Environmental Impact Report (EIR) will be out this sum- mer. There should be a 45-day re- view process to allow for the pub- lic to respond to the EIR. SDSU wants community engagement and will hold town-hall meetings to explain their plans.

Del Cerro Action Council chair Mark Rawlins reported that the La Jolla Maintenance Assessment District (MAD) law- suit hasn’t been completely re- solved yet, but the city has decid- ed to move forward in processing communities’ requests to estab- lish MADs. The proposed Del Cerro, supported by Friends of Del Cerro (FODC), is one of those projects that is in the cue to be worked. Based on information shared, it looks like FODC will be able to continue the process where it left off in 2017; more to follow in the coming months.

Councilmember Scott Sherman’s representative, Roarke Shanley, said the City Council approved a new ordi- nance that folks cannot sleep in their cars in residential areas. There is a safe sleeping zone by the Mission Valley Fire Station. Councilmember Scott Sherman has approved two donations from the city’s Arts & Culture Funds—$5,000 for the Lake Murray Fireworks to cover stage and lighting, and $5,000 to the Allied Gardens/Grantville First Friday Concerts.

Shanley has been working with SDG&E to complete the median planting on Del Cerro Boulevard that was torn out when the natural gas line work was done about two years ago. This project was to be completed in May. You may reach Shanley in Councilmember Sherman’s office at RShanley@sandiego.gov or call him at 619-236-6677.

Pastor Robert Herber of All Peoples Church — which has proposed to build a new church building on the land behind the Chevron down to Interstate 8 and east of College Avenue — has stated the congregation is 900-1,000 adults, with 70% less than 40 years old. They plan on two Sunday services and

**SEE DCAC, Page 27**

**Happenings at the Allied Gardens Library**

By KEVIN TRAN

The big friends of the Allied Gardens/Benjamin Library Booksale is happening June 15, 9:30 a.m.-1 p.m. Gently used books for the whole family; come early for the best selections. All proceeds from the sale will directly fund children and adult programs at the library.

June is a Pride Month and our display will be featuring books and works by prominent LGBT authors and supporters, with some books featuring LGBT characters. LGBT-related films will be available for check out as well. Please come and see our curated selections.

Every year, Stand Down helps thousands of veterans, but they cannot do it on their own. This is where you come in — the need this year is skivvies or underwear for men, women, and children. Please drop new unworn skivvies at the circulation desk to a staff member.

Summer Reading Program is back! This annual program begins on June 1 and ends on Aug. 31 at all San Diego Public Libraries. Our summer reading program includes brand-new programs! Studies show that kids who read during the summer make the perfect nonjudgmental animals. Dogs make the perfect nonjudgmental animals. Dogs make the perfect nonjudgmental reading audience. This program meets from 11 a.m.-noon on the first and third Mondays from June 17 through Aug. 19. Ages 5 and up.

**Special Events**
- June 17 – Hallabaloo performs kid-foo music
- June 24 – Cupcake decorating, registration is required, sign up online

—Kevin Tran is library assistant III at the Allied Gardens/Benjamin Branch Library.
Our Saturday, May 18, the “Spring Spruce Up” of our award-winning Zion Avenue trees was quite a success. We were led by Vince Mikulansis, of Davie Resource Group and the District 7 representative of the San Diego Community Forestry Advisory Board, as well as our own Sophia Frost. The work crew was not quite what we hoped it would be, we found the work done. Mikulansis, Frost and her fami-

ly, Jessica Read from our Allied Gardens/Grantsville Community Council (AGGCC) board, and David Peterson with his family

were mulched, watered, pruned, and fertilized the trees in preparation of the coming year. They divided into two work groups, focusing on weeding be-

 tween 51st Street and Winona Avenue and between Delbarton and Cartwright streets. Mikulansis did structural and artistic pruning along the entire corridor and provided the match that we stretched to most of the trees. In addition to the light pruning of the new Zion Avenue trees, he pruned some of the more established trees along Zion, they look so much bet-

 ter! Thank you to nearby residents who offered the use of green bins, garden tools and extension cords. Please contact AGGCC at agg-
council@yahoo.com if you would like to participate in the ongoing care of the award-winning Zion Avenue trees. Please check our website at agggcouncil.org to learn more about proper care of your trees and how to request that trees be planted on your street.

The May 28 AGGCC town hall meeting was more than a suc-

cess. The 50 folks in attendance learned just how valuable the new San Diego Gas & Electric electricity pricing system can be. Looking ahead to our next town hall meetings at the Benjamin Library (Zion Avenue and Glencroft Street) at 6:30 p.m.

Tuesday, July 23 – The San Diego Humane Society. As suc-

cessor to the San Diego County Animal Control, the Humane Society took over animal control in the city. A representative of the so-

ciety will discuss their services and how to contact them for assistance.

Tuesday, Sept. 24 – Community Emergency Response Team (CERT) program.

The May 16 meeting with Superior Ready Mix was un-

remarkable. Neither I nor anyone else in attendance had heard of any complaints about the quarry or cement. The speakers operated a plan to review the Air Pollution Control Board reports of the most recent inspections and will report anything of interest next month. Efforts toward the off-leash dog park continue. We are putting together a substantial group of folks to work the project. We have been to break into the city bu-

rereachy (it took us a couple of

Assembly member Shirley Weber’s Police-Use-Of-Force Bill AB 192 will move to a critical floor vote after law enforcement removed op-

posed amendments. Assembly member Brian Maienschein has introduced two new bills: AB 845, which requires the California Medical Board to make available continuing medical education training for obstetric providers; and AB 565, which will broaden eligibility for debt relief for psychiatric students.

Special guest speaker, Roberto Garcia, gave a presentation about

the upcoming 2020 U.S. Census. One good reason for everyone liv-

ing in the U.S. to stand up and be counted is that the census num-

ber dictates how much money is allocated to cities and states by the government. When people don’t fill out the census form, that translates to a loss of public funds, to help finance infrastructure, etc. All information gathered by the census is completely confidential. And for anyone seeking employ-

ment, the Census Bureau will soon be hiring.

Representatives from the fire department have not been able to join us at any meetings over the last several months due to lack of manpower for commu-

nity outreach. But now that fire season is upon us, homeowners and renters, too, should make sure they have managed the brush around their homes, and that attics are safe from poten-

tial embers. Embers can fly un-

hindered up to six miles and enter attics or nearby flammable-

able trees and brush and set fire to an entire neighborhood. Stay safe!

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Scientists have been warning that bee populations are on the decline and that the situation is
critical. There is a direct line to be drawn from pollinating bees to our food source. The Padres can and must do better. Next time, get sure that a beekeeper to remove the bees and not a bee exterminator.

We are on hiatus during July due to the holiday. The next SCAC meeting is scheduled for Wednesday, Aug. 7. Council member and mayoral candidate Barbara Bry will be our speaker.

—Patricia Mooney is vice presi-

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Have a San Carlos story to tell?

Interested in SCAC Board member-

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Advocate for your business in the best place to live.

Assemble your team for some fun at the Restaurant Road Rally May 10 – June 13, 2019.

The winner Arbor Day work crew

(Outdoor AGGCC)

COMMUNITY

SCAC CONTINUED FROM Page 11

AUGUST – SEPTEMBER 2019

Dinners & Entertainment
American Cuisine
Bakery
Bar
BBQ
Beer List
Billiards
Breakfast
Burger
Burrito
Business Lunch
Casino
Casino Buffet
Catering
Chinese Cuisine
Coffee Shop
Comfort Food
Dance Club
Deli
Deli Sandwich
Dessert
Dinner
Donut Shop
Family Bar
Farmers Market
Fine Dining
Greek Cuisine
Golf Course
Happy Hour
Health Food Store
Hot Wings
Indian Cuisine Irish Pub
Italian Cuisine
Japanese Cuisine
JunkFood
Late Night Dining
Live Music Venue
Lunch
Margherita
Martini
Mexican Cuisine
Mikulanis, Frost and her fami-

ly, Jessica Read from our Allied

Gardens/Grantsville Community

Council (AGGCC) board, and

David Peterson with his family

were mulched, watered, pruned, and fertilized the trees in preparation of the coming year. They divided into two work groups, focusing on weeding be-

 tween 51st Street and Winona Avenue and between Delbarton and Cartwright streets. Mikulansis did structural and artistic pruning along the entire corridor and provided the match that we stretched to most of the trees. In addition to the light pruning of the new Zion Avenue trees, he pruned some of the more established trees along Zion, they look so much bet-

 ter! Thank you to nearby residents who offered the use of green bins, garden tools and extension cords. Please contact AGGCC at agg-
council@yahoo.com if you would like to participate in the ongoing care of the award-winning Zion Avenue trees. Please check our website at agggcouncil.org to learn more about proper care of your trees and how to request that trees be planted on your street.

The May 28 AGGCC town hall meeting was more than a suc-

cess. The 50 folks in attendance learned just how valuable the new San Diego Gas & Electric electricity pricing system can be. Looking ahead to our next town hall meetings at the Benjamin Library (Zion Avenue and Glencroft Street) at 6:30 p.m.

Tuesday, July 23 – The San Diego Humane Society. As suc-

cessor to the San Diego County Animal Control, the Humane Society took over animal control in the city. A representative of the so-

ciety will discuss their services and how to contact them for assistance.

Tuesday, Sept. 24 – Community Emergency Response Team (CERT) program.

The May 16 meeting with Superior Ready Mix was un-

remarkable. Neither I nor anyone else in attendance had heard of any complaints about the quarry or cement. The speakers operated a plan to review the Air Pollution Control Board reports of the most recent inspections and will report anything of interest next month. Efforts toward the off-leash dog park continue. We are putting together a substantial group of folks to work the project. We have been to break into the city bu-

rereachy (it took us a couple of

Assembly member Shirley Weber’s Police-Use-Of-Force Bill AB 192 will move to a critical floor vote after law enforcement removed op-

posed amendments. Assembly member Brian Maienschein has introduced two new bills: AB 845, which requires the California Medical Board to make available continuing medical education training for obstetric providers; and AB 565, which will broaden eligibility for debt relief for psychiatric students.

Special guest speaker, Roberto Garcia, gave a presentation about

the upcoming 2020 U.S. Census. One good reason for everyone liv-

ing in the U.S. to stand up and be counted is that the census num-

ber dictates how much money is allocated to cities and states by the government. When people don’t fill out the census form, that translates to a loss of public funds, to help finance infrastructure, etc. All information gathered by the census is completely confidential. And for anyone seeking employ-

ment, the Census Bureau will soon be hiring.

Representatives from the fire department have not been able to join us at any meetings over the last several months due to lack of manpower for commu-

nity outreach. But now that fire season is upon us, homeowners and renters, too, should make sure they have managed the brush around their homes, and that attics are safe from poten-

tial embers. Embers can fly un-

hindered up to six miles and enter attics or nearby flammable-

able trees and brush and set fire to an entire neighborhood. Stay safe!

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Ongoing events

**Local Playwrights Showcase**
Through June 16
Lamplighters Community Theatre presents four short plays by three playwrights: “Bride on the Rocks” and “An Honest Arrangement” by David Wiener; “Oh, Suzanne!” by Janet S. Tiger; and “Dead Play” by Tom Steward. Friday and Saturday shows at 8 p.m., Sunday matinee at 2 p.m. at Lamplighters Community Theatre, 5915 Silver Spring Drive, La Mesa. $15 tickets available at lamplighterstownsa.com.

Sunday, June 16

**Sundays at Six Concerts: Trails and Rails**
La Mesa Park & Recreation Foundation hosts a free concert featuring country music band Trails and Rails. 6-7 p.m. at Harry Griffen Park, 9550 Milden St. Visit lamesaparks.org.

Thursday, June 20

**Red Shoe Day fundraiser**
Volunteers are needed from across the county for Ronald McDonald House Charities of San Diego’s largest volunteer-driven fundraiser to collect genealogical donations from morning commuters at 6:30-9:30 a.m. at more than 200 major intersections throughout San Diego County. Visit RedShoeDaySD.com to register as a volunteer or create a personal fundraising page to help support Ronald McDonald House Charities.

**“Stars of Tomorrow Shining Today”**
Six gifted San Diego area high school musicians, appearing in concert, will vie for scholarship honors in a new program to be featured annually as part of La Mesa’s popular Valerie Victor Concert Series. The featured finalists are Derek Savage, West Hills High – baritone; Lydia Schmidt, Carlsbad High – soprano; Mikel Ibarsarraga, St. Augustine High – baritone; Jacob Francisco, Montgomery High – baritone saxophone; Andrew Hendrix, Steel Canyon High – alto saxophone; and Karik Sundaram, Canyon Crest High – tenor. Show begins at 2 p.m. at The Table: United Church of Christ at La Mesa, 5940 Kelton Ave., La Mesa. Free-will offerings are added to the students’ scholarships. Visit tableucc.com.

Ron White
Blue Collar Comedy Tour alumna Ron White will be the first act to grace the new Heritage Event Center stage at Sycuan Casino Resort, 5469 Casino Way, El Cajon. Tickets for the 7 or 9:30 p.m. show cost $39-$79, available at sycuan.com.

Sunday, June 23

**Sundays at Six Concerts: San Diego Concert Band**
La Mesa Park & Recreation Foundation hosts a free concert featuring the music of the San Diego Concert Band. 6-7 p.m. at Harry Griffen Park, 9550 Milden St. Visit lamesaparks.org.

**Artistic reception**
On view at the Mission Trails Regional Park Visitor Center. Art reception and first showing in San Diego County. Visit the MTRP Visitor Center, 1 Father Junipero Serra Trail, on June 22 through Aug. 3. An exhibition by Los Angeles-based artist and illustrator Lesley Gore, whose lively and colorful images of plants and flowers are a self-described “love note” to the native vegetation of Southern California. To commemorate her exhibition at the MTRP Visitor Center, Gore has created two new custom greeting card designs for Mission Trails Regional Park to be sold in the Visitor Center’s gift shop beginning in June. The designs highlight the leaves and flowers of Mission Trails. The opening reception for Gore’s solo exhibition and first showing in San Diego County will take place at the MTRP Visitor Center, 1 Father Junipero Serra Trail, on June 23 from 2-4 p.m. Artwork featured in the exhibition will be available for sale, and a portion of the funds will support the park through the Mission Trails Regional Park Foundation.

Monday, June 24

**Lake Murray Fireworks and MusicFest**
Friday, July 5

**AG First Fridays: Full Strength Funk**
AG First Fridays is a free concert series in Allied Gardens Community Park on the first Friday each month from 6-8 p.m., June-October. Full Strength Funk is an 11-piece funk band whose playlist spans the decades from the classic funk tunes of the ‘70s to the dance hits of today.

**The History Lady Presents Jeanette Way**
“The History Lady” presents an array of wonderful stories, pictures, and artifacts that will help us to better understand our history. Did you know that the Duke and Duchess of Windsor met at the Del Coronado Hotel? This is only one of many fascinating facts that Jeanette will cover. Other topics include: The history of Father’s Day, why Flag Day is on June 14, Custer’s last stand, and the birthdays of Anne Frank and Marilyn Monroe. 12:45 p.m. at College Avenue Center, 6299 Capri Drive. Free. Visit jfssd.org.

Saturday, June 29

**The Flipside Burners**
Grossmont Center’s free summer concert series kicks off with the rockabilly music of The Flipside Burners. 5 p.m. at Grossmont Center, 5500 Grossmont Drive, La Mesa.

Thursday, July 4

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kitchen has input into what their particular kids eat in what the district office refers to as “boots on the ground.” School cafeteria staff have the ability to slightly morph their menus to cater to their students’ interests.

“We are trying to decentralize the process,” SDFUNS Manager of Production and Acquisition Fred Empisoa explains. “When we give our people choice, they get more engaged.”

Another way students and staff are given choice is through the “build your own” bars. Cafeterias come from five different menu options – ramen, sandwich, nacho, burger, and macaroni and cheese. The students are able to customize their entrees in separate lanes that are the straight bullet or grab-and-go line.

“Build your own bars were started with the thought in mind that the kids want and like things done their way,” SDUFNS Manager of Education facilities.

GLOBAL ACCOLODES

The district has been getting recognition from local, national, and global entities for its efforts. Feeding San Diego CEO Vince Hall, who partners with SDFUNS for Love Food Not Waste, called the district the “mothership” for undertaking so many health and food initiatives simultaneously.

Japan’s assistant secretary of the interior came with a governmental group to tour the cafeteria operations. They are looking to incorporate many of SDFUNS’s initiatives in their own public education facilities.

DCAC

and on Tuesdays, they have training classes for about 65 people. There will be a gymnasium for basketball.

Marcella Escobar, land consul for the project, said plans have been submitted to the city. City staff will now review the proposal and release their initial “Cycles Report” later this summer. The plan is for the two-story, 900-seat church to be located on the southern part directly behind the church on the project’s own property south of the church. The church is working to mitigate ingress and egress issues. Part of this decision rests with CalTrans as they own property south of the church.

Most of the church traffic doesn’t operate during peak times. The church is working to mitigate ingress and egress issues. Part of their plan is to have an additional entrance halfway between the freeway and Del Cerro Boulevard. It would be toward the southern end of the existing medium and could allow access from both north and southbound traffic on College Avenue. If approved, it would most likely include a traffic signal and operate only on Sundays mornings during their church services.

The project is estimated to cost around $13 million. There will be an environmental review where the public can comment before the plan is voted on by the City Council. The City Council has previously approved a housing development for the site, which remains approved. The community contact person is Kristen Byrne at kristen@byrne-comm.com or 619-208-2499. Information is available online at thelightproject.org.

Don’t forget to make a donation for the July Fourth Fireworks & MusicFest at Lake Murray, visit lakemurrayfireworks.org.

The next DCAC meeting is July 25 at 7 p.m. at Temple Emmanuel.

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

SUDOKU

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

DCAC CONTINUED FROM PAGE 23

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July Concert
Friday, July 5th
6-8pm
Full Strength Funk

Allied Gardens Community Park
5155 Greenbrier Ave.

agfirstfridays.com

Stop by the Ideal booth for your
FREE hot dog, grilled cheese,
and chips!

Put some chili on that dog,
by your friends at Longhorn!

ELECTRICAL SERVICES

SPRING REBATES ARE BACK!
March 1 - June 30, 2019

YORK® INSTALL CONFIDENCE
YORK® Heating &
Air Conditioning Rebate
Up To $1,050*

*Rebate savings depends on equipment purchased and program availability. See dealer for details.

$15.00 OFF*
Your Next Service Call!

Present coupon at time of service. Not valid with any other offer. Valid for service calls of 1-hour or more. Technician to verify special upon arrival. Not valid towards Service Maintenance Agreement Contract.

Expires 7-31-19