



The Lilac Fire two hours after it started on December 7, 2017, viewed from Rimrock. Deer Springs Fire Safe Council photo.

Defensible space: Is it enough? Not with the Lilac Fire!

By THE DEER SPRINGS FIRE SAFE COUNCIL

The Lilac Fire that swept through North San Diego County in early December proved to be tragic in terms of the homes and buildings, as well as dozens of horses, that were lost. At the same time, the fire provided some important lessons that may help minimize losses in future. Although fire engines arrived within minutes after it was first reported, the fire was extremely difficult to contain, especially given the hazardous weather conditions in the region at the time. The blaze expanded so quickly that residents of the nearby Rancho Monserate community had only minutes to evacuate. Almost miraculously, no residents were injured in Rancho Monserate. Later however, three people were injured at the San Luis Rey Downs stables.

One month after the fire, Nick Brown, Chief of the Deer Spring Fire Protection District, shared his observations and experiences with Craig Cook, President of the Deer Springs Fire Safe Council. During the Lilac Fire, Chief Brown acted in the role of operations chief, working to dispatch and coordinate firefighting resources coming in from around the state as well as several other states.

The Lilac Fire began on December 7 during a Red Flag warning period with gusty Santa Ana winds and warm temperatures. The recently developed Santa Ana Wildfire Threat Index was at its highest level (purple) at the time. At this level, if a wildfire breaks out, it may be potentially unstoppable, even with an ideal firefighting response.

The concept of defensible space around residences has been well developed and implemented by proactive residents seeking to ensure that their homes can survive a wildfire. However, Chief Brown noted that some homes with appropriate defensible space burned in the Lilac Fire. Some of those homes had combustible

materials close to or in contact with the homes. Embers traveling ahead of the main fire ignited these materials resulting in the loss of homes and structures. In other cases, long narrow driveways with no defensible space created severe challenges for the firefighters in gaining access to burning buildings. Property owners need to do their part in creating and maintaining defensible space not only around structures but also along the roadways and driveways leading to them.

Chief Brown noted that the fire was so hot that succulents and cactus burned. The fire also burned trees in avocado and orange groves, despite moist soil from regular irrigation. He also mentioned that bearded palm trees (trees with the remnants of dead fronds still attached) burned aggressively, often raining down embers to combustible brush below. Also, when caught by the gusty winds, embers travelled up to two miles to create new spot fires. Skinned palm trees, with the dead frond remnants removed, provide much less combustible material and the resulting potential for airborne embers and spot fires.

The tragic loss of thoroughbred horses occurred at stables in the path of the fire. Chief Brown noted that older stable structures burned, while newer stables survived. The older structures were open construction built with wooden frames and metal roofs. With the open construction, the fire easily entered the buildings. Loose hay and straw in the stables was the perfect fuel bed for ignition by flying embers. In addition, the open structures contained stacked bales of hay that sustained the fire. On the other hand, the newer stables were enclosed structures, and the walls prevented the fire from entering the structures. These experiences corroborate strategies and construction practices to prevent fires from entering structures, including homes. If the fire

see **DEFENSIBLE** ▶ 7



The median along Mountain Meadows Road. The recent installation of new landscaping was made possible through community donations.

Median beautification project update

By WENDY SMITH-ROGERS

The Hidden Meadows Community Foundation is excited to announce that most of the plants, mulch, and a large quantity of rock has been installed in the medians. All of the money from the 2017 fundraising efforts earmarked for the median beautification project has been spent.

If you are wondering why the project is taking so long, you might be interested in knowing what some of our volunteers have had to accomplish behind the scenes to make it happen. As mentioned in previous articles in the *Hidden Meadows News*, several residents have provided the necessary materials for us at cost or for free. Seeking them out, working with them and coordinating a schedule takes time. The Foundation Board is exceedingly grateful to Pat Reilly for making this happen in addition to his full-time job and being a father of two little ones.

Another time-consuming aspect of the process is obtaining the proper permits and reports from the County Office. Thanks Foundation Treasurer, Lisa Lonsdale, who had worked at the county office for many years before her



Median before installation of new landscaping.

retirement twelve years ago, we finally have all the permits, having paid \$143 for one permit and \$800 for the EMRA (Encroachment Maintenance & Removal Agreement) analysis to beautify the medians, which are owned by the county. However, it took multiple trips to the county office and being transferred from Window A, the Planning and Development Services, to Window B, the Traffic Control Department, then back to Window A. Through all of this and numerous phone calls and emails, Lisa was able to navigate her way through the challenging journey. What could have been the end to our efforts to beautify the median came in an email

see **MEDIAN** ▶ 2

Inside This Issue

Calendar of Events
3

Super Crossword
4

Small Business Directory
11

On the Menu
12

MARCH HIDDEN MEADOWS EVENTS

Spring Food Drive
Saturday, March 17, 2018, 9 am-3 pm
Golf Course Clubhouse
10333 Meadow Glen Way East

Large Animal Evacuation Workshop
Saturday, March 24, 10-11am
Hidden Meadows Pavilion
28208 Meadow Glen Way East

Easter Egg Hunt
Saturday, March 31, 10am-12pm
Hidden Meadows Pavilion
28208 Meadow Glen Way East

MEDIAN from 1
on January 26. Read the email below for the details.

The proposed landscaping within the median of MOUNTAIN MEADOW RD has been approved on the condition that the HIDDEN MEADOWS COMMUNITY FOUNDATION is responsible for landscape maintenance.

The Department of Public Works has asked for the following:
- Encroachment Maintenance & Removal Agreement (EMRA)

- Reference property or parcel required
- \$800.00 Administrative deposit

An EMRA will be required for this work.

This agreement will provide the County with indemnification and a legally credible agreement for the installation, care, and maintenance (and removal, if need be) this subject portion within the public ROW.

The process for completing an EMRA typically takes ~2 weeks.

The EMRA must reference a specific property or parcel.

The County is aware that the HIDDEN MEADOWS COMMUNITY FOUNDATION does not own any property or parcels.

In this instance, the County would ask one of the FOUNDATION's members provide their property in which the agreement can be recorded against.

If the property owner changes his/her mind as to the responsibility, or if, the encumbered property changes hands and the new owner refuses this responsibility, a new mutually committed agreement would have to be re-negotiated or the landscaping removed, etc.

Thankfully, the Foundation owns the Wilderness Park in Hidden Meadows and that parcel can be used in this situation. If not, the beautification project would have had to come to a halt, as no one in their right mind would have offered their home as “collateral” to the county.

Again, the Foundation Board wants to thank you for your patience as the volunteers have coordinated the details of the beautification project. It truly takes time in order to do it well. We estimate that it will cost approximately \$25,000 to complete the median project and add plants and rock by the sign at the corner of Mountain Meadow Road and Hidden Meadows Road. If you have ideas or suggestions, please contact one of us in order to get involved. If you like what’s happening, please send a check to the Foundation during the fundraising letter campaign in March-May. The donation envelope is included in this edition of the paper. Every donation makes a difference in the completion of the medians as well as supporting our annual events. Thank you in advance for your support.



From left: Karleen Lovett (hostess), Susan Clyne, Sima Kashani, Patti Preston, Joanne Anglin, Jane Glassett and Pat Buntin

Even better than jammies

By ROSEMARY TULIS

I love attending the monthly Women’s Socials here in Hidden Meadows, but I have to admit I was sorely tempted to pass on the Valentines-themed event held on February 15. I had endured surgery on my shoulder the day before, and all I wanted to do was climb into my jammies and stay home for the evening. At the last minute, however, I gathered myself up and shuffled over to the party which was being held at Karleen Lovett’s home. As soon as I walked through the door, I thought “I am so glad I came tonight!”

The charm of Hidden Meadows is not only its distinctive picturesque, boulder-covered hillsides, but also its interesting residents, with their amazing assortment of careers and interests. Each month the Women’s Pot Luck Social presents a chance to visit different parts of the neighborhood, sample new taste-treats, and catch up with friends old and new.

Karleen welcomed us into her home with a big smile and a headband festooned with bouncing red hearts. Her house was as warm and welcoming as she was, with many delightful surprises at every turn.

Karleen, her husband and two children moved to Hidden Meadows in 1978, when a new community of custom-built homes was just developing around what was then known as the Meadow Lake Golf Course. The Lovetts owned their own business and were active in a variety of sports. They wanted a place for both fun and relaxation. The home they created has a cozy, mountain lodge-style interior featuring redwood walls and a two-story stone fireplace. They built a secluded waterfall grotto with a firepit just off the living room, and added a basketball court behind a fence in the front. Upstairs, they designed a game room retreat, complete with a pool table and pinball machine. Something for everyone!

Today, forty years later, this home brims with memorabilia of years of family adventures. Sparkling glass cases overflow with gleaming trophies for golf, motorcross, basketball, gymnastics and more. In addition, the walls are festooned with magnificent pictures and keepsakes reflecting the family’s keen interest in horse racing. At vari-



From left: Ellen Liddle, Carrie Hartwick, Linda Collins, and Judy Francello



Drusi Bittke (left) and Lynn Wheeler

ous points of time, the Lovetts owned, or have been part-owners, of a number of racing horses. Who knew one could share a racehorse? Now that’s an idea that appeals to me! Imagining the excitement of the race, I can almost savor my Kentucky Derby mint julep!

Many thanks to Karleen for hosting this month’s Women’s Social. Thanks, also, to the many dynamic, fun-loving Meadowites who make Hidden Meadows the charming community that we are lucky to call home. Good times are precious and the jammies can wait an hour or two. On third Thursdays each month, join us at our Women’s Socials for relaxing, comfortable camaraderie, or perhaps even some energizing discovery. To get on the invitation list, send your full name, email address and telephone number to hmws92026@gmail.com.

Locally owned since 1969



TRI-CITY
CARPET

Carpet • Hardwood • Laminate • Tile
Waterproof Vinyl Plank



STAINMASTER

Escondido

1080 West Washington Ave.
760-743-6252

Vista

1455 West Vista Way
760-724-5595

Free Estimates www.tricitycarpet.com
Lic #363436

Want news from Escondido?
Subscribe to the TIMES-ADVOCATE
www.Times-Advocate.com ~ 760.546.4000

Find the rose, win a prize!

We’ve hidden this rose somewhere in this issue of the paper.

As soon as you find it, send an email to leetarudolph@gmail.com with subject line “Found the rose” and the page number where you found it. Lisa Lonsdale was the winner of last month’s contest. This month the 5th person to find the rose will win.



HIDDEN MEADOWS/RIMROCK

CALENDAR OF EVENTS

Regular Meetings / Activities

Every Week

TT	Yoga, 8 am	297-1207*
MWF	Fitness Workout, 9 am	749-6523*
W	Bridge Group, 10 am	751-0261*

March 2018

6	Bookmobile, MLGC Pkg. Lot, 1:00-2:00 pm	643-5125
6	MHA Architectural Rev Com Mtg, 6:30 pm	749-7278*
8	MHA Board Mtg, 6 pm	749-7278*
13	Garden Club Meeting, 10:00 am	749-8723
14	Deer Springs FPD. Bd. Mtg. 2:00 pm	749-8001
14	HM Condos, HOA Meeting, 4:00 pm	407-7575*
19	HM Community Foundation, 7 pm	749-5652
19	VCMWD Board Mtg., District Office, 2 pm	749-1600
20	Bookmobile, MLGC Pkg. Lot, 1:00-2:00 pm	643-5125
20	CERT Monthly Mtg., 6:30 pm	525-5170*
22	Ranch HOA Mtg, 4-6 pm	407-7575*
22	HM Sponsor Group Mtg., 7:00 pm	809-6898*

April 2018

2	VCMWD Board Mtg., District Office, 2 pm	749-1600
3	Bookmobile, MLGC Pkg. Lot, 1:00-2:00 pm	643-5125
3	MHA Architectural Rev Com Mtg., 6:30 pm	749-7278*
8	MHA Board Mtg., 6 pm	749-7278*
11	Deer Springs FPD. Bd. Mtg., 2:00 pm	749-8001
11	HM Condos, HOA Meeting, 4:00 pm	407-7575*
14	Garden Club Meeting, 10:00 am	749-8723
16	HM Community Foundation, 7 pm	749-5652
16	VCMWD Board Mtg., District Office, 2 pm	749-1600
17	Bookmobile, MLGC Pkg. Lot, 1:00- 2:00 pm	643-5125
17	CERT Monthly Mtg., 6:30 pm	525-5170*
26	Ranch HOA Mtg., 4-6 pm	407-7575*
26	HM Sponsor Group Mtg., 7:00 pm	809-6898*

* Held at Meadows Community Center. 28208 MGWW
Meadows HOA email: meadowhoa@att.net
Call Weekdays 9-12 pm 760-749-7278 to reserve Pavilion* The pool or park cannot be reserved.

Submitted by LeEtta Rudolph , Home Smart Realty West
www.leettasellsmart.com leettarudolph@gmail.com

Major Events in 2018

Hidden Meadows Orientation	Sat., January 27	Golf Course Club House
Annual Fundraising Campaign	March-May	
Sellers' Faire, 2nd Saturdays	March-Nov	Club house parking lot
Easter Egg Hunt	Sat., March 31	Pavilion
Artisan Guild Arts and Crafts Show and Sale	S/S, April 21/22	Pavilion
Community Garage Sale	Sat., May 12	Throughout HM
Scholarship Reception	Sun., June 10	Pavilion
Hidden Meadows Orientation	Sat., June 30	Pavilion
Fourth of July Parade/Picnic	Tues., July 4	Club house parking lot
Summer Family Movie Nights	July, August	Boulder Oaks Patio
Bunco 4 Boobs	Fri., October 19	Williams Barn, San Marcos
Trunk or Treat	Sat., October 27	Pavilion parking lot
Golf Tournament	Fri., November 9	Boulder Oaks Golf Club
Turkey Trot	Thurs., November 22	Club house parking lot
Toys for Tots	Sat., December 1	Pavilion
Progressive Dinner	Sun., December 9	Throughout HM
Christmas Caroling	Sun., December 16	Fire Station

Hidden Meadows
Community Foundation Board

Wendy Smith-Rogers
President

Sarah Sealey
Vice-President

Toni Wozmak
Secretary

Lisa Lonsdale
Treasurer

Rob Enfield
Board Member

Kim Riha
Board Member

Jane Glassett
Board Member

Co-chairs, Community Events
Denise Haase • Susan Sciacca

Chair, Neighbors Helping Neighbors
Christina Stendall

Chair, Communication
Susan Wolking

Chair, Beautification
Patrick Reilly

Co-Chairs, Social Groups
Noe Silva • Mary Friel

Questions? email us at hmcf92026@gmail.com

HIDDEN MEADOWS
NEWS

Justin Salter
Publisher

Lisa Scarpello
Editor / Art Director

Joshua Sibelius
Advertising

MAILING ADDRESS

Hidden Meadows News
PO Box 1529
Valley Center, CA 92082

OFFICE LOCATION

29115 Valley Center Rd., Suite L
Valley Center, CA 92082
760-297-2900
News@HiddenMeadowsNews.com

Deadline for article submission is the third Friday of the month.
Send drafts to wolking.susan@gmail.com

The HMN is a free monthly publication mailed directly to approx 1600 addresses within the Hidden Meadows and surrounding area postal routes, and approximately 100 at local businesses. HMN is published by Roadrunner Publications, Inc., in affiliation with the community of Hidden Meadows and Hidden Meadows Community Foundation. Our liability for errors and omissions on ads is limited to the price of the ad for a single issue run. Letters to the Editor should not exceed 400 words and are subject to editing length. View on all matters will be accepted, but are subject to editing for obscenity or libel. Each letter must be signed and must contain name, address and a daytime telephone number. One letter per household in a month. Anonymous letters or those published in another newspaper will not be accepted. Contact HMN with any questions.

The Easter Bunny Is On The Way
Grab Your Baskets And Hop On Over
Please Join Us For
Hidden Meadows Annual

EASTER EGG HUNT



Saturday, March 31, 2018
10 AM
Hidden Meadows Pavillion
28208 Meadow Glen Way West

Questions:
Linda Shreve 760-415-7115
Lindashreve28@gmail.com

Sponsored by Hidden Meadows Community Foundation

For a new director, board reaches out to a younger generation

By DAVID ROSS

When it came time to pick a new director for the Valley Center Municipal Water District the four members of the board reached back to a new generation. They chose Dan Holtz, who was born and grew up in Valley Center and whose passion is “ag and water.”

At the same meeting, the board honored 20-year veteran director Merle Aleshire, who retired in December for health reasons, creating the vacant seat that Holtz was named to.

Two people applied to fill the seat, whose Division 5 encompasses Hidden Meadows. They were Dan Holtz and Gordon Cloes, and the board had a very tough time choosing between them.

During the interview process the district’s senior staff were asked to leave. Each candidate was interviewed by the board while the other candidate was out of the room. They discussed the candidates’ merits while both were out of the room.

Gordon Cloes is a building contractor who worked on water projects in his youth, became an engineering contractor and is currently Project Manager for KB Homes. He noted that he had a great deal of experiencing installing water and sewer systems. He is now a land manager for several large planned communities. He and his wife have lived in Hidden Meadows since 1989 and have built three homes there.

Dan Holtz, the man who the board ended up choosing, grew up in Valley Center and attended school here from K-12, where he was the ASB president. He attended Cal Poly Pomona where he obtained a degree in agriculture and bioengineering. He works for the National Resource Conservation Service in Escondido, where he works with farmers.

“Agriculture and water is my passion,” he told the directors. He added, “I have an analytical mind. I enjoy spreadsheets.” He said that he thought he would make a good director because of his passion and “bring in a perspective of the younger generation.”

When both men were out of the room, Broomell observed, “it’s going to be a very difficult choice.”

The other directors echoed this dilemma, with one saying, “I’m kind of in awe.”

They tried to enlist Gen. Mgr. Gary Arant’s assistance in helping them. He remarked that he has been in the busi-



Newly appointed water director Dan Holtz is administered the oath of office by water district Gen. Mgr. Gary Arant.

ness a long time, and never been fired, in part because he had never crossed the line and gotten involved in picking directors.

He did remark that “both are quality people. But you need to find a way to lean in a direction.”

In the end, the youth of the winning candidate may have been the deciding factor. “All things being equal, I think I would lean towards youth, since that’s sort of an investment in the future,” said one of the directors.

Holtz and Cloes were brought in and informed of the unanimous vote. Holtz was sworn in and immediately took his seat.

Honoring Merle Aleshire

Aleshire, although undergoing chemotherapy treatments, was able to attend the meeting.

The certificate presented to him noted that “after completing 20 years of distinguished service, Dr. Merle J. Aleshire retired from the Valley Center Municipal Water District Board, Election Division 5, on December 31, 2017.”

Aleshire joined the board in December of 1997 and successfully stood for re-election in 1998, 2002, 2006, 2010, and 2014. He came to the board with extensive experience in operations, finance management, personnel development, and a long history of community involvement in the March of Dimes, the Boy Scouts, as well as serving for 12 years as Chairman of the Escondido Union School District Board of Trustees.

While serving on the board, Dr. Aleshire was active in ACWA (Association of California Water Agencies); serving as Region 10 vice chairman and chairman and on the ACWA Board as Valley Center’s ACWA-JPIA Representative and then as an elected member of the ACWA-JPIA Executive Committee.



Retired VCMWD director Merle Aleshire (left) is presented with a commendation for his 20 years of service on the board by current board Pres. Bob Polito.

The commendation noted that Dr. Aleshire made “policy and practice contributions to improve efficiency, cost effectiveness and customer service of the District, ACWA and ACWA-JPIA and his leadership and contributions will be missed by his fellow Board Members and the District staff.”

Dr. Aleshire said, “This is a wonderful organization. I hope you are as proud of it as I am. It starts with this board and it starts with Gary Arant, who is the best water manager in California. He is well-respected and an outstanding leader.

“We also have a staff that is second to none. It’s been an honor. The thing I think I contributed to was CalPERS.” The district replaced its old pension system with CalPERS. “It created certainty,” said Aleshire.

He said what disappointed him most “was when we wanted to turn Turner Lake into a recreational facility.”

He concluded, “The people here are second to none.” He said he once decided to watch some of the staff fixing a main line that burst in the middle of the night. “I watched, and it was amazing and I know why we get such good marks from our customers—because they get such great service.”

He concluded, “It has been a pleasure to serve and I think it’s been all the board members’ connection to agriculture. That has a lot to do with it. I will treasure the relationships. Twenty years went by pretty fast.”

He described his medical condition as being multiple myeloma, which he discovered after he suffered an infection after his right shoulder was replaced.

Board Pres. Bob Polito told Dr. Aleshire, “You did a wonderful job here. We are all going to miss you.

Director Gary Broomell added, “Regarding ag, I think farmers are basically pretty cheap. We watch our dollars and cents.

PERFECT PRESENTATION

Super Crossword

ACROSS

1 Sag down

6 "Your Business" channel

11 Solo seen with Chewbacca

14 Snapshot

19 Meet with fellow grads

20 Classic name in arcades

21 Santa — Zoo

22 Biblical king in Matthew

23 Start of a riddle

26 "I come from — down under" (1981 hit song lyric)

27 English king called "the Conqueror"

28 Sunrise side

29 Concerning kidneys

30 Airline to Lod

31 Riddle, part 2

36 1987 NFL MVP John

38 Some tournament rounds, informally

39 "There — god!"

40 Comply with

43 Ore- — (maker of Crispers!)

44 Sticky stuff

47 Vainglory

50 Riddle, part 3

55 Down time

56 "Eh" grade

57 Very old

58 Choir female

59 High-school grad, e.g.

60 Stick (to)

63 Catch sight of

67 State-of-mind missions, in military slang

70 Riddle, part 4

74 Diving result

75 Not casual

76 Lead role in "La Cage aux Folles"

77 End in — (finish evenly)

78 Océano filler

80 Thai language

82 Little peeve

83 Part of DOJ: Abbr.

84 Riddle, part 5

91 Certain poem

92 Check casher, say

93 Kicker

94 Seeks some answers

95 Brand of brake fluid

96 "Greetings"

98 Calyx part

102 End of the riddle

110 Firework part

111 City near Giza

112 Holy likeness

113 Prehensile-tailed fish

115 Fight

116 Riddle's answer

120 Nobel winner

121 Immense time span

122 Subparts

123 Penetrating

124 Was nervy enough

125 007, for one

126 Ballerina's skill, in Paris

127 Actress Witherspoon

DOWN

1 Bank in a check transaction

2 Replenish the stock of

3 Make illegal

4 "He's a priest," per Ogden Nash

5 Gilpin of "Frasier"

6 Molten rock

7 Giant step

8 No, in Ayr

9 Lingerie garment

10 Op. — (abbr. in a footnote)

11 Responses to jokes

12 "— of robins in her hair": Joyce Kilmer

13 Three-nation pact of '94

14 Old Jewish sectarian

15 Capital of Montana

16 Bornean ape, briefly

17 Relating to musical pitch

18 In an unusual way (rodeo cry)

24 Spa reaction

25 100-yr. stretches

32 Ballet bend

33 Verdi work

34 Apple option

35 — and kin

37 Kobe cash

41 Florida birds

42 Driver's peg

44 Medusas' counterparts

45 At a boat's back

46 "It's hard to — Trane"

47 GOP symbol

48 Fights noisily

49 Have title to

50 Bankbook ID

51 Put back on the roster

52 Certain organ part

53 Bygone bird

54 Long-eared leapers

59 Little city

61 Qualified

62 By means of

64 Hang in there

65 Prized violin, for short

66 Fidel's friend

68 Pabst beer

69 "— -hawl!" (rodeo cry)

71 Of ill repute

72 Golfer Sandy

73 Film terrier

77 Big whoop

79 "Shucks"

81 Sly-fox linkup

84 Bought the film rights to

85 Performs like Snoop Lion

86 Makeup of Hawaii

87 Noodlehead

88 Waikiki wiggling

89 Accepts

90 Send in troops, e.g.

95 Holy place

96 Innuendo

97 Inceptions

99 Chase

100 Frozen or liquid things

101 "Joan of Arc" star

102 Pungent

103 Dr. of radio

104 Winter coat feature

105 Hill helpers

106 Inside story

107 Singer Bono

108 Tantalize

109 Snead of golf

114 Frosty coat

117 "Slung" stuff

118 — steady basis

119 Wine, in Paris

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31

32

33

34

35

36

37

38

39

40

41

42

43

44

45

46

47

48

49

50

51

52

53

54

55

56

57

58

59

60

61

62

63

64

65

66

67

68

69

70

71

72

73

74

75

76

77

78

79

80

81

82

83

84

85

86

87

88

89

90

91

92

93

94

95

96

97

98

99

100

101

102

103

104

105

106

107

108

109

110

111

112

113

114

115

116

117

118

119

120

121

122

123

124

125

126

127

©2016 King Features Syndicate, Inc. All rights reserved.

Law Office of Diane Haisha-DeForest

Contact Lawyer Di

Diane Haisha-DeForest

Attorney / R.E. Broker / Notary

858-560-0776

Email: diane@lawyerdi.com • Website: lawyerdi.com

Let us help you start the New Year off with Peace of Mind.

Contact our office for an affordable Estate Plan.

Our sincere thanks to all of our past, present and future estate planning clients for their business and referrals.

• Revocable Living Trusts • Last Will & Testaments • Durable Powers of Attorney

• Property Deeds • Probate • Advance Health Care Directives • Business Organizations

• Conservatorships • Trustee Removal • All Real Estate Services

• California Professional Trustee Services • Pre and Post Marital Agreements

Mobile services provided at no additional charge. (weekday, evening and weekend appointments available.)

Do it once, do it right!

SERVING HMN READERS SINCE 2001

Garden Club News

“Walk away from the hose” she said

By **SUSAN WOLKING**

Master Gardener Karan Greenwald had the crowd enthralled. It was the February meeting of the Hidden Meadows Garden Club, and twenty-nine members were listening to her entertaining presentation on the topic of vegetable gardening. Although many had grown vegetables for years, it seemed like everyone came away from the talk with at least one new idea or insight.

The subject of growing tomatoes drew numerous questions and comments. Karan argued that many people overwater their tomatoes, which results in weaker plants and watery fruit. There were audible gasps from the audience when she suggested giving them as little as one watering per week, even in the dead of summer. “Don’t worry if they look a little thirsty in the afternoon” she insisted. “Unless they are really droopy first thing in the morning, WALK AWAY FROM THE HOSE!”

The following are some of Karan’s other interesting recommendations:

Testing your soil before planting can increase the chances of a success by helping you determine the right kind of amendments for your specific circumstances. Even a cheap test kit from a garden center can provide useful information. Be sure to select your sample from soil drawn 6” below the surface as it will provide the most accurate results.

Don’t plant your seeds or seedlings all at once. Stagger your plantings to get a longer harvest.

When thinning out crowded plant beds, be careful not to damage the plants you want to keep. Instead of digging out the excess plants, simply cut off the stems just above the ground and they will die a natural death.

Don’t wait to harvest your veggies. By “picking early and picking often” you can encourage new fruit...and avoid the awkwardness of trying to foist off unwanted produce on your

neighbors.

Enlist birds in your battle against insects. Karan’s strategy is to attract birds to her garden by putting out feeders with birdseed. Once her feathered friends have gotten used to coming to the yard for food, she cuts them off for a short while. In their hunger, the birds go after the buggies climbing on her plants. (Clever!)

Lastly, have a male in your family pee around your vegetable patch. It will scare away bunnies and squirrels. For some reason, female pee doesn’t have the same benefits. (This last suggestion drew lots of laughs from the crowd.)

Our speaker Karan is a member of the Master Gardener Association of San Diego, a group of volunteers that receive extensive training and supervision by the University of California Cooperative Extension. In addition to providing free speakers to garden clubs and other groups, the Master Gardeners Association provides technical assistance to schools and community gardens and provides free advice to individual gardeners through their website (mastersgardenerssd.org) and their hotline, (858) 822-6910. The website has links to a wide variety of helpful resources.

Our own Garden Club here in Hidden Meadows is also a great source of information and encouragement. Our members (which include both women and men) reflect a wide range of interests and experience. Lisa Lonsdale, the Treasurer/Secretary, even writes a monthly column called “My Green Thumb” for the Hidden Meadow News. (Check out her reflections on vegetable gardening on this page.)

We meet on the first Friday of the month at various locations. We were pleased to welcome two new members last month: Jane Cairns and Patti Preston. If you are interested in joining, contact Lisa at ldlonsdale4@gmail.com.

The Easter Bunny needs your help!

By **KATHY MOORE**

Easter has always been one of my favorite holidays! There’s a lot less pressure and expense involved compared to Christmas, and I’m somewhat partial to bunnies, spring flowers, and all things pastel. I have no biological children of my own, but have made a tradition of making Easter baskets for my nieces and nephews. I thoroughly enjoy boiling, coloring and decorating eggs, and can eat the leftovers in egg salad sandwiches for days without getting bored.

Needless to say, it warmed my heart to hear that over 300 people turned out last year for the annual Easter Egg Hunt sponsored by the Hidden Meadows Community Foundation. It’s really great to see members of our community so passionate about the season and holiday, particularly since many no longer have small children of their own at home.

A lot of work goes into preparing for the hunt each year. The Foundation provides the plastic eggs, but volunteers are needed to help fill them with treats.

This year, HomeSmart Realty West (where I work) has agreed to serve as a pick-up and drop-off location for donations to the egg hunt. We are located at 10320 Meadow Glen Way East and are open 7 days a week from 9 a.m. to 5 p.m.

Anyone who would like to help can drop off a bag or two of candy... or some leftover change from your visit to the deli next door. (Some community members have suggested that including coins in some eggs might be a nice break from all the candy kids get.) If you have a little extra time, pick up empty eggs at our office, fill them up, and return them for storage till the happy day. Every little bit will help make this event the best ever.

Hoppy Early Easter and look forward to seeing you soon!!

My Green Thumb



When locating a new garden, be sure it receives at least 6 hours of direct sunlight.

Growing vegetables

By **LISA LONSDALE**

Spring will officially be here on the 20th and by then our soil should be warm enough to support new plantings. I always start my outdoor garden by that date. If you didn’t start seedlings in January or February, you can still do so, but your harvest will be pushed back at least a month. Prepare your planting beds by turning over the soil to about a foot deep, breaking the clods and mixing some “composted” manure (available at Home Depot) into the soil along with some high nitrogen fertilizer (blood meal, bone meal or ammonium sulfate). Water and keep moist for at least 2 weeks prior to planting in it. If you use 100% manure, you will need to wait 4-6 weeks before planting in it, to avoid burning the plants.

If temperatures are forecast below 45 degrees at night, you can help protect the new plants using sheet plastic; wrap pots with plastic extended at least a foot higher than the plant. In your beds, you can also cover the plants loosely with sheet plastic or use white, breathable plant fabric that can be purchased online. Plant fabric can also be used to cover other sensitive plants in your yard from frost damage, so its good to keep some around for these occasional situations.

When transplanting tomatoes, bury at least 50% of the plant below ground-level, removing leaves from the buried stem prior to backfilling the hole with soil. Do all transplanting at a cool time of the day — early morning or late afternoon, so plants won’t over-wilt from the sun. Water them thoroughly and keep moist for the next week. After that, only water

when the plants appear slightly wilted first thing in the morning. Afternoon wilting during the summer months is common, as the plant’s defense mechanism causes leaves to hang vertically, with less direct exposure to the sun. Overwatering tomatoes will take the flavor out of them. Tomatoes grown in pots (use 15 gallons or larger) and raised planters need water more often than in-ground plants; about every 4 days. Fertilize tomatoes about every 4 weeks with a general tomato fertilizer (granular and/or liquid) keeping granular at least 4 inches away from stem to prevent burning.

Plant your direct-sow vegetables, such as carrots, squash, beans, radish, turnips, etc., this month, also. Follow the seed instructions for proper depth and spacing. Be sure to plant some marigold seeds around the outside edges of the beds to discourage and intercept pests. Lettuce, spinach, kale, cabbage, cauliflower and broccoli can be grown into the summer months, if you hang shade cloth a couple of feet above them to protect from the hot sun.

When locating a new garden, be sure it receives at least 6 hours of direct sunlight. Raised beds, with ½” wire underneath, are easier to maintain, water and protect than ground-level beds. Surround the garden with some form of tight-mesh fencing, at least 4 feet high, to help keep out unwanted guests such as rabbits, mice, rats and squirrels. Rabbits can get thru chain link, rats and mice can get thru chicken wire, squirrels can jump at least 3 feet high. The better the barrier, the more of your hard work will end up on your table. Enjoy!

VOLUNTEER OPPORTUNITIES

EASTER EGG HUNT

Saturday, March 31st

Please call Linda Shreve at (760) 415-7115 to sign up for one of the following time slots:

- 8 - 9 am: Hide Eggs
- 9:30 - 10:30 am: Check in
- 9:30 - noon: Craft tables, games, goodie table, photos, egg collecting
- Noon - 1:30: Clean up

Escondido’s Kit Carson Park is home to a “must see” art treasure

By SUSAN WOLKING

The day was cloudy and grey as five members of the Hidden Meadows Art Guild headed down a dirt trail in Escondido’s Kit Carson Park. A few minutes later, our faces broke into smiles as we started seeing bright colors and strange shapes emerging from just past the line of trees.

We had arrived at Queen Calafia’s Magical Circle, a quirky sculpture garden that opened 15 years ago and has been delighting visitors, young and old, ever since. The garden is entered through a maze whose walls are covered by a kaleidoscope of black, white and mirrored tiles and topped by an assemblage of whimsical serpent figures. Inside the 120 foot wide plaza are fanciful totems and other art pieces adorned with mosaics of glass, stones and tile. The center is dominated by Calafia, a spectacular golden “warrior queen” standing atop a huge, multi-legged bird creature. Everywhere you look, you find colorful photo opportunities. All but one of our group had visited the garden before, but each of us discovered new elements that sparked our imagination.

The Magical Circle was created by the internationally-acclaimed artist Niki de Saint Phalle (1930-2002). Niki was prolific in a variety of art forms including mosaics, ceramics, furniture and painting. She often infused her work with symbols and designs drawn from Native American, pre-Columbian, Mexican and African art. Born in France, Niki spent the final twenty years of her life in La Jolla, California, and the Magical Circle was one of her last major projects. The statue garden



Entrance to the Magical Circle in Kit Carson Park.

was entirely financed by Niki herself, with land acquisition, site grading, landscaping, maintenance, and operations donated by the City of Escondido.

Queen Calafia's Magical Circle is open to the public on Tuesdays and Thursdays from 9 a.m. - 12 noon, and on the 2nd Saturday of the month from 9 a.m. to 2 p.m. (weather permitting). For more information, including directions, call (760) 839-4000.

By the way, if you have some time over the next couple of days, you might also consider heading over to the art museum at the Escondido Center for the Arts. The museum is currently presenting an exhibition of Niki de Saint Phalle’s work, including pages of her

colorfully decorated journals and a large scale model of the Magical Circle. The show will be closing on Sunday, March 4, but it’s well worth a

trip downtown. For more information about the current and future exhibitions at the Museum, call (800) 988-4253.



Hidden Meadows Art Guild members Susan Wolking, Lisa Lonsdale, Wendy Smith-Rogers, Sima Kashani, and Marsha Rafter enjoying their visit to the Queen Calafia Magical Circle.

Save Our WATER



It Will Always be Important to “Live WaterSmart.”

Rain, Shine, Wet or Dry, it will always be important to use water resources efficiently and avoid wasteful practices such as:

- *Hosing Off Hard Surfaces;*
- *Washing Vehicles with a Hose Not Equipped with an Automatic Shut-off Valve;*
- *Using Non-recirculating Water in a Fountain or Water Feature;*
- *Over-irrigating Landscaping and Having Water Run Off Your Property;*
- *Irrigating During or Within 48-Hours After a Rain Storm;*

For Water Use Efficiency Tips, New Landscaping Ideas, or Information About Rebates and Incentives visit the links on right hand side of our Homepage at www.vcmwd.org; and as always,



Thanks for Your Help and Cooperation!

Valley Center Municipal Water District

760-735-4500

MENTION THIS AD FOR A DISCOUNT

Deluxe 1 CLEANERS

Expert Alterations • Environmentally Friendly Cleaning

FREE PICK-UP & DELIVERY

W. El Norte & Nordahl

1022 W. El Norte Pkwy #1
Escondido, CA 92026
(Vons / Wendys)
760-489-0404
Close to Hidden Meadows & Rimrock

Valley Pkwy & Citrus Ave.

2437 E. Valley Pkwy
Escondido, CA 92027
(Ralphs / KFC Center)
760-740-0404

www.deluxe1cleaners.com

We do our best so you can look your best!



Dry ornamental bushes next to a home caught on fire by ember showers. CAL FIRE photos by Jeff Hall.

DEFENSIBLE from 1

can be kept outside, the likelihood of a structure surviving the fire is significantly increased.

In spite of the quick response and aggressive actions by firefighters, the Lilac Fire burned 4,100 acres (6.4 square miles), destroyed 157 homes and structures and damaged 64 others. The effort to combat the fire was coordinated by CAL FIRE, and relied heavily on local resources as well as resources from around California and several other western states, including Oregon, Utah, and Idaho.

Creating defensible space not only around your home but also access to the street is a safeguard that should be implemented before hazardous fire conditions occur. But Chief Brown strongly emphasized that when fire conditions are critical, such as red flag warnings



Many untrimmed palm trees burned in the path of the fire, most started by flying embers lodging in the untrimmed "beard" or fronds.

from the National Weather Service, residents should take the time to walk around their home and ensure that any combustible materials are either moved inside the home or well away from the home. If you see smoke coming your way, it is probably too late. Combustible materials to look for may include trash cans, patio furniture, cardboard boxes, dead bushes, bark,

wood piles, piles of leaves, and debris. Recognize that most plastics will burn when subjected to high temperatures. Defensible space may not be enough.

Wildfire behavior has been more severe than ever, so residents need to be equally diligent. Please do your part to increase the chances that your home will survive a wind-driven wildfire. Help the firefighters help you!



Under the intense heat of the Lilac Fire, the rubber tires and plastic exterior of a golf cart burned fiercely next to a home in Rancho Monserate.



Even with defensible space, some homes were destroyed by the intense fast-moving fire.



COMING SOON



28043 Oak Ranch Road • New Construction

UTILITIES AT SITE



Lot 82 Park Way, Lake Elsinore

COMING SOON



Gracilior - Castle Creek

JUST LISTED



10131 Sage Hill Way

New Office Location:
10320 Meadow Glen Way East
Next to the Deli



JENNIFER HILL
Cell:
760.484.4121
JennHill68@gmail.com

We love our community K-9's!
Stop in for water and doggie treats anytime!

HIDDEN MEADOWS RESIDENT SINCE 2004

Listing Incentive For Sellers AND Closing Cost Credit For Buyers

Local Husband & Wife Realtors



51 Years Combined Real Estate Experience
20 Years Hidden Meadows Residents

We Are Your Local Real Estate Experts!



Merrie and Peter Bessell

LIC #01342407, LIC #00859663

858-945-3299

merrie@thebessellgroup.com

For client testimonials,
visit: www.merriebessell.com



HIDDEN MEADOWS
NEWS

Call Joshua
760-297-2900 to advertise

Astronomy Corner

Lunar eclipse on January 31, 2018. The composite of photos were taken from Chris Holmes' backyard, in his pajamas. Photos by Chris Holmes



By LEETTA RUDOLPH

You’ve decided it’s time to move, and you are anxious to get out and see what’s on the market. Whether you are upgrading or downsizing, the prospect of going to view homes can be thrilling, and it’s tempting to think that it is the very first step in buying a home. It is not.

Before you start even casually looking, stop and determine exactly what you’re looking for in a home. Some questions to ask: Do you need a set number of bedrooms and bathrooms? Do you want a yard? Do you want property only in a certain neighborhood? Do you want a single story or two stories? Do you want track home or custom home? What about a view - ocean, canyon or hills? Be sure to think through your financial situation as well: How much will you have for a down payment and what kind of mortgage can you afford?

Answering all these questions and more will save you a lot of time and

effort viewing homes that do not suit your needs. Even more importantly, they will prevent you from making a purchase you later regret. I have heard too many sad stories about people who were out looking, fell in love with a house, and impulsively made an offer, only to realize when it was too late they had made a mistake. Some hadn’t considered how much it would cost to maintain a large yard or garden; some bought in a remote area where their children had no one to play with; others bought a home for retirement without considering how hard its multiple levels would be on their aging legs.

Once you’ve decided on your criteria and worked through the financial questions, it’s finally time to get down to some serious house-hunting.

Looking at houses online has become a popular way to start a search. Be aware, however, that the beautiful photos you swipe through can be deceptive. Wide angle shots can make tiny rooms look enormous and the

photographer’s special lighting can make a depressingly dark interior look bright and cheery.

While online searches can give you some initial ideas, do yourself a favor and find a reliable realtor before you start looking at actual homes. Let him/her know what you are looking for and they can help you narrow down your choices. That’s particularly important in an area like Hidden Meadows/Rimrock where there is such a wide variety of homes. We offer homes in gated ar-

eas, track homes, custom homes, new builds, older homes, homes with additional land, horse property, vineyard property and citrus property, just to name a few. Having a local realtor who knows the area well will help you avoid properties with potential problems... and direct you to those hidden gems that could be your next dream home.

Happy house hunting!
LeEtta Rudolph, Local Realtor-Adviser; leettarudolph@gmail.com, www.leettasellssmart.com

Annual Hidden Meadows Art Show coming in April!

By THE HM ARTISAN GUILD

You won’t want to miss the third annual Hidden Meadows Artisan Guild Art Show and Sale which will be held on Saturday, April 21 and Sunday, April 22. Many returning artists as well as new members of the guild will be displaying their work at the Pavilion. Most items will be for sale should you find a piece of art such as a painting, a wood-carved vase or bowl, silk painted garments, jewelry, greeting cards, coasters, photography, etc. that you can’t live without. A wine and cheese reception will be held on that Saturday from 4-6 p.m. It’s a great time to meet all of the talented artists in our community. Be sure to make time to stop by!



760.728.9353
Free On-site Consultations

Visit us on:  

***Ask about Hidden Meadows and Rimrock Community Special Pricing**



We deliver when and where you need us.





We are your Local Trusted Propane Company.

- 24/7 Emergency Response
- Friendly Technicians
- Dependable Deliveries
- Competitive Pricing

www.fallbrookpropanegas.com
1561 S. Mission Road, Fallbrook CA 92028
LOCALLY OWNED AND OPERATED SINCE 1987

32 YEARS EXPERIENCE MAKES A DIFFERENCE
14 YEARS AS A HIDDEN MEADOWS REALTOR

MARCIA RAMBAUD
760.390.7533
MarciaRambaud@yahoo.com
CAL BRE # 00910284



"We can't adequately express our thanks and appreciation for all you have done for us. We will never forget your commitment and hard work on our behalf-you are the best!"
~ Betty and Dick



LOTUS POND



SANDHURST WAY



MEADOW GLEN WAY WEST



10 ACRES NEAR LAWRENCE WELK



40 ACRE HORSE PROPERTY



8 ACRES NEAR LAWRENCE WELK



Attention livestock owners!

Evacuation Workshop on March 24 and a new database can help you protect your animals in fire emergencies



By JANE RIPLEY, DSFSC LAG LEAD

Those of us who are animal lovers will never forget the terrible tragedy that took place during the Lilac Fire last December. Despite a heroic effort to save them, almost 50 horses lost their lives when the blaze overtook the San Luis Rey Training Center in Bonsall. Although hundreds of other horses and large animals throughout the North County were safely evacuated, it was a terrifying day for the owners and volunteers involved.

Hidden Meadows is home to a wide variety of large animals, from horses and donkeys to goats and pot-bellied pigs. The question is: what can local residents do to protect these precious animals the event of a wildfire or other major disaster?

If you own or house livestock on your property, we strongly urge you to attend the “Large Animal Evacuation Workshop” that will take place on

Saturday, March 24 from 10 a.m - 12 p.m. It is being held at the Hidden Meadows Pavilion, 28208 Meadow Glen Way East.

Sponsored by the Deer Springs Fire Safe Council, the workshop will cover several topics including:

- Preparing an evacuation packing list
- Planning your exit route
- Getting familiar with the Emergency Communication System
- What to do if you have to shelter in place
- What to do and not to do when evacuating

The main speaker will be DJ Gove from San Diego Animal Services. DJ has over 20 years of experience working in the Mounted Police, as well as rescuing animals in all types of situations. She worked alongside the Community Animal Response Team (CART) both during and after the Lilac Fire. She knows first hand the horrors some of the animals faced and can share stories of amazing rescues.

In addition to hosting the workshop, the Deer Springs Fire Safe Council is pleased to announce that the formation of a committee called the Large Animals Group (LAG). The committee is currently made up of four Hid-

den Meadows residents (Lisa De Mar, Cindy Hansen, Eunice Parisi-Carew and Jane Ripley), and is hoping to attract volunteers from other areas as well. One of our primary tasks is to create a database of livestock owners in the Deer Springs Fire Protection District area.

The LAG database will be used to:

- Send fire alerts to residents with large animals
- Notify San Diego Animal Services

and Community Animal Response Team (CART) of animals left behind during a fire

- Inform large animal owners of upcoming educational events

To be included in the database, please send the following information to Lisa De Mars at DSFSCLAG@gmail.com: your name, address, telephone numbers (including cellphones), email address, types of animals and quantities of each type, and whether or not you have a trailer and an evacuation plan.

Don’t wait to prepare for an emergency, or it might end up being too late. Please attend the Evacuation Workshop and sign up for the LAG database now! Taking these simple steps will help keep you and your animals safe.



Helpful Phone Numbers

911

Immediate Emergency Assistance

211: Disaster Center Hotline

511

County Traffic, Transit & Commuter Information or www.traffic.com

Caltrans Road Closures: (800) 427-7623

Animal Services

North County: (760) 438-1460

South & Central County: (619) 236-2341

Arson: 911 or (800) 468-4408

CAL FIRE/ Fire Information Hotline

(619) 590-3160

California Highway Patrol

(858) 637-3800

Crime Prevention: (760) 510-5254

Deer Springs CERT

(Community Emergency Response Team)

(760) 525-5170

Deer Springs Fire Protection District

Hdqtrs/Station 1: (760) 749-8001

Station 2 Deer Springs/I-15: (760) 741-5512

Station 3 Hidden Meadows: (760) 751-0820

Fire Marshal: Sid Morel

Sidmorel@dsfd.sdcocmail.com

Fire Protection Specialist: (760) 749-8001

Andrew Modglin

Andrew@dsfd.sdcocmail.com

Burn Permits: (760) 749-8001

Emergency Information Recording

(Deer Springs Fire Safe Council)

(949) 472-1407

Office of Emergency Services

(858) 565-3490

Sheriff, San Marcos Office

(760) 510-5200

Hidden Meadows Handyman

Home Exterior & Interior Painting

Deck Construction or Repairs

You name the problem and let's discuss it.

Many Local Referrals

Steve Lanpher

760-715-7633

Licensed & Insured

CA B-1 304236

Michael Carlson, D.D.S.

carlsondental.net

• Providing quality dental care to patients of all ages

• Now offering dental implants for missing teeth and denture stability

• We see same day emergencies

Serving Hidden Meadows Residents for 40 Years

(760) 747-2616

726 E. Grand Avenue, Suite A

Escondido, CA 92025

Monday - Thursday 8am - 5pm

Super Crossword

Answers

D	R	O	O	P		M	S	N	B	C		H	A	N		P	H	O	T	O		
R	E	U	N	E		A	T	A	R	I		A	N	A		H	E	R	O	D		
A	F	T	E	R	A	G	R	E	A	T	C	H	E	F		A	L	A	N	D		
W	I	L	L	I	A	M	I				E	A	S	T		R	E	N	A	L		
E	L	A	L		H	A	D	P	A	I	N	S	T	A	K	I	N	G	L	Y		
E	L	W	A	Y			E	L	I	M	S				I	S	A					
					M	E	E	T		I	D	A		P	A	S	T	E		E	G	O
A	R	R	A	N	G	E	D	E	A	C	H	O	F	T	H	E			L	O	W	
C	E	E			R	E	O				A	L	T	O			T	E	E	N		
C	L	E	A	V	E		D	E	S	C	R	Y		P	S	Y	O	P	S			
T	I	D	B	I	T	S	O	N	T	H	E	P	L	A	T	E	W	H	A	T		
	S	P	L	A	S	H		D	R	E	S	S	Y		R	E	N	A	T	O		
A	T	I	E			A	G	U	A					L	A	O			N	I	T	
D	E	P			O	R	D	E	R	D	I	D	H	E	S	H	O	U	T	T	O	
O	D	E			P	A	Y	E	E		L	O	U		A	S	K	S				
					S	T	P				H	E	L	L	O			S	E	P	A	L
A	L	L	H	I	S	A	S	S	I	S	T	A	N	T	S			F	U	S	E	
C	A	I	R	O			I	C	O	N				S	E	A	H	O	R	S	E	
R	U	N	I	N			D	O	N	T	M	O	V	E	A	M	O	R	S	E	L	
I	R	E	N	E			E	O	N			U	N	I	T	S		A	C	U	T	E
D	A	R	E	D			S	P	Y			D	A	N	S	E		R	E	E	S	E

5 GREAT things that will happen when you quit sugar

By AMY VANLIEW

Happy March, Hidden Meadows! The rush and excitement of your new year's goals may have taken a nose-dive, Valentines candy boxes are picked clean with only the yucky ones left in the bright red box, and worse yet, it's Girl Scout Cookie season. How about a quick pep talk about why March is the perfect time to get off the nasty ingredient I refer to as the evil while powder and see how good your body will feel?

5 GREAT Things that will happen when you QUIT SUGAR:

YOUR SKIN WILL LOOK YOUNGER

Think less sag and fewer wrinkles. Studies suggest that the amount of sugar in the blood (which is affected by how much sugar you eat) sets up a molecular domino effect called glycation, which ultimately leaves skin less firm and elastic

YOU'LL HAVE LESS BELLY FAT

If you exercise regularly (and you're relatively young), you're able to burn off the extra sugar you may eat. But if you don't burn it off, the body stores it directly as fat (most likely in the belly) so it can be used later if you happen to need to run away from that saber-toothed tiger.

NO AFTERNOON CRASH FOR YOU

Added sugars are simple carbohydrates. This means they're digested fast and enter your bloodstream quickly, providing that sugar high that helps jump-start your energy and alertness.

But as anyone who relies on a candy bar or cookie for a pick-me-up knows, once that shot of sugar is metabolized, you're in for a crash.

YOU WON'T BE AS HUNGRY

The "crash" I mention above is due to the quick rush of blood sugar and your pancreas attempt to lower it by releasing insulin. Insulin is a hormone that tells your cells to open up and take in the glucose so your body can use it as energy. The in-rush of sugar causes too much insulin to be released which then drops your blood sugar lower than the body is comfortable with. The body wants to be in balance so it does everything it can to get that blood sugar level back up – you get hungry, cranky, shaky and your willpower goes out the window.

YOU'LL CUT YOUR RISK OF TYPE 2 DIABETES

Diabetes is a problem with your body that causes blood glucose (sugar) levels to rise higher than normal. Type 2 diabetes is the most common form of diabetes. If you have type 2 diabetes your body does not use insulin properly. Over time your pancreas can't make enough insulin to keep your blood glucose at normal levels and this can lead to many things such as kidney damage, blindness, nerve damage, memory impairment and many others.

Convinced you should cut back? Ok, so now what? I KNOW from experience how hard it is to give up sugar, plus it is In EVERYTHING. Why not join me in my next "7 Day Sugar Free Challenge"? It's FREE!

We start on Monday March 5. Imag-

ine how good you will feel when you kick the evil white powder to the curb. Plus, it's so much fun and easier to do this with a group.

During this 7 day challenge you will:

- Learn more about sugar's negative affect on your health
- Be armed with tips and tricks to avoid sugar for the whole week and not feel deprived

- Have an accountability group to support you on this journey
- If you are ready to have more energy, fewer cravings, and take back control of your life, then you don't want to miss this week long challenge.

For more details and to register to join us please contact me at amy@amyvanliew.com or through my website at www.amyvanliew.com
Happy March, Amy

Share some love this Spring by donating to Interfaith's food drive

By NANCY OGROD

Please mark your calendars as a reminder to make your donation to Interfaith Community Services' food drive on Saturday, March 17, from 9 am to 3 pm at the Golf Course Clubhouse, 10333 Meadow Glen Way East.

Springtime is a wonderful time to remember those who count on Interfaith Community Services in Escondido for non-perishable food and assistance. The requests for help at Interfaith continue to come in as more families find themselves in situations they never dreamed possible – homeless, out of work, or unable to meet monthly expenses. Help us renew their hope, just



as the earth is being renewed by the spring season.

Please bring your non-perishable, unexpired, canned, bagged, or boxed food items or fresh fruits or vegetables to the Golf Course clubhouse between the hours of 9:00 am and 3:00 pm on Saturday, March 17th. Your generosity in the past has helped many families by filling Interfaith's cupboards. Please, help again.

Volunteers to help collect the food as it is dropped off are always welcome. If you would like to help, or if you are unable to deliver your donations to the drop site, please contact Nancy Ogrod by calling at 760-749-7023 or e-mail at n.ogrod@yahoo.com.

Edward Jones

MAKING SENSE OF INVESTING



"We help our clients with their financial and retirement goals, offering quality investments and exceptional service."

555 W. Country Club Lane
Suite B1
Escondido 92026

760-746-1792
frank.tirado@edwardjones.com
www.edwardjones.com

FRANK TIRADO
Financial Advisor
California Insurance
License OC24309
Member SIPC

Do You Have A **Sweaty Hot Miserable Room ??**

It's Time To **FIX THAT ROOM !!** With A Mini Split Comfort Unit
Before The Hot Season Arrives

You Get:

1. A One Day Install Of Equipment
2. Remote Controlled Very Quiet Operation
3. Operates In Both Heat & Cool
4. Very Affordable
5. A Very Comfortable Room

Call Today For A Free Inspection & Quote

Hidden Meadows
Heating & Air

Repair Rather Than Replace

760-270-9013
LICENSED #1013803 • CERTIFIED • BONDED • INSURED
www.hmheatnair.com info@hmheatnair.com

15% Off Labor 1st Time Caller*
*Does Not Apply To Advertised Specials

TOWN & COUNTRY PLUMBING REPAIR



The Tanner Family
Hidden Meadows Residents

Slab Leak Repair • Water Heaters
Ceiling Leaks • Sewer Camera & Repair
Remodels & Bath Additions
Garbage Disposals
Fixture Replacement & Repair
Faucet & Valve Replacement & Repairs
Whole House Water Filtration Systems
Re-piping Water, Drain, Gas Lines
Systems
Pressure Regulators
Thermal Expansion Issues

Serving North San Diego County Since 1970

(760) 749-5614
BONDED / INSURED • CA LIC #382814



Rosa
Montes
CLEANING SERVICE

Established 21 years in Hidden Meadows

Cleaning Services Residential & Commercial
New Construction & Remodel Final Cleanup

Great Referrals! *Free Estimates • Licensed*
(760) 525-5204

Straight Off The Tee

Boulder Oaks Ladies Golf

The hardest holes at Bouders Oaks - Part 2

by JOEY LATIMER

A few months ago I wrote about the two hardest scoring holes for me at Boulder Oaks (#’s 13 and 16). Since then I have noticed two more holes that I have found challenging to make birdies or pars...meaning that often I have left these holes with a bogey or worse on my card.

Hole #11 is a fairly short par 5, a dogleg-right that is only 413 yards distance from the blue tees. Ranked the number 11 handicap, this hole should be an easy par 5 to pick up a birdie. Unfortunately, this is hardly the case, because the fairway is quite narrow and slants heavily to the right. If you hit your drive in the middle or right side of the fairway there is a good chance your ball will find the thick bushes next to the cart path or the fairway bunker. Virtually every time I have hit the ball on the right I have lost it and was forced to take a penalty stroke.

This scenario became old quick, so I came up with the idea to always drive the ball to the left side of the fairway. The only problem with that is many times I have hit the ball too hard into the rocks and trees for a lousy position on my second shot. Now I have settled mostly on driving with an easy iron or rescue wood towards the left side for accuracy as opposed to distance. On my second shot I aim for the grassy landing area on the right in front of the green. Then I should have an easy chip up and a two-put for par.

Now that I’ve learned how I must play the hole, the problem is to execute my plan correctly, which still

evades me often. Sometimes I hit my second shot in the trap with the big boulder on the left and a few times I have slammed the ball right through the green for a difficult chip coming back. Thankfully, after #11 you get to stop at the clubhouse and refuel before you encounter this:

The longest hole at Boulder Oaks is #12 and plays 501 yards from the blue tees and a whopping 602 yards from the blacks. The hole is a dogleg left and the fairway is mostly blocked by a row of large Eucalyptus trees. If I hit my drive straight I can hit it through the fairway and onto the hillside for a long and rough second shot. One day I tried hooking the ball around the trees and was happily surprised when my ball rolled a long way down the cart path for a drive of over 300 yards! This made my second shot very doable for reaching the green or very close to it. Now a hook shot is my “go to” drive on this hole.

Another problem I have had with #12 is the extreme split-level of the green. I try my best hit my chip onto the level where the pin is to avoid an embarrassing three putt (or more.) Like #16 green, if I am there and no one is playing behind me I take several putting practices because the Boulder Oaks practice putting green isn’t nearly as steep for learning how to handle this type of putt.

Now, with a bit more practice, I hope that I can turn these two into some of the easiest birdie holes for me at Boulder Oaks. Aha, another idea for an article...

SWEEPS RESULTS

Jan 25: ONES. Joan Cortez won with 38.5 and MaryJo Moore was second with 43.

Feb 1: Ace of the Month: Donna Huhn was Ace of the month for February with a net 97.

Feb 8: Stableford: 1st Place was a tie between Mary Jo Moore and Renee Neuzil

Feb 15: Long Johns: Winners were tied with a net 44 each. Donns Huhn and Elissa Hamilton.

Our general meeting was held on February 1. Ellen reported on the meeting with the SCGA held at Pala Mesa. Lots of the information was applicable to larger clubs. One of the most important points was the new membership dues. In the past our membership was from Jan – Dec. Now whenever a member joins, her membership will be from the date she joins until the next year at the same time, i.e. Joan Cortez joined in Feb. 2018, her dues won’t be due until Feb 2019. All the rest of our members paid in Dec 2017. So their membership will be due in Dec 2018. There are many, many new rules that will be applicable in 2019. In the fall, Nov/Dec there will be seminars for everyone to learn the new rules.

MEMBERSHIP INFORMATION

Membership information for Boulder Oaks Women’s Golf Club is available by contacting Dorothy Aleshire at 760-749-5694 or emailing Dorothy at dorothyaleshire@gmail.com. The Boulder Oaks Women’s Golf Club (formerly Meadow Lake Women’s Golf club) invites all ladies who like golf to join our club. We play sweeps and tournaments. We welcome new and/or experienced golfers of every handicap. For golf on Thursdays, please contact Donna Williams at 760-751-1787 or email dcwmsretired@yahoo.com.

THIS AND THAT



MOST IMPROVED PLAYER OF THE MONTH

Elissa Hamilton was Most Improved Player of the month for January. Elissa’s starting handicap was 332.2 with a differential of 335.6 and her ehding handicap was 31/7 with a differential of 330.4 for a factor of 1.011. Congratulations Elissa.



ACE OF THE MONTH FOR FEBRUARY

Ace of the Month for February was Donna Huhn with a net 97. Way to go Donna.

SMALL BUSINESS DIRECTORY

Pool & Spa Plastering
Replastering ~ Remodeling
Tile ~ Coping ~ Decks
Certified Applicators of:
QuartzScapes® & StoneScapes®
Limited Lifetime Warranty Available
Mark R. Roberts, President
OlysPools.com **760-749-3100**
CA Lic #C63-756289

Piano Tuning
Spinets • Consoles
Uprights • Baby Grand
Grand Pianos
Robert Chini • 760-975-9272

32 YEARS IN VALLEY CENTER
Air Crafts
Heating & Air Conditioning
Installation & Service
Our unwavering commitment
to quality and honesty
sets us apart from our competitors.
760-749-3667 Lic #1024275

A Clean Pet is a Happy Pet!
K-9 CLEANERS
Mobile Grooming At Your Door
Fully Equipped Mobile Salon
Grooming Includes: Bath, Brush, Ears, Nails & Teeth
Call Gina For Appointment • (760) 749-0911

**Submit your listing
only \$25 per issue**
Call Joshua at 760-297-2900

HIDDEN MEADOWS NEWS

Call Joshua

760 297-2900

to advertise

AMY VAN LIEW
HEALTH COACH

REDUCE PAIN. STAND TALLER. FEEL FANTASTIC.

RIGHT HERE IN THE MEADOWS

Your Personal Trainer and Corrective Exercise Specialist is just minutes away. Get stronger, fix imbalances and reduce pain. Get back to doing what you love!

AMYVANLIEW.COM

AMY@AMYVANLIEW.COM | 760.310.8938



Got Clearance?

Need to create or improve the 100' defensible space around your home or buildings for fire safety?

If you cut it, we'll chip it*

The Deer Springs Fire Safe Council has a District Vegetation Chipping program that is available in your neighborhood! If you harvest vegetation to create defensible space and place it in small piles close to a paved road or driveway, we'll chip it for you.

For more information please email DSFSC101@gmail.com



**Some restrictions apply.*

The Deer Springs Fire Safe Council is a 501 (c) 3 *non-profit, all-volunteer* group which accepts tax deductible donations used to continue our community education programs.

On the Menu



by Jamie

Teriyaki Chicken with Zoodles

First in a series of healthy recipes. We all know how difficult it can be to eat healthy on a daily basis. There are days where it is absolutely easier to grab a burger and fries than it is to have something healthy. Our lives are so hectic with careers, kids, extracurricular activities, family gatherings, the holidays, the list can go on and on. No one is perfect. That is the most important thing I try to tell myself on a daily basis. I figure that if you can eat better at least ninety percent of the time, the other ten percent will not kill you. Regarding food and healthy eating, moderation is the key to success. We all need to not stress and put more pressure on ourselves by trying to achieve perfection. What is life without a French fry or chocolate shake once in a while? Here are a few recipes that you can do meal prep with that are healthy, fast and easy. I usually meal prep for lunches on one of my days off. That way, I have better options AND I save money during the week. Remember, YOU GOT THIS!



- 4 Servings
- 3 chicken breasts
- 2 cups teriyaki marinade
- 1 bunch of scallions
- 4 zucchinis sliced into thin strips (the "zoodles")
- 1 Tbl olive oil
- Salt/Pepper

Marinate chicken for at least two hours in one cup of the teriyaki marinade. Grill on the BBQ until cooked through. Remove from BBQ and slice into strips - set aside. In a sauté pan, place 1 Tbl of olive oil and add the zoodles. Sauté with a dash of salt and pepper for five minutes. Serve the chicken over the zoodles and top with scallions. Delish, healthy and easy!

Don't miss out on the 30% tax credit!

CSLB #831831
C-10 & C-46 Solar



www.cosmicsolar.com

Your Local Solar Experts!

Systems Designed by Masters of Engineering

- **Roof Mounted**
- **Ground Racks**
- **Car Port Mounted**

**Eliminate Your Electric Bill
With No Money Down!**

**Financing Available
for Every Situation**

100% Customer Satisfaction!

**Free Consultation for
Home & Business**

760-749-1111

**or e-mail
info@cosmicsolar.com**



Diane Arnold

**Your Trusted Local Broker
For Medicare Health Plans**



Specializing in Medicare Health Plans

- Medicare Advantage Plans
- Medicare Supplement Plans
- Prescription Drug Plans
- Contracted With Most Major Carriers

(760) 913-5263

(520) 820-7590 Mobile & Text

CA License # 0K02823

Complimentary Consultations