



The Hometown Monthly Newspaper of Hidden Meadows and Rimrock, California



Chance Hoofard, Winner of the Easter Egg Guessing Game

Late Breaking News: Winner of Easter Egg Guessing Game REVEALED!

By Linda Shreve / Resident

It can now be told: Chance Hoofard is the Winner of the Easter Egg Guessing Game. Approximately 150 adults & children participated in this annual event with guesses ranging from 50 to 600 plus. Was it a calculated assessment of the size of the eggs and the volume of the container, or was it just luck, that this 7 year old first grader gave the winning estimate: 235 eggs. He was off by just one egg; the actual number was 234 eggs in the container. Congratulations, Chance!

Editors Note: Apologies for the lateness.



Ammar Campa-Najjar (left) is running for Congress in the 50th District as a Democrat.

Ammar Campa-Najjar is challenging Duncan Hunter for Congress

By David Ross

Ammar Campa-Najjar likes to reach across party lines to connect with people who might not like him at first blush. Recently the Democratic contender for Congress ventured into the Turkey Inn in neighboring Ramona, which is arguably comparable to an ant visiting a bee hive— and made friends in that notoriously rightwing watering hole.

When Trump was moving into the White House Campa-Najjar, who was with the outgoing administration, left a memo on his desk that he hoped would be read by the new president.

If there is an overarching theme to Campa-Najjar’s campaign to eject Duncan Hunter from the

50th Congressional District, it’s that of service.

The son of an Arab father and a Hispanic mother he says, “From my first job as a church janitor to serving in the White House; advocating for small businesses, to fighting for American workers: I’ve devoted my life to service.”

It’s a young life. At 29 years, Campa-Najjar has squeezed a lot of service into just a few years. In 2012, he served as Deputy Regional Field Director for President Obama’s reelection campaign, helping oversee Southern California’s grassroots operations. He also worked for the Department of Labor “Helping people like myself get jobs.” After the election he served in the White House,

AMMAR See Page 6



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JUNE HIDDEN MEADOWS EVENTS

Hidden Meadows Orientation
Saturday, June 30
10 am
Meadows Homes
Association Pavilion

All you ever wanted to know
about Hidden Meadows
history, organizations,
regular activities, etc.
(OK, maybe not all, but a lot)



District Attorney Summer Stephan

community and prosecuting the worse perpetrators of violent crimes and protecting victims. I’ve combined doing the combat duty of over 100 jury trials with 15 years of management.”

She adds, “This is a call to duty for me.” Her colleagues in the San Diego County District Attorney’s Office, community victim groups, and law enforcement asked her to run. “I’m not a politician,” she says. “I’m a lifelong public servant. I’ve reached the top of my game. There’s no way to promote up any further. I was deputy district attorney. I want as DA to bring that three decades of experience to move the county forward in public safety.”

Her goal is: “to start with the baseline that what we’ve built and what I’ve been part of is one of the safest urban counties in America. That’s not by accident but by professional dedicated work by the DA’s office, my office, law enforcement, and working with neighborhoods to create this atmosphere of trust and safety. Despite that, this is

DA See Page 12

DA Summer Stephan: fighting to keep George Soros from buying another election

By David Ross

Summer Stephan inherited the District Attorney’s office last July from Bonnie Dumanis when she retired to run for the Board of Supervisors—and is running hard to keep it.

All the while fending off Democratic party money bundler and all around Svengali George Soros, who is injecting national politics into the race by spending \$1.5 million in PAC money to promote a defense attorney, Genevieve Jones-Wright who is committed to never seeking the death penalty and hounding the police at every turn.

This countywide election will be decided June 5.

The District Attorney dropped by our newspaper office last week for an interview. Note: We have committed this political season to interviewing any candidate for any office, local or statewide who was willing to show their respect for the communities we serve by visiting our office. We have done no telephone interviews.

Stephan said she is running for the office she holds on an interim basis, “because I’ve devoted the last 28 years in serving this community and prosecuting the worse perpetrators of violent crimes and protecting victims. I’ve combined doing the combat duty of over 100 jury trials with 15 years of management.”

She adds, “This is a call to duty for me.” Her colleagues in the San Diego County District Attorney’s Office, community victim groups, and law enforcement asked her to run. “I’m not a politician,” she says. “I’m a lifelong public servant. I’ve reached the top of my game. There’s no way to promote up any further. I was deputy district attorney. I want as DA to bring that three decades of experience to move the county forward in public safety.”

Her goal is: “to start with the baseline that what we’ve built and what I’ve been part of is one of the safest urban counties in America. That’s not by accident but by professional dedicated work by the DA’s office, my office, law enforcement, and working with neighborhoods to create this atmosphere of trust and safety. Despite that, this is



Audience members shared their questions and concerns regarding Newland Sierra at the HM Community Sponsor Group meeting on April 26.

Hidden Meadows Community Sponsor Group officially recommends denial of Newland Sierra proposal

By Wayne Dauber / Hidden Meadows Community Sponsor Group

A proposal to build 2,134 housing units on property off Deer Springs Road is currently being considered by the County of San Diego. The land is zoned for only 99 homes and the developer is requesting the County Board of Supervisors approve an “amendment” to the County’s General Plan that would allow for the increased density.

A Draft Environmental Impact Report (DEIR) for the proposed development, which is known as Newland Sierra, was released in June 2018. It identified several major impacts the project would have on surrounding areas including increased traffic, fire risk, noise, pollution and other issues.

During the public comment period on the DEIR last year, the Hidden Meadows Community Sponsor Group, a group of local residents that provides community input to the County on land use issues, submitted a letter sharing its serious concerns about the project.

The County’s Planning and Development Services (PDS) department is currently working on an update to the DEIR to send to the County Board of Supervisors. The Board is expected to make a decision on Newland Sierra as early as September of this year.

The PDS recently asked the Hidden Meadows Community Sponsor Group to make an official recommendation

regarding the Newland Sierra project to be included in its report to the Board of Supervisors.

On April 26 of this year, the Sponsor Group held a public meeting to solicit additional input on the project. Approximately 55 people attended the meeting, which included a 15 minute presentation by a spokesperson for Newland Sierra, a 10 minute presentation by attorneys for the Golden Door (an opponent of the project), and an open discussion with audience members from the community.

The Newland Sierra presentation focused on the company’s current ideas regarding the I-15/Deer Springs interchange and possible changes to the surface roads surrounding the project.

Among the options presented were the widening of Deer Springs Road and the addition of one, or possibly two, roundabouts along that road to the west. No formal plans were presented, however. There also appeared to be discrepancies between the informal statements being made at the meeting and earlier written and oral statements made by the company and CalTrans. As a result, it was difficult to get a clear picture of what impact these proposals would actually have.

During the open discussion period, the Community Sponsor Group and audience members questioned the Newland representatives about several topics including: 1) the noise and particulate pollution that would be generated during the multi-year construction, 2) the availability of adequate water supplies, and 3) the impact the development would have on the electric power infrastructure. Skepticism was expressed about the company’s assumptions regarding water resources and their statement that the development’s energy needs would be totally supplied through solar power. In a show of hands, all but two of the community members in the audience voted to oppose the project.

At the close of the general discussion, members of Community Sponsor Group reiterated their earlier criticism of the proposal’s lack of compliance with the County’s General Plan and noted that there was no indication that the serious problems identified in the DEIR had been resolved. The group then voted unanimously to recommend the County deny the Newland Sierra proposal (6 members voting; 3 members absent). A formal letter covering the recommendation was sent to the County’s Project

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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.

COMMUNITY

Hidden Meadows Community Resources and Organizations

RESOURCES

Community Emergency Response Team (CERT)

The Deer Springs CERT program is comprised of volunteers who have completed a 24-hour training program designed by FEMA that includes instruction in basic disaster response skills, such as fire safety, light search and rescue, team organization, disaster medical operations, ways to improve home and work place safety, and how to prepare for an emergency. The volunteers are also trained in CPR, first aid, and in the use of a defibrillator.

Contact Marc Weissman at 760-525-5170 or marcweissman11@gmail.com.

Community Sponsor Group

The members, appointed by the San Diego County Board of Supervisors, meet monthly to provide a communication link with the San Diego County Planning and Land Use Department. They review and make recommendations on all types of land use, building matters and other planning issues that affect our community life. Their areas of interest include property north of the city of Escondido, east of I-15, south of Old Castle Road, and west of Valley Center.

Contact Wayne Dauber at 760-809-6898 or hmdaub@cox.net for more information.

Deer Springs Fire Safe Council

The mission of the Deer Springs Fire Safe Council (DSFSC) is to preserve lives, property and natural resources by mobilizing all members of our community to make our neighborhoods fire safe. This is accomplished through the following:

Education- Through the use of instructional literature, meetings, the website www.deerspringsfiresafecouncil.com and newspaper articles, the Council shall disseminate proven measures for fire safety. This information will be provided to every district resident at least once each year.

Prevention- The council shall take the necessary steps to mitigate future wildfires and other uncontrolled fires within the community.

Communication- The Council shall acquire and develop the necessary capabilities to communicate to all our residents during an emergency event.

Contact Craig Cook at 760-532-5708.

Emergency Communication System

The Deer Springs Fire Safe Council sponsors its own Emergency Communications System (ECS) that will call registered residents in the event of an emergency. This is a free service provided by local members of the council but you must be registered to receive a call. A system-wide test is conducted each summer to make sure everyone who has registered will receive a test call. Any phone number in the United States may be registered.

To register, visit www.deerspringsfiresafecouncil.com.

An information hotline is updated during emergencies or noteworthy

events and may be called 24/7 at **949-472-1407**. Red flags are placed on the “Fire Danger Signs” during red flag warnings.

Homeowners Associations

The Meadows Homes Association (HMA) 760-749-7278

Rimrock Homeowners Association 760-749-4008

Hidden Meadows Ranch Homeowners Association 760-407-7575 Silverado Management Services

Oak Meadows Glen Homeowners Association 760-749-4796

Neighborhood Watch

Neighborhood Watch is a resident led approach to ensuring the safety of homes in a particular community. Although Hidden Meadows is a low crime rate area, vigilant neighbors help keep it that way. Block Captains are needed in all neighborhoods for this program to be effective. If you are interested in helping to organize a local Neighborhood Watch,

Contact Wayne Dauber at 760-809-6898 or hmdaub@cox.net.

ORGANIZATIONS

Artisan Guild

The Hidden Meadows Artisan Guild seeks to

Inspire, foster and promote arts and crafts of all mediums,

Promote supportive networking, marketing, and social opportunities,

Encourage member empowerment, educational opportunities, and fun

Develop an appreciation of the arts within our community

Contact Wendy Smith-Rogers at 760-749-5652 or wsmithrogers@gmail.com for information about the guild’s monthly meetings, art show, and activities.

Bridge

Weekly Bridge for women is held at the pavilion.

Contact Joanne Boessow at 760-751-0261 or mljab33@cox.net.

Bunco

There are several women’s Bunco groups in the community, but are independently run by groups of women who want to have fun once a month. If interested, consider putting an ad in nextdoor.com for other interested residents.

Hidden Meadows Community Foundation (HMCF)

At the heart of the community events and activities lies the Foundation whose purpose is fourfold:

Beautification programs such as the maintenance of the medians

Neighbors Helping Neighbors (temporary assistance for residents in distress) Scholarships for residents who are graduating from high school

Community events

All donations are tax-deductible.

Contact Wendy Smith-Rogers at 760-749-5652 or wsmithrogers@gmail.com.

Garden Club

Everyone in the community who is interested in gardening is invited to participate in the Hidden Meadows Garden Club. Monthly events include field trips around the county, plant exchanges, plant and garden crafts as well as ongoing exchanges of ideas and expertise on the local flora and fauna.

Contact Lisa Lonsdale at 760-749-8723 or ldlonsdale4@gmail.com.

Ladies Bible Study

The group meets weekly on Tuesday mornings during September through May in the homes of the participants.

Contact Bonnie Miymoto at 760-297-1508 or Debbie Hamer at 760-297-1108.

Social Groups

Several social groups have been organized in Hidden Meadows over the years for those who want to meet other singles and couples throughout the community. Typically, twelve households make up a group so that a gathering can be organized once a month at each other’s homes. Each group has its own way of planning the gatherings, such as potluck, drink and appetizers, outings, brunch, or hosts providing everything.

Contact Noe Silva at noesilva09@gmail.com or 858-527-8385 for more information.

Tennis Club

Current tennis players range from 25 to over 90 years young. Some matches are organized according to ability, but most are just fun matches where everyone can play.

Contact Katy Freeze at 760-749-9722 or clarkfreese@gmail.com.

Women’s Golf Club

The Boulder Oaks Women’s Golf Club is a member of the San Diego County Women’s Golf Association and Santa Margarita Women’s Golf Association. The latter offers inter-club competitive matches with nearby clubs. Thursday is Ladies Day at the course with a variety of tournament formats played throughout the year. Membership in the Boulder Oaks Golf Course is not required for women wishing to join this club.

Contact Dorothy Aleshire at 760-749-5694 or dorothyaleshire@gmail.com if you are interested in knowing more about the club.

Women’s Social Group

Monthly gatherings at members’ homes for a potluck dinner and conversation are a wonderful way to meet new faces in Hidden Meadows. For information about upcoming gatherings, send an email to hmwsg92026@gmail.com.

Yoga Free

Yoga sessions are available at the Pavilion on Tuesday and Thursday mornings at 8:00.

Contact Joanne Boessow at 760-751-0261 or mljab33@cox.net for more information.

HIDDEN MEADOWS COMMUNITY FOUNDATION

HMCF92026@gmail.com

Wendy Smith-Rogers, President

Sarah Sealey, Vice-President

Toni Wozmak, Secretary

Lisa Lonsdale, Treasurer

Rob Enfield, Director

Kim Riha, Director

Jane Glassett, Director

Neighbors Helping Neighbors

Christina Stendall, Chair

Communication

Pat Fox, Chair

Beautification

Patrick Reilly, Chair

Social Groups

Noe Silva, Chair

Deadline for local article submission:

17th of the month for next issue

Send drafts to Patricia Fox at

LocalEditor@HiddenMeadows.news

HIDDEN MEADOWS NEWS

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Opinions expressed by Hidden Meadows Community Foundation, columnists and letter writers are those of the writers and not necessarily those of the newspaper. Accuracy of content submitted to HMN by HMCF is the responsibility of HMCF. HMN reserves the right to edit any content provided to the newspaper. Contact HMN with any questions.

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Hidden Meadows Community Foundation offers several leadership opportunities

By Wendy Smith Rogers / HM Community Foundation

Hundreds of volunteers show their care and concern for Hidden Meadows each year by making a donation to the Foundation, making or buying goodies for some of the community events, helping to organize and execute events, writing articles for the Hidden Meadows News, serving on one of several committees or Boards, and more. That’s what makes our community so great! Volunteers are always needed to support our events. Following are our immediate needs:

Director of Community Events - We are looking for someone or a team of volunteers who would be willing to assist the event chairpersons with a checklist of things to do before and after each event such as writing newspaper and nextdoor.com articles, meeting them at the storage shed by the pavilion for supplies and equipment, and collecting a summary sheet from them that outlines the details of the event to help in future planning.

Co-chairperson for Social Groups -This role would be to work with another community member in encouraging couples and singles, young and not-so-young, those who are new to Hidden Meadows and those who have been around for a while to join a social group by offering informational meetings on a quarterly basis, maintaining a list of interested people, and forming groups of similar interest.

Bunco 4 Boobs Co-chairpersons - After six successful events geared toward raising money for breast cancer awareness, education, and research, the committee needs someone new to coordinate the event. All the details are outlined in notes.

If you are interested in finding out more information, please contact Wendy Smith-Rogers at wsmithrogers@gmail.com or 760-749-5652. Thank you in advance for considering the above-mentioned positions.

Hidden Meadows 101

By Bret Sealey / Resident

Did you know that Hidden Meadows has several vineyards and that first was planted in 1882? That we have five different homeowners’ associations? Or that we reside in a Cemetery District?

If you would like to learn more about the history of Hidden Meadows, the community’s organizations and regular activities, along with what your local governments provide as services, then come join me for Hidden Meadows 101!

The Hidden Meadows Community Foundation is sponsoring this program on June 30th at The Meadows Homes Association Pavilion at 10 AM. Coffee, water, and light snacks will be provided. We hope to see you there!



Bright Angel Trail, Grand Canyon: from the top down: a German tourist, Edi, me, the German tourist’s wife, and Sam Lang, our guide.

Notes from the Editor

By Patricia Fox / Hidden Meadows News Content Editor

I would like to solicit articles from the Hidden Meadows Community for the Hidden Meadows News. I have in mind a couple of ongoing columns. One is “Ramblings” for whatever thoughts or experiences people might want to share, travels, restaurant reviews, tales (that won’t embarrass them) of children, dogs and cats, “of cabbages and Kings”. The second is “Then and Now” for articles about pivotal moments, those by which we measure changes in our lives, the ‘before’ and ‘after’ points. The only limits are that submissions should foster our sense of community and our appreciation of the values that make our community and country great.

Then and Now is for articles about changes in peoples’ lives. All of us have experienced changes in our lives: passages of time, pivotal moments, significant life events by which we measure ‘before’ and ‘after’ (births and deaths, graduations, promotions, retirements, etc.). Some of these events are obvious to all, some only noticeable to ourselves.

I’ll initiate the ‘Then and Now’ column with my own article

Back when I was in school, I went to a movie with friends, “The Endless Summer”, an iconic ‘surfer’ movie which had a significant impact on surfers and wannabee surfers. I was not then or ever a surfer, but this movie did have a major impact on my life. I grew up in the New York City suburbs. My dad commuted into the city every day, but as a child, we went into Manhattan very rarely, maybe a couple of times a year. I did not consider myself adventurous; I had always followed the paths my parents had determined. I had never been camping, never considered going camping, nor even known people who did go camping. Sleep in a tent? No bathroom? No kitchen? No TV? No electricity? Bugs? Critters? Snakes! Are you kidding?

Well, that spring, my friend Edi said she wanted to go camping out west, and did I want to go with her. Sleep in a tent? No bathroom? No kitchen? No TV? No electricity? Bugs? Critters? Snakes! Are you kidding? But I had just seen “The Endless Summer”: it had opened a window in my mind suggesting possibilities beyond the well marked path, and I said ‘yes’. And at the end of the semester, off we went in her brand new VW bug.

I learned how to drive a stick shift, not very well; much stalling out. In Cochise’ Stronghold, I was told that putting a hemp rope around our tent would deter rattlesnakes; I don’t know if that’s true, but we didn’t share our tent with any snakes on that trip. I was nose to nose with a big black bear in Yellowstone, with only the car window between us. I also found myself on the back of a mule named Sally on my way down the Bright Angel Trail to the Colorado River in the Grand Canyon. That was never my intent. The only reason I did it was pride and reluctance to go back on my word. Back in the safety of Edi’s apartment, she had suggested we do this, but said regretfully that they were always fully booked months in advance, and there was no way we could get signed up. With that ‘no way’ clear in my mind, I said something like, ‘great idea, too bad it’s too late to get reservations’. Some weeks later, as we were driving up to the Grand Canyon, Edi said “How about we check and see if we can sign up for that mule ride?” Having enthusiastically endorsed the idea earlier, and still focused on that ‘no way’, I said ‘sure’. And that was how I found myself mounted on Sally’s back, with all the experienced horsemanship acquired during a 10 minute ride around a corral during summer camp years earlier. I also found out that I have acrophobia, a fear of heights, as I stared down into the depths of the Grand Canyon when Molly ambled over to the very edge of the canyon rim to nibble on some grass. It was a very, very long way down, on a very, very, very narrow trail. Fortunately, Sally was experienced, and she was clearly in charge. Made it down, dipped my feet in the Colorado River, made it back up, black and blue and sore in places unmentionable, but really proud that I did it despite my fear. That trip changed my view of myself and my capabilities. The next summer, I bought a VW in Germany, and a friend and I drove all over Europe, England and Ireland for 6 weeks.

I don’t know that I would have undertaken either adventure, had I not seen that movie. “The Endless Summer” had an effect on my life equal to that of the great books of my childhood, “The Little Engine That Could” and “Horton Hatches the Egg”, one about perseverance, and the other about being faithful to one’s commitments. Watching “The Endless Summer” was for me a ‘pivotal moment’: I accepted a challenge, set forth on an adventure (and a mule ride), and despite some scary points, found that fear didn’t have to control me, and that I enjoyed adventures.

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COMMUNITY

4th of July Parade: Celebrating what makes America great

By Susan Sciacca / Resident

Not gold but only men can make
A people great and strong;
Men who for truth and honor’s sake
Stand fast and suffer long.

Brave men who work while others sleep,
Who dare while others fly...
They build a nation’s pillars deep
And lift them to the sky.

Excerpt from “A Nation’s Strength”
By William Ralph Emerson

Just as children count down to their birthday, we all look forward to celebrating our nation’s birthday on the 4th of July and our continuing commitment to those principles that have made America great.

The traditional 4th of July Parade and BBQ will kick off at 10:30 AM in the lower parking lot of Boulder Oaks Golf Club.

The BBQ will begin immediately after a good ‘ole, down-home parade around the parking lot. The Hidden Meadows Community Foundation will be furnishing the hot dogs and buns. We have relied on the generous donations from many community members for cookies, watermelon slices, and bottled water. If you can contribute this year, please contact Sue Sciacca at susan.sciacca@hotmail.com or give her a call at 760-297-1299.

Wanted for the parade: Kids, parents, grandparents, grandchildren, aunts, uncles, siblings, friends, and yes, even pets! Get your best 4th of July bling ready, dress up, go solo, or put a group together and arrive with wagons, skateboards, golf carts, strollers, bicycles, skates or wheel chairs! There’s no need to sign up beforehand to be in the parade. Just be creative, show up, and have fun! If you would like to watch the parade, be sure to bring a chair or blanket.

NEWLAND / From Page 2
Manager on April 30, 2018.

We have subsequently learned that the County’s Planning department is expected to hold public meetings on June 28 and 29 to review its updated report on Newland Sierra. The meetings will be held at the County Operations Center (5520 Overland Ave, San Diego) and will start at 9:00 a.m. I will be attending the meetings and will provide a summary at the Community Sponsor Group monthly meeting, which is scheduled to be held at the Hidden Meadows Pavilion June 28 at 7 p.m. I encourage anyone interested in these issues to attend. For more information, feel free to contact me at 760-809-6898 or hmdaub@cox.net.



Find the Rose; win a prize!

We’ve hidden a rose (like the one here) 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. This month the 2nd person to find the rose will win.

HIDDEN MEADOWS/RIMROCK SCHEDULE OF EVENTS

Regular Meetings/Activities

Every Week

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

JUNE 2018

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

JULY 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*
- 11 Deer Springs FPD. Bd. Mtg. 2:00 pm 749-8001
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- 16 HM Community Foundation, 7 pm 749-5652
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- 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 leetarudolph@gmail.com

Major Community Events in 2018

Sellers’ Faire, 2nd Saturdays	Marcg-Nov	Club house parking lot
Scholarship Reception	TBA	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

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AMMAR / From Page 1

on the team that selected the ten letters from citizens that the president reads every night. If you think that's easy work, keep in mind that the president gets thousands of letters a day.

Asked why he is running for Congress, Campa-Najjar noted that he was born in East County and raised throughout the county. "My mother raised me on my own, but I had lots of step-in parents. All my life people have been looking out for me." At the age of 15 he was a janitor helping his mother make ends meet.

After he graduated from San Diego State University, "I got to live beyond my zip code," he says. That's when he went to Washington. He says, "I was given these incredible opportunities, how to see, how to move the levers of power. In 2016 I decided to come back to San Diego and give back, but I didn't yet know how."

He assembled a group of people from the community who had been tracking his progress. They told him: "You should be running for Congress. JFK ran for Congress when he was your age. Biden was 29. We've had Hunter for forty years. We don't need a hunter, we need a gatherer. You have brought people together with your work. You have a positive vision of a unified future."

They told him they would back him 100%. He is confident of his chances. "By all measures we are the front runner of those running against Duncan Hunter," he says.

Campa-Najjar likes to say, "This is a special time in America. This is a 'Where were you?' moment. Regardless of what you think about our politics, people years from now are going to ask where you were when people were having these conversations about what it means to be an American, when people were fighting for good wages and health care and literally for their lives."

He knows how he will answer that question. "I want to be able to say I did public service and did everything I could to bring people together. I got tired of complaining and got to campaigning," he says. Before that he was yelling at the TV news and it wasn't answering him. "Me watching the news all day was not going to solve anything. I realized I only had myself to blame if I didn't do anything about it."

Asked to list the major campaign issues, he says, "Obviously the things in our district. Affordable housing is a huge problem, and lack of access to healthcare. If you ask people in Ramona it's water and workers, in Julian it's preserving their natural heritage, in El Cajon it's poverty and homelessness."

Recently he spoke to a Lakeside man who had to decide whether to buy a gallon of gas to drive home or a gallon of milk for his children. "Those issues are bigger than Stormy Daniels and political theater," he says. "The underpinning is the dignity of a good paying job. My biggest focus and obsession is jobs, not just jobs but good paying jobs."

When he was at the Department of Labor he worked on the Registered Apprenticeship Program. "The average apprentice makes \$70,000 a year," he says. "Double what the average American makes. If we could scale these kinds of wages, the conversations about affordable housing would be less strenuous. A lot of people in our district don't have the means to go to college. I am fighting hard for trade schools."

This has won him the endorsement of the California Labor Federation. In this area, Campa-Najjar says, "there's not much daylight between me and Trump. When I left the department, I left a memo for Trump that said the apprentice program sounded a lot like his TV show." He advised the president, "Double down and lift up the middle class."

Currently the Apprenticeship Program spends \$90 million annually. "Germany spends \$1 billion," says Campa-Najjar. "Its middle class is growing. They do seem to have a pipeline of opportunities that America should be having."

There are states that do a good job of lifting up the middle class, he says. States such as Illinois and Michigan. "I think we could bring these programs to our district. I've seen it succeed time and time again."

Campa-Najjar would fund the program by looking at where the federal government is overspending, he says. "I think \$35 billion for a wall that California has that needs patchwork is excessive," he says. "Hunter Jr. likes to tout that his old man helped fund the current barrier and touts how that

barrier reduced illegal crossings by ninety five percent. If that's so, why do we need more funding for it?"

Security is a top priority for him. "Security is important, but we don't have to demonize communities to achieve it. You ask people from Syria or Israel, they say security is the biggest issue. They fled those countries seeking security. But we don't have to demonize those communities. We should embolden them to fight against bad actors."

He would like to take what he calls "excess funding of the wall," to "build up working families, invest a billion dollars a year, to make sure native-born Americans have the jobs they need that they feel immigrants are taking away from them. It's not immigration, it's automation. I think apprenticeships are the answer."

Campa-Najjar says unemployment in the 50th District is double that of the rest of San Diego County. "That has been under the tutelage of the Hunter family," he says. "It's a struggle for a lot of people. I don't like blaming any one person for the problems. But when your family has held this seat for 40 years and we are the afterthought of being invested, I place them at the feet of one family."

The Hunter family has done a lot for the military, he says. "But what happens when they become veterans, or their spouses or their children want? There is a lot more to be desired in East County and North County by having a congressman who invests in our people. Nothing lasts forever, I think people are ready for new leadership to take on these defining issues of inclusion."

Campa-Najjar adds that he intends to fight for women's issues, "for equal pay, for protection against domestic abuse and harassment in and out of the workplace. I grew up being not Latino enough, not American enough. I have a soft spot for people who feel forgotten."

"My mom voted for Hillary and my stepdad voted for Trump. A lot of them voted for Obama in 2008. To paint them as bigoted, backwoods people is insulting. A lot of people who voted for Trump are less ignorant than ignored. I want to get past politics and say I don't care about their personal politics, I care about their personal health, personal safety and personal

financial dignity. It's about trying to depoliticize politics and make it about public service."

The candidate wants to have "a sensible conversation about gun safety in our country."

A good starting point is to look at what our military has done. When you serve in military you need a background check, mental health check, and training, and you have to properly store your weapons. All those things should be applied to civilian life in gun ownership."

When it comes to the environment, Campa-Najjar says he wants to end corporate subsidies to fossil fuels, which he says are \$4 billion annually. "If we were able to remove that we would create an even playing field for small business ventures trying to start renewable energy. Just like ice and water are one degree away from each other, scalability of renewable energy is one degree away from achievability. If we could make it more affordable the fossil fuel industry would disappear. It complements the desire to preserve our natural heritage and preserve jobs."

Asked to summarize why people should vote for him, Campa-Najjar says, "Showing up is half the battle. I will be here for you. We have had a congressman who has been absent. I am a former federal official and a local business owner. I know how to get things done. And I'll never stop fighting for your guys."

Going back to his visit to the Turkey Inn, he observes. "I'm not afraid to talk to people. When I went to the Turkey Inn they were taken by me. I told them, I have to live in your kids' world. I'm going to fight for their futures, and make sure they don't inherit soul crushing debt. I'm going to be fighting tooth and nail so that the American dream doesn't skip a generation. That sways people. They realize I'm a normal guy."

After he told them that, people in the bar asked for some of his campaign shirts. "These were died in the wool Republicans," he says. "I don't mince words. They know that I stand firmly about what I believe I and they see a little of themselves in my vision."

To learn more about Campa-Najjar visit his website: <https://www.campa-campaign.com>.

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“Bula Vinaka Vaka Levu!” to the Ladies of Hidden Meadows who donated bras for the Ladies of Fiji

By Linda Knowles / Resident

A huge thank you to all the Wonderful ladies of Hidden Meadows who donated bras for the ladies in Fiji. Bula Vinaka Vaka Levu!! That’s “Thank you very much” in Fijian.

When Ryan Kafoa, a Fijian friend of mine, learned I was to come to Fiji for a conference (I am a travel agent and Fiji ‘Matai’ Specialist), he asked me if I could bring some bras with me. I had brought toothbrushes and tooth paste, vitamins & toiletries, pencils & crayons & books on a previous trip at the request of Pack for a Purpose, but was surprised at the request for bras. It never occurred to me to consider whether Fijian ladies wore bras or not. It’s just something that we take for granted here. I immediately posted my request on “Next Door” for bras for the ladies in Fiji. After one hour I had to delete my “Next Door” request: I had that many offers to donate bras. All totaled, the lovely ladies in Hidden Meadows donated 66 bras! These special bras were in every imaginable color (fun colors!) and size!

I managed to squeeze 50 bras into my 20” carry on suitcase, thanks to vacuum shrink bags! I’m sure Ryan was surprised I could bring that many bras with me. He told me he was delivering the bras to the Nausori Village Highlands, a 3 hour & 17 minute drive from Nadi airport. A long trip there and back, but that’s just the way of life in Fiji, they are always helping each other.

You don’t know what receiving these bras means to these ladies!! They were

so pleased and thankful! So many people, and many of them were men, told me how important bras are to these women. I was ecstatic that I could help.

In addition to the bras, I always have packs of pens and pencils. This trip I had 12 coloring books and crayons for Mount St. Mary’s school. A new fun colored pencil to a Fijian child is cherished. While we were there, we also planted 12 trees in the front of the school, and all the while the children were having fun with us, laughing and dancing around us.

My favorite village is Kese village on Naviti Island. This island is way up North in the Yasawa Island chain and is hard to get to. There is a tiny 2 room clinic which serves Kese and 2 other villages. I brought a mixed bag of supplies as well 36 toothbrushes and 34 tubes of toothpaste donated by my own dentist, Dr Charles Mastrovich. He very generously donates dental supplies whenever I go to Fiji. My dental hygienist and her family are going to Fiji again this year to help with the villagers’ dental needs. She told me the accommodations are comfortable, but definitely not resort living.

The Fijian people are known throughout the world for their open, welcoming nature and smiling faces.



Linda Knowles delivering toothbrushes and toothpaste donated by Dr Mastrovich.



Linda delivering pens and calculators for Vomo Island school.

If you go anywhere in Fiji, you will experience the Fijian warmth and hospitality. You will always be greeted with BULA! That’s the official greeting in Fiji. BULA means just about everything, from ‘hello’ to ‘how be you’.

Fiji’s main island of Viti Levu is one of the most developed countries in the South Pacific, but only a third of

her 330 islands are inhabited. English is one of 3 official languages and is widely used. Fijians are very friendly and the opportunity to interact with locals in a small village should not be overlooked. You must be invited into the village, and men and women must show respect when entering a village.

FIJI See Page 14



Map of Fiji showing Ryan’s route to deliver the bras.



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Pirates Invade Hidden Meadows! A Cautionary Tale about Hidden Meadows Dinner Group 7 — A Partying Bunch

By Rosemary Tulis / Resident

Beware! Pirate Scalawags Found Partying in Neighborhood!

On the evening of Sunday, May 20th, a formidable band of pirate rogues descended upon the home of Summer Sports and Steve Hoffa. The delicious aromas of simmering jambalaya, along with the dazzling sight of beautiful banquet tables festooned with a treasure of glittering gold chains and sparkling doubloons were too much temptation to resist. The marauders feasted for hours, enjoying the bounty in the beautiful backyard setting of tropical flowers and flickering candles. As testimony to the invasion, Hidden Meadows News has discovered proof of the rascals’ rogue behavior in notes of gratitude sent to their hosts, including:

“T’was a Grand evening feasting with all of you mateys.”

“Yo ho ho, and a bottle of rum! Your decorations were terrific, ... down to the gold doubloons and pieces of eight. Even tho’ none of the men were forced to walk the plank, or keelhauled, (disappointing, but we can’t do everything in the theme), a great time was had by all, and nobody went home three sheets to the wind!”

“Tonight’s pirate feast was befitting’ any Lord or Lady of the Hidden Meadows Kingdom. We been proud to be amongst the lads and lassies that got to set down with ye for the delicious vittles. Ye be fine and generous hosts and we be thankin’ ye for a memorable banquet.”

“Aargh Matey, the food, the grog, and the company was the best.”

So Meadowites, be careful next time you cook that tempting jambalaya! There may be pirates lurking in the hills.

On the Menu

by Jamie

Chile Relleño Casserole

I have a few absolute favorite Mexican dishes, and Chile Relleños are one of them. I remember eating these as a kid at a restaurant in Escondido called Acapulco (now Popeye’s Chicken) and thinking what a treat they were. My favorite place to eat them now is a super cute restaurant in Escondido called Cenote Grill. They stuff those bad boys with the most delicious pork and cheese mixture that it makes you want to keep eating even after you are stuffed. If you ever get a chance to try the place out, you will not be disappointed. Ok, I digress. Sorry sometimes I SQUIRREL and have food fantasies about various meals I have had at local food establishments and want to make sure I share with our readers. This Chile Relleño Casserole is my twist on a classic that is a bit time consuming, but so melt in your mouth worth it that whoever you are feeding will be so very satisfied!

- Serves 4. Preheat oven to 375 degrees.
- 6 poblano or Anaheim chiles.
- 6 pepper jack cheese sticks.
- 3 eggs.
- salt.
- 2 cups flour.
- 2 cups shredded Mexican cheese blend.
- 1 large can of red enchilada sauce
- 4 garlic cloves diced
- 1/2 brown onion diced
- Mexican oregano
- 1 cup vegetable oil
- 1 Tbl butter

On a barbecue over low heat or the stove using a cooling rack, place the chiles over the fire and char on each side until blackened. Remove chiles and place in a plastic bag that can be sealed or in a bowl with a lid. Let the chiles sit and steam for 15 minutes. Remove chiles from the bag and gently peel off the blackened skin. Make a slice down the side of the chile that provides an opening for the cheese.

Remove the seeds from inside of the chile. In a sauté pan, place the butter, onions and garlic inside and cook on low until the onions are translucent. Place the garlic and onions into a food processor and add the enchilada sauce. Blend until smooth. Put the mixture back in the pan and cook on medium high heat to “fry” the sauce being careful not to burn the mixture. In a mixing bowl, place the egg whites only into the bowl and set aside the yolks to use. Add 1 tsp salt. Use a hand mixer to mix the egg whites and create a frothy type mixture. Gently fold in the egg yolks. Insert a cheese stick into each cleaned out chile. Dredge the chile in flour and then the egg mixture. Heat the vegetable oil in the sauté pan until ready to fry.

Add the chiles in batches. I like to only do two at a time so the heat maintains in the oil. Fry until light brown on both sides. Remove from pan and dry on paper towels. In a 9 x 13 baking dish, spray with nonstick cooking spray. Add 1 cup of the sauce mixture on the bottom of the pan. Add the cooked chiles side by side in the pan. Sprinkle with the shredded Mexican cheese blend and bake in the oven for 15 minutes. Garnish with cilantro and enjoy!

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Savoring Spring at the Hidden Meadows Women's Social Group

By Rosemary Tulis / Resident

The May Hidden Meadows Women's Social was hosted by Linda Collins, one of the originators of the neighborhood group. Started several years ago, the monthly social is intended as a regular opportunity for local residents, old friends and new, to get together and swap news and notes. Locations vary, at the discretion of the hostess.

Ironically, part of the Social Group's monthly adventure is exploring the winding, hilly roads of Hidden Meadows, locating the venue for the evening. For this month, Linda generously invited the group to her beautiful home on Kiwi Meadow Lane, located at the far northern end of Hidden Meadows, off Mountain Meadow Lane. Newcomers to the area are surprised by the amazing variety of vineyards, orchards, nurseries, and even livestock dotting the roadside, not to mention lovely homes and stunning vistas.

The BYOB pot-luck evening is always a treasure-trove of treats, from appetizers to desserts, donated by guests. The eclectic nature of Hidden Meadows is on display at our monthly socials, as various recommendations are swapped on a variety of topics, from books, recipes, and hobbies, to trips and travels, etc. In fact, a former 'Meadowite,' Kim Willing, dropped in for a visit, describing her new life and adventures living in Costa Rica.

For any questions about Hidden Meadows, the Women's Social is the source for answers. Friends share their neighborhood discoveries such as favorite restaurants, clubs, and services. Visiting various local homes also offers living garden displays for what grows best in our unique microclimate of Hidden Meadows. Our host, Linda Collins, one of many avid gardeners in the Meadows, even offered the evening's guests to 'shop' for plants in her yard. Cutting swaps are a boon to newbie gardeners.

For a great evening of delicious food, fun, and laughter, the Women's Social is ready to welcome all women residents, from newcomers to those just newly interested. Attendance is completely voluntary, as calendars allow. To join the invitation list for the Hidden Meadows Women's Social Group, please send your full name, email address, and telephone number to hmwsg92026@gmail.com. Try it...you'll like it!



Left to Right: Sima Kashani, Sharon Cook, Summer Sports



Standing Background Left to Right: Mary Young, Hostess Linda Collins, Joanne Anglin, Kim Willing; Foreground Left to Right: Kathy Moore, Toni Wozmak, Jody Granger, Sharon Cook



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Members of Hidden Meadows Garden Club

Garden Club News

By Lisa Lonsdale

On May 18th, twenty-seven members of the Garden Club traveled to the quiet, scenic neighborhood of Southern Oak Road to tour four unique properties, nestled in the hilly, southeastern corner of Ramona. Wendy Smith-Rogers arranged this field trip in coordination with a friend who owns one of the properties.

We arrived at the home of Donna and Scott Farquar. They are a non-commercial vineyard and winery, producing close to 200 gallons of wine yearly. Additionally, they have an orchard of 125 olive trees and, together with two partners, own Ramona Gold Olive Oil Company, producing Tuscan style olive oil, which was available for sale. Their property entrance was bordered by dozens of mature trees, such as Liquid Amber, Jacaranda and Fruitless Plum, as well as hundreds of day lily plants in a variety of colors, all meticulously maintained. Also, in the front yard, was a small stand of grapevines surrounded by gardens full of flowing, low-water plants and succulents. Moving behind the house, we found a patio with a pool and more flowering plants and succulents. This area gave way to meandering pathways, leading downhill to the olive grove and the larger vineyard. The paths were lined with more flowing plants. Luckily for these ambitious homeowners, they have a well to support this grower's paradise.

Moving onward, we climbed the hill to the home of Glenn and Sandy Marlin. This property fell victim to the 2003 Cedar Fire. They rebuilt the home and planted olive trees, and a large garden full of many flowering varieties, such as bearded iris in dozens of colors, roses,

rock roses, sages and many succulents. They recently completed a large hard-scape project including paver patios and a large outdoor living area with a barbeque and fireplaces. Along one of the paths, they also built a large plant-potting shed, which resembled a rustic cottage.

Our third stop found us at the home of Sonja and Isaac DeTrinidad, who are the newest arrivals to the neighborhood. They are an amazing DIY couple, reusing, recycling and giving new life to old discarded objects. We were entertained and tickled by the multiple uses of unique garden objects. Most of their plants were obtained from people who advertised them as "free." They have utilized hundreds of these plants to create a beautiful entrance to their home and a bountiful border to a newly constructed swimming pool and spa. Potted succulents abounded under a shaded patio at the back of the house.

Finally, we visited the property of Sandy and Bill Dunigan. It was not lacking in the huge variety of plants and trees. Their lush front yard moved around both sides of the house to a quiet patio with breathtaking views of the Cuyamaca Mountains. From the shaded patios, paths moved downhill in all directions to cover a couple of acres of trees and low-water plants with dozens of small seating areas tucked in along the way. This was a fabulous setting for our brownbag lunch, where we enjoyed catching up with friends and some of Wendy's terrific, double-thick brownies. A perfect end to a perfect event! Thanks to Wendy and the homeowners for allowing us this wonderful opportunity.

On June 8th, the group will be nursery hopping somewhere in North County. If you are interested in joining our club, please contact me, at (760)749-8723 for more information.

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Rep. Marie Waldron with Rincon Fire Chief Ed Hadfield to honor him for receiving the State Fire Chief Certification and Designation Award.

Marie Waldron points to many legislative achievements

By David Ross

Marie Waldron, Minority Floor Leader, and second ranking Republican in the Assembly, is running for reelection in the 75th Assembly District.

Despite being in a minority party that sometimes looks like it is going under for the third time, Waldron has been effective in forging bipartisan cooperation with the majority party—such that she can point to a list of solid legislative accomplishments.

For her the biggest issues are public safety, transportation, and the high cost of living.

Waldron is in her sixth year representing the 75th and she is proud of bills she shepherded through the lower chamber, saw adopted by the Senate, and signed by Governor Jerry Brown.

Waldron is working on AB 2087: State Government Operations: Technology Modernization. It would, she says, “modernize state government, which includes the legislature. Efficiencies are lacking. We need to increase access for the disabled and increase transparency for the public as well as save the taxpayers.”

AB 2087 requires each state department to modernize; including saving emissions, making for family-friendly work places and increasing public access.

Waldron was inspired to author this bill when she took her son to the

DMV. “My son just got his driver’s license. He is 17. To get that license you have to have a DL 44 form, which is not at the DMV and you can’t download it. The ONLY way to get it is to call them on a computerized system.” She was forced to call her own district office and ask aide Tom Stinson to call to get the document, just like he would do for any constituent. “How inefficient is that!”

Changing your mailing address on your driver’s license it’s also a major hassle, she says. “The family friendly issue is big,” she says.

Waldron is on the California Legislative Women’s Caucus. “The caucus is looking at why so few women are running for office. It’s the calendar, the rigid schedule, there is no flexibility for families. You can’t telecommute.” AB 2087 would address these issues by bringing the legislature into the 21st century, she says.

It would address the legislature’s technological backwardness: “If you want to look at certain bill analyses you need to be in the building to download it,” she says. “You can’t get it from your laptop. In the Senate you have to send them ten original copies of an amendment and then they cut and paste it on the bill. You can’t email it over. They literally cut with scissors, in this day and age. How does the public get immediate access? They don’t.”

Waldron serves on the Assembly’s

Health Committee. “I have become a go to member on health issues,” she says. She has authored a bipartisan bill on opioid addiction.

“We came up with a bipartisan package of nine bills,” she says. “My bill AB 1963 increases medical provider reimbursement rates for Medi-Cal providers who use medication assisted treatment for Opioid addiction. Less than two percent of providers in the state treat opioid addiction. To incentivize more we are asking more reimbursement.”

Asked if the Assembly is looking at “single payer” health insurance this year, Waldron said, “There’s not so much talk about single payer. Universal care is a goal we would like to get to, but our current cover does not get us there. We need to make sure we are affordable and accessible because the coverage doesn’t do that.”

Three million are not insured. “More than half of those make just above the amount that would get a subsidy. So many have chosen not to get coverage and the other half are undocumented adults. I served on the Universal Care and Health Care Select Committee which is working through the issues of single payer and universal care and how to come up with best options for affordable care package. We realize health care is extremely expensive and we are not getting the best benefits out of it. We are trying to increase access without increasing cost.”

Last year’s Lilac Fire burned 75 manufactured homes at Rancho Monserate, in Fallbrook. “There’s a dilemma in the codes regarding how some of these manufactured home communities were set up years ago that prevent people from rebuilding,” says Waldron. “We went to the first meeting after the Lilac fire when people were still evacuated. We heard about that issue, so we were able to hit the ground running and get started right away.”

She worked with the Governor’s Office to craft a bill with an urgency clause, “so if it gets passed it will become law as soon as signed.” AB 1943: Manufactured Housing: Foundation Systems: Installation: Common Interest, specifies that written evidence that the manufactured home, mobile home or commercial modular owner owns a separate interest in common interest development would be deemed to comply with this requirement.” This bill passed the Housing & Community Development Committee unanimously.

Welk Resorts along I-15, has a similar problem. The way such parks are

set up lots are not designated as lots, but as a percentage of the total. This makes it hard to get loans because banks want land as collateral. “We want a uniform way of looking at this cost,” says Waldron.

“Even though we are in the minority we can be effective. Bills have been signed into law. We work on a lot of different things. Legal issues. Issues of water,” she says.

The legislature will adjourn July 6 and go back into session August 6. “We’re in for four weeks for continuous floor sessions that must get out by August 30,” she says.

As minority floor leader, Waldron is the second ranked Republican assembly member. There are 25 Republicans out of 80 members. The Democrats are missing three vacancies with one on leave. Since a two-thirds majority is needed to pass finance measures, they need one Republican vote to pass taxes.

Waldron’s constituents tell her they are concerned about the high cost of living. “Lots are leaving because of regulations and taxes. We are always ranked as one of the highest cost states if not the highest to live in and do business in.” She voted against the car tax increase and anticipates seeing the repeal on the November ballot.

“Our hard-working families are the ones suffering the most,” she says. “While the state boasts the fifth largest economy in the world, we have some of the highest poverty levels. Ordinary Californians can’t afford California. We have a sky-high cost of living, a housing crisis and the highest poverty rate in the nation,” she says.

A bill she has vowed to oppose would tax vehicles for how many miles they travel. “Rural areas will be charged more because they have to drive more,” she says.

Her bill AB 1983: School Safety, “requires school districts to consult with law enforcement when they renew safety plans,” she says. “We are asking they bring in police to do a perimeter check, and an active campus map, so that they know where the gym is, where the office is, etc.”

This bill has passed the Education Committee. “It asks law enforcement to do a threat assessment. See if it’s secure or can someone walk onto a campus? Look at students coming and going. Look at visibility. Do they have cameras? What technology is available for schools? Let law enforcement create a relationship with schools to prevent threats,” she says.

She adds, “We’re always working to

MARIE See Page 16

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DA / From Page 1

no time to stop. It's time to forge forward and make sure that more members of our community are not subject to crime."

She emphasizes the safety of children and seniors. "It comes from a firm belief that our civilization will be judged by how we treat our most vulnerable who are most often children or seniors," she says. "I won't forget about those in between, but they are the easier population to protect."

During her tenure she has increased efforts to protect seniors from abuse and fraud. She says, "I created an elder protection council, a private government partnership that includes the banking industry, real estate industry, law enforcement, and aging and protective services and the medical community working together to prevent, protect and persecute perpetrators when it comes to crimes against seniors."

Her office has handled about 700 instances of physical elder abuse. "One thing we see is that people don't pay as much attention when they hire caretakers for seniors as they do for children. They don't do background checks. Sometimes they hire people who are addicted to drugs and preying on seniors to get their next fix," she says.

"We also see a very high rate of economic fraud where all sorts of scams are being pulled on our seniors," she says. "A simple thing like making sure the senior has caller ID and isn't picking up the phone and talking to fraudsters is a simple way to protect our seniors."

Her office is building a website: "Choose Well San Diego," sort of a Yelp site for senior homes so consumers can be aware of facilities that have had too many falls or other instances of negligence.

Many voters don't know all the District Attorney's Office does. Many assume it just prosecutes cases. In reality, the DA is the top law enforcement official in the county.

As Stephan describes it, "We are the glue for law enforcement in that all nine police departments and the sheriff all put cases through our offices. We're the peoples' prosecutor. That gives us the ability to really understand the public safety threat and response needed throughout the county."

It does this with 1,055 staffers, because San Diego is California's second largest county. Most are involved in prosecuting crime. But the office is also the county's largest provider of victim services.

"We served over 15,000 victims of crime last year," says Stephan. "Through this combination of prosecution and victims' services and support, we take on more than the primary role of prosecuting the robbers, rapists and murderers, which we do very, very well. We also look at how we protect victims and prevent crime in the first place."

Human Trafficking

A main focus for the DA is eliminating sex trafficking. "In San Diego County, the second largest criminal industry is sex trafficking. After the selling of drugs and before selling guns is selling human beings for sex," says Stephan.

"Eighty percent of our sex trafficking victims are teenage American girls, and it's a \$850 million industry in San Diego County," says Stephan. These girls are sold into hotels and motels to different buyers. Gangs and gang members pose as older boyfriends. They prey on young girls using social media, plying them with drugs and

alcohol. They extort them with compromising photos taken when they are passed out.

"This is a real crisis!" says Stephan. "We've studied twenty high schools across San Diego County. Ninety percent had active cases of sex trafficking. This is a huge priority for me. I created the first human sex crimes division in the DA's office. I chaired the human trafficking counsel. I'm also considered a national leader in the fight against human trafficking. We've pushed back in San Diego and we are going to keep fighting until we dismantle it."

Social media enables the entrapment of these girls. It's not just an epidemic in the cities or among the poor. "It is hitting all socio-economic areas," says Stephan. "We had a victim recently who was a daughter of a nurse and niece of a police officer. After receiving four thousand messages on social media plying her to leave home, she found herself in the grasp of a gang selling her in hotel rooms."

There are active cases in small towns, as well. "We investigated a case of a runaway from Valley Center," says Stephan. "We found she was in the grasp of traffickers. Anywhere you have a teen girl who has a phone, she can be recruited."

Stephan sits on the leadership of the San Diego Human Trafficking Task Force (SD HTTF.) "San Diego has proven that we are able to combat this effectively," says Stephan. "We've shown a twenty-seven percent dismantling or hitting back at the gangs in this area."

The 5,000 human trafficking victims in San Diego each year create an estimated \$810 million in value. The average age is 16.

Why don't they walk away? "Once they are being prostituted they become so isolated and ashamed, abused and trapped that it's hard for them to leave," says Stephan. "It becomes like a Stockholm syndrome. They become isolated from families and support systems. The gangs become their controllers. It's like a domestic violence phenomenon." San Diego law enforcement uses reverse cyber technology to track them over social media where they are being sold. "We set up undercover cops who pose as a buyer to rescue the victims," says Stephan. "We also get tips from the community through the National Human Trafficking Hotline and from police who are all trained in this area. We follow up on tips, we set up surveillance and other investigative techniques. That is another way we go after gangs and recover victims."

Keeping Schools Safe

Another top priority is implementing the Safe Schools Initiative. Stephan prosecuted the last school shooting in San Diego: the Kelly Elementary School shooting, in 2010, which sent Brendan O'Rourke to 189 years to life. "From that case I learned a lot of lessons from school shooters and school threats. In 2014 I formed a safe schools task force whose goal was to track every threat to a school and make sure we treat each seriously and don't assume it's a hoax."

Each potential threat is thoroughly investigated. "We follow the trail of each threat and find out the identity of the person making the threat," she says. "We find out if they have a mental health history, prior threats, and whether they have access to bombs, guns and other weapons they might use to bring harm to a school."

Because the DA's office is the single prosecution agency that interacts with all 42 school districts and police agencies, her internal team is key in tracking these incidents.

Success is hard to measure. "It's easy to measure how many we protected, hard to measure how many we prevent," says Stephan. "We can say that in two incidents when we used this approach, we discovered that two individuals had gone into a thorough planning phase. They had access to weapons and had amassed additional weapons and they had resourced prior school shootings and developed a plan that we were able to disrupt."

They watch very carefully for copycats. "Since the Florida shootings we've had a rash of school threats," she says. Twenty-four juveniles have been investigated for making criminal threats since Florida. "Because the words alone of making a viable threat that could result in someone reasonable being in fear is a crime in itself. We take it seriously because it shuts down schools and causes students not to be able to study and teachers to not be able to teach. We look beyond the threat to see if there isn't something further going on, to where they are closer to acting out their words."

A key priority is carrying out a protocol that allows tracking of potential shooters or terrorist. "One of the big parts of the protocol is creating an easy way for kids to anonymously report suspicious behavior. This is important because over ninety percent of school shooters have been students at that school," she says. "Which means that a student or teacher is going to observe something, red flags that we need to have reported. From my school shooting case I learned that shooters usually tell someone what they plan on doing but that person ignores it and thinks it's a joke. In eighty percent of school shootings, the shooter lets someone clearly know their intent is a plan. This protocol makes it easy for people to report."

That protocol is called Students Speaking Out, which can be reached at 888-580-8477.

Opioid Epidemic

DA Stephan is also working on the opioid epidemic. "We have had four hundred deaths, most of them young people under fifty," she says. "It's the number one cause of accidental death for people under 50. What's shocking is that most are from overdoses of prescription pain killers, not illicit drugs. I went to work to figure out how do we stop this."

They determined that there were two ways: 1) to be aggressive in prosecuting cartels that manufacture the fake pills and laced them with fentanyl. 2) Proper labeling. "I learned

that our consumers are being lied to; not being told that this stuff is addictive and can cause overdose death. I worked with state Senator Pat Bates [Patricia Carmody "Pat" Bates] on a bill that requires proper labeling of the risk of taking a drug. That has been successful in New York in bringing down the numbers. We are hoping for the same here."

She was impressed by talking to parents of young men who got athletic injuries, were put on pain killers like OxyContin and Percocet and given a 30-day supply. "After five days, scientifically they will be down the line to being addicted and some will be fully addicted. They began seeking unused bottles in friends' cabinets and over-medicating themselves. Her office has

worked with the Sheriff's Department to create easier places to dispose of prescription opiates.

Stephan's supporters include law enforcement and victims groups and a wide coalition of political and community leaders. "They support me based on my proven track record in doing the work and bringing solutions to difficult issues. When the *Union Tribune* endorsed me, they noted that I was an aggressive problem solver."

Stephan says her opponent has never prosecuted a case. "She is a junior level criminal defense attorney who has never held a leadership position in her own office. She is running as a protégé or proxy of an out-of-state billionaire George Soros. He has spent \$1.5 million, an obscene number in local politics."

Soros's funding of Jones-Wright is one of 17 District Attorney races he is pouring funds to using his California Justice & Public Safety PAC. "He is selecting criminal defense attorneys or ACLU affiliated lawyers with the goal of decriminalizing prostitution, drugs and prosecuting law enforcement whether they did anything wrong or not. The target for Soros is the police," says Stephan

Stephan says that Soros funded DA's elsewhere have led to failure. "This has been a failed social experiment in Houston. The violent crime since his candidate was elected has gone up nine percent. In Florida his candidate refused to prosecute to the full extent of the law a police officer murderer who also murdered a pregnant woman. To the point that the governor has stripped her of her authority to prosecute special circumstance murders."

Her opponent, she says, promises the same. "She has pledged to not even consider pursuing the death penalty in any serial murder case or any murder case, whether the case qualifies or not. She has also pledged in writing to not petition the court for any 17 year old—even if they have committed mass murder—to be treated as an adult. Which means they would be released at age 25 no matter what. The money infusion is intended to buy this election and to have our community replace experience and qualifications with a dangerous experiment. That is the challenge for my campaign."

Soros has successfully funded 13 out of 17 races, says Stephan. According to iNewssource.org: "Since 2015, Soros-funded PACs have spent more than \$10 million to support progressive district attorney candidates around the country. This year, the California Justice PAC has contributed to at least three other DA candidates in the state: Diana Becton in Contra Costa County, Pamela Price in Alameda County and Noah Phillips in Sacramento County."

This is a concern, says Stephan. "This is not a normal election of the people by the people but an election of a billionaire trying to buy the election."

With donations ranging from \$5 to \$800, Stephan says she has raised \$550,000 compared to Soros's \$1.5 million.

Stephan sums up her message: "I've dedicated my life to serving victims, prosecuting the worse criminals and protecting our community. I have the experience and the vision to move San Diego County into the future and to deliver safety and justice for all in an effective manner.

Find out more about her campaign at-SummerstephanforsandiegoDA.com

STRAIGHT OFF THE TEE

The True Meaning of Golf

By Joey Latimer / Resident

When I was in my mid-20’s, I became so frustrated with golf that I was ready to quit. One day, after hitting three balls in a row into a lake, I actually thought of throwing my clubs in the lake, brushing my hands of the game, and hanging up my sweaty golf cap. I had lost all fun in golf and it felt more like torture than a game. Fortunately, that day I was playing with another golfer with a calm and confident demeanor. He seemed unaffected by my emotional outbursts, and sat motionless and often smiling as I hit bad shot after bad shot. Finally, after several holes of this, he asked me, “Have you ever heard of a book called, Golf in the Kingdom?” I said, “What good would that do for me?” He replied, “Just buy the book and read it, and if I see you again here we will talk about it.” I never saw the player again, but I did go and buy the book...and I am glad I did.

Golf in the Kingdom was penned by a California writer named Michael Murphy and published in 1971. In the book Michael is on his way to India to visit his meditation teacher, when he takes a side trip to Scotland, the “Kingdom” where golf was invented. Upon arriving at an ancient golf club called Burningbush, he plays his first round with an unusual local teacher, Shivas Irons, and one of his students. After several frustrating holes that saw Michael focusing more on his score than on the fundamentals of golf, his game improves greatly on the back nine, as he applies some of Shivas Irons’ strange concepts.

After the round, Michael and Shivas meet several other players at the clubhouse, and then go to the nearby manor of husband and wife golfers for dinner and drinks. In front of the fireplace those present discuss the true meaning of golf and each person’s views of it. After this, Shivas takes Michael to a ravine near the 13th hole, where his teacher, a reclusive genius name Seamus, has a cave and does research on “true gravity” and golf. It is there that Shivas shows Michael ancient balls called “featheries” and a rustic club made of a hardwood stick with burl on the end and a flat face. There, in the night, Shivas plays the 13th hole to show Michael how golf used to be played.

Going back to Shivas’ place, Michael discovers that Shivas, besides being a gifted golfer, is also well read on science, mathematics, philosophy, and mysticism. Bundle this all together and you have a very wise golf teacher in Shivas, who shares with Michael years of notes and research. These make up much of the rest of the book.

So, what did I discover that made golf enjoyable game again? I learned that golf is a journey, and it is also a round that always leads back to where you started. Each shot is an adventure requiring inner and outer synchronization and focus. All there is, really, is this shot right now. With awareness and visualization, I can affect a ball’s flight through mental intention. It feels really good to imagine where a ball is going to go, hit it, and then watch it go there. When I hit an errant shot, instead of feeling frustrated, I simply count the shot and head off to explore a new adventure. I feel the wind, hear the birds, and smell the grass and flowers. No matter how short my putt is, I hit it in the hole. After 18 holes my round is complete, and life has new meaning...thanks to golf.

Memorializing a hometown hero

MARIE WALDRON, 75th Assembly District



MARIE WALDRON

Naming a portion of the I-15 freeway in Escondido as Cal Fire Firefighter Cory Iverson Memorial Highway is a step closer to reality with passage of Assembly Concurrent Resolution 205 last week. Memorializing the lives of first responders who make the ultimate sacrifice is a necessary, but sad duty for members of the State Assembly. But it is one which I am honored to do for our hometown hero. On December 14th we lost Escondido native, Cal Fire Apparatus Engineer Cory Iverson, who died fighting the Thomas Fire in Ventura County.

I have authored ACR 205, sponsored by Cal Fire, designating the 5 mile portion of State Route 15 between SR 78 and Via Rancho Parkway in his honor.

Iverson, an eight-year veteran of Cal Fire, 32 years old, joined Cal Fire in 2009, after working 7 years for Harmony Grove Fire Department. Importantly, he was a man of faith who devoted his life to sharing the love of Jesus. During his career he received many awards, including recognition as “2010 CAL FIRE Firefighter of the Year”. He exemplified professionalism, work ethic and dedication. He proudly followed in the footsteps of his uncle, a retired fire captain.

Yes he was a hero. He put his life on the line for all of us without batting an eye. But most of all, Iverson was a loving husband, father and family man, survived by his wife, two daughters, parents and siblings. While we have lost a hero, they have lost a part of themselves that will never be replaced.

ACR 205, with 70 co-authors, has been approved by the Assembly and will now move to the Senate. In this small way, the life of this outstanding young man and public servant will be honored and remembered by all.

Minority Floor Leader Marie Waldron, R-Escondido, represents the 75th Assembly District in the California Legislature, which includes the communities of Bonsall, Escondido, Fallbrook, Hidden Meadows, Pala, Palomar Mountain, Pauma Valley, Rainbow, San Marcos, Temecula, Valley Center and Vista.

Boulder Oaks Women’s Golf Club Results: April – May, 2018

By Mary Jo Moore / Residen

SWEEP RESULTS

Apr 26: Play the Middle. First place was Joan Cortez with a net 31. Second place, Susie Hill with a net 33 and third place, Donna Williams with a net 35

May 3: Ace of the Month. Ace of the month was Pauly Schoolcraft with a net 68. Donna Williams was second “Queen” with a net 70. Ellen Koury, third with a net 73. Closest to the pin was thrown in today on hole number six, and Pauly Schoolcraft won the closest to the pin.

May 10: Scrcatch and Scramble. First place team was Pauly Schoolcraft and Renee Neuzil with the net 71. Second place was Donna Williams with a blind draw of Pauly with a net 72. Third place. was Janet Dopp and Kathryn Christenson with a net 81.5.

May 17: Blind Nine. Winner was Donna Williams with a net 36. Pauly Schoolcraft was second with a net 42.5, and Joan Cortez cam in third with a net 46.

THIS AND THAT

MOST IMPROVED PLAYER OF THE MONTH

The most improved player for the month of April 2018 is Ellen Koury. The information in the chart below is calculated from April 1, 2018 until May 1, 2018.

Name	Starting HDCP	Diff	Ending HDCP	Diff	Factor
Koury, Ellen P	15.9	165.7	14.1R	146.9	1.069

Congratulations Ellen. Ellen has been out of commission for a few weeks after having a knee replacement. Way to recover, Ellen.

ACE OF THE MONTH FOR MAY

Ace of the Month for May is Pauly Schoolcraft a net 68. Way to go, Pauly.

OTHER NEWS

No other news. Hopefully more happenings next month.

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 dorothy-aleshire@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.

Law Office of Diane Haisha-DeForest



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~MOVIE REVIEW~

“Solo: A Star Wars Story”: It deserves better box office

By BOB GARVER

Too few people saw the Coen Brothers comedy “Hail, Caesar” back in 2016, but those who did witnessed a terrific breakthrough performance by actor Alden Ehrenreich. Somebody saw how well he played a cowboy from 1950’s Hollywood and decided that he’d make a great cowboy from a long time ago in a galaxy far, far away. And thus he was cast as a young Han Solo for a film that takes place between Episodes III and IV of the “Star Wars” series. I really liked Ehrenreich in this movie. I never felt like he was doing a Harrison Ford impression, nor did I feel like he was giving “his take” on the character. Instead, I simply saw a young Han Solo. Good on Ehrenreich for slipping so seamlessly into one of the most famous roles in movie history.

We follow a young Han as he escapes a life of forced servitude, trying and failing to bring his girlfriend Qi’ra (Emilia Clarke) with him. He joins the Imperial Army, but ditches them when he begins to realize that they may not be the good guys. As punishment for his desertion, he’s dropped into a pit to be fed to the hungry beast Chewbacca, but he instead curries the favor of the Wookiee, the two escape together, and a lifelong friendship is born. The two team up with a crew of bandits (Woody Harrelson, Thandie Newton, and a creature voiced by Jon Favreau) to rob a train, but the robbery goes sideways and Solo finds himself indebted to crime lord Dryden Vos (Paul Bettany), whose top lieutenant happens to be Qi’ra. Han offers to square things with Vos with another robbery and Vos agrees, provided Qi’ra comes along to supervise. Fine by Han, as this means he gets to spend time with his old friend, though he could probably do without the life-or-death ramifications.

The movie is perfectly average by “Star Wars” standards up to this point, but things pick up when Han tries to procure a ship. He tries unsuccessfully

to win the prized vessel of celebrity smuggler Lando Calrissian (Donald Glover) in a card game, but Lando lets him and his team borrow the Millennium Falcon anyway in exchange for a cut. It is here that we meet L3-37 (Phoebe Waller-Bridge), Lando’s confrontational droid navigator. The advertising for this movie has played up Han, Lando, and even Woody Harrelson’s character, but it’s the activist L3 who steals the show. She’s funny, she’s spunky, and she wants to lead a robot uprising. She can liberate my appliances any day. As for the rest of the movie: adventure, moral conflicts, betrayal, and showdowns ensue. It’s standard “Star Wars” stuff, minus unpredictability since we know that at least three characters are going to make it to canonically later installments.

It’s hard to talk about “Solo: A Star Wars Story” at this stage without discussing its disappointing box office performance. The film has made “only” \$83 million in its first three days, which by “Star Wars” standards practically makes it a flop. It doesn’t deserve to be. Ehrenreich and Glover make excellent younger versions of their iconic characters, and the newer players are much more interesting than say, “Rogue One’s” disposable ensemble. I think it comes down to the fact that this is the fourth “Star Wars” film in two and a half years and the second in less than six months. Even the most dedicated fans are starting to feel a bit burned out.

Someday, when fans can watch these movies at their own pace without having to worry about the demanding nature of the release calendar, they’ll decide that this was an underrated installment. Until that time, give this movie a shot and try to find something to like among the expected chases and shady dealings.

Grade: B-

“Solo: A Star Wars Story” is rated PG-13 for sequences of sci-fi action/violence. Its running time is 135 minutes.

Contact Bob Garver at rrg251@nyu.edu.

~BOOK TALK~

by Lynn Clark / Resident

I like to read and people often ask me what I would recommend. This one left a lasting impression with me because I have had a competitive high school athlete in my life. You will understand the pressure that follows every athlete, especially if he/she is looking for a way to compete in their sport after high school. I think the author showed that sports can influence a child in many ways: both good and bad. You just have to hope they make the right decisions along the way.

Beartown by Fredrik Backman

Beartown is at the edge of nowhere. The town located on a lake is small, cold, isolated and doesn't have much to offer its residents. There are vacant houses that once housed families that had expectations, but moved on for a better life. Most of the locals work at the factory. Most of the teenage population can hardly wait to leave. Across the lake is the other side of the town. The houses are bigger, the cars are more expensive, and a few residents commute to the city to work.

The one thing that unites the town is the ice hockey rink, and a junior hockey team that is on the verge of winning it all. You will never hear anyone in Beartown say, "it's only a game". They have been waiting a long time for a winning hockey team, and here they are on the brink of something that will say to the world "we are worthy". They have to win the semifinals first.

In the middle of all the excitement and pressure are the team, the coaches, and the GM. Kevin is the star forward for the team. He's been groomed for this

position since he was 5 and picked up his first stick. His goal is the NHL. He has the best equipment, diet, and a small rink in his back yard for practice. His Dad is the biggest financial sponsor of the team, but he seldom attends his son's games. His mother tries, but she has never been strong enough to give her son the support he needs. Kevin practices incessantly because his biggest fear is failure. Something he learned at an early age that his father doesn't like.

Kevin's best friend is Benji. Benji is an enigma. He's Kevin's protector on and off the ice. He's someone that hides his true feelings behind unruly behavior and an uncaring attitude towards life. People only have to look at Benji and they assume he is going to be in trouble all of his life. Benji has three sisters, but his coach is the father he never had and the team is his support system.

Amat is only fifteen and too young for the team. His mother is the cleaner at the school. He loves hockey, and her access to the school helps him gain entry to the rink. He doesn't have the best skates or the best equipment, but he works out every morning when the rink is empty. He is an outsider that wants to be on the inside. He is small, wiry, and very fast, which wins him a spot on the team. His tenacity makes him a target in the locker room, but eventually earns him an unlikely friend.

Peter is the GM and a former NHL player whose injuries forced him out of the game. He was the star of the last successful Beartown team, and has come back at the urging of his former coach to try and create a winning team. It has taken him 10 yrs. to get back to this position, and now he's been asked to fire his mentor: the man that saved him from an alcoholic father and regular beatings. He's at odds with the present

coach's methods.

Maya is Peter's daughter. She is sensitive and artistic. Loves to draw and play the guitar. She hates hockey because she doesn't like intense competition. She is the catalyst in the story of Beartown. A story that actually begins after the team wins the semifinals. Adrenaline is running high. The celebration begins at an unsupervised party at the home of one of the team members. There is an incident which is hidden by the victim, although several people believe they know what happened. Once the incident is revealed, the line between what is right and moral, and what is good for the team, becomes blurred. The finals are on the line, and

FIJI / From Page 7

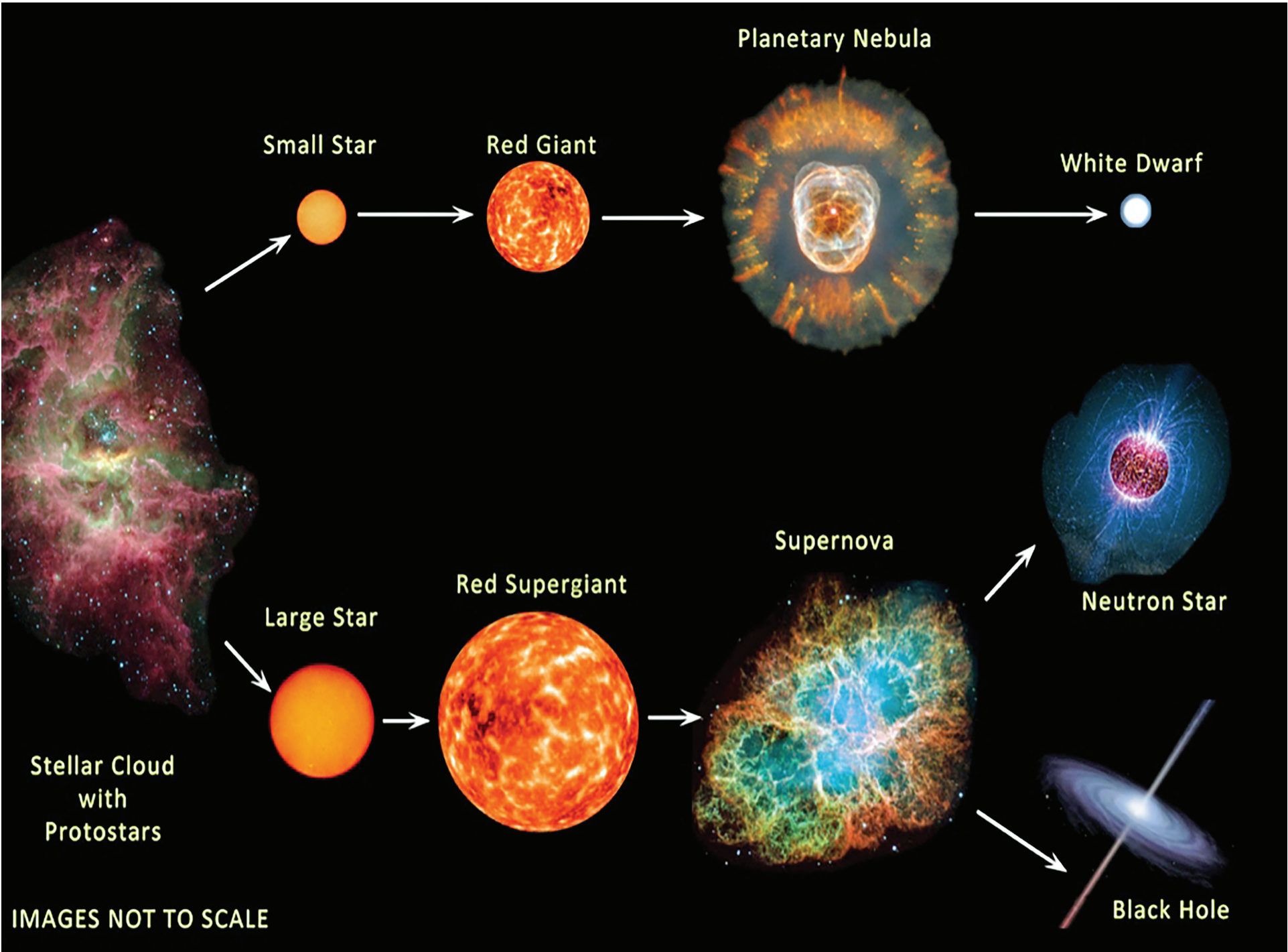
Men and women should cover their legs, and women must cover their shoulders as well. The experience of drinking kava with your new Fijian friends is not to be missed. Fiji is a very unique destination. The laid back lifestyle will soon have you reveling in the happy bliss of the Fijian isles and her people.

I'd do just about anything for the happy Fijians.

The request for pens and pencils was coordinated by Pack for a Purpose. Their motto is “Small Space. Little Effort. Big Impact.” They ask people to make their travels meaningful by using a small amount of space in their luggage to pack supplies needed by community projects around the world. Their initiatives include: Education, Health, Child Welfare, Animal Welfare, Socioeconomic Development. More information can be found at: <https://www.packforapurpose.org>

everyone has an opinion as to how the situation should be handled. The town atmosphere gets ugly. Can tragedy by averted? Can the team succeed under the circumstances? Nothing will ever be the same again, and everyone will be affected by the outcome.

Just one little snippet of information, the author uses the literary technique "foreshadowing" in the first chapter. If you are one those people that reads the last chapter before you finish the book, don't bother, because the small first chapter will give you the ending. I am not a big fan of this, and if you don't want to know the ending, skip to Chapter 2; you will not miss a thing.



ASTRONOMY CORNER

THE LIFE AND DEATH OF STARS

By Steve Rogers / Resident

One of the fascinating things about the study of astronomy is that while we are looking at the absolutely largest things in the universe, such as stars and galaxies, inside all of these gigantic objects, the smallest things in the universe, atomic particles like protons and electrons, and even sub-atomic particles called quarks, are combining into the elements that make up everything around us. Although the stars seem to never change, there are really cataclysmic changes taking place everywhere we look, as stars are formed, live their lives, and then, either become planetary nebulas, or explode into super novas, which are some of the most exciting things for astronomers to study.

From a massive cloud of dust & debris to a star like our Sun

In the ten billion year life cycle of a star like our sun, it begins as a massive cloud of dust and debris from the explosion of previous stars. With the force of gravity, this cloud of dust comes back together, until it weighs so much that the heat generated at the center of the star is enough to support the thermonuclear conversion of hydrogen into helium. Under intense pressure and heat, two atoms of hydrogen become one atom of helium, and, as Albert Einstein revealed in 1905 with his famous equation $E=mc^2$, enormous amounts of energy are released that would normally blow the star apart, except for the extreme weight of the outer layers of the star pressing in on the central core. As the star runs out of hydrogen, it begins converting three atoms of helium into one atom of carbon .

10 billion years later, from Sun-like star to red giant to white dwarf

At the end of about ten billion years, when an aging star has mainly a carbon core, it can no longer generate the massive heat necessary to continue converting elements to the next higher element on the periodic table, and it begins swelling into a red giant, which can be 100 to 1000 times as large as the sun. At some point the outward pressure from the core is not enough to keep from collapsing into a white dwarf.

From white dwarf to planetary nebula or supernova

The continuing pressure from the core causes the white dwarf to lose its outer atmosphere as it becomes a planetary nebula, or, in the case of really big stars, explodes into a super nova releasing massive amounts of material into space. The intense heat of this explosion is enough for the higher elements beyond carbon to be formed. If you are holding a piece of metal in your hand, the atoms that make up that metal were formed in the instant that a star blew up billions of years ago and became part of the dust cloud that became our solar system so the cycle of creation could start once again.

Our Sun

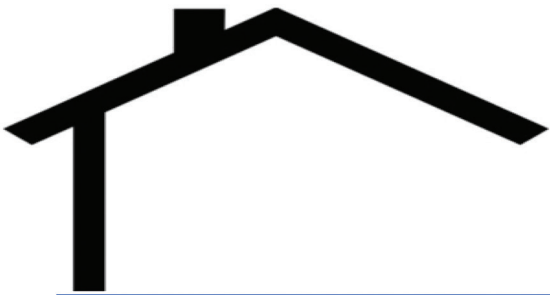
Scientists estimate that the sun is about half way through its 10 billion year life cycle, so none of us need to worry about waking up one day to see the outer rim of the expanding red giant star engulf the earth's orbit, but if we were around to watch this happen, the intense radiation from the red giant would have long since burned off our atmosphere and fried everything on earth. Not a pretty thought, but with a four billion year advance notice, I am sure mankind will have figured out a new place to live. Maybe on the planet Krypton!

Interim hospital CEO given two-year contract; board chair steps down

In two unrelated developments, the Palomar Health Board's chairman Joe Gorzeman has stepped down for personal reasons and the board voted to make the previous appointment of Diane Hansen as interim CEO more long-term with a two-year contract.

Dara Czerwonka, the new Palomar Health Board chairman, made the following announcement Wednesday morning: "After serving on the Palomar Health Board since 2016, our Board Chair, Joy Gorzeman, has made the difficult decision to step down. Joy has been a tremendous asset to the Board and served the residents in our district extremely well. However, health and family are most important and due to some personal matters Joy has chosen to resign. Unselfishly, she felt it was best to allow another person to take her seat who can devote the time needed to best represent our constituents and organization during this time of change. With this vacancy, I have once again been voted as the Board Chair and Jeff Griffith was voted Vice-Chair."

Czerwonka added, "Diane Hansen has worked diligently as the Interim CEO to implement a number of positive changes for our health system. In a few short months she has successfully settled a lengthy labor dispute, addressed regulatory concerns on several fronts, restructured the District's bond indebtedness resulting in substantial cost savings, and implemented a more efficient organizational structure. These changes have stabilized our organization and created a more solid foundation for progress going forwards. Therefore, the Board has elected to enter into a two-year employment agreement with Diane Hansen. This will afford her the opportunity to continue to oversee the changes she has been instrumental in creating, which benefit our employees, patients and community."



REAL ESTATE NEWS

By LeEtta Rudolph

The housing market is more competitive pricewise than it’s ever been. It’s all on the seller to go the extra mile and make sure their home stands out from the rest.

I have included proven methods to raise the price of your home. Staging and other strategies, are all backed up by statistics that are going to prove how important these extra steps can be. These steps are going to improve your home and make it so much more welcoming to your audience during any drive-by or walk through. The improvements will affect the online presence a great deal as well.

“Home Staging” is a process where your home is prepared, dressed up and presented to look extra attractive and extremely welcoming to any type of prospective buyer you might have. Home staging is all about creating more space by cleaning clutter, unneeded objects or furniture, giving the

Why changing things and small improvements can gain you thousands?

rooms a fresh and neutral color and making any sort of repairs that you deem important. I like to bring in my professional stager or my interior decorator to assist with choosing new accessories and furniture to dress up your newfound space, creating a welcoming and warm environment. Home staging makes prospective buyers see all the possibilities of purchasing the home and living in it. Money spent on reorganizing and designing should not be considered as waste but should be an investment or cost of doing business and it will be recovered when the property is sold.

According to the information from the Real Estate Staging Association, properties that are well-staged professionally, look more appealing and spend less time (about 75% less) on the market. When it comes to acquiring real estate, the majority of the prospective buyers imagine and think they can overlook empty rooms or poor décor and see only potential, but they really can’t. This is the main reason successful builders use model suites and model homes to sell their projects. I always encourage my clients to have a professional come in and I would be happy to help coordinate a visit with my design team.

LeEtta Rudolph, Local Realtor-Adviser, leettarudolph@gmail.com, www.leettasellssmart.com

MARIE / From Page 11

make California more affordable, so our working families can actually achieve the American dream, by cutting regulations, cutting costs, creating opportunities for young people to get involved with career tech education. That has gone by the wayside, but a lot of kids are interested in things besides college education. We have had bipartisan bills to access funding for career technology. That’s something we are always advocating.”

AB 1111, which she co-wrote with Democrat Eduardo Garcia, and which has been signed in law, created a grant program to help persons with multiple employment barriers get remedial education. “We are advocating \$25 million to kick that off so we can offer career tech opportunities,” she says. “It’s great having bipartisan work. I’ve developed positive relationships with members on both sides of the aisles and that gets things done. We do joint press conferences and joint hearings. It’s all part of working together on issues.”

As second ranking GOP member she has a strong voice in messaging and how the party leverages its votes on the floor. She works with the Democratic floor team to facilitate that agenda on behalf of her caucus. But she also stands to object to motions her caucus opposes. She feels that by working with the majority floor team, “we are able to work much more efficiently than in the past.”

She serves on six standing committees, such as health, governmental organization, local government, and about 20 select committees on subjects such as sexual harassment and universal health care. “The governmental organization committee is very important for our district because it deals with tribal government and compacts, alcohol, tobacco , horse racing and emergency services,” she says.

She is vice chairman of the local government committee. “Which is great because it’s like being on the city council again,” she says.

She sits on the rules committee that refers all the bills to standing committees. “As floor leader it’s important to see these things well before they come to the floor.

In short, she is a busy legislator. “I like to be busy. I love to read the bills, understand the issues and be part of the negotiations and the decisions.”

Another Waldron bill that has become law is AB 1447, Traffic Synchronization, that would allow some funds in the Greenhouse Gas Reduction Fund to be used for traffic light synchronization. When people don’t have to stop so much at intersections they use less fuel and get to work faster, she says.

Other issues she feels are important and will be working on bills to address include traffic congestion, economy and housing, water, including the proposed water tax and the proposed tax on services.

When she is back at home she still works with her husband, Steve in their business. “Which keeps me sane and in touch with my district and what people have to go through in business and to balance home life and work life.”

Just a couple more issues that Assemblywoman Waldron feels are important going forward. Some of these may have been covered during the interview.

Waldron and her Democratic challenger Alan Geraci are the only ones on the ballot, which means that both are assured of surviving the primary to face each other in November.

ELECT

MAYOR JIM

Desmond

FOR COUNTY SUPERVISOR

Decrease Traffic Congestion

Jim will work to build better roads and decrease congestion to improve your commute time, giving you more time to spend with your family.

Control Government Spending

As San Marcos Mayor, Jim Desmond cut wasteful government spending. As our Supervisor, he will insure that more of your paycheck stays in your pocket where it belongs.

Keep Families Safe

Jim will work to make San Diego a safer place for your family to live, play and grow. That’s why he earned the endorsement of the San Diego County Deputy Sheriffs’ Association.

