



# HIDDEN MEADOWS NEWS

*The Hometown Monthly Newspaper of Hidden Meadows and Rimrock, California*

## Let the celebration begin!

By **SUE SCIACCA**

Here in Hidden Meadows, we love to celebrate the birth of our wonderful nation. We do it with a good ole' down-home parade and BBQ. This year we will be holding the event on July 4th (great idea, right?!?) The festivities will start at 10:30 a.m. in the lower parking lot of the Boulder Oaks Golf Club.

There's still time for you to be a participant in the parade itself. No need to sign up and all ages are welcome.

Just come in costume (or not) and join in the fun.

After the parade, we will be cooking up hot dogs courtesy of the Hidden Meadows Community Foundation. Fruit and desserts will be provided by local volunteers. If you would like to chip in, feel free to drop off a food offering just before the parade starts.

For more information, contact Sue Sciacca through email ([susan.sciacca@hotmail.com](mailto:susan.sciacca@hotmail.com)) or give her a call at (760) 297-1299.

## Date Set for 6th annual Bunco4Boobs breast cancer fundraiser

By **WENDY SMITH-ROGERS**

What could be more fun than a room full of women playing a game while raising money for breast cancer awareness and research? "Bunco4Boobs" has become a great tradition here in Hidden Meadows. This year will be our 6th annual gathering!

The always-enthusiastic B4B Committee has begun the planning process and the date has now been set for Friday, October 20 at 6:00 PM. The event

will be held once again at the Williams Barn in Walnut Grove Park, just off Twin Oaks Valley Road. Save the date on your calendar now so you can join us.

At this time, the planning committee could use a few more volunteers. If you are willing to help with this great cause, please call or email Wendy Smith-Rogers at 760-749-5652 or [wsmithrogers@gmail.com](mailto:wsmithrogers@gmail.com).



**Hidden Meadows Community Foundation President, Wendy Smith-Rogers, presents Certificate of Appreciation to Ellen Blakeborough for her tireless volunteer efforts.**

## Hidden Meadows Community Foundation news

By **HIDDEN MEADOWS COMMUNITY FOUNDATION**

Last month, the board of the Hidden Meadows Community Foundation (HMCF) presented a certificate of appreciation on behalf of the entire community to local resident Ellen Blakeborough. Ellen was honored for her tireless work in abating weeds along Hidden Meadows Road and parts of Mountain Meadow Road. In addition to filling garbage bags full of nasty weeds on an almost daily basis, Ellen often cleans up after other people's dogs and picks up nails and other items that could cause injury to passers-by. She also hangs American flags on the "Welcome to Hidden Meadows" sign on major holidays. She truly is an angel among us.

Speaking of cleaning up, the HMCF is grateful to the community for their patience with the median project. Our goal is to create an eye-catching first impression of Hidden Meadows that is both attractive and sustainable. The Median Beautification committee has met with several landscape architects and is in the process of reviewing the plans they have submitted. During the summer months, we will be making some final decisions about how to proceed and will begin the necessary prep work. Actual planting will take place when the weather cools down a bit.

At this time, we have three community members on the Beautification Committee. If you are interested in helping us plan (no physical labor required!), please contact chairperson, Pat Reilly at [pbreilly@gmail.com](mailto:pbreilly@gmail.com).

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## JULY HIDDEN MEADOWS EVENTS

**Fourth of July Parade and Barbecue**  
Wednesday, July 4, 10:30 am  
Parking lot below Oaks Grill  
10333 Meadow Glen Way East

**Scenario-Based Evacuation Exercise**  
Saturday, July 15, 10:00 am  
Hidden Meadows Community Center Pavilion  
28208 Meadow Glen Way West

**Intro to HM Social Groups**  
Friday, July 28, 6:30 pm  
Oaks Grill  
10333 Meadow Glen Way East

**Movie Night**  
*The Lego Batman Movie*  
Saturday, July 8, 8:00 pm  
Rear patio of Oaks Grill  
10333 Meadow Glen Way East

**Movie Night**  
*Brave*  
Saturday, July 15, 8:00 pm  
Rear patio of Oaks Grill  
10333 Meadow Glen Way East

**Movie Night**  
*Moana*  
Saturday, July 29, 8:00 pm  
Rear patio of Oaks Grill  
10333 Meadow Glen Way East

# A Movable Feast

## Home Sweet Home Cafe

By **SUSAN WOLKING**

Something just didn't feel right. My husband, Jeff, and I had moved to a lovely house in Hidden Meadows and were settling in to what we thought was the perfect environment for our new life as retirees. We loved the beautiful surroundings and the laid-back feel of the community. Our neighbors were super welcoming and before we knew it, we were involved in a number of social activities.

But our dream lifestyle was missing a critical element — an authentic mom and pop diner where we could go regularly for some good 'ole, down-home cooking. When we lived in Poway, we would drive up to Ramona every week to a small-town restaurant called the Country Kitchen. It was the kind of folksy place where the waitresses knew your name and brought you your favorite items without having to be asked.

Our move north, however, made weekly trips to Ramona impractical.

We immediately started exploring various "family-style" restaurants in Escondido, but had difficulty finding something with the kind of homey vibe our old spot had. After several unsatisfying scouting trips, we were starting to feel a tinge of homesickness. Finally, with the help of *Yelp*, we found exactly what we had been looking for. Appropriately enough, it's called the Home Sweet Home Cafe.

The restaurant is located at 662 Enterprise Street, in a somewhat less-than-attractive industrial area just south of the 78. Inside, however, the environment is warm and comfortable, full of contented regulars and friendly waitresses that love to joke around. The place can get busy, but someone comes by regularly to refill your coffee and you can sit there reading the morning paper without feeling pressured to turn over your seat quickly.

The menu is full of great "comfort food" choices. Jeff and I often split an omelet and an order of french toast.



Jeff Wolking from Hidden Meadows is a regular at Home Sweet Home Cafe.

The omelets come with hash browns or country potatoes and toast, but you can substitute the tomatoes or fresh fruit. Some of our favorite omelets are the Veggie, the Tom'let and the Baja. My husband also likes the Devon Benedict and sometimes sneaks back alone for a mid-week lunch of biscuits and gravy.

Home Sweet Home Cafe is open from 5am - 2pm weekdays, 5am - 1pm Saturday and 7am - 1pm Sundays. Parking is limited and there is sometimes a wait, but it's worth it. If you're like us, you'll feel like you've come home.

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Long-time Hidden Meadows resident Debra Lee Baldwin, left, reacts to being told that Felco pruners are a traditional gift for Horticulturist of the Year honorees. With Baldwin on the Del Mar Fair's Flower & Garden stage are San Diego Horticultural Society past-president Susi Torre-Bueno and current president Jim Bishop. Photo by Hannah Eubanks

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# HIDDEN MEADOWS/RIMROCK

# CALENDAR OF EVENTS

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

### Every Week

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

### July 2017

3 VCMWD Board Mtg., District Office, 2 pm 749-1600  
3 HM Community Foundation, 7 pm 749-5652  
4 Fourth of July Parade and Picnic  
4 Bookmobile, MLGC Pkg. Lot, 1:00-2:00 pm 643-5125  
8 Sellers' Faire, MLGC parking lot, 9-12 pm 877-8777  
8 Movie Night- The Lego Batman Movie, 8 pm 619-813-6813  
10 Artisan Guild 7-9 pm 749-5652  
11 MHA Architectural Rev Com Mtg, 6:30 pm 749-7278\*  
12 Deer Springs FPD. Bd. Mtg. 2:00 pm 749-8001  
12 HM Condos, HOA Meeting, 4:00 pm 407-7575\*  
13 MHA Board Mtg, 6 pm 749-7278\*  
15 Movie Night- Brave, 8 pm 619-813-6813  
15 Evacuation Seminar-Fire Safe Council, 10 am 532-5708 / 807-6841  
17 VCMWD Board Mtg., District Office, 2 pm 749-1600  
18 Bookmobile, MLGC Pkg. Lot, 1:00-2:00 pm 643-5125  
18 CERT Monthly Mtg., 6:30 pm 525-5170\*  
21 Garden Club Meeting, 10:00 am 749-8723  
27 Ranch HOA Mtg, 4-6 pm 407-7575\*  
27 HM Sponsor Group Mtg., 7:00 pm 297-1057\*  
28 Intro. To HM Social Groups, 6:30 pm. 858-527-8385  
29 Movie Night -Moana 8 pm 619-813-6813

### August 2017

1 Bookmobile, MLGC Pkg. Lot, 1:00-2:00 pm 643-5125  
1 MHA Architectural Rev Com Mtg., 6:30 pm 749-7278\*  
5 Movie Night – The Princess Bride, 8 pm 619-813-6813  
7 VCMWD Board Mtg., District Office, 2 pm 749-1600  
7 HM Community Foundation, 7 pm 749-5652  
8 MHA Board Mtg., 6 pm 749-7278\*  
9 Deer Springs FPD. Bd. Mtg., 2:00 pm 749-8001  
9 HM Condos, HOA Meeting, 4:00 pm 407-7575\*  
12 Sellers' Faire, 9-12 pm MLGC parking lot 877-8777  
14 Artisan Guild, 7-9 pm 749-5652  
15 Bookmobile, MLGC Pkg. Lot, 1:00- 2:00 pm 643-5125  
15 VCMWD Board Mtg., District Office, 2 pm 749-1600  
15 CERT Monthly Mtg., 6:30 pm 525-5170\*  
18 Garden Club Meeting, 10:00 am 749-8723  
24 Ranch HOA Mtg., 4-6 pm 407-7575\*  
24 HM Sponsor Group Mtg., 7:00 pm 297-1057\*

\* 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.  
A special thank you to Jim Larsh for his dedication to submitting the calendar all these years.

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

## Super Crossword

### Answers

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

## Annual Events in Hidden Meadows

Sellers' Faire Second Saturday of each month Clubhouse parking lot

### June-December

Scholarship Reception	Sunday, June 11	Pavilion
Fourth of July Parade/Picnic	Tuesday, July 4	Clubhouse parking lot
Summer Family Movie Nights	June 17, 24, July 8, 15, 29, August 5	
Trunk or Treat	Saturday, October 28	Pavilion parking lot
Turkey Trot	Thursday, November 23	Clubhouse parking lot
Toys for Tots	Saturday, December 2	Pavilion
Progressive Dinner	Sunday, December 10	Throughout HM
Outdoor Decorations Contest	December 16-25	Throughout HM
Christmas Caroling	Sunday, December 17	Fire Station

## Community Information

### Hidden Meadows Community Foundation

Wendy Smith-Rogers – President  
(760) 749-5652  
hmcf92026@gmail.com

### Meadow Homes Association

Office: (760) 749-7278  
Weekdays 9 a.m. – noon  
28208 Meadow Glen Way W.  
meadowhoa@att.net  
meadowshomesassociation.com

### Share-a-Ride

Airport Ride Exchange  
Ron Piritz • (760) 749-7604

### Town Crier

Towncrier@hiddenmeadows.us

### Hidden Meadows News

News@HiddenMeadowsNews.com  
(760) 749-1112

### Hidden Meadows

Community Sponsor Group  
Bret Sealey  
(760) 297-1057

### Child Play Group

Mike Low  
meadowsplygroup@gmail.com

### Hidden Meadows Community Foundation Board

Wendy Smith-Rogers  
President, wsmithrogers@gmail.com

Sarah Sealey  
Vice-President

Kim Riha  
Secretary

Rob Enfield  
Co-Treasurer

Lisa Lonsdale  
Co-Treasurer

Co-chairs, Community Events  
Denise Haase • Susan Sciacca

Chair, Neighbors Helping Neighbors  
Christina Stendall

Chair, Communication  
Susan Wolking

Chair, Beautification  
Patrick Reilly

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Bill Pickens

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Deadline for article submission is the third Friday of the month.

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

# Ready, Set, Evacuate

Workshop on July 15 to help you prepare for next wildfire

By THE DEER SPRINGS FIRE SAFE COUNCIL

In October of 2007, a firestorm marched from the Cuyamacas to the coast, and for a solid week, San Diego County was besieged by multiple blazes including the Witch Creek, Harris, Rice Canyon and Poomacha fires. Over 515,000 people were ordered to evacuate. This was one-sixth of the county's population and constituted the largest single fire evacuation in the nation's history. It was chaos.

Hidden Meadows residents experienced the havoc firsthand. Cars were backed up from Interstate 15 through the Meadows as residents tried to escape the oncoming inferno.

Fortunately, the flames bypassed Hidden Meadows and the Deer Springs Fire Protection District. Other parts of the region were not so lucky. The county-wide statistics remain staggering:

- 10 civilian deaths
- 23 civilian injuries
- 89 firefighter injuries
- 6,200 responders on the front lines
- 369,000 acres, or 13 percent of the county's land area, burned
- 1,600 homes destroyed
- 800 outbuildings destroyed
- \$1.5 billion in property damage

The devastation provided painful evidence that most of the county was woefully unprepared for a major crisis and full-scale evacuation. Ten years have passed since the fires paralyzed the county. Many of us recall the event with feelings of fear, anxiety and panic, but what lessons have we learned from the experience? Knowing what to do in such an emergency could mitigate the sense of helplessness we feel, and help ensure better outcomes when the next disaster hits.

Which raises this question: Are you ready?

If a countywide fire were to strike in 2017, would you know what to do? What to pack? How to prepare your house? Where to go?

Too many of us don't.



The devastation provided painful evidence that most of the county was woefully unprepared for a major crisis and full-scale evacuation.

To better protect yourself and your family you need information. Get prepared by attending the "Hidden Meadows Scenario-Based Evacuation Exercise" on July 15, at 10 a.m., in the Hidden Meadows Community Center Pavilion. The pavilion is located next to the swimming pool at 28208 Meadow Glen Way West.

This highly informative session is being presented by the Deer Springs Fire Safe Council, along with the Deer Springs Fire Protection District and the Champagne Village Disaster Committee. Presenters will include CAL FIRE Battalion Chief and Deer Springs Fire Chief Nick Brown, a CAL FIRE evacuation expert, and representatives from local Fire Safe Councils, the County Sheriff's Department and Caltrans.

The presentation is unique, because it will present you with a possible fire scenario — a fire breaking out in Moosa Canyon — and walk you step by step on what to do as the fire advances toward the neighborhood. Speakers will provide answers to such crucial questions as: How much time will we have to get out? What will emergency responders be doing? What should we pack? Where should we go? How will I reach my family members if cell phones aren't working?

All residents of the Deer Springs Fire Protection District are invited to attend this exercise, although it is specifically tailored for Hidden Meadows. A similar presentation was delivered recently for Champagne Village residents. Future presentations are planned for other Deer Springs Fire District neighborhoods, including Jesmond Dene/North Broadway, the Treasures, and West Lilac.

One of the missions of the Deer Springs Fire Safe Council is to educate residents about the danger of wildfire so we can be ready for the next fire. We hope you join us to learn what you can do to prepare for an emergency evacuation.

For more information about the July 15 workshop, please call (760) 532-5708.

# Keep wildfire away from your door

By THE DEER SPRINGS FIRE SAFE COUNCIL

The wildfires that struck San Diego County in 2007 taught us a great deal about wildfire and how it penetrates a home's defenses. One big takeaway from that fire is that embers take flight on the wind and act as paratroopers, expanding the fire front by starting new spot fires miles ahead of the fire's head.

A firebrand landing on a dead tree near your house, on dry leaves in your rain gutter or on a woodpile can spread fire to your home's interior in a matter of minutes.

Here are some tools and tips on how to harden your home against fire intrusion:

One cheap and quick defense is to secure attic vents and air holes. The holes prevent attic mildew, so don't seal them entirely. But you can keep embers out by stapling one-eighth-inch wire screening over vents and holes.

If your attic has round soffit air holes at the roofline, seal these with bird stops, metal disks with slats for ventilation. The slats let air in but can keep embers out. You can paint them to match your trim.

If your deck is made of wood, replace it with ignition-resistant, non-combustible material. Patio covers should also be constructed of ignition-resistant materials. Remove flammable material and debris from decks and patios.

Remove combustible items that are attached to your house, such as wooden

fences, woodpiles, and wooden arbors or pergolas. If these catch fire they spread the fire to your house.

If fire is approaching, move any combustible items away from your house. Plastic patio furniture can catch fire very easily, so clear it away from your home. Cloth shade umbrellas can also ignite. If you have a pool, throw the furniture in there. If you don't, toss the items as far from a structure as you can.

Your roof is the most exposed part of your home and it should be constructed of a fire-resistant material, classified as Class A fire-rated materials. This includes composition, tile or metal. If you have a wood shake roof, replace it, and don't delay. If you have a concrete tile roof, pack the edges with concrete. Another defensive measure is to box roof eaves with fire-resistant material. These last measures are costly, but they're cheaper than replacing a home.

To learn about ways to harden your structure against wildfire, check out the diagram on this website: [http://deer-springsfiresafecouncil.com/linked/reducefirehazards\\_rgb.jpg](http://deer-springsfiresafecouncil.com/linked/reducefirehazards_rgb.jpg).

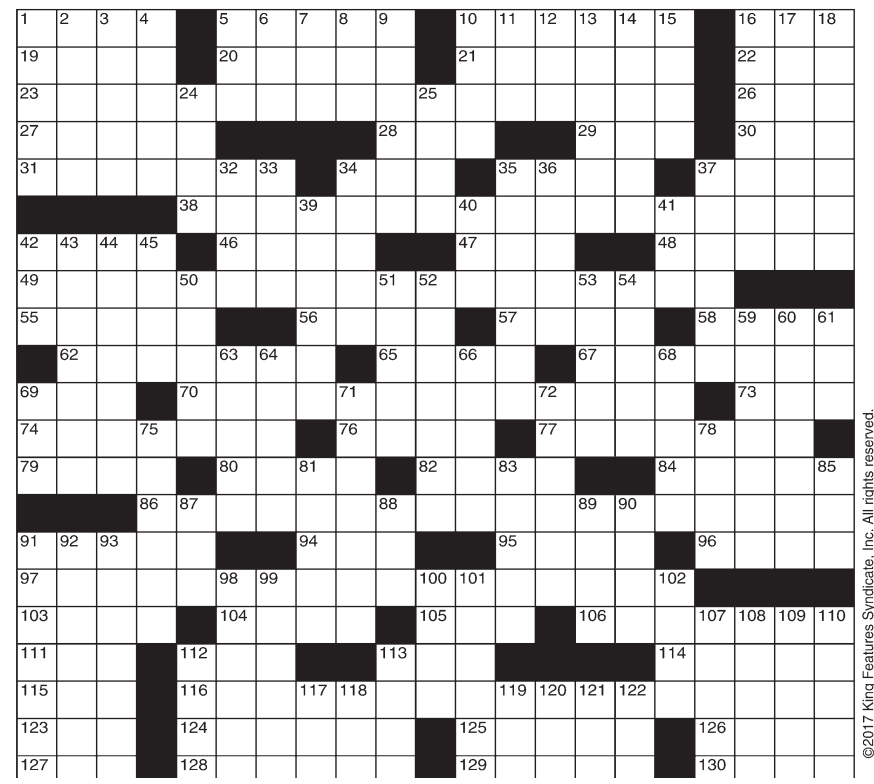
CAL FIRE's Ready for Wildfire website has excellent tips on structure hardening at <http://readyforwildfire.org/Hardening-Your-Home/>.

A version of this article appears in Fire Safety News, a monthly e-newsletter published by the Deer Springs Fire Safe Council. To subscribe go to [www.DeerSpringsFireSafeCouncil.com](http://www.DeerSpringsFireSafeCouncil.com) and click on the "SUBSCRIBE" link.

## Super Crossword

HOLLYWOOD HEDGING

- |                               |                             |                           |                                |                                |                                    |
|-------------------------------|-----------------------------|---------------------------|--------------------------------|--------------------------------|------------------------------------|
| <b>ACROSS</b>                 | 49 Riddle, part 3           | 94 Stock debut, for short | 5 "I love," to Ovid            | 44 Overdue debt                | 88 — au vin (chicken dish)         |
| 1 Really dislike              | 55 Jewish holiday in spring | 95 "Oh, uh-huh"           | 6 Frat "T"                     | 45 Social reformer             | 89 Shar- (wrinkly dogs)            |
| 5 First-string athletic group | 56 Give — on the back       | 96 Spanish for "other"    | 7 Pipe fitting                 | Jacob                          | 50 Frat "O"                        |
| 10 Black mark                 | 57 Pop singer               | 97 End of the riddle      | 8 Give a boost                 | 51 Loutish sort                | 52 Endurance                       |
| 16 Suffix with fiend          | Bareilles                   | 103 "Bill" penner         | 9 Chaos                        | 11 Sea- — Airport              | 53 Opposite of chaos               |
| 19 27-Across' continent       | 58 Times of distinction     | 104 Butterlike product    | 10 Pond coating                | 12 "— little teapot ..."       | 54 Water nymph of myth             |
| 20 Elder Obama daughter       | 62 Informal name for Utah   | 105 — -di-dah             | 11 Sea- — Airport              | 13 Cold Italian desserts       | 59 Portion out anew                |
| 21 Approached to assail       | 65 Easter entrées           | 106 Stir-fry tidbit       | 14 Actor Karl                  | 15 Very little                 | 60 Sports VIP                      |
| 22 Bakery treat               | 67 Many truck engines       | 111 Meyers or Onassis     | 15 Very little                 | 16 Apple debut of 2013         | 61 Louisville-to-Atlanta dir.      |
| 23 Start of a riddle          | 69 Farrow of films          | 112 Leave agape           | 17 Quiet                       | 17 Quiet                       | 63 Houston college, for short      |
| 26 Carte or mode lead-in      | 70 Riddle, part 4           | 113 Sun. church talk      | 18 Brick floors of fireplaces  | 18 Brick floors of fireplaces  | 64 "If — Would Leave You"          |
| 27 Seoul's land               | 73 Beer in Bath             | 114 Sphere                | 19 Quiet                       | 19 Quiet                       | 66 Silver or gold                  |
| 28 Engine sound               | 74 Gucci or Armani rival    | 115 Giant in pens         | 24 Young cow                   | 25 Anise-flavored liqueur      | 68 Rival                           |
| 29 Also include               | 76 "That's all there is —"  | 116 Riddle's answer       | 25 Anise-flavored liqueur      | 32 Italian money               | 69 Sports VIP                      |
| 30 Erfurt article             | 77 Trials by fire           | 123 Feline sign           | 32 Italian money               | 33 Adequate, to L'il Abner     | 71 Go as low as                    |
| 31 Spider-Man co-creator      | 79 "Hey, you there"         | 124 Fighting spirit       | 33 Adequate, to L'il Abner     | 34 Waffle pour-on              | 72 What the weary get, in a saying |
| 34 Declares, informally       | 80 Suffix with switch       | 125 Old major-league team | 34 Waffle pour-on              | 35 Painter Pablo               | 75 Walk over                       |
| 35 Spread of puréed liver     | 82 Brand of hair remover    | 126 Inert element         | 35 Painter Pablo               | 36 Allstate rival              | 78 Sedan, say                      |
| 37 Wish for                   | 84 Prefix with tasking      | 127 N.J. hours            | 36 Allstate rival              | 37 "Indubitably!"              | 81 Of sheep                        |
| 38 Riddle, part 2             | 86 Riddle, part 5           | 128 Elmo's street         | 37 "Indubitably!"              | 39 Counteract                  | 83 From Cork, e.g.                 |
| 42 Romanov ruler              | 91 Moved like a kangaroo    | 129 "10" star Bo          | 39 Counteract                  | 40 Dirt Devil, e.g., for short | 85 "— perfect world ..."           |
| 46 Very regretful one         |                             | 130 Darns, e.g.           | 40 Dirt Devil, e.g., for short | 41 — -Mart                     | 87 Fourth of a fiscal yr.          |
| 47 Pretense                   |                             | <b>DOWN</b>               | 41 — -Mart                     | 42 Phone bug                   | 121 Female koala                   |
| 48 Lew of "State Fair"        |                             | 1 Pro-war sorts           | 42 Phone bug                   | 43 Crams, e.g.                 | 122 "Fire away!"                   |
|                               |                             | 2 "Give it —!" ("Try!")   | 43 Crams, e.g.                 |                                |                                    |
|                               |                             | 3 Triple crown            |                                |                                |                                    |
|                               |                             | 4 Worn (away)             |                                |                                |                                    |



# Save The Date

**Tuesday, July 4th, 10:30 a.m.**

**Please join us for the 8th annual 4th of July parade at the lower parking lot of the Boulder Oaks Golf Club.**

**BBQ to follow the parade.**

**Come and celebrate our country's birthday with friends and family.**

# Cuba libre: si/no?

By IDALIA REWAR

Sitting on a plane heading to Cuba, I had no idea what to expect. The country had been off limits to American travelers for years, and I didn't know anyone who had ever been there. I've always been intrigued by different cultures, however, and when the Obama administration loosened up relations with Cuba, I decided I wanted to check it out. So I signed up for a nine day trip that was billed as a "people-to-people" cultural exchange.

One might assume that after decades of Communist rule and the American embargo, Cuba would be a drab and depressing place. My experience there suggested that despite its restrictive political environment, the country still has a rich and vibrant culture.

Our trip was facilitated by an American tour manager and an English-speaking Cuban guide. There were 22 people on the tour. In addition to visiting dozens of beautiful sites, we were treated to a variety of artistic performances, informative lectures and even a cooking class. In the interest of brevity, I'll focus this article on just a few of the highlights.

After an orientation session in Miami, we flew to Cienfuegos, a seaport known as the "Pearl of the South." The city is adorned by architecture reflecting its French colonial roots. One of the first things we did was tour the Province Botanical Gardens, a soothing setting filled with palms, orchids, bamboo, and a myriad of other tropical plants. As we walked along, a local botanist described



Bay of Pigs

the garden's founding as a center for research on sugar cane and its historical ties to Harvard University.

We stayed in Cienfuegos for three nights, venturing out each day for side trips to nearby cities. In Trinidad, we observed a pottery demonstration and visited the Teatro Tomas Terry, an impressive theater where famous performers like Enrico Caruso and Anna Pavlova once graced the stage. In the historic city of Santa Clara, we stopped at an 18th century mansion that houses the Museo de Artes Decorativas and enjoyed a concert of Spanish Renais-



Touring the city in tuk tuks.

sance music. We also toured a museum and mausoleum built to honor Ernesto "Che" Guevara, a revolutionary who helped bring down the Batista regime in the late 1950's. During a morning excursion to the Playa Giron area, I had a chance to plunge my legs in the warm, azure colored waters of the infamous "Bay of Pigs."

For the second half of our tour, we were based in Havana, the country's capital. We stayed at the Hotel Nacional, which in its heyday was known for its elite clientele that included members of the Mafia, movie stars, and dignitaries from many countries...and for serving the city's best cigars.

The side trips during the last days of the tour were particularly exciting for me as an artist. One day we had a tour of the city led by a Cuban architect discussing Havana's rich architectural heritage. We stopped to admire the 16th and 17th century buildings being carefully restored and transformed. We saw a community project called the Murealando which featured murals and sculptures celebrating Cuban life. We also visited the "Tank" - where an artist took an area that was in disrepair and turned it into an art mecca for children's art. Another day, we explored Casa Fuster, the studio and residence of José Rodríguez Fuster, whose inspiration comes from the designs of European Masters like Gaudi, Picasso, and Dubuffet. The enclave, which extends out for blocks and blocks, is adorned with his brightly colored murals and

see **CUBA** ▶ 6

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Locals often turn old cars into taxis for visitors.

**CUBA** from 5

quotations from famous writers. Another highlight was our brief visit to Finca Vija, Ernest Hemingway's winter home between 1939 to 1960.

Throughout the entire trip, we had multiple opportunities to interact with local artists, musicians, and experts on a variety of topics. We learned a lot about Cuba's history, its challenges and the many ways in which it is changing.

Being a third world country, life there is not easy. Most of the people work in low-paying, government-controlled jobs and there is limited upward mobility. A food rationing system is in place for basic food items such as rice, beans, coffee, oil, etc. Even toilet paper is hard to get; in most of the restrooms outside of the hotels, you have to pay someone sitting outside in order to get 2 little square pieces of toilet paper. A lot of the country's infrastructure is an-

tiquated and breaks down often. A lack of cash registers in stores and restaurants, for example, makes any purchase a time-consuming event.

On the other hand, we saw a lot of positive things on our trip. The countryside was beautiful, the people friendly, and there was wonderful art everywhere. The large open-air markets were full of inexpensive, organic vegetables. The government is putting a huge effort into restoring many of the country's historic areas and buildings. I was also impressed by the way the country treats its elderly population. During the trip, we visited two very nice senior centers. One was a community project called Alegria de Vivir (Happy to Live), in which art, music and dance played a crucial role in the resident's daily lives.

I thoroughly enjoyed my trip to Cuba and would love to go back sometime.

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# My Green Thumb

By LISA LONSDALE

Gardeners everywhere have one thing in common: PESTS! Even those of us with so-called green thumbs face the same challenges with pests as beginners....so don't think you are alone in your "Battle of the Bug"

My biggest challenge, when it comes to pests in the vegetable garden, is aphids. They attack things like peppers, lettuce, squash and beans. In the succulent garden, you might find them on ech-veria flowers and some aloe plants and their flower spikes. You'll notice when you have an aphid infestation, you will also have ants present. The ants are there because aphids secrete what's called "honeydew," which is a byproduct of their consumption of the plant's sap. The ants feed on this sweet, sticky substance and will carry aphids to new locations in order to provide them with more sap opportunity, hence producing more honeydew for themselves. The ants will also protect the aphids from beneficial insects that prey on them. This activity is called mining, farming or herding and creates larger populations of aphids than if the aphids were left alone.

Due to this insect "partnership," the most important goal in the garden is to reduce the ant populations, then secondarily, you go after the aphids. The most effective ant control is bait stakes or bait traps. Since there are dozens of products to choose from, use a site like Amazon.com where you can read large numbers of reviews on each product. Since there are always a few folks that have negative opinions, I always go with the majority opinion. If it is over 90% positive, you stand a good chance of getting something that is effective. Always place the bait where you see active ant trails.

Now that you have your ant control in place, go after those aphids. You can use as little as a firm jet of water



Getting rid of aphids can be as easy as simply spraying them with water.

to remove them or try a mild soap and water spray (2 tablespoons of dish soap per gallon of water) applied directly on the aphids. Be sure to lift the leaves and spray their undersides. You can buy premixed insecticidal soap sprays or you can use a mix of essential oils and water. Essential oils such as peppermint, clove, rosemary and thyme can be purchased online; mix ¼ teaspoon per gallon of water and add a few drops of dish soap to help it mix with the water. When spraying aphids, use your fingers to stroke the plant tips and the leaves as you spray. Always use these sprays in the early morning or late afternoon which will allow the plant surfaces to dry before exposing them to direct sun. Wet surfaces will burn otherwise and damage the plant.

Recently, a friend recommended the use of banana peels; chop them up and mix them in the soil between your plants. Apparently, the aphids don't like the smell of rotting bananas and will vacate the area. I have recently started using this method and don't yet have any definitive results.

Gardening can be very therapeutic for most folks, but always be prepared to face the challenges mother nature throws your way. Enjoy the summer!



Garden Club members getting tips on succulent maintenance from Tom Jesch, owner of Waterwise Botanicals.

## Garden Club News

By LISA LONSDALE

After our mild May weather, June 16th dawned hot and dry. The Garden Club's field trip that day was to one of North County's premier plant nurseries, Waterwise Botanicals, formerly known as Day Lily Hill Nursery. Fifteen plant lovers travelled up I-15 a few miles to this nursery's Old Hwy 395 location. Wearing hats and slathered in sunscreen, the group was excited to hear a presentation offered by owner and all-around storyteller, Tom Jesch.

Tom is a plant aficionado and can speak on any subject relating to plants. His obvious love of plants and his witty repartee kept the audience giggling and well entertained for an hour and a half. He spoke to us about maintaining succulents and cactus, touching on

a range of topics including pruning, watering, fertilizers and pest control, all the while relating funny stories about his plant encounters. His presentation generated many questions from the group, but time constraints left us wanting even more information. Tom recommended visiting the nursery's very extensive website at Waterwisebotanicals.com, where one can find valuable information on all their plants, and learn about their monthly workshops and yearly gardening events.

After the presentation, some of the group sat at the shaded picnic tables to eat their bag lunches. Our organizing chairperson, Joy Meeker, provided sparkling water and desserts. (Thanks

see NEWS ▶ 9

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# Movie Night series begins in Hidden Meadows



Audience starts arriving for the outdoor showing of *Harry Potter & The Sorcerer's Stone*



Callie Garcia, a *Harry Potter* fan, wore her Gryffindor cloak to movie night.

by LISA WRIGHT

On June 17, an enthusiastic group of Hidden Meadows residents gathered on the lower patio of the Oaks Grill. Armed with blankets and chairs, they sat out under the stars to enjoy the first in a series of outdoor movie nights sponsored by the Hidden Meadows Community Foundation. The movie was *Harry Potter and the Sorcerer's Stone*, and the evening turned out to be a "magical" event for young and old alike.

A big thanks to the Oaks Grill for letting us use the patio and for offering a

"Movie Night BBQ Special" on their menu that evening.

We encourage everyone to join us for Meadows Movie Nights, which will continue through the beginning of August. Be sure to mark your calendars for the following showings: July 8 for *The Lego Batman*; July 15 for *Brave*; July 29 for *Moana*; and August 5 for *The Princess Bride*.

There is no entrance fee for the movies, thanks to the Foundation's sponsorship. Donations to help offset the cost, however, are gratefully accepted.

## Sale of watercolor paintings to benefit local land preservation project

By HIDDEN MEADOWS ARTISAN GUILD

The Escondido Creek Conservancy (ECC) is a non-profit organization dedicated to preserving important open space areas surrounding the Escondido Creek Watershed. They do this by buying up land that might otherwise be sold to developers of large housing developments. The ECC is currently raising money to purchase a 1000 acre parcel of unspoiled land just of Hidden Meadows.

Last month, the Hidden Meadows Artisan Guild hosted a "plein air" painting event on that property to raise awareness and funds for the ECC's endeavors. Four of the artists donated their paintings from that day. Proceeds from any sales of the paintings will be donated to support the Hidden Meadows project. The paintings, all watercolors, are currently on display at the Oaks Grill on Meadow Glen Way East.

You can learn more about the ECC at its website: [escondidocreek.org](http://escondidocreek.org).



The paintings are on display at the Oaks Grill.

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# Astronomy Corner

## Naked-eye astronomy

by CHRIS HOLMES

This article is the second in a series highlighting the wonders that lie right above us in the Hidden Meadows sky every night.

"Let us go then, you and I,  
When the evening is laid out against  
the sky,

Like a patient etherized upon a table."

(T.S. Eliot, "Love Song of J. Alfred Prufrock")

"Dad, Dad... can I get a telescope?" begged the young boy as he and his father looked up at the stars.

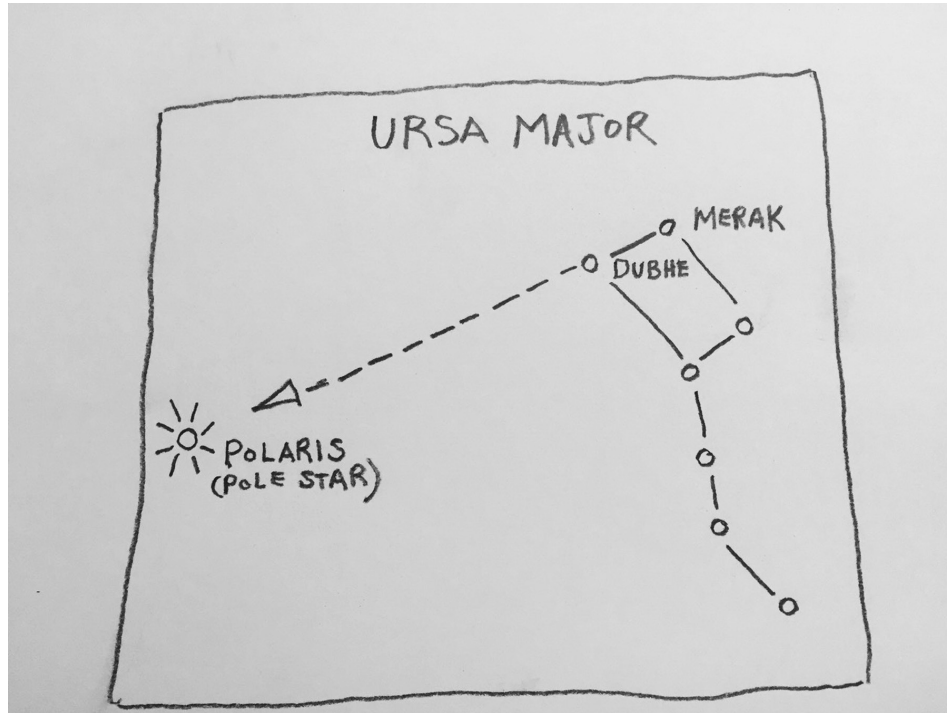
"Maybe someday," answered the father with a laugh. "But did you know that on a dark night we can actually see over 1000 stars just with our naked eyes? Here in Hidden Meadows, the we don't have a lot of street lights and the sky is darker, so it's even easier to see them."

"Look, look, Dad! I see the Big Dipper! It looks like a big spoon with a long handle!"

"Good job, son. That group of stars is also known as The Drinking Gourd, and it's part of a constellation in the northern sky called Ursa Major or the Big Bear. Did you know that you could use it to help find your way?"

"How, Dad?"

"Well, imagine you're in a boat lost at sea, without a compass or charts. You have a paddle but don't know



Using the Big Dipper to find Polaris in the northern sky.

which way to go. If you look up at the Big Dipper and draw a line extending out from the two outermost stars on the bowl of the spoon, they'll point you to Polaris. Here, I'll draw you a picture...

"Navigators use Polaris as their 'pole star,'" continued the dad. "It's called that because it sits directly above the North Pole. Finding it in the sky would tell you where true North is and make it easier to know which way to steer your boat. During the Civil War, Polaris supposedly helped runaway slaves find their way up north to freedom. There's an old

folk song about that called "Follow the Drinking Gourd."

"Okay, but how would that work, Dad? Don't the positions of the stars change during the night?"

"You're right, the stars appear to move westward at night because the Earth is rotating. But Polaris is in line with the Earth's axis of rotation, so it stays in place, right above the North Pole. If we brought out our camera and took a time-lapsed picture of it, even just for an hour, we'd see it there in the middle, with a circular pattern of other stars moving around it. Pretty cool, huh?"

"So can everyone in the world see Polaris in exactly the same place?"

"Well, it depends on what latitude you're at. Here in Escondido we're at 33 degrees North Latitude. So if we look at the horizon and tilt our chin up 33 degrees, that's the altitude where we'd find Polaris. If we were at the North Pole, it would be directly overhead. Down in the Southern Hemisphere we wouldn't be able to see it at all."

"If you want to get really scientific, Son, the star we call Polaris hasn't always been the pole star. That's because the Earth wobbles ever so slightly as it spins around — a process called precession. As a result, the star closest to the Earth's axis changes over time. In fact, 3300 years ago, when Moses looked up and prayed to the heavens, the pole star was a star called Thuban, in the constellation Draco. A few thousand years from now, Polaris won't be known as the pole star, some other star will be."

"I don't think I'll be around in a thousand years to worry about the pole star," mused the boy.

"Probably not, Son. But if you're around tomorrow night, we can do some more stargazing. You'll be happy to hear that astronomers have identified 88 different constellations that are visible without a telescope. Next time, we'll use the other end of the Big Dipper -- the handle -- as a pointer to an interesting group of stars called the Summer Triangle."

"I can't wait!!"

## Sellers Faire in June was fun

June 10, second Saturday of the month, turned out to be a warm sunny day...thank goodness not hot! There were many vendors, some repeat and loyal vendors, like Karen with Scentsy, and Susan selling yummy baked goods, Sharon with her delightful plants, Joanne selling jewelry and watches and so many vendors. Great to see you again and again. We have become the Sellers Faire Family!

There were new vendors and we welcome them! Becky was selling her Fidget Spinners, Julie with Doterra jewels, Emma selling her Slime, and Nicole with crafts.

Another new vendor is Humble Col-

ony, a family run business where they make all sorts of products from honey. I bought Honey Dandelion soap, and bees wax candles. They also sell Lavender and rose bath salt. I bought some of that for my family and, of course, myself. Again, this is a family affair, husband, wife and son. They also relocate bee hives!

It seems this Sellers Faire was the last for Steve Rogers as his tangerine trees have been picked clean. We look forward to next year for more of Steve's delicious tangerines.

The special event part of the Faire, the Shred Truck joined us, parked at the end of the parking lot and I thought

"Oh boy this is going to be too close to the Golf Club and the Faire participants and will make a lot of noise" They usually park close to the street. But it was perfect!

Our Vets have a new truck! It is not as large as the old one, white and shiny, and the side pulls out when parked to make room for the shredder itself. AND it is quiet! So we had a steady stream of residents from our Community bringing boxes of documents and paper bags of documents, (I was a paper bag person) and the guys shredded away!

The Vets were very happy and so


see **SELLERS** ▶ 10

### NEWS from 7

so much, Joy, for arranging this delightful event!)

The morning ended with a walk around the nursery grounds, which features not only acres of plants for sale, but also fish and frog ponds and beautiful display gardens where one can see many of the hundreds of plants in mature settings. With the assistance the nursery's knowledgeable staff, many of our group were able to find interesting new plants to add to their home gardens.

The Garden Club usually meets on the third Friday of the month, at 10:00 a.m. Activities include tours, workshops and an annual Potluck Dinner. For information about our club and future events, please contact Lisa at (760)749-8723.



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## Social life in the Meadows

By NOE SILVA

Are you new to Hidden Meadows and would like to get to know more people in the area? Or... have you been around for awhile and would like to expand your circle of friends?

There are lots of ways to meet people here in Hidden Meadows. Just walk around the neighborhood and some friendly person with a dog will strike up a conversation. One very special way to build real relationships, however, is to join a "social group" — that is, a group of people that meet on a regular basis for dinners or other fun activities. This concept has been around in Hidden Meadows for a number of years and has resulted in some amazing friendships.

Earlier this year, I volunteered to chair the Social Group Committee of the Hidden Meadows Community Foundation. I'm a relative newcomer to the area, so I'm teaming up with Mary Friel, a long-time resident and former chair of the committee. Together, we're in the process of developing ideas for how to expand the number of formal and informal social activities in the area.

If you think that sounds interesting, we'd love your input and to get you on a list of potential participants. Please consider one of the following three ways to get connected:

Come to the Oaks Grill (10333 Meadow Glen Way East) on Friday, July 28, at 6:30 p.m. for an informal meet-up and brainstorming discussion.

Stop by our "Social Groups" table at the Hidden Meadows 4th of July celebration to get more information and get your name on our distribution list. (The July 4th event will be taking place in the parking lot below the Oaks Grill, starting at 10:30 a.m.)

Send me your contact information and any specific ideas or interests you might have. Feel free to email me at noesilva09@gmail.com or text me at (858) 527-8385.

We're looking forward to getting to know you!

## Boulder Oaks Ladies Golf SWEEPS RESULTS

May 25: Three Blind Mice. Sue Winje was first place with a net 51. Second place was Jude Begell shooting a net 54. And third place was Renee Neuzil with net 55.

June 1: Low Net Aces: Ace of the month was Mary Jo Moore with a net 70. Queen was Sue Winje with a net 72.5. Tied for third was Ellen Koury and Donna Williams with a net 77.

June 8: Long Johns. The nine longest holes on the course. First place was Donna Huhn with a net 39. Second Place was Donna Williams with a net 40 and Third Place with a net 40.5 was our guest player Brenda Vatnsdal.

June 15: Bingo, Bango, Bongo. Ellen Koury was 1st place with a point total of 22.5, Donna Huhn was second place with a point count of 22, a tie for 3rd place was Janet Dopp and Mary Jo Moore with a point total of 19.

### THIS AND THAT

#### From our president, Ellen Koury

The Boulder Oaks Women's Golf Club will be holding a General Meeting on July 13th following golf. We invite all members to join us for information/discussion of what is going on in our club. In addition, the Tournament Chair has some great games planned for us in the coming months. Fun times coming. So, if anyone is interested in joining our women's golf club, we would love to have you as a new member.

### MOST IMPROVED PLAYER

#### From our handicap chairman, Mary Lou Aronson

It's that time again to report the Most Improved Golfer of the Month! And I am happy to say that the golfer for the month of May is Ellen Koury. She started with a hdp of 15.5 and ended with a hdp of 15.1. That's hard to do for someone with a low handicap.

In second place is Elissa Hamilton who started with a hdp of 33.0 and ended with a hdp of 32.8. Good job. Congratulations!

### SELLERS from 9

were we to get rid of sensitive documents in a safe way. Also, once again, there was no charge for their service. A big Thank You to our Vets for their service in the Military and their service to us!

### Yes there is a Sellers Faire in July

The date for the Faire is July 8. And the focus is on DOGS!!! Yes Dr. Elizabeth Benson will be giving vaccinations to our beloved dogs. Bring your doggie down to the Faire, an easier trip rather than driving down the hill and to your vet.

The vaccinations are not free, but bring your dogs down to the Fair and let them get acquainted with the other dogs in the neighborhood. I love to watch their personalities as they meet a new doggie friend!

Of course we will have our usual vendors and some new vendors. Come take a look, bring your cash and treat yourself to something special...or something special for a friend.

Questions?

Call me, Tania at 760 877-8777.

### Garage Sale in August

Sellers Faire in August is on the 12th. And it is our favorite and most successful Faire. Clean out your closets, your attics, your garages, and bring your "stuff" to the Faire. Make someone happy and make a little cash for yourself!

All vendors are welcome, not just vendors with their garage sale goods.

Looking forward to seeing all of you at the Faire, bring a friend, visit with neighbors, and make new friends.

Questions?

Call Tania at 760 877-8777.



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Amy Exercising in Kauai

## It's never been easier to JUST MOVE this summer

By **AMY VANLIEW**

Summer is here! Hopefully a fantastic getaway is in your future or at least some time off to recharge and rejuvenate. In June we had the opportunity to visit Kauai for the very first time and it was one of the best vacations we have ever taken. I am still basking in the glow of the warm Hawaiian sun. Months beforehand we put together a plan to get “vacation ready” with our traveling buddies and fellow Hidden Meadowites Rob and Lori Enfield. The last thing we wanted to do was let all that hard work go in a week of lazy overindulgence. But isn't that what vacations are for — taking a break from your normal routine, enjoying some new and flavorful food and of course an umbrella clad Mai Tai?

YES you MUST relax and ENJOY your vacation and it can be difficult to stay fit – but if you set out with a mindful intention to be active and JUST MOVE it will really help!

Swim, walk, hike, check out the local gym...all you need is 15-30 minutes. Oh and go easy on the Mai Tai's!

Just in time for the vacation season I launched a series of exercise videos that are simple and fundamental. Nothing fancy or too intense. Perfect for the beginner or seasoned exerciser. In the 15 minutes you might spend catching up on Facebook you can work your lower body or your upper body or your abs. You can play them on your phone, iPad or laptop (who doesn't take one or all of these on vacation) and they are FREE!! I also have a 5 minute warm up and a 15 minute full body stretch video.

Now there is NO excuse not to get some exercise in while on vacation. Check them out at amyvanliew.com.

If you'd like a little help this summer don't hesitate to contact me via my website or through email amy@amyvanliew.com

Have a HEALTHY summer.

## CLASSIFIEDS

### HELP WANTED

Group Home in Valley Center is currently hiring Child Care Workers for our adolescent boys group home. F/T awake overnight and P/T shifts, including weekends and evenings. Supervise “at risk” adolescent boys. Ability to pass background checks including DOJ, FBI, Child Abuse, and drug screen. Must be 21 or older, have a valid California driver's license, and a good driving record. One year previous related experience, BA or 12 units Early Child units + 100 hours experience working with youth is required. \$12.50 to \$14.00 per hour. Full time positions include medical, paid time off, and paid holidays. Call today for an application and more information. (951) 765-6955.

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# Meet our scholarship recipients

By SARAH SEALY

The Hidden Meadows Community Foundation presented its scholarship awards for 2017 during a small reception on Sunday, June 11. I am delighted to have the privilege of introducing our three recipients!



**Loren Li Cloes**

Loren Li Cloes will be attending the University of Redlands. She's planning on a Bachelor of Arts in Theater Business. Redlands is one of the few universities to award a degree involving both disciplines, which is what drew Loren's interest. Loren is an accomplished photographer and submitted several excellent samples of her work as part of her application. She is interested in exploring many art mediums during her studies, including theater, video and film. Loren currently attends High Tech High in San Marcos.



**Emily Kanetis**

Emily Kanetis will be attending Cal Poly San Luis Obispo and will major in Liberal Studies with a focus on obtaining her teaching credential. Emily has volunteered extensively at the San Diego Children's Discovery Museum, where she has been a teacher's aide and camp counselor and has occasionally run the art studio. She wants to teach in order to help children believe in themselves and their ability to do anything they put their minds to! She credits her parents with instilling this confidence in her from a young age. Emily attends Escondido High School.



**Cameron Lewis**

Cameron Lewis will attend UC San Diego and will major in Electrical Engineering. He is an avid math and science fan. He had considered many possible fields of study until he discovered engineering and was "ecstatic." He loves the potential flexibility an engineering education will give him, possibly to design medical or automotive technology or perhaps, video games or new ways to experience them. Cameron is currently interning at a software firm to help further his professional education and exposure. He attends San Marcos High School.

Each of these remarkable young Hidden Meadows residents has a GPA in excess of 3.50 and submitted essays detailing their interests, educational plans and future pursuits.

I hope you'll all join me in wishing each of them well-earned congratulations and much success in their future endeavors. All three students specifically expressed their thanks to you, our Hidden Meadows Community Foundation donors, for helping to make their college dreams possible!

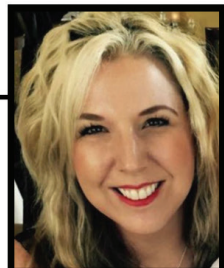
## HIDDEN MEADOWS NEWS

*A newspaper by the community, for the community.*

The majority of articles used for this paper are provided by residents of Hidden Meadows and Rimrock.

This is *your* paper!

## On the Menu



by Jamie

### Lemon Butter Chicken

The days are hot and nights are warm as of late but we still need to make dinner for those hungry people we call our family. This light but hearty summer dish has vibrant citrus flavors that fill you up but do not weight you down.



Serves 4

- 4 boneless skinless chicken breasts
- 1/2 cup heavy cream
- 1/3 cup white wine
- 1 cup chicken stock
- 6 garlic cloves finely diced
- 2 cups fresh spinach leaves
- Juice from one lemon
- 1 tsp ground thyme
- 2 Tbl Paprika
- 3 Tbl unsalted butter
- 1/2 cup shredded parmesan cheese
- 1 Tbl onion powder
- 1 Tbl garlic powder
- Salt/Pepper

Preheat the oven to 400 degrees

In a sauté pan, spray nonstick cooking spray on the bottom and sides. Melt 2 Tbl butter in pan on medium to low heat. Add chicken breasts and season both sides with the salt/pepper and paprika. Brown chicken on both sides. Remove chicken and place in a baking dish sprayed with nonstick cooking spray.

In the sauté pan, add the rest of the butter, wine, heavy cream, chicken broth, ground thyme, lemon juice, onion powder, garlic powder and salt/pepper. Bring to a slow boil and add spinach leaves. Cook until leaves are wilted. Pour half the mixture over the chicken. Cook for 30 minutes. Serve over pasta or rice. Use the sauce left in the pan to drizzle over the chicken. Serve and enjoy!



## Helpful Phone Numbers

- 911**  
Immediate Emergency Assistance
- 211**  
Disaster Center Hotline
- 511**  
County Traffic, Transit & Commuter Information or [www.traffic.com](http://www.traffic.com)  
Caltrans Road Closures: (800) 427-7623
- Animal Services**  
North County: (760) 438-1460  
South & Central County: (619) 236-2341
- Arson**  
911 or (800) 468-4408
- CAL FIRE/ Fire Information Hotline**  
(619) 590-3160
- California Highway Patrol**  
(858) 637-3800
- Crime Prevention:** (760) 510-5254
- Deer Springs CERT**  
(Community Emergency Response Team)  
(760) 525-5170
- Deer Springs Fire Protection District**  
Hdqtrs/Station 1: (760) 749-8001  
Station 2 Deer Springs/I-15: (760) 741-5512  
Station 3 Hidden Meadows: (760) 751-0820  
**Fire Marshal:** Sid Morel  
[Sidmorel@dsfd.sdcxmail.com](mailto:Sidmorel@dsfd.sdcxmail.com)  
**Fire Protection Specialist:**  
(760) 749-8001  
Andrew Modglin  
[Andrew@dsfd.sdcxmail.com](mailto:Andrew@dsfd.sdcxmail.com)  
**Burn Permits:** (760) 749-8001
- Emergency Information Recording**  
(Deer Springs Fire Safe Council)  
(949) 472-1407
- Office of Emergency Services**  
(858) 565-3490
- Sheriff, San Marcos Office**  
(760) 510-5200