



The hometown monthly newspaper of Hidden Meadows, California



Fun from the 2018 Fourth of July Parade

Time to Celebrate Our Nation’s Birthday!

**By HMCf**  
In Hidden Meadows, we love to celebrate the birth of our wonderful nation by coordinating a family parade each year. On Thursday, the Fourth of July, the festivities will begin with crafts for kids at 10:00 am in the lower parking lot of the Boulder Oaks Golf Club. The parade will begin at 10:30 am. There’s still time for you and your family, friends, and pets to participate in the parade. There is no need to sign up, just show up. Come with a splash of red, white and blue and join the fun. We need spectators as well, so bring chairs or blankets. We have had to cancel the BBQ we had planned for after the parade due to San Diego County Dept. of Environmental Health (DEH) regulations regarding all food sold or given away at all public events. Picnics and tail-gate parties are not affected by these regulations, so we hope to see you for parade and picnic! We look forward to seeing you there!



56th annual Independence Day Festival & Fireworks at the Center

Escondido’s annual Independence Day Festival & Fireworks has become a North County tradition, and for good reason. Each year, 25,000 festival-goers converge on the California Center for the Arts, Escondido (The Center) at Grape Day Park for the holiday festivities. The event is back for its 56th year on Thursday, July 4, 2019 with rockin’ live music, tasty treats, and games for all. The day will commence with a special presentation by Escondido’s American Legion Post 149, VFW Post 1513, and DAV Chapter 70. This program honoring our nation’s veterans has begun the day’s festivities for many years. Once again, the Center’s National Anthem Singing Competition will discover a local singer whose rendition of “The Star-Spangled Banner” will be kicking off the day’s events. Some amazing artists will take the stage throughout the day, including Anthony “Fallbrook Kid” Cullins, Rosa’s Cantina, and UPSTREAM. In the evening, the crowd will be treated to the music of the 3rd Marine Aircraft Wing Band, who will lead us into a dazzling fireworks display which kicks off at 9 p.m. Throughout the festival, a wealth of other activities will be going on around the Center’s campus including fabulous food trucks lined up along Broadway Avenue, and a wealth of children’s activities and games for everyone to enjoy, including inflatable activities by Wow Factor Attractions and extraordinary chalk art workshops by Cecelia Lanayao. Be sure to stop by So Cal Pro Wrestling’s ring to watch four different match-ups throughout the day as well. This event, with all of its music, art, and activities would not be possible without the generosity of its sponsor, the City of Escondido, Frontwave Credit Union and SD Entertainer. Visit [artcenter.org](http://artcenter.org) for the full event schedule and details. The Center is located at 340 N. Escondido Blvd. in Escondido. The Ticket Office can be reached at 800-988-4253. Tickets can also be purchased online. To learn more, including performance dates, times, and ticket information, visit [artcenter.org](http://artcenter.org).



Cork art

What a day at the Seller’s Faire!

**By Linda Collins / Resident**  
If you missed the June Seller's Faire, you missed a great day in the 'hood! The seller's spaces were all full with a wonderful mix of vendors. Many of them had added Father's Day items for those looking for that unique gift for Dad! And after last month’s drizzly cold day, it was really nice for everyone to have it warm and sunny! Most our vendors did quite well. We had a wonderful mix of fun things to survey and buy. Gary Hoffman, our wood turner, sold turned wood pens, engravings, and beautiful wood stemmed wines glasses. Our sign maker, Randy Peck, sold some great signs for

the times. My neighbor bought one that said "Suck it up Buttercup". It was something a friend used to say to her when she found her horses to be a challenge. I saw lots of succulents and other plants being carried out of the faire from several of our vendors who had creative plant presentations. Karen Bochinski, selling the multipocket zipper bags, had a great day. You can see a video on her bags on the Seller's Faire Facebook page (search for Seller's Faire at Boulder Oaks), along with many others! There was some amazing yard art, and oh so

JULY  
HIDDEN MEADOWS EVENTS

**Fourth of July Parade & Tailgating**  
Thursday, July 4th  
Crafts for Kids at 10:00am  
Parade at 10:30am  
Boulder Oaks Golf Course Parking Lot

**Saturday Social & Sellers’ Faire**  
Saturday, July 13, 9am - Noon  
Boulder Oaks Golf Course Parking Lot

**Summer Family Movie Nights**  
Saturday, July 13 - LEGO movie 2  
Saturday, July 27 - Mary Poppins Returns  
Meadows Deli Market parking lot  
27980 Oak Ranch Road, Hidden Meadows

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Succulents and plants



Mari's Teddies & Bags



Sandy Reed's Garden Art



Wood crafts with humor



George's Owls



Wood stemmed wine glasses

**FAIRE / From Page 1**

cute bird feeders made by Sandy Reed. And, of course, there were plenty of homemade goodies including a rub, made by Susan Clyne, for your next tasty steak or chicken dinner, fresh fruit, and avocados.

Titan, my 100lb ridgeback mix, got a new bow again this month. We must keep him dressed in style at these events! Anita and Rick brought NorWex products to sell that they ab-

solutely raved about. There were several jewelry vendors and two cork-art vendors. One had little succulents in the corks with a refrigerator magnet on the back. It was so very cute! We also had a new coffee roaster who had just finished roasting the beans that morning. Talk about fresh coffee! There were several garage sales, as usual. One had some old stuff from a barn that sold quicker than . . . Is there a saying about things happening fast in barns or on farms? Send us any you know of!

The knife sharpener was busy the whole morning and may be coming back again soon since he did so well. Bob Zelenack was quite pleased with his newly sharpened knives. He said they had been so dull they didn't even cut anymore. A happy customer!

The Market was there roasting hot dogs again. And both the Market and the Deli donated for our drawings. Geri Beam won the pizza from the Deli. Chappel Olarte, Susan Long, and Phoebe Laine won treats from

the Market. It was such a great day with such wonderful weather, you just couldn't go wrong by roaming the Seller's Faire. Next month the faire will be on July 13. Watch for the signs, fliers, and posts for more information! If you are interested in participating in the seller's faire as a vendor, or need additional information, send an email to the Seller's Faire Committee at [hm-sellersfaire@gmail.com](mailto:hm-sellersfaire@gmail.com)



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# LIVE WATER SMART


It will always be important to use water resources efficiently and avoid wasteful practices such as:



- HOSING OFF HARD SURFACES**  
 Washing down of sidewalks, driveways, and other hard surfaces should be minimized.
- WASHING YOUR CAR**  
 Washing vehicles with a hose NOT equipped with an automatic shut-off valve can be very wasteful.
- WATER FOUNTAINS**  
 Using non-recirculating water in a fountain or water feature can use large amounts of unnecessary water.
- OVER WATERING LANDSCAPE**  
 Over-irrigating landscaping and having water run off on your property is a large source of water waste.
- WATERING AFTER RAINSTORMS**  
 Try to maximize the use of rainfall to conserve water, and take advantage of every opportunity to skip an irrigation cycle or two.

For **water use** efficiency tips, new landscaping ideas, or information about **rebates and incentives** visit: [vcmw.org](http://vcmw.org)

**Valley Center Municipal Water District**



Thanks for **YOUR** Help



# Palomar Health to Host FREE and low-cost health-education classes/ screenings during July

Palomar Health will host a variety of FREE and low-cost health-education classes and screenings led by physicians and other health professionals during July. Following is a complete schedule with registration information.

**Advances in Weight-Loss and Metabolic Surgery**  
Palomar Medical Center Poway, Conference Room C/D  
15615 Pomerado Road, Poway, CA 92064  
Julie Ellner, MD  
Thursday, July 11 | 6 – 7:30 p.m.  
Bariatric surgery, also known as weight-loss surgery, is a very common surgery that helps people lose weight and overcome complications of obesity. The weight loss following bariatric surgery often eliminates other health problems such as diabetes, obstructive sleep apnea, severe back pain and hypertension immediately after surgery. Join Bariatric Surgeon Julie Ellner, MD, for an introductory class about the different surgery options and which one might be right for you.  
Registration Required: PalomarHealth.org/Classes or call 800-628-2880.  
Free – registration required

**No-Nonsense Weight Management (2-Week Series)**  
Palomar Health San Marcos, 2nd Floor Classroom  
120 Craven Road, San Marcos, CA 92078  
Mondays, July 15 and 22 | 10 – 11:30 a.m.

**Pomerado Outpatient Pavilion, Education Classroom**  
15611 Pomerado Road, Poway, CA 92064  
Mondays, July 15 and 22 | 6 – 7:30 p.m.  
It’s common to see a few extra pounds on your scale. Join Janice Baker, RD, CDE, as she discusses the physiological changes that occur and strategies to boost metabolism and drop the pounds.  
Registration Required: PalomarHealth.org/Classes or call 800-628-2880.  
Free – registration required

**Diabetes and Nutrition**  
Palomar Health San Marcos, 2nd Floor Classroom  
120 Craven Road, San Marcos, CA 92078  
Tuesday, July 16 | 10 – 11:30 a.m.  
Pomerado Outpatient Pavilion, Education Classroom  
15611 Pomerado Road, Poway, CA 92064  
Tuesday, July 16 | 6 – 7:30 p.m.  
Janice Baker, RD, CDE, will discuss the latest on managing diabetes, reducing risks of diabetes-related complications and healthy food choices.  
Registration Required: PalomarHealth.org/Classes or call 800-628-2880.  
Free – registration required

**Advances in Weight-Loss and Metabolic Surgery**  
Palomar Medical Center Poway, Conference Room C/D  
15615 Pomerado Road, Poway, CA 92064  
Karen Hanna, MD  
Tuesday, July 16 | 6 – 7:30 p.m.  
Bariatric surgery, also known as weight-loss surgery, is a very common surgery that helps people lose weight and overcome complications of obesity. The weight loss following bariatric surgery often eliminates other health problems such as diabetes, obstructive sleep apnea, severe back pain and hy-

pertension immediately after surgery. Join Bariatric Surgeon Karen Hanna, MD, for an introductory class about the different surgery options and which one might be right for you.  
Registration Required: PalomarHealth.org/Classes or call 800-628-2880.  
Free – registration required

**Pelvic Floor Disorders**  
Palomar Medical Center Poway, Conference Room C/D  
15615 Pomerado Road, Poway, CA 92064  
Wednesday, July 24 | 1:30 – 3 p.m.  
One out of every five Americans, both men and women, suffer from some type of pelvic floor dysfunction in their lifetime. Join Doctor of Physical Therapy Annique Tracy, DPT, to learn how physical therapy exercises and biofeedback can retrain the muscles and enhance pelvic floor strength and awareness, giving you more muscle control and less pain.  
Registration Required: PalomarHealth.org/Classes or call 800-628-2880.  
Free – registration required

**Heart Disease in Simple Terms**  
Palomar Health San Marcos, 2nd Floor Classroom  
120 Craven Road, San Marcos, CA 92078  
Tuesday, July 30 | 1 – 2:30 p.m.  
Luanne Arangio-Law, RN, MEd, will discuss the anatomy and physiology of the heart in very basic terms and how to live a healthy and fulfilling life after a heart disease diagnosis.  
Registration Required: PalomarHealth.org/Classes or call 800-628-2880.  
Free – registration required

**SUPPORT GROUP -- Breastfeeding Support**  
Thursdays | 1 – 2:30 p.m.  
Pomerado Outpatient Pavilion, Education Classroom  
Call 858-613-4053 for details.

Mondays | 2 – 3:30 p.m.  
Palomar Medical Center Escondido  
2nd Floor Resource Center  
Call 442.281.3089 for details.  
Note: No meetings on holidays.

SUPPORT GROUP -- Weight Loss Surgery Support  
Meets monthly  
Call 858-613-4022 for details.

SUPPORT GROUP -- Women’s Cancer Support  
1st and 3rd Wednesdays  
10:30 a.m. – Noon  
Pomerado Outpatient Pavilion, Education Classroom  
Call 858-613-6115 for details.

# In a few years California will begin to implement indoor water restrictions

**By DAVID ROSS, Valley Roadrunner**  
Enjoy the days of long, endless hot showers while you may. Someday, not so long from now, those days will be over.

The state of California is beginning a slow, constricting process, that, like an anaconda squeezing its prey, or a frog being slowly boiled in a pot of water, will leave residents of the Golden State learning how to take economical showers. And baths in tubs every day? Forget about it!  
Eventually all households will be required to stay within a 55 gallon per day per resident indoor water usage for showers, baths, laundry and dish-washing.

Who was the author of this plan? Answer: Natural Resources Defense Council, or NRDC, a non-profit organization. They wrote a white paper a few years ago about their view on what should be done to achieve their idea of efficient water use. Many of those concepts would up in the 2017 law that our water districts will be implementing over the next decade.

The white paper was called “Wetter or Not: Actions to Ease the Current Drought and Prepare for the Next.”  
The article can be accessed here: <https://defenders.org/sites/default/files/publications/wetter-or-not.pdf>

Did we just finish a rainy season that produced three times as much precipitation as an average year? Yes we did. Did that additional moisture change any minds about the need for water rationing throughout the state? No it did not.

According to Valley Center Municipal Water District Gen. Mgr. Gary Arant: “It doesn’t matter to the Enviros, SWRCB and the Administration. We could have 40 days and 40 nights of rain and an Ark floating down Moosa Creek, and still we will be enforcing the regs.”

Senator Brian Jones of the 38th District commented, “Last session, majority party Democratic legislators and then-Governor Jerry Brown rammed through some very arbitrary and unrealistic water rationing quotas. These one-size-fits-all measures were pushed mostly by environmental elitists who have no idea how hardworking families and water

districts in the San Diego area have already been conserving water. We don’t need Sacramento bureaucrats with anti-suburban and anti-rural agendas making draconian statewide water rationing rules that should instead be made locally.”

The state-imposed restrictions will begin slowly. Currently, the District is requiring separate outside irrigation meters for new commercial development, and individual meters for new multi-family developments, such as condos and apartments. Implementation of the restrictions on the District and possibly individual customers will be done on the following timeline:

6/30/2022 – State adopts standards for indoor and outdoor use of water which then is used to establish the District’s Annual Water Budget.

1/1/2023 – The water district files its report of water use for FY 2022-2023 with the state and if it does not meet its budget, VCMWD will get an “informational order” which will require it to report on what it has done to implement the conservation mandate.

1/1/2024 – If VCMWD’s FY 2023-2024 water use does not meet its budget, the district will received a written warning from the state and will have to report on what it will be doing over the next two years to come within its budget.

1/1/2027 - If the water district’s FY 2026-2027 water use does not meet its budget, then VCMWD will subject to an enforcement action, which could include fines from the state.

Initially the district will use conservation information to help the district to live within its state allocations in hopes that the district stays within its overall allocation. The district’s new AMI meters which will be installed over the next 3-4 years will eventually provide each residence with real time water use data so that they can monitor their water use.

If the district does not meet its overall water use goals, then it may need to implement water use budgets for each residence and commercial operation. According to Arant, “Individual water budgets are something we want to avoid implementing if at all possible.”

Super Crossword

Answers

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HIDDEN MEADOWS NEWS

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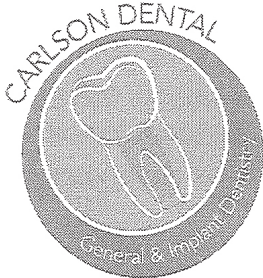


# July Summer Fun at the Seller’s Faire!

By Linda Collins / Resident

Fun, Fun, Fun! The July Seller's Faire is focused on Summer Fun! Vendors will have an extra focus on picnics, yard art, and other summer fun items. One of the regular vendors makes some wonderful yard art out of old plates and cups, bird feeders out of teapots, hummingbird feeders and more! The sign maker has fun signs to hang on your patio or anywhere you have some summer fun. Dress up for summer barbecues with colorful aprons, sparkly press on nails, bibs for the kids, and more!

Come join us Saturday, July 13, 9am- noon!  
For vendor information, email HMsellersfaire@gmail.com. And check out our vendors on our Facebook page! Search for Seller's Faire at Boulder Oaks Golf Club.

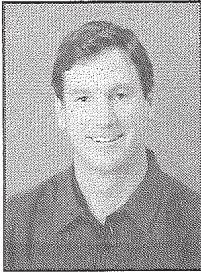


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911: Immediate emergency assistance

211: Emergency and non-emergency county information hotline

Animal services: 619-299-7012

CAL FIRE/Fire information hotline: 619-590-3160

California Highway Patrol: 858-637-3800

Deer Springs Fire Protection District:  
Station 1 Headquarters: 760-749-8001  
Station 2 Deer Springs: 760-741-5512  
Station 3 Hidden Meadows: 760-751-0820  
Burn Permits: 760-749-8001

Road Conditions/Closures: Cal Trans  
800-427-7623 or www.traffic.com

Hidden Meadows News - *Newspaper*: 760-297-2900

## PUBLIC NOTICE

# Valley Center Municipal Water District 2018 Consumer Confidence Report

The Consumer Confidence Report, or CCR, is an annual water quality report that the Safe Drinking Water Act (SDWA) requires Valley Center Municipal Water District to provide you with. The purpose of the CCR is to raise customers' awareness of the quality of their drinking water, where their drinking water comes from, what it takes to deliver water to their homes, and the importance of protecting drinking water sources.

In recent years, Valley Center MWD had mailed its customers a printed copy of the CCR to comply with the SDWA.

In 2013, the California Department of Public Health expanded its interpretation of the SDWA to allow for electronic delivery of the CCR. The electronic delivery method will allow Valley Center MWD to reduce the consumption of paper, and minimize potential printing and mailing costs.

This notice contains instructions for you to obtain important information about your drinking water. Translate it, or speak with someone who understands it.

*Este reporte contiene las instrucciones mas recientes para obetener informacion importante sobre su agua potable. Traducir, o hablar con alguien que lo entienda.*

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To view your 2018 Consumer Confidence Report and to learn more about your drinking water, please visit the following URL: **www.vcmwd.org/ccr**

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VCMWD  
29300 Valley Center Road ~ P.O. Box 67  
Valley Center, CA 92082  
(760) 735-4500

*If you would like a paper copy of the 2018 CCR mailed to you, or would like to speak with someone about the report, please call (760) 735-4500 or email vcwater@vcmwd.org*

JUNE 30, 2019

## HIDDEN MEADOWS/RIMROCK

### Regular Meetings/Activities

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

Every Week

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

**July 2019**

1	VCMWD Board Mtg., District Office, 2 pm	749-1600
2	Bookmobile, MLGC Pkg. Lot, 1:00-2:00 pm	643-5125
2	MHA Architectural Rev Com Mtg, 6:30 pm	749-7278*
10	Deer Springs FPD. Bd. Mtg. 2:00 pm	749-8001
10	HM Community Foundation, 7 pm	749-5652
10	HM Condos, HOA Meeting, 4:00 pm	407-7575*
11	MHA Board Mtg, 6 pm	749-7278*
12	Garden Club Meeting, 10:00 am	809-8889
13	Sellers Faire 9-11 am Golf Course Parking	877-8777
15	VCMWD Board Mtg., District Office, 2 pm	749-1600
16	CERT Monthly Mtg., 6:30 pm	525-5170*
16	Bookmobile, MLGC Pkg. Lot, 1:00-2:00 pm	643-5125
25	Ranch HOA Mtg, 4-6 pm	407-7575*
25	HM Sponsor Group Mtg., 7:00 pm	809-6898*

**August 2019**

5	VCMWD Board Mtg., District Office, 2 pm	749-1600
6	Bookmobile, MLGC Pkg. Lot, 1:00-2:00 pm	643-5125
6	MHA Architectural Rev Com Mtg., 6:30 pm	749-7278*
8	MHA Board Mtg., 6 pm	749-7278*
9	Garden Club Meeting, 10:00 am	809-8889
10	Sellers Faire 9-11 am Golf Course Parking	877-8777
14	Deer Springs FPD. Bd. Mtg., 2:00 pm	749-8001
14	HM Community Foundation, 7 pm	749-5652
14	HM Condos, HOA Meeting, 4:00 pm	407-7575*
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20	CERT Monthly Mtg., 6:30 pm	525-5170*
22	Ranch HOA Mtg., 4-6 pm	407-7575*
22	HM Sponsor Group Mtg., 7:00 pm	809-6898*

\* 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.





View of Alps from my room in Hotel Aulac, Lausanne



Lake Geneva



Gruyere Castle



Swiss Alps from the air

## TRAVEL | Switzerland

By Idalia Rewar / Resident

My son Aras asked me if I wanted to go to Lausanne, Switzerland with him - he had lived there a while back and wanted to show me around, so in a lickety split minute, I booked our trip with Swiss Airlines and off we went. It rained on the day of our departure a little rain, but cleared by the time we got to LAX. Aras was seated behind me on the plane, but the lady sitting next to me agreed to change seats. I'm a white knuckle passenger on planes, so was glad to have my son sit next to me.

We arrived the next day at Zurich Airport, which was mostly empty. We took the train for Lausanne from the airport, with a transfer to another train for a short distance into Lausanne, where we stayed at Hotel Aulac overlooking Lake Geneva with lakeside promenades, the metro station next door and 10 minutes from the city center. Perfect!

Lake Geneva is very long, wide and serene with a bluish mist over the horizon, and the Alps visible at a distance. The room had a small wrought iron balcony where we sat every day to eat our breakfast and enjoyed the view of water and snow covered Alps, while looking at the pedestrians and cars below. To

the left I'm looking at the Chateau of Ouchy – beautiful expensive hotel, with park-like gardens in front and a promenade of trees, and on the square below a children's round swing, a countdown Olympic clock monument that tells the hours and minutes for the next Winter Youth Olympics. The clock was set up by the clock maker OMEGA to honor youth Olympians. It is the official time-keeper of the Winter Youth Olympics in Lausanne in 2020. Lausanne has been the home of the modern Olympics Movement and the headquarters of the International Olympic Committee (IOC).

On the square is a circle of flags depicting the Euro countries. They are not furling due to lack of wind. To my right, by the water, are boats waiting for warmer days when their owners will be aboard, and in the middle of the square is a round concessionary store selling souvenirs, ice cream and other sundries. The main street facing the hotel is busy with cars, motorcycles and bicycles. It is busy with people going somewhere since it is a work week. We took a walk around the area.

Next morning we had coffee on the balcony (3rd floor level), while surveying the beautiful scenery and the birds

who were eyeing us to throw crumbs. We took a long walk along the waterfront, saw children play in the nearby park. We took the metro to go get breakfast, where for the first time, I had coffee served in a soup bowl. Next, we went to the medieval town center - the Cite Hill, sculpted by the Flon and Louve rivers, with its cobbled-stoned streets. Across a nearby bridge, the scene changes to a shopping mall, bars, restaurants and boutiques.

We then went to see the Lausanne Cathedral which is under renovation. The Cathedral, considered one of the most beautiful Gothic buildings in Switzerland, was built in 1275. Aras went on to tell me that when he lived there, a friend of his helped in the setting up of the church organ and, since his friend had a key to the place, after hours he played the organ with Aras being the lone audience. That is cool!

Across from the church we visited the Musee Historique Lausanne. We saw clothing used through the centuries; other floors contained maps

and the history of Lausanne. We left, taking the route between the Cathedral and the town center by a wooden stairway (I counted over 125 steps) which was built in the 18th century, roofed and winding, with a very steep cobbled street running alongside. I must have lost a few pounds on that trek for sure since I actually took that route twice while visiting. I noticed there was a student protest going on regarding climate change.

We took the metro back. The trains are clean, well-organized, good seating, and above the doors it depicts all the names of stations that this particular train covers, and also announces the approaching station. The people getting in and out of trains were courteous, they obey rules – you go up staircases on one side, then down staircases on the other side.

TRAVEL / See Page 9



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Send drafts and photos to Patricia Fox at [LocalEditor@HiddenMeadows.news](mailto:LocalEditor@HiddenMeadows.news)

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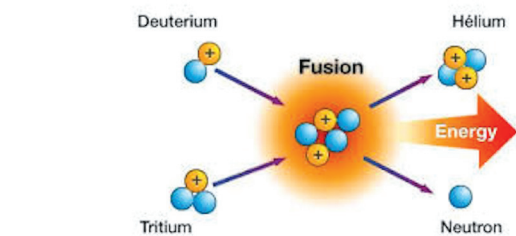
# ASTRONOMY CORNER

By Chris Holmes / Resident

## Sunshine

The process that makes stars shine has always fascinated me. The sun is composed of hydrogen (75 percent) and helium (25 percent), plus a tiny amount of various metals (less than 0.1 percent). How do such tiny, fundamental reactions, between these elements, occurring at the very smallest level -- the atomic level -- produce such a big ball of fire and light? How do stars -- including our Sun -- make sunshine?

It's called nuclear fusion, and it is straight forward mathematics.



This graphic shows two hydrogen isotopes fusing, then kicking out a neutron to form a stable helium nucleus. Notice that the number of neutrons and protons is preserved during the fusion. But the mass is not. The two incoming hydrogen isotopes have slightly more mass than the outgoing mass of the neutron and helium. This mass deficit, though very small, gets converted to energy through the magic of Einstein's famous equation  $E=mc^2$ . So, even though the lost mass seems puny ( $4.28 \times 10^{-29} \text{kg}$ ), when you multiply it by the speed of light squared ( $3 \times 10^8 \text{ m/sec}$ .)<sup>2</sup> you get quite a bang:  $3.85 \times 10^{-12} \text{ joules}$ .

The energy released in these fusion reactions is mostly in the form of heat, and it works its way up from the Sun's core over about 100,000 years to the surface, where it spews forth as heat and light, which

we call -- you guessed it -- sunshine!

But what holds these helium protons together? They are both positively charged, and we know that electrostatic force causes like-charged atoms to repel one another. But there's another force present inside the nucleus. Called the "strong nuclear force," it overwhelms the repulsive force and binds the hydrogens into a new element, helium. The force carrier for this strong force is called -- unpoetically, I think -- a gluon. (Really! That's what it's called.) And the energy it carries, called the "nuclear binding energy," is what is released during the fusion process.

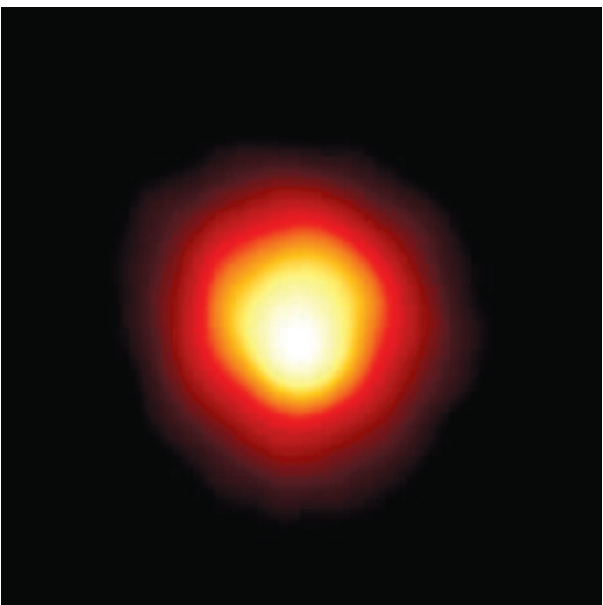
How long can the Sun keep up this energy production before it runs out of fuel? And what happens to it when it does?

The rate at which the Sun converts hydrogen into helium and energy (4 million tons per second), when divided by the mass it has available for fusion, predicts a lifetime of 10.5 billion years. Since it's only 4.5 billion years old, our Sun's got 6 billion years of stable life left.

But old Sol will eventually consume all its hydrogen fuel. And though it can fuse other elements heavier than hydrogen, all fusion reactions cease when it reaches iron. Iron is the end point of the fusion process. Any elements heavier than this, such as gold and uranium, had to have been created in a supernova explosion of our Sun's predecessor stars.

As the Sun's fuel gauge approaches empty, its core will contract, thereby increasing its temperature and density. Conversely, it's outer layers will expand dramatically, cool and shine forth as a Red Giant star, like Betelgeuse in the constellation Orion. (Photo top right)

Since our Sun is not massive enough to end up as a black hole or a neutron star, its core will continue to shrink into what's called a White Dwarf, while the outer layers cool and expand



to form a so-called Planetary Nebula (the name has nothing to do with planets).

The image below is an example of one of these; you can even see the contracted central White Dwarf star.

The end point for the Planetary Nebula may be its incorporation into other gas clouds, which may heat up, trigger new fusion reactions leading to a new second generation star; someone else's Sun.

Thanks to Jim Mitchell, Don Duttweiler and Steve Rogers for their critical reviews and thoughtful editing.



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# 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 Chairman Jim Chagala, at 760 751-2691 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](http://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 (MHA)	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

### 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
- Develop an appreciation of the arts within our community.

Contact Chalon Campbell at [Chalon@cha-la-la.com](mailto:Chalon@cha-la-la.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](mailto: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](http://nextdoor.com) for other interested residents.

#### 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 Frances Munk at 760-809-8889 or [francesmunk17@gmail.com](mailto:francesmunk17@gmail.com).

#### 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 and can be sent to HMCF, 9856 Canyon Country Lane. For more information, contact Sarah Sealey at [sarah@bretandsarah.com](mailto:sarah@bretandsarah.com)

#### Ladies Bible Study

The group meets weekly from 9 to 11am on Tuesday mornings from mid-September through May at the Boulder Oaks Golf Course. For more information, contact Bonnie Miymoto at 760-297-1508, Debbie Hamer at 760-297-1278 or Nancy Smith at 619-857-9187.

#### 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. For more information, contact Toni Wozmak at [toni.wozmak@hotmail.com](mailto:toni.wozmak@hotmail.com)

#### 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](mailto: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](mailto: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](mailto: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](mailto:mljab33@cox.net) for more information.



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### TRAVEL / From Page 5

By the way, I was so proud of Aras ordering in restaurants in French - understood and sounded like a native.

In Lausanne there were many young people – probably students since it’s a university town. Some of the policemen I saw were young – in their 20s, they were friendly and smiled. In the evening we took a walk, and saw that one block from the hotel they were setting up for a concert. We sat and listened a while, soft music, nice, but that night about 9 p.m. they went wild – hard rock, super loud music. We could not close the balcony doors because we had no AC, and, since it’s a concert, police were not going to shut it down. Then, as the band is closing up, a drunk partygoer right in front of the hotel put his car stereo super loud, so needless to say we did not get much sleep.

Next day we took the metro to look around at the Saturday Farmers Market in town - lots of people shopping for fresh organic produce. There was also a flea market going on.

After, we went on to the “Le Musee Olympique,” the Olympic Museum in Ouchy. The Museum, founded by the International Olympic Committee in 1993, is located in a park overlooking Lake Geneva. It houses the written and visual history of the Olympic Games. In 1994, Lausanne was given the title of Olympic Capital by the IOC to mark its centenary, confirming the city’s status as the epicenter of international sport. The 3 floors of exhibitions at the museum included clothes worn in past Olympics,

medals won and their designs, films and the history of the Olympics. The grounds had beautiful gardens/park marked by sculptures.

After, we headed out for some gelato. Yummy! Back to the hotel to do a little “rain dance” – we danced hoping for rain so the concert would not take place tonight. It was a 3-day holiday in this country. We went to a creperie for dinner. Had a gargantuan crepe – as big as a very large plate, with ham, eggs, mushrooms, very good.

Aha! It started to rain a bit heading back, the rain Gods answered my prayers. The dance worked, but to no avail, the concert went on and a little rain was not about to quell the party animals.

The next day, we took the metro to the Nyon region in Yvoire a little farther up from Lausanne. The trains here run on an electric cable making them super quiet and it feels like they are floating. When trains come at the station, there are arrows on the floor pointing for entering and exiting. So people stand to the side of the entering arrow to let those that want to exit first, then it’s your turn to enter. Very civilized, efficient and organized, no pushing or shoving. If you are late and are running to catch the train and the doors have just closed, there is a button you can touch and as long as the train isn’t moving, it will open. There are 3 levels of trains. And they run every few minutes.

We were on our way to see a castle by the water, from the train we transferred to a paddle boat. Found out that the castle is not open to the public, but the grounds were. The gardens were called

the “Jardin Des Cinq Sens” - 7 Senses Gardens. The gardens took root in the 1980s when Yves and Anne d’Yvoire decided to resurrect this abandoned piece of land and develop a botanical legacy that were bequeathed to them. The organic garden has a diversity of plants in a maze-like landscaping design inspired by Middle Ages symbolism where the areas are divided by taste, smell, touch, sight, and hearing. It felt unusual to rub the leaves to release the fragrance onto your fingers and touch and taste as you walk along, but beware of those marked poisonous.

The next day we took 2 trains to go to the city of Gruyere. We toured the Gruyere Castle, built in the 13th century, the principal house of one of the leading families in Switzerland during the Middle Ages. The castle was built in a style typical of Savoy, with an almost square enclosure flanked by a tower that provides protection for the main building. The castle went through various owners and in 1938 was opened to the public and became a museum housing historical collections and keeps its tradition by hosting exhibitions and cultural events.

For lunch we had cheese with mushrooms fondue, with a side of onions, gherkins, bread for dipping plus wine. Fondues are very popular here. Remember them from the 60’s? We pigged out, it was soooo good! We took wrong train heading back, but changed to another which turned out to have overhead skylights that provided a panoramic view of the Alps.

On Thursday, we packed our suit cases to spend a couple of days in Zurich via metro. The next day walking around

town, saw many buildings with spires and clocks on top of buildings, extraordinary architecture, fountains dating back to the 400-1200 years. Moving along the river bank soon reveals numerous graffiti drawings which is legal in this part of town. We saw the University, adjoining was their hospital and grounds. We passed an opera house, gardens, and swans on river. Aras noticed that garbage cans are regular size, but underneath it is really deep. So when the garbage trucks come, they pick up this little garbage can when voila, the can turns out to be a huge underground tube when its pulled out of the ground.

Breaking News: Yesterday, on the Danube, a Viking cruise boat hit a small boat “Mermaid” which overturned late at night, it was raining hard, 21 missing, 7 dead, 7 hurt. They are still trying to get the small boat out. The next day we took the train back to Zurich. The Alps were beautiful. Aras rented a new Mercedes and we drove back to Zurich. I had scheduled a Danube River Cruise starting June 1 leaving for Budapest. Aras took me to the airport. Aras will go on to Innsbruck and I went on to meet a friend at the airport who would accompany me on the cruise. So long Switzerland, it was wonderful and beautiful.

Thank you Aras, for going with me to Switzerland, and showing me such a good time that I will never forget!

Notes: Switzerland is beautiful, clean, friendly, but super expensive, a plain salad \$26, simple meal for 3 - \$125, a subway sandwich \$12.99. The language on the southwestern part - French, the currency is the Swiss Franc. The weather was great 62-75!



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## Outdoor Summer Movie Nights in the Meadows

**By The Movie Night Committee**

Come join the family fun on four warm summer Saturday nights! The Hidden Meadows Community Foundation with a team of volunteers has coordinated a third season of movies for your enjoyment.

July 13	LEGO movie 2
July 27	Mary Poppins Returns
August 10	Captain Marvel
August 24	The Wizard of Oz (an oldie but goodie for adults)

Location: Meadows Deli Market parking lot (new location)  
27980 Oak Ranch Road, Hidden Meadows  
Bring your own chairs or blankets and treats.  
The movies begin at 8 PM.



# Book Talk

By Lynn Clark / Resident

"Educated" a Memoir by Tara Westover

This book was recommended by a friend. She said it was a "WOW" book, so I felt I needed to read it, even though it was non-fiction and I usually do not read non-fiction. It has been on the best seller's list for over a year.

To read this book at times was challenging because nothing in my life can compare with how Tara's family was characterized, or how her upbringing was portrayed. There were sections of the book that, after I read them, I would close up the book and leave the story behind because it was so upsetting. Saying this, I will also tell you that I was awed by the fact that she was brave enough to write it, and I

assume in many ways it was cathartic.

Tara was born in Idaho and raised Mormon. She lived near the rugged mountain range called Buck's Peak. There were 7 children in the family. There were five boys, Tara, and her sister. Tara was the youngest.

Her father was paranoid and a survivalist. He believed in the Illuminati and conspiracy theories that the government was trying to take over his land, and brain wash his children. For that reason they did not attend school and were home schooled sporadically. Tara probably received the least amount of schooling growing up.

Her father owned a junkyard and made his living by selling scrap metal. The children were his labor crew. Her mother was a midwife in the community and was an herbalist that created the medicine that

was often used by the people in the area. Her father did not believe in seeing doctors so the family only went to the hospital when conditions were dire, and sometimes, not even then.

Later in life Tara realized that he was mentally ill and probably bipolar. He was a religious fanatic and believed when any member of the family was injured or hurt, the "angels" would step in and protect them. Whatever happened to them was explained as "God's purpose".

Those particular beliefs made him reckless, and he put several of his family in danger with horrible consequences. One of the worse accidents happened to her brother Shawn. Shawn had a violent personality from the beginning, but when he sustained a head injury due to an accident in the junk yard, his favorite target became Tara. There were some brutal scenes

in this book describing the fights between Tara and her brother.

As she starts to grow and realizes all is not right in her world, she finds the will to leave home with some emotional support from her brother Tyler. He has left home as well as two other brothers thus leaving her with just Shawn. She gets no help from her parents to alleviate the situation with him.

Even though Tara had no formal schooling, with a little help from others she passes her ACT test, and was admitted to BYU. How she gained admission to BYU, and eventually won a fellowship to Harvard, and a doctorate degree from Cambridge was an amazing story. Her relationship with her parents ends, but she still manages to repair some of the damage to herself through professional help. In the end she states that although she never sees them, she still loves her parents, and that being a Mormon had nothing to do with her path in life. That in itself is a triumph.

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## Super Crossword K-9

ACROSS

1 Muslim holy city

6 Krishna, e.g.

12 Judges' gp.

15 Shower item

19 Car rods

20 Juan's shawl

21 Boar or sow

22 As far as

23 Very stripped-down rendition?

26 Acne, slangily

27 Legal injury

28 Devoid of joy

29 "Pee- — Big Holiday"

30 Curriculum segment

31 "Jingle Bells" vehicle

33 Hoosiers stuffing suitcases?

39 Italian automaker

41 Does a pressing job

42 Fly smoothly

43 Muslim ascetic's caution?

47 "— didn't!" (denier's cry)

48 Vine-covered, as a wall

49 Horn's honk

50 Blasting stuff

52 New Zealand aborigine

57 Actor Foxx

58 "Alice" waitress

59 Country singer Hill soaked up the sun?

62 Joule division

63 Furious state

64 — rod (biblical staff)

66 "We have approval"

67 What a curmudgeon has?

71 Chews (on)

73 Northern French port

74 Doting affection, briefly

75 Cave hanger

78 Sitcom

80 Some Greek letters

81 Lamb-in-pita sandwich

82 Keats' "— a Nightingale"

83 Bladed tool

84 Aleve target

86 Intended

87 Abbr. on a brandy label

89 Loaf coated with glaze?

92 Crooked

95 Put in office

96 Window or door part

97 Primate buying things?

101 Harbor ill will toward

105 Big name in mowers

106 Wailuku site

107 Corrode

109 Be too sweet

110 Landed (on)

111 Thick board to be used only in an emergency?

117 Bed board

118 Pal, in Paris

119 Signify

120 One-on-one pupil

121 Devout

122 Peach part

123 Hot spots in spas

124 Helps pull off a crime

5 Require (of)

6 Off land

7 "Falstaff" composer

8 Dog's cry

9 Wu's "way"

10 Tax Day mo.

11 Sleep lab concern

12 Sleep lab concern

13 Arm muscle, informally

14 Way back

15 Japanese automaker

16 Offered views

17 Fine apparel

18 Blog entries

24 "Baloney!"

25 Wheat bristles

32 Encircle with a band

34 IX

35 IV hookup

36 Tiny thing with a charge

37 "Life of Pi" director Lee

38 Of weather conditions

40 iPad, e.g.

43 Passion

44 Say to be so

45 Careful and delicate, as treatment

46 Vintage Olds

47 High degree

50 Turner and Fey

51 Crash-probing agcy.

53 Off. aide

54 "Fine, as far as I'm concerned"

55 Rule, briefly

56 Altar answer

58 Pat down

59 Monastery title

60 Golf Hall of Famer Isao —

61 Invoices

63 Got better

64 Set — (choose the wedding day)

65 Everyone, to Hans

68 "How — Your Mother"

69 Outer: Prefix

70 Big online music store

71 — -Magnon man

72 Veiled

76 Region

77 Figure skater

80 Suffix with no-good

81 After-school youth program, perhaps

84 Choose

85 Entr'—

86 Skillful

88 Pool headwear

89 — -mo

90 Cariou of Broadway

91 Not clean

92 God of music

93 Daytime drama, e.g.

94 Intricate

95 Put out

97 Squirrel away

98 Country singer Judd

99 Hit the gas

100 Gossipy sort

102 Happyfy

103 Tripled trio

104 Little 'uns

108 Top pilots

112 Checkpoint demands

113 Pro-learning org.

114 Bearded antelope

115 Myriad eras

116 Pro-learning org.

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Left to right: Ken Krieger, Karen Henderson, Frances Munk, Judy Dunn, Olga Brouwer, Donna Hinke, Maggie Adkins-Ingram, Joy Meeker, Shirley Cail, Rosemary Tulis, Sherry Horton & Jim Horton. Not pictured Brian Henderson.



Succulent vertical wall using a wooden pallet.

## Hidden Meadows Garden Club - June

By Judy Dunn / Resident

On Friday morning, June 14, thirteen Garden Club members arrived at Waterwise Succulent Nursery on Old Highway 395. It was a perfect day weather-wise and the landscaped gardens they have created were at their peak. Flowering plants full of color, unusual plants, varieties of succulents new to us, as well as old favorites, were skillfully placed or planted everywhere in their cultivated gardens.

Karli Armet, Retail Manager at Waterwise, gave us an extremely helpful and delightful presentation on how to take care of our succulents during and after their bloom cycle. She had a variety of potted blooming succulents to illustrate some of the many different kinds of pruning and care required to keep each plant healthy, or to propagate into new plants. Everyone raved over her presentation. I personally was left with wanting to hear a lot more and I was surprised that an

hour had passed.

Next, Karli pointed out many interesting displays as she took us over to their beautiful wall of planted vertical succulents, and told us how it was created, so we could take on a project, large or small, ourselves. She was available for several hours (until the last of us were ready to go home) to help us shop and answer any individual questions. We received a one-time discount on plants and many of us went home with lots of wonderful bargains.

Afterwards, we ate lunch and chatted while enjoying the dessert provided by Joy Meeker. We each agreed that this was a wonderful and special outing.

If you would like more information on Garden Club activities, please contact Frances Munk at francesmunk17@gmail.com or 750-809-8889.



Karla Fernandez, hostess Susan Clyne, Sharon Cook, Carrie Hartwick, Susan Wolking, Lori Enfield, Patti Preston, and Amy Van Liew

## June 2019 HM Women’s Social

By Rosemary Tulis / Resident

From “Antiques Roadshow” to “Believe It Or Not” at Women’s Social Hostess Susan Clyne threw out a challenge to the June guests for the Hidden Meadows Women’s Social: “Bring a trivia or a ‘Did you know...?’ idea” to share. Not surprisingly, the gals did not disappoint. While enjoying the generous hospitality of our hostess Susan, in her beautiful home in the Summit, we savored a variety of delectable dishes, toasted with our favorite beverage of cheer, and had a merry evening marveling at the results of Susan’s request.

The Hidden Meadows Women’s Social group is a dynamic group of vivacious, talented women who gather monthly to share a potluck dinner and relevant, relatable, real issues of the day. No doubt they all quickly thought of an answer for Susan’s test. I must confess that I was initially floored by Susan’s unexpected challenge. Then I recalled a recent crisis which others would probably deem worthy of mere lightbulb joke status: how to remove a lightbulb stuck deep in a recessed socket. But I had no high-tech razzle-dazzle tool to help me. Fortunately, my discovery: a make-shift duct tape lightbulb extractor! Who knew about such an easy, cheap, and safe solution to what could be an expensive or dangerous problem? Armed with this handy trick and my potluck contribution, I was set for a night of fun. Most of all, I couldn’t wait to see what ideas others brought that evening!

As could be expected from this group, the assignment prompted some hilarious stories with topics ranging from thunder mugs to tales of rifle-tottin’ sharp shooters in the wilds of Texas. Some tried to stump us with “What-in-the world?” items worthy of “Antique Roadshow” while others offered some clever solutions to how-in-the world problems such as bee invasions. Monthly meetings are a wonderful reminder that women can cope, make challenges manageable, and most of all, women know how to have fun!

For a wonderful evening of delicious food, fun, and laughter, the Women’s Social



Pat Buntin, Susan Wolking, and Linda Collins

welcomes all women residents, from newcomers to those just newly interested. Attendance is voluntary, as calendars allow. To join the invitation list, please send your full name, email address, and telephone number to hmwsg92026@gmail.com.

## Water Aerobics at the Pavilion

By Nancy Ogrod / Resident

The water in the pool is finally turning warm, so the water aerobics class at the Pavilion will be starting on Monday, July 1st. Classes are held on Monday, Wednesday, and Friday at 9:00 am. Our instructor is Terri Wedeking, and exercises are done in both the shallow and deep parts of the pool with noodles, water weights, and belts for the deep water portion. The first class you attend is free, and the charge after that is a mere \$5 per class. Come join your neighbors and friends as we enjoy the water while getting into shape. I will be glad to answer any questions about the class and I hope to see you there.

Contact me at n.ogrod@yahoo.com or 760-749-7023.





# NO FIREWORKS REMINDER

By Deer Springs Fire Safe Council

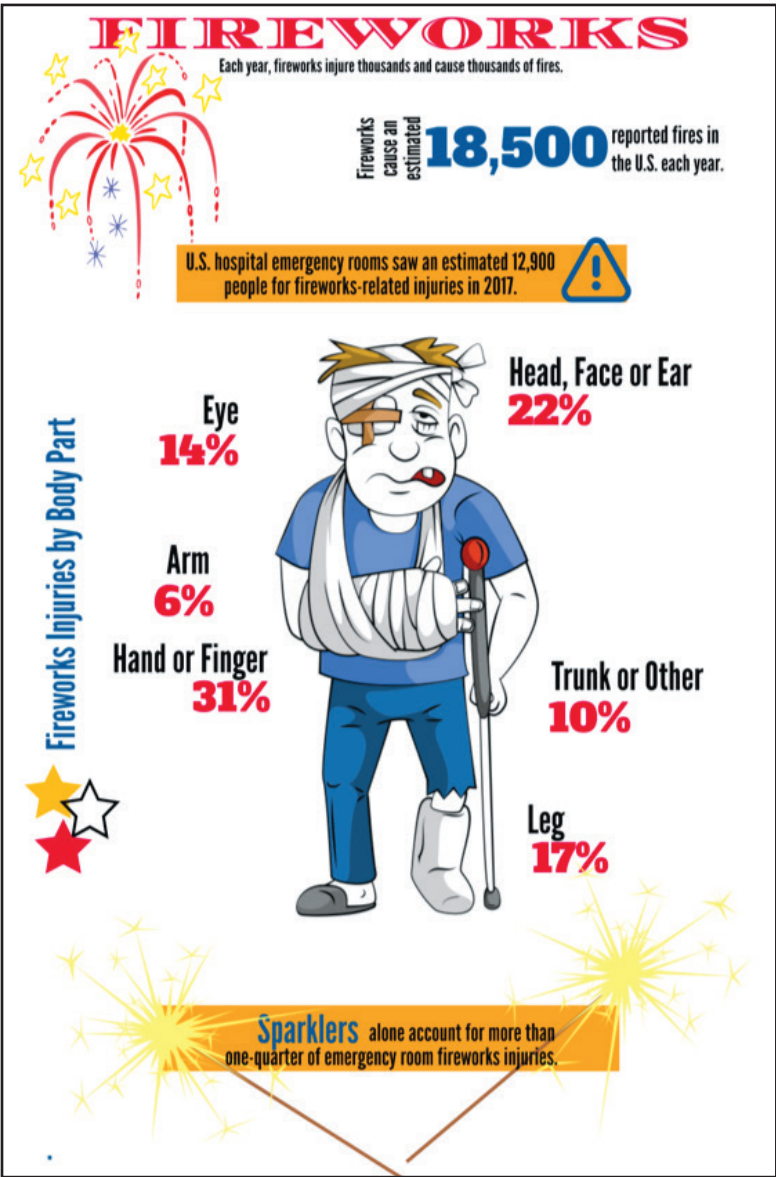
Celebrating Independence Day is a cherished summer tradition for Americans. Cookouts, campouts and all manner of activities call us outdoors on that day. One activity, however, is not an option for us here in San Diego County: all types of fireworks are illegal in San Diego County. They can neither be sold nor used here. That means even so-called “safe and sane” sparklers are off-limits.

All of us within the Deer Springs Fire Protection District and much of California, for that matter, are linked by the constant threat of wildfire. Illegal fireworks make that threat much greater this time of year. The National Fire Protection Association (NFPA) reports that fireworks ignite an average of 18,500 fires per year, including 1,300 structure fires, 300 vehicle fires, and 16,900 outside and other fires. These fires cause an average of three deaths, 40 civilian injuries, and an average of \$43 million in direct property damage. CAL FIRE notes that 40% of fires occurring in the United States on the Independence Day are due to personal fireworks.

In 2017, U.S. hospital emergency rooms treated an estimated 12,900 people for fireworks related injuries; 54% of those injuries were to the extremities and 36% were to the head. Children younger than 15 years of age accounted for more than one-third (36%) of the estimated 2017 injuries.

Those caught using illegal fireworks can face a fine up to \$5000 and/or up to a year in jail. If their careless activity ignites a wildfire, they could also be held liable for the cost of the wildfire.

If you are reading this, you probably have an interest in fire safety and will not be a contributor to the above statistics. Please pass it along to others who might not be as concerned about their community. If you observe illegal fireworks activity, please report it to local law enforcement. For most of the Deer Springs Fire District, that would be the San Diego County Sheriff and a local number is 760-510-5200.



# ANNUAL EVENTS

Sponsored by the Hidden Meadows Community Foundation

**Sellers' Faire**  
**2nd Saturday of each month:**  
**March–November**  
Boulder Oaks parking lot

**Fourth of July Parade/Picnic**  
**Thursday, July 4**  
Club House parking lot

**Summer Family Movie Nights**  
**July 13 – LEGO Movie 2**  
**July 27 – Mary Poppins Returns**  
**August 10 – Captain Marvel**  
**August 24 – The Wizard of Oz**  
Meadows Deli Market parking lot  
27980 Oak Ranch Road, Hidden Meadows

**Trunk or Treat**  
**Saturday, October 26**  
Pavilion parking lot

**Turkey Trot**  
**Thursday, November 28**  
Club house parking lot

**Toys for Tots**  
**Saturday, December 7**  
Pavilion

## What's Happening in Hidden Meadows?

### ACTIVE LISTINGS

ADDRESS	LIST PRICE	ADDRESS	LIST PRICE
Oak Ranch Ln	\$575,000	Aspen Glen	\$769,000
Glenmeade Way	\$549,000 - \$579,000	Indian Creek	\$769,000
Treeside Lane	\$598,000	Aspen Glen	\$725,000 - \$775,000
Oak Spur Way	\$605,000	Aspen Glen	\$789,000
Faircrest Way	\$629,000	Cerveza Baja Dr	\$799,000
Faircrest Way	\$649,900	Canyon Country Ln	\$795,000 - \$825,000
Meadow Glen Way E	\$669,000	Pinion Trail	\$859,900
Treeside Lane	\$689,000	Cavalier Ct	\$865,000
Gladstone Ct	\$695,000	Sage Glen Trl	\$879,000
Galatea	\$679,000 - \$699,000	Mountain Meadow	\$879,000
Deep Canyon Dr	\$700,000	Sandhurst	\$999,999
Meadow Glen Way E	\$700,000	Cerveza Dr	\$1,050,000
Carla Court	\$725,000	North View Lane	\$1,495,000
Faircrest	\$729,000	Hidden Meadows Rd	\$1,599,000
Meadow Glen Way E	\$735,000	Mountain Meadow Rd	\$2,199,000
Carla Ct	\$749,000	Sandhurst Way	\$2,250,000
Pinion Trl	\$764,900		

### PENDING LISTINGS

ADDRESS	LIST PRICE	ADDRESS	LIST PRICE
Mountain Meadow	\$495,000	Mountain Meadow Rd	\$649,000 - \$669,000
Meadow Glen Way E	\$529,000	Mountain Meadow Rd	\$699,000
Red Stone Lane	\$529,000	Los Nidos Lane	\$849,000
Oak Spur Way	\$599,000	Cerveza Dr	\$998,800
Oak Spur Way	\$599,000	Meadow Glen Way W	\$1,078,000 - \$1,228,000
Fallen Tree Lane	\$609,000	High Mountain Dr	\$1,389,000

### SOLD LISTINGS

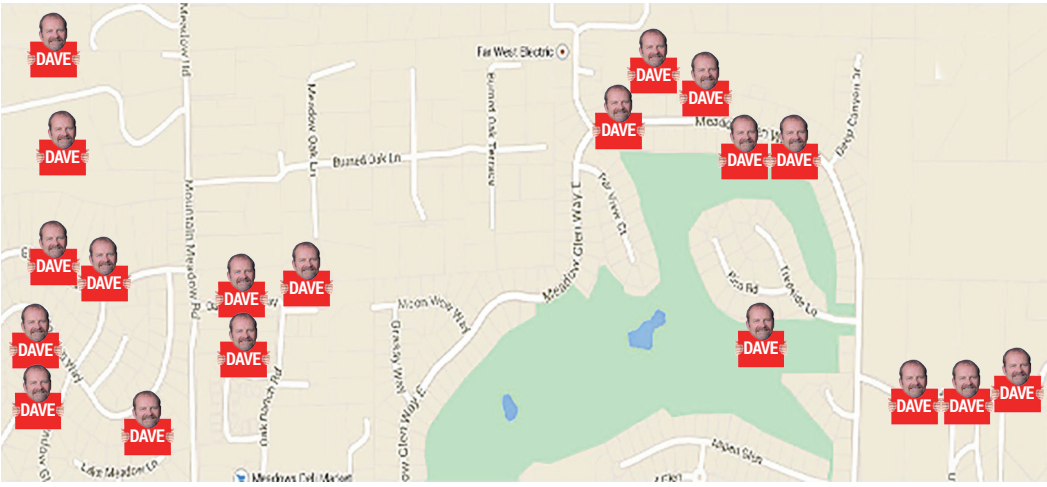
ADDRESS	LIST PRICE	SOLD PRICE
28034 Glenmeade Way	\$599,000 - \$629,000	\$630,000
10217 Sage Hill Way	\$649,900	\$655,000
28551 Meadow Glen Way W	\$665,000	\$652,000
28117 Par View Ct	\$669,000	\$665,000
9602 Indian Creek Way	\$689,900	\$680,000
28553 Gladstone Court	\$725,000	\$725,000
10689 Laurel Path	\$749,000	\$730,000
9605 Sage Hill Way	\$820,000 - \$860,000	\$820,000
11130 Boulder Pass	\$889,000	\$889,000
9827 N View Court	\$1,159,000	\$1,159,000

\*\*Data from SANDICOR, Inc. for 05/27/2019—06/27/2019 and represents properties listed or sold by various brokers. If your property is currently listed this is not meant as a solicitation.\*\*

## Who's Selling Hidden Meadows?

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