



Hostess Becky Rogers, Susan Clyne, Melissa Mitchell, Linda Collins, Dannielle Milliken, Chris Cassidy, Lynn Wheeler, Karla Fernandez, Joanne Anglin, Mary Dragoo, Laurie Rawson, Sima Kashani, Amy Van Liew, Sharon Cook, Francoise Santore, and Julie Brooks

Laughter is the Best Medicine

By Rosemary Tulis / Resident

The Hidden Meadows Women’s Social Group is off to a healthy start in 2020, thanks to the laughter-filled early January meeting at the beautiful home of hostess Becky Rogers. Bringing delicious pot-luck treats to savor along with jokes and stories to entertain, guests mixed and mingled with old friends and new.

The surprise of the evening was a new-comer, Becky’s neighbor, whom Becky had persuaded to drop in after her work shift for the San Diego Sheriff’s Department. A 20-year veteran who has served in a wide-range of positions, she enthusiastically described her passion for her career, through which she has been able to serve our communities. Guests applauded her bravery both for her efforts to keep our neighborhoods safe, as well as for assuming what had been a non-traditional career for women. As a female officer, she can offer a new tool in law enforcement: negotiation from a less aggressive point of view. The female perspective in law enforcement also offers inspiration for greater empowerment of girls and women.

The down-home charm of Hidden Meadows is the diversity of neighbors sharing a common respect for each other’s contributions. Each month the meeting of the Women’s Social Group provides a delightful dose of inspiration and hope from friends and neighbors. Most important, the welcome mat is out for all Hidden Meadows residents, who have only to contact hmwsg92026@gmail.com to receive a monthly invitation which will provide details of upcoming meetings.



Standing from the top: Dawn and Jim Korinek, Host Bob Broadley, Gene and Judith Francello, Susan and Jim Clyne, Patti and Ron Preston, Doreen Thawley and Paul Schoos, Hostess Sandy Broadley, Rosemary Tulis, Joe and Val Targia.

A Very Merry Social Group 7 Dinner!

By Rosemary Tulis / Resident

The Hidden Meadows Social Group 7 bid adieu to 2019 at the December 29th, wrap-up party hosted by Sandy and Bob Broadley at their beautiful, Christmas-bedecked Rimrock home. The bountiful banquet of delicious treats provided by the hosts and guests was relished with happy holiday cheer by all perky participants.

The evening began with guests sipping wine while enjoying the gorgeous, fiery sunset over the distant Pacific, a perfect setting for the year’s final festivities. Back inside, guests mingled while enjoying an abundant assortment of tempting appetizers. An enormous banquet-sized table then provided a sit-down dinner at which guests could savor Honey-baked ham and turkey, accompanied by delicious sides and salads. Reveling diners entertained each other sharing tales and travails, finally finishing with irresistible mouth-watering desserts.

Posing on the winding staircase wrapped in a gorgeous garland of pine boughs and bright red Christmas bows, the revelers relished the last moments of 2019 and looked forward to future feasts in 2020!

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Community Forum on San Diego County Measures A and B

By Lynne Malinowski
Twin Oaks
Valley Equestrian Association

We at the Twin Oaks Valley Equestrian Association and Horse Heritage Conservancy 501(c)(3) are preparing to hold our annual Community Forum on Monday, February 10 6pm – 8pm at Mary Connors Hall in Walnut Grove Park in San Marcos. The subject of the forum would be Measure A and Measure B on the San Diego County March 3rd ballot. There will be a panel representing multiple perspectives and positions answering questions regarding Measures A and B on the March 3rd ballot.

Our objective is to provide information to the public from representatives of both measures and positions. Our interest is to reach as many people in the community as possible because these land use propositions have great importance. Measure B, in particular, is in the neighborhood.

Note: TOVEA and HHC hold no official positions on these measures.

WESTERN DAYS / From Page 1

So, who came up with the idea of a festival to celebrate Valley Center’s western history and heritage? It has never been firmly established who gets the credit, but an obituary published in three San Diego County newspapers in 1961 all credit Van Walker Peterson as the person who first suggested the country fair. Peterson was a poultry rancher and president of the Chamber of Commerce.

Over the years, the various versions of Western Days have featured carnival rides, art shows, greased flagpole climbing, even an agricultural exhibition featuring multiple tractors.

A history of Western Days is maintained in the archives of the Valley Center History Museum, 29200 Cole Grade Road. The museum is open Tuesday through Saturday from 12 noon to 4 p.m. Admission is free. For more information, visit vchistory.org or call (760) 749-2993.

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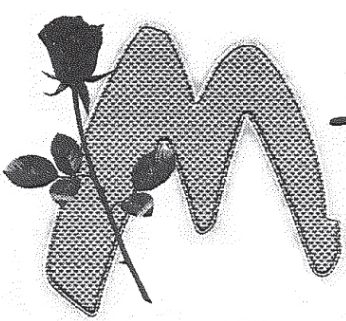
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Art Guild News

By Idalia Rewar / Resident

We are baaack! The Art Guild members met on Sunday at the Golf Course room to plans for the coming year. We discussed the various action items and options on the Agenda and made decisions for our Art Guild’s growth and expectations. We will be exhibiting our art at the Seller’s Faire in the Spring where our art will be displayed sharing it with both the community and other attendees.

If you are interested in all types of art – be it acrylic, watercolor, oils, pottery, jewelry, making cards, etc. and want to join our group, please call Shirley Cail at 760-751-4148. We are a fun loving group that will be getting together for art days during the year to do our craft, exchange ideas, show our latest art and enjoy each other’s company. Be sure to stop by our display at the Seller’s Faire in the Spring. Easter, Mother’s Day,



Painting by Lynn Clark



Painting by Idalia Rewar

graduations, and Father’s Day are all coming up in Spring and Summer, who knows, you might find that special gift for a loved one. More information on date and time will be forthcoming.



L.R. Judy Dunn, Olga Brouwer, Jennifer Gilgalion, Barbara Rangan, Joanne Anglin, Pat Withman, Shirley Cail, Vida Shayan, Maggie Adkins-Ingram, Doreen Thawley, Ken Krieger, Frances Munk

January Garden Club Meeting

By Idalia Rewar / Local Resident

Friday, January 10 was such a lovely day for our Garden Club meeting which was being hosted by Sima Kashani at her home. The sun was shining, with a little crisp coolness in the air. Once we entered her home, we spent time admiring the fantastic view from the living room windows.

Of course not to be missed, was the lovely spread that Sima laid out for the hungry gardeners. Although Sima had plenty on the table, some of us also contributed to the feast. There was tea, lemon meringue pie, muffins, a delicious coffee cake, zucchini bread, Sima’s great bread with jams and cheese, and many other goodies, and Chris Dailey brought some French crepes filled with chocolate - she claims she made them, but they were wrapped in cellophane paper. I don’t think she has a cellophane machine, so I think she was telling a fib.

Lots of chatting. You put 18 women together that have not seen each other for a while and it’s like seagulls on the rocks squawking all at once. Mama mia! We finally came to order and began reintroducing each other.

Everyone took turns telling about their

interest in the Garden Club and how long they lived in Hidden Meadows. Found out that one of the members- Pat Whitman- has lived in the Meadows 41 years, Ken Krieger 33 years and Joann Anglin 19 years! They were probably the first settlers. Wow, I wonder what changes in the Meadows they have experienced.

We then focused on the purpose of the meeting which was to plan our upcoming activities for the year. Everyone who contributed had wonderful suggestions. We meandered sometimes onto other interesting gardening topics, and the range of gardening knowledge of the group was quite evident.

It was a fruitful meeting and we accomplished its purpose. Many thanks to Sima for being such a gracious host, to Karen Henderson for her patience and taking on such a challenging undertaking, and to all those that attended, contributed and participated. Great way to start the year! Looking forward to it!

For more information on Hidden Meadows Garden Club membership and activities contact Frances Munk at francesmunk17@gmail.com or 760-809-8889.

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Send drafts to Patricia Fox at: LocalEditor@HiddenMeadows.news

Growth in Hidden Meadows

By Julie Brooks

Current opinion dictates that people require dignity, respect and a feeling of control over the events in their lives. Withholding those basic social needs creates unhealthy stress and physical illness. The stress level in Hidden Meadows is palpable. Proposed changes to the General Plan combined with other development projects which have passed through county Planning and Zoning without opposition or under the “community radar” leave a majority in the tight knit community feeling the “progress” the county has chosen will destroy the Hidden Meadows they are invested in. Many believe there is corruption at the Board of Supervisors or Planning Department, others just write it off to a county government greedy for ame-

for development in Hidden Meadows. Chagala stated that the County had rejected the developers’ proposal for partial improvements to Cougar Pass Road, indicating that they wanted a fully improved 24 foot wide road at an estimated cost of \$7,500,000.”

MOUNTAIN MEADOW VILLAGE CENTRE Located at the signalized intersection of Mountain Meadow Road/Deer Springs Road and North Centre City Parkway/Champagne Blvd. Offering 22,490 sq foot of commercial space. See figure 2.

NEWLAND SIERRA; Located west of Interstate 15 (I-15) and north of Deer Springs Road. A 1,985-acre mixed-use community. 58.3-acre Town Center would be located in the southeastern portion of the Community. A maximum of 2,135 homes and 81,000 square feet of commercial space. <https://www.sandiegocounty.gov/content/dam/sdc/pds/regulatory/docs/newlandsierra/Specific-Plan-Newland-Sierra-Section-1.pdf>

PARK CIRCLE PROJECT; 333 housing units on a 74-acre site in the southern portion of the Valley Center community, immediately west of Valley Center Road and on both north and south sides of Moosa Creek. See Figure 3 on page 10.

Those are just the ones that could be found in the County website (which obviously has no provision for citizen who wish to be informed about planning in their particular village) and on signs in the neighborhood. The last minutes posted in the Hidden Meadows Community Sponsors Group were from September of 2019. This does not include the extensive plans for La Boca Grande & Renaissance Commercial Center which will place “amenities” including a Walmart and Costco and 5000 homes in Valley Center.

Due to the efforts of many concerned local voters, both the “No on Newland Sierra” (No on B) and the “Save Our San Diego Countryside” (Yes on A) have been formed. “Yes on A” is an effort to counteract “developer heavy” decision making, safeguarding the Board of Supervisors from developers legal threats which then determine how ballots are written. “No on B” supporters object to the changes Newland Sierra developers

GROWTH / See Page 10

nities and infrastructure big developers are willing to pitch in, that initially take pressure off a county government struggling in the face of a low-cost housing shortage. See Figure 1.

All voters are concerned about the danger to the environment, the real perils additional development brings in this high fire danger zone and the misery of full stop traffic that already visits anyone trying to get home to Hidden Meadows after four o’clock.

What are the current development plans impacting Hidden Meadows?

NORTH COUNTY ENVIRONMENTAL RESOURCES; The project is located west of Interstate 15 (I-15) along Mesa Rock Road in the Twin Oaks Community Plan Area and propose to bring their trucks through the Deer Springs Mountain Meadow exit. The plans state trucks would use N. Center City Parkway to access Mesa Rock, to cross back under the 15 to access the NCER facility. The trucks would be hauling concrete to crush and green waste to grind, six days a week. PDS2008-3500-08-015; PDS2013-BC-13-0019; PDSXXXX-HLP-XXX; LOG NO. PDS2008-3910-0808012

KA SHELL GAS STATION AND CONVENIENCE STORE; The project is located east of Interstate 15 (I-15) in the southwest corner of the Deer Springs Road and North Centre City Parkway intersection in the Hidden Meadows Community of the North County Metropolitan Sub regional Plan Area in the I-15 Design Review Corridor. PDS2017-STP-17-028; PDS2017-BC-17-0069; PDS2017-ER-17-08-008

CAPITAL IMPROVEMENT PLAN-COUGAR PASS ROAD; (Thursday, July 25, 2019 HMCSG minutes) “Jim Chagala left the dais based on his relationship with 2 developers seeking approval from the County

Super Crossword

Answers

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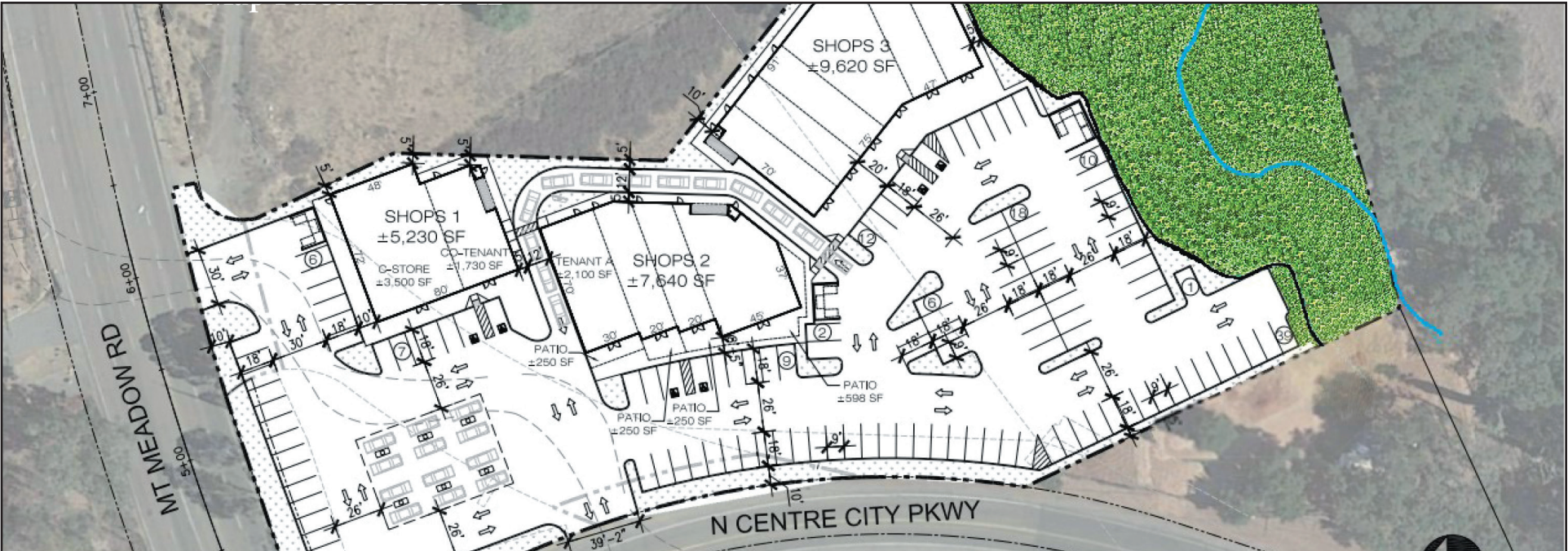


Figure 2: MOUNTAIN MEADOW VILLAGE CENTRE

The Blue Danube: Passau to Budapest

By Patricia Fox / Resident

The Viking River Ship Ingvi arrived in Budapest about 10:30pm after 7 days on the Danube. We had visited cities in Germany, Austria, and Slovakia, and now had reached the end of our journey in Hungary. Budapest at night was spectacular. The city was lit up on both banks, and cruising through the city justified my far traveling (all over the US, Europe and most of the Orient) sister-in-law's assertion that Budapest is the most beautiful city she has seen.

We woke to a sunny day, and lo and behold! We gazed upon the Blue Danube! The river was blue! We had mostly good weather on our mid April cruise and seen the river on sunny days and cloudy days. The Danube was a dark gray when we first saw it, dark gray-green, black at night, occasionally a bluish gray – but nothing to justify characterizing the river as the ‘Blue’ Danube. But now, the Danube was truly BLUE! And Budapest by day is truly beautiful.

We set off on the bus tour included in our fare. Our guide informed us that we were on the Pest side of the river, with Buda across the river. We admired the graceful buildings, the many statues, the Hungarian Parliament, and then crossed the Chain Bridge, the oldest bridge connecting Buda and Pest, engineered by a Scot, and completed in 1849. A century later, in 1949, repairs from damage in World War 2 were completed. Across the bridge was Buda Castle, built in 1265, and added to/rebuilt over the years as a royal palace, and again rebuilt after WW2 and is now a museum. The castle is part of a complex of buildings which include the Mathias Church and the Fisherman's Bastion. We wandered around the church and the courtyard, and admired the sweeping views of Budapest nestled in a bend of the Blue Danube.

Our cruise ended the next morning, but we extended our stay another 3 days. We'd had a taste of the city, but knew we were unlikely to come this way again and wanted to see more of Budapest and something of Hungary outside of the city. Over the next couple of days we visited the Herend porcelain factory and watched with amazement the skilled artisans hand painting all of the amazing figures, vases, cups, etc. We shopped in a small village of artisans, and came away with gorgeous hand embroidered table cloths, as well as more touristy souvenirs. We saw Lake Balaton, the largest lake in Hungary, and had lunch in a winery overlooking the lake.

We visited Szentendre, wandered through the art galleries and shops, brought away a vase with a mountain scene reminiscent of Tahoe cut into the crystal – a present for dog sitting brother and sister-in-law.

There were more serious reminders of history there – in the streets, in front of some of the houses - were brass covered stone blocks, Stolpersteine or stumbling stones, which commemorated the people who had lived in these houses and were taken from these houses to concentration camps – these people to Auschwitz. I've been to more impressive memorials to the Holocaust, Dachau, the Holocaust Museum in Washington, but the immediacy of these stones was somehow more intimate, more emotional, as were the Shoes on the Danube when we returned to Budapest. 60 pairs of rusted metal shoes stand empty along the bank of the Danube on the Pest side of the river. This is where Jews were lined up, ordered to remove their clothes and shoes, and shot, with their bodies falling into the Danube. Our last day in Budapest ended with painful reminders of the past, but a past acknowledged, with a resolve that the past not be forgotten lest it be repeated.

Budapest was definitely my favorite of the cities we visited, and I agree that it is one of the most beautiful cities I've seen. And the Danube is Blue. We really enjoyed the river cruise, seeing the small villages and towns, feeling more of a connection with the places we traveled. And we're currently discussing another river trip.



Budapest at night



View of Buda and Blue Danube



Hungarian Parliament Building



Mathias Church



Chain Bridge crossing to Buda Castle



Budapest in a bend of the Danube River



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Mountain Meadow Road	\$749,000	Tricia Place	\$1,249,900
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Cerveza Baja	\$792,500	Mountain Meadow Rd	\$2,199,000
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28039 High Vista Drive	\$1,250,000	\$1,225,000
10283 Hidden Meadows Road	\$1,399,000	\$1,361,000

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Book Talk by Lynn Clark

Once upon a time I wanted to move to New York City. I mean, what small town girl doesn't dream of this type of excitement: freedom to do what you want, renting your own apartment, making money, possibly meeting "your knight in shining armor"? You know, the guy out there just waiting for you. Meet Jessica Farris originally from a small suburban town near Philadelphia now living in NYC. She wants it all and then she meets.....trouble.

"The Anonymous Girl" by Greer Hendricks & Sarah Pekkanen

Jessica is a makeup artist and she loves her job. She is very professional and competent, and believes her talent helps the client she transforms. At one time she worked for Backstage.com and felt it was her dream job working with actors and crew members, but her job faded quickly along with her "knight in shining armor" when he fell off his horse as all knights do. Now she is working for a company called BeautyBuzz and avoids long term male commitment. The company books private clients for her and the pay is good, but not great.

A brief trip back home for Thanksgiving reveals her father is about to be down-sized from his job, and the family vacation they always go on to Florida has been cancelled. Her sister is a special needs teenager and Jessica has secretly been contributing to her special care for several years. She knows that financially the family is going to need help and she thinks she has found the way to do it.

Her last job was booked with two girls that were going clubbing that night. They are university students. As she is applying makeup on one of the girls her phone rings. When the speaker phone is turned on, the male speaker is confirming an appointment that her client has for the next morning at eight a.m. The girl immediately claims she is going to be hung over and sloughs it off even though she would earn \$500.00 just for answering a questionnaire! At this point Jessica is saying "Really?" She can't contain her curiosity so when the client walks into the bathroom to check her makeup and leaves her phone on she.....peeks.

The next day Jessica shows up for the job claiming she is taking the place of the missing girl because she is ill. The man setting up the appointment calls his boss about the change and after a few general question regarding her age and residence she is approved and is admitted to answer the questions. She thinks about how easily she was accepted so how difficult could the questions be? She now becomes Subject 52.

As she walks into an empty room with only a computer in place, she is told to sit down and open a screen informing her that this program will be a psychological study on ethics and morality involving young women. The person running the program is called Dr. Shields. She presses enter for the first question which asks her "Could you tell a lie without feeling guilt?" She answers that she could do this if the situation warranted it. The second question asks "Describe a time in your life when you cheated". This is quickly answered when she relates a story about when she was in fourth grade and cheated on a spelling test. The answer that comes back is "Subject 52, you need to dig deeper". The questions become more personal reaching into her private life with the last one in the session asking "Have you ever deeply hurt someone you care about?" So again she logs in a personal

incident that she is not particularly proud of on the computer and leaves. The next day she comes back and the questions become more invasive and probing, but the money is very good and even though she feels twinges of nervousness she keeps coming back.

When she starts researching the doctor she is surprised when she pulls up the picture of a beautiful and very sophisticated woman. Not at all what she was expecting. When she is asked if she "Would consider expanding your participation in this study?" The compensation would be significantly higher, but significantly more would be asked of you". She hesitates but agrees to meet with Dr. Shields. Each successive assignment puts her in situations that unnerv her, but her income doubles. When she tries to leave the program she realizes she has been manipulated into a situation by a dangerously obsessive woman looking for the truth about her husband. Her entrapment eventually endangers her job, her friends, and her family; and as many times as she tries to out maneuver the cunning Dr. she finds she is always... one step behind.

I read one other book by these two ladies and it was very good, but this one was better. The writers do a great job expressing the inner thoughts of the doctor as the story progresses. This is a creepy psychological thriller well worth your time to read.

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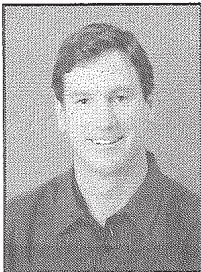
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MWF, Fitness Workout, 9 am 749-6523*

W, Bridge Group, 10 am 751-0261*

February 2020

3 VCMWD Board Mtg., District Office, 2 pm 749-1600

4 Bookmobile, MLGC Pkg. Lot, 1:00-2:00 pm 643-51257

4 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*

12 HM Community Foundation, 7 pm sarah@bretandsarah.com

13 MHA Board Mtg., 6 pm 749-7278*

14 Garden Club Meeting, 10:00 am 809-8889

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*

27 Ranch HOA Mtg., 4-6 pm 407-7575*

27 HM Sponsor Group Mtg., 7:00 pm 809-6898*

March 2020

2 VCMWD Board Mtg., District Office, 2 pm 749-1600

3 Bookmobile, MLGC Pkg. Lot, 1:00-2:00 pm 643-5125

3 MHA Architectural Rev Com Mtg, 6:30 pm 749-7278*

11 Deer Springs FPD. Bd. Mtg. 2:00 pm 749-8001

11 HM Condos, HOA Meeting, 4:00 pm 407-7575*

11 HM Community Foundation, 7 pm sarah@bretandsarah.com

12 MHA Board Mtg, 6 pm 749-7278*

16 VCMWD Board Mtg., District Office, 2 pm 749-1600

17 CERT Monthly Mtg., 6:30 pm 525-5170*

17 Bookmobile, MLGC Pkg. Lot, 1:00-2:00 pm 643-5125

24 Ranch HOA Mtg, 4-6 pm 407-7575*

24 HM Sponsor Group Mtg., 7:00 pm 809-6898*

* Held at Meadows Community Center. 28208 MGWW

Meadows HOA email: meadowhoa@att.net

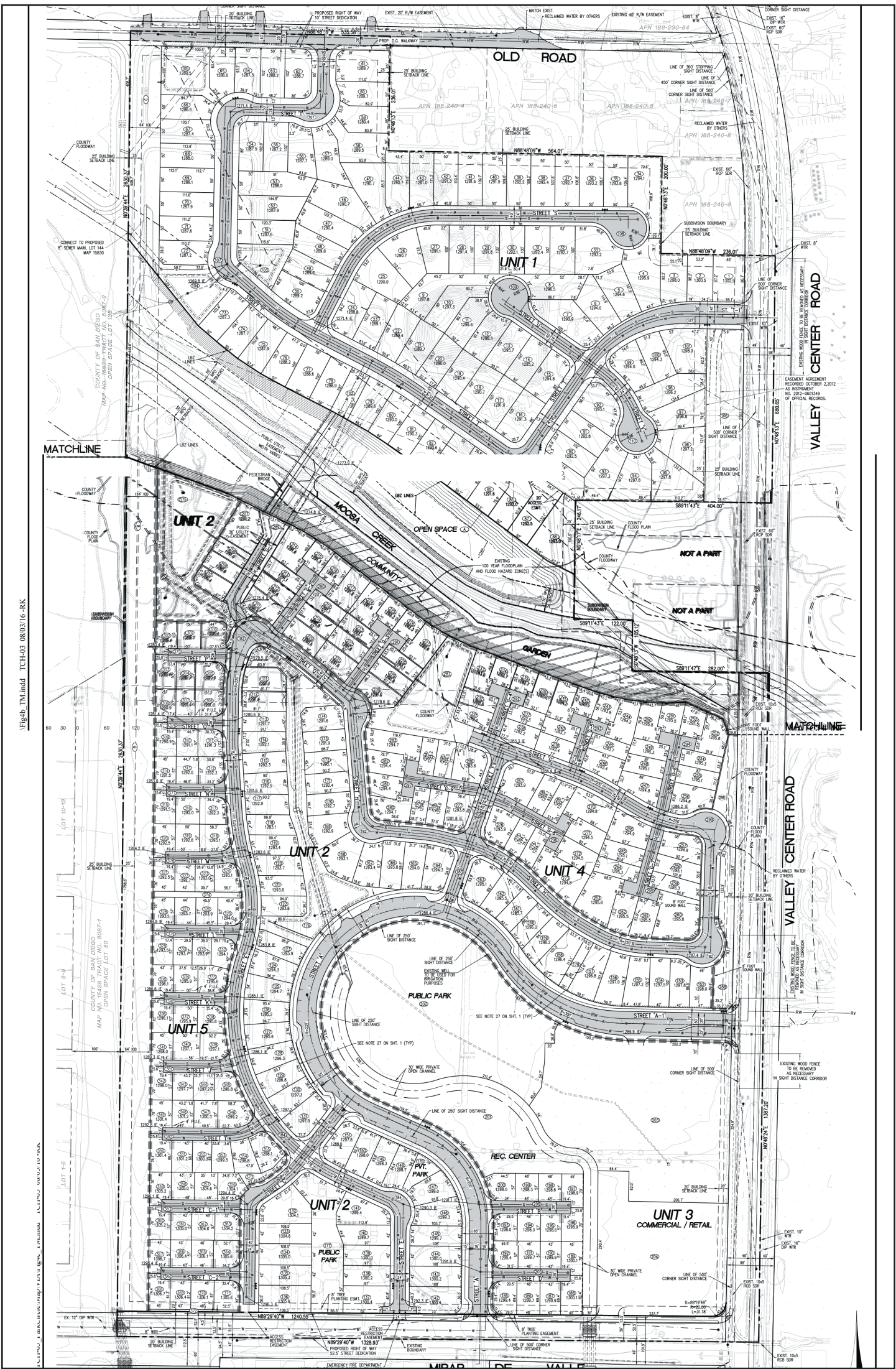
Call Weekdays 9-12 pm 760-749-7278 to reserve Pavilion* The pool or park cannot be reserved.

GROWTH / From Page 6

have demanded to the San Diego General Plan and are infuriated that the developer was allowed to determine the language used on the ballot. Both are grass roots responses to the tone deafness of supervisors who seem more motivated to subsume existing neighborhoods, rather than respect the voter’s wishes or be sensitive to the people who trustingly participate in the planning groups the county promotes.

The “Yes on B” ad campaign paints a bleak picture of what will happen if voters choose to follow the General Plan (THAT General Plan which took over a decade and cost taxpayers \$18,000,000 and engaged the expertise of environmentalist, planners, community groups etc.). “Yes on B” which seeks to change the land use from 99 homes to over 2000 warns of “Sprawl. Big Box Stores.” The “No on Newland Sierra” group consists of motivated local residents, many who don’t regard placing more homes in an area where more and more fire insurance policies are being terminated (requiring residents to get state fire insurance at double the price) as wise. There are also businesses who rely on the semi-rural character of the area and made improvements to their properties with the current General Plan in mind. Environmental concerns of many current residents are addressed by the “Mirriam Mountains Wildlife Connectivity Review” written by Megan Jennings, Ph. D.

It is evident that many of Hidden Meadows current residents would like provide low cost housing, but not to the detriment of the community they have built over 30+ years. Certainly, many are eager to utilize the recently provided County Standard ADU Building Plans and any special assistance the county would provide to make construction permitting more “friendly”, but the plans have only recently been made available. Change will happen, with or without Newland Sierra but many residents have legitimate concerns that too much change all at once will mean the end of this naturally beautiful area, the generous community, the spectacularly unique geology and abundant wildlife. See Figure 4.



Annual Events in Hidden Meadows 2020

Sponsored by the Hidden Meadows Community Foundation

Reception Welcoming New & Current Volunteers	Thursday, March 5	Boulder Oaks Tavern
Sellers’ Faire	Schedule to be announced	Boulder Oaks parking lot
Easter Egg Hunt	Saturday, April 11	Pavilion
Community Garage Sale	Schedule to be announced	Throughout HM
Fourth of July Parade/Picnic	Saturday, July 4	Boulder Oaks parking lot
Trunk or Treat	Saturday, October 31	Pavilion parking lot
Turkey Trot	Thursday, November 26	Boulder Oaks parking lot
Toys for Tots	Saturday, December 5	Pavilion

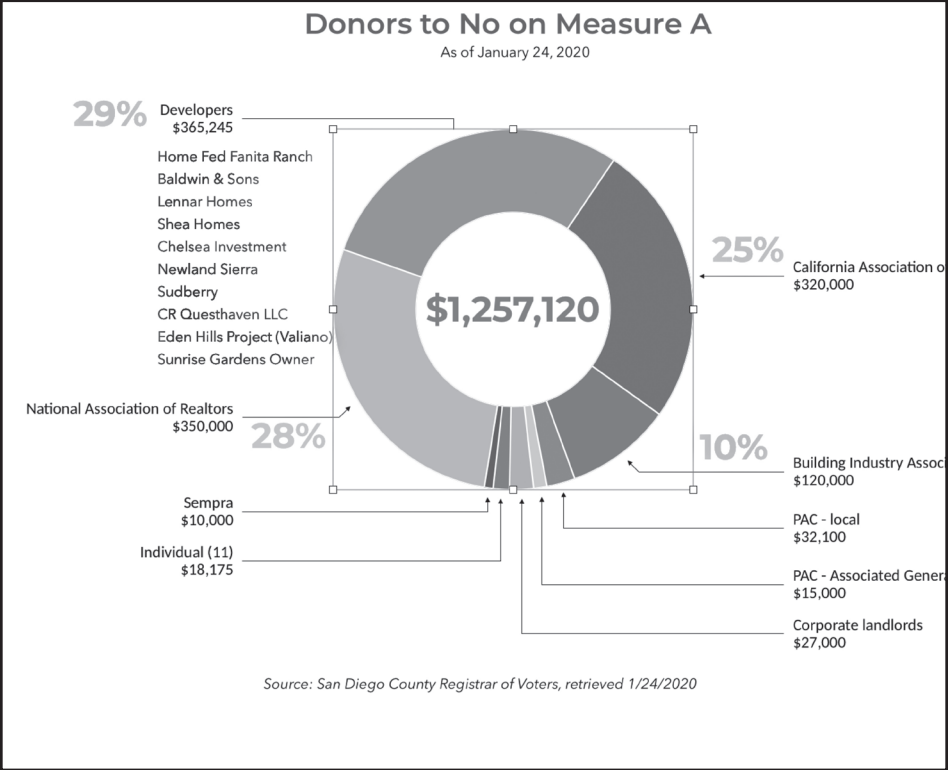


Figure 4: Donors to ‘No’ on Measure A

Astronomy Corner by Chris Holmes

The Winter Sky: Part 3

The Perseus Star Cloud

This star cloud (Fig. 1) is about 1000 light years away and stretches from the Cassiopeia constellation across the sky to Taurus. Its multiple stars of white, yellow and red-orange are new stars in the process of developing. The cloud is also populated with three colorful nebulae and a most dazzling open cluster.

You remember from a previous discussion about nebulae that they are the huge clouds of dust and gas remaining after a star blows up; they can take on dramatic shapes and colors. Fig. 2 shows the Heart and Soul Nebulae (the two red smudges at the top of Fig. 1). I've tried to photograph these objects for years, but they have such low surface brightness that even at long exposures all I ever got was a lot of photographic noise. It wasn't until I modified my DSLR camera for astrophotography and began using a hydrogen-alpha filter that I was able to hook them and reel them in. Happy Valentine's Day!

Next door to the Heart and Soul is the famous and glittering double open cluster (Fig. 3). (Yes, I included this object in last month's column, but it didn't print well, and I thought it deserved another chance to shine).

Finally, at the very bottom of the star cloud, is a streak of red with dark patches in its center. With long exposure and filtering, it resolves into a shape resembling our most populous state: the California Nebula (Fig. 4). I think I can even make out central dark areas, which must be the California valleys west of the coastal mountain range. (Astrophotography takes a very vivid imagination!)

"All images by the author, except Fig.1, which is from a public domain source; technical assistance by Scott Roods."

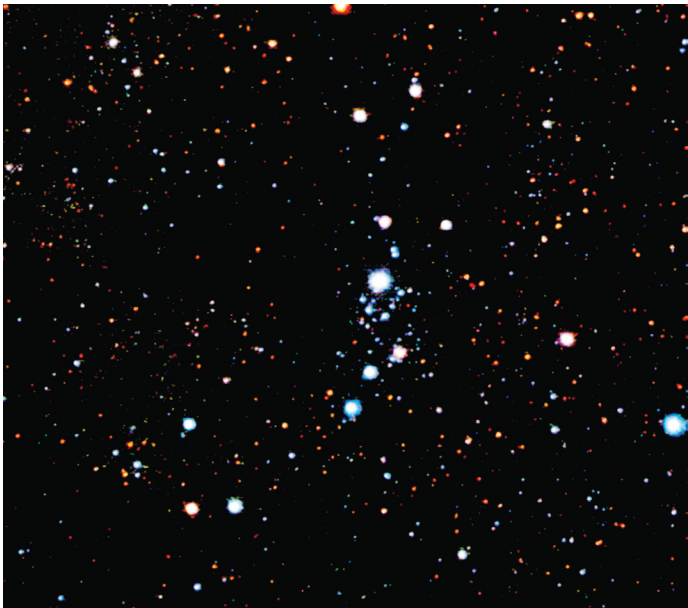


Fig.1 - The Perseus Star Cloud

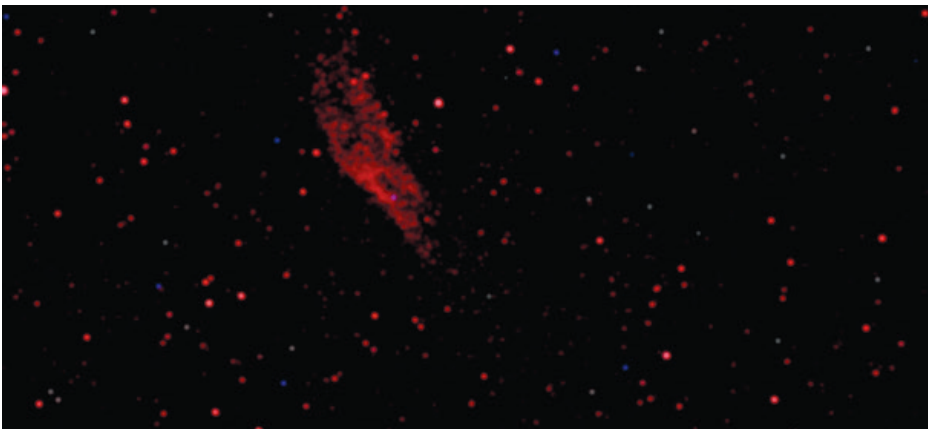


Fig.4 - The California Nebula

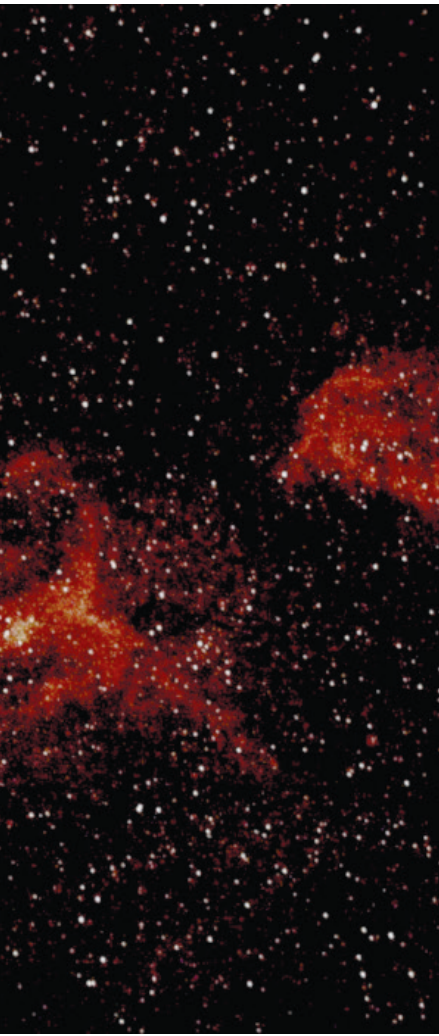


Fig.2- Heart and Soul Nebula

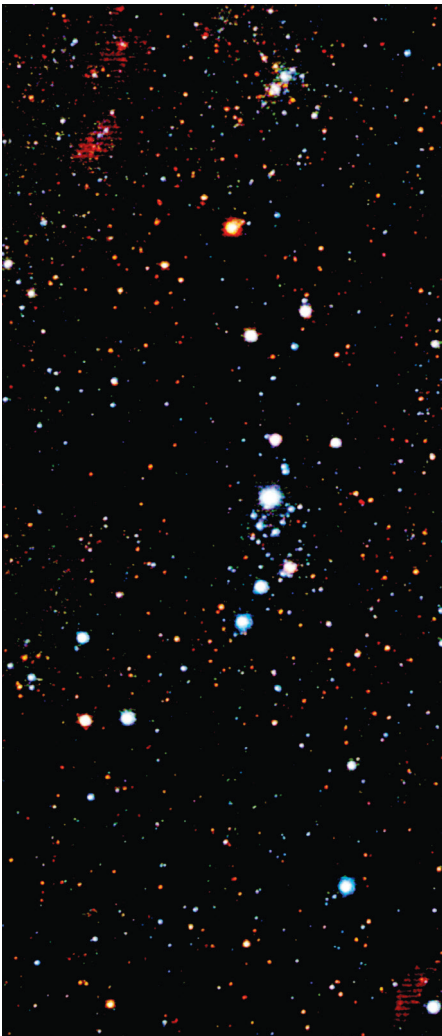


Fig.3 - Double open cluster

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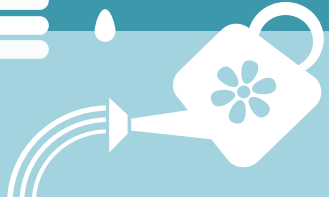
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Station 2 Deer Springs: 760-741-5512

Station 3 Hidden Meadows: 760-751-0820

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Hidden Meadows News - Newspaper: 760-297-2900

Hidden Meadows Women’s Social Group: First Game Night of 2020

By Linda Collins / Resident

On Thursday January 23rd, 9 members of the Hidden Meadows Women’s Social Group and one husband (mine) gathered to play Mexican Train at the Tavern. Several people arrived early so we could have a quick dinner. Bobby took our orders and Dave turned the food around nice and quick so we could get right down to business.

We divided into two groups and set up to play. Everyone seems to play Mexican Train differently. So I enjoy that I get to set the rules. We call them Calvin rules after a Calvin and Hobbes cartoon. I make them up as needed!

To make sure everyone got to play and chat with everyone else, after each round one or two people switched tables. Dannielle Milliken guided one table and Linda Collins guided the other. The evening went by in a

flash and the restaurant’s closing time came much too soon.

The Hidden Meadows Women’s Social Group gets together several times a month. The central or core event is a social at one of the member’s homes. In addition, there are other activities members enjoy, gathering for breakfast, or Mexican train night, or a play. We are not limited in our interests.

In February, several members are going to the Escondido Chocolate Festival. And, there be a social one evening later in the month that will have a Mardi Gras theme. Our host will be Dannielle Milliken. I will be getting out my Mardi Gras beads, wearing colorful clothes and expecting to have a great time like usual.

For more information about the Hidden Meadows women’s social group send an email to hmwsg92026@gmail.com!



Dawn Korinek, Dannielle Milliken, Vicky Long, Diana Rehagen, Mary Russell, Linda Collins, Randy Mitchell, Doreen, Judy Francello.

2020

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- Stanislaw Jerzy Lec

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When

February 26, 2020
10 a.m. – 2 p.m.

Where

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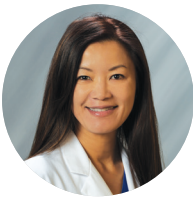
Speakers



Amit A Shah, MD
Keynote Speaker
Mayo Clinic
Aging Gracefully



Janice Baker, RD, CDE
Palomar Health
Dish on Diet & Nutrition



Nancy Chen, MD
Palomar Health
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