

In the back left to right: Michelle Zipse, Shelly and Dave Bauer, Meagan Gordan, Robert Robriguez, Beth Kline and her husband Jean Louis Clem-ent. In the middle with her arms up is the birthday girl: Vickey Ciarlanti & husband Jeff. In the front: Cherie & Mark Rogers and the other birthday girl Awara Mirza Van Sumner & her husband Dave.

Creative birthdays in the hood!

By Michelle Zipse / Resident

June 2 was Vickey Ciarlanti's birthday. Among her many gifts to her friend Awara Mirza Van Sumner, she gifted her a surprise birthday party on her own birthday. Thanks to everyone who came to help these 2 ladies celebrate their special day! It was an outdoor putting green party. There

were games, delicious food and cupcakes (thanks to Beth Kline) and many laughs and lots of fun was had by all. You'll notice in the picture we are all social distancing and celebrating responsibly in the new "normal". People are finding creative ways to celebrate and enjoy their lives!

Board of Supervisors rejects Lilac Hills Ranch

By DAVID ROSS /

Valley Roadrunner The San Diego County Board of Supervisors Wednesday, June 24 rejected the Lilac Hills Ranch project that had been forwarded to it by the Planning

Commission. The supervisors voted 4-1 to follow the recommendations by the County Fire Authority and the planning department, which had both said the project's fire evacuation plans were inadequate. Kristin Gaspar, Nathan Fletcher, Diane Jacob and Greg Cox voted for the motion. Jim Desmond voted no.

Fifth District Supervisor Jim Desmond initially made a motion to allow

ESCONDIDO, CA 92026

POSTAL CUSTOMER

the developers to go back and work with the County Fire Chief and community to make the project work. A substitute motion was made, so Desmond's motion was not voted on. He voted against getting rid of the project completely but was outvoted.

Desmond commented on the vote: "I am a big proponent of building more housing in the county, but that housing must be appropriately designed and meet the fire requirements. Fire safety and evacuation are of the upmost importance to me. Unfortunately, our Fire Chief was telling us, as designed, the project cannot be safely evacuated. However, the applicant was willing to continue working with staff. We as the County should not deny a project the opportunity to resolve issues. It's not good government to deny a project when the developers are willing to continue working on a solution."

Project Mgr. Jon Rilling reacted to the vote with a statement that sounded very much like the developer might finally be giving up after all these years: "We are obviously disappointed by the vote because after a year and a half of implementing every fire safety recommendation, this denial was based upon the tools to ensure vegetation management, not fire safety," said Rilling. He added, "We are deeply appreciative of

HMCF Thanks

By Jane Glassett / HMCF Treasurer

The 2020 Hidden Meadows Community Foundation Fundraising campaign raised \$8,211 from a total of 124 donors. This represents approximately 8% of the nearly 1,600 Hidden Meadows homes. Based on donor preferences, the funds were allocated to Beautification (\$839), Events (\$654), Neighbors Helping Neighbors (\$349), Scholarships (\$631) and the General Fund (\$5,738).

We want to thank all of the donors for their generosity. Receipts evidencing your donations will be sent out to the email or mailing address provided with your donation.

The Hidden Meadows Community Foundation is a 501(c)(3) organization that survives based on donations from residents and friends. All donations are tax deductible. Our 2020 Fundraising campaign, scheduled to run from March through May, was cut short because of COVID-19. We felt that neighbors were experiencing enough physical, financial and emotional issues as a result of the pandemic that it was inappropriate to burden folks further during this unprecedented time.

Interested parties can still make a donation by sending a check to HMCF at PO Box 462333, Escondido, CA 92046 or donate through PayPal at www. HiddenMeadows.news.

If you are unable to contribute financially, you can still get involved. Volunteers are needed to participate in events, elicit articles for the paper and serve on the Foundation Board. We hope to have the upcoming Trunk or Treat (October) and Toys for Tots (December) events and always need more volunteers.

Let's Celebrate our Graduates!

By Hidden Meadows Community Foundation

This year, few, if any, graduates are wearing caps and gowns and marching down the aisles to "Pomp and Circumstance" and a background of clicking cameras and cell phones. Too many missed out on all the usual graduation fun: the

extended families and friends gathering to congratulate and celebrate, PRSRT STD ECRWSS U.S. POSTAGE PAID ESCONDIDO, CA PERMIT NO. 2900 dinners out, beach and pool parties, and all the other graduation fun, traditions and ceremonies.

What we, at the Hidden Meadows Community Foundation and the Hidden Meadows News, can do, is to celebrate and take note of our graduates.

Please include school, and major if appropriate. Stories and pictures of achievement and safe craziness are welcome if you wish to share those. Send to Kim Riha of HMCF at kimriha819@gmail.com for inclusion in HM News August edition.

PS: If you include pictures, they should be at least 1 megabyte to print well - thanks.

PPS: Stories and pictures of birthdays, anniversaries, achievements, etc. are also welcome. Send to localeditor@hiddenmeadows.news and they will also be noted and included in HM News.

Another creative birthday. **Happy 40!!**

By Michelle Zipse / Resident Boulder Oaks golf club was

the site for another creative birthday party. This time to celebrate Nicole's 40th! For our friends who didn't feel comfortable coming out, they joined us on Zoom.

We are so lucky to have such a tight knit community in Hidden Meadows. Social distancing was observed. Thanks for all the creativity in keeping the fun and celebrations of life alive and well in these times. Happy birthday to all of our neighbors celebrating in isolation!



Nicole and husband Justin

What's Happening in HIDDEN MEADOWS?

ACTIVE LISTINGS

ADDRESS	LIST PRICE	ADDRESS	LIST PRICE	
Meadow Glen Way E	\$625,000	Burned Oak Lane	\$825,000	
Meadow Glen Way E	\$630,000	Turner Heights Lane	\$899,000	
Glenmeade	\$635,000	Pinion Trail	\$915,000	
Spruce Woodlands Way		Canyon Country Lane	\$949,000	
E Meadow Glen Way	\$695,000	Meadow Mesa Drive	\$950,000	
0	5,900 - \$725,900	Meadow Mesa Lane	\$1,179,000	
Calle De La Reina	\$729,000 \$7/7.000	Alps Way	\$1,499,000	
Meadow Glen Way E	\$747,000 \$760,000	1 3		
Sage Hill Way	\$769,000	Mountain Meadow Road	\$2,199,000	

PENDING LISTINGS

ADDRESS	LIST PRICE	ADDRESS	LIST PRICE
Meadow Glen Way E	\$549,999	Aspen Glen	\$735,000
Rosecrest Drive	599,000 - \$649,000	Rim Road	\$775,500
Indian Creek Way	\$649,998 - \$669,000	Cerveza Baja	\$789,000
Meadow Glen Way E	\$675,000	Aspen Glen	\$789,000
Burned Oak Ter	\$679,000	Sage Glen Trail	\$859,000

SOLD LISTINGS

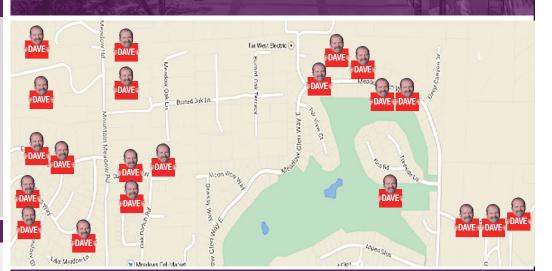
ADDRESS	LIST PRICE	SOLD PRICE
9603 Indian Creek Way	\$599,000	\$660,000
10251 Spruce Woodlands Way	\$607,500	\$605,000
10252 Oak Spur Way	\$619,900	\$610,000
10104 Oak Spur Way	\$659,000	\$652,000
28552 Gladstone Court	\$675,000	\$661,000
11175 Meadow Glen Way E	\$720,000	\$735,000
10773 Meadow Glen Way E	\$739,000	\$739,000
28673 Sandhurst	\$1,099,000	\$1,085,000

Data from SANDICOR, Inc. for 05/28/2020—07/01/2020 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? DAVE BUCKLEY

The proof is all over the map!



Call Dave for a FREE MARKET ANALYSIS for your home

Dave Buckley, REALTOR® CalDRE #01881295 760.419.6900

DaveBuckleyRealtor@gmail.com

Top 4% of Berkshire Hathaway Sales Associates Nationwide Top 100 Agents in Sales & Production

Local Area Specialist

BERKSHIRE HATHAWAY HomeServices California Properties



LIVE WATER SMART

Valley Center Municipal Water District

USE CIRCULATING



DON'T **OVER WATER** LANDSCAPING

NO WATERING AFTER RAINSTORMS

MINIMIZE CAR **WASHING**

> Thanks for YOUR Help

for rebates and incentives visit: vcmwd.org

Keys Creek Lavender Farm for sale for \$2.38 Million

Keys Creek Lavender Farm In Valley Center has been listed by Coldwell Banker Realty for \$2,380,000.

Jeff Kane, a Coldwell Banker Global Luxury Property Specialist affiliated with the Del Mar office of Coldwell Banker Realty, has listed the Keys Creek Lavender Farm for \$2,380,000. Located at 12460 Keys Creek Rd. in Valley Center this approximately 8.5-acre property is the only certified organic lavender farm in San Diego County.

"Come to your senses at Southern California's most beautiful Lavender Farm, which has been family-owned for more than 21 years," Kane told *The Roadrunner*. "You'll spend a relaxing time making sweet-smelling memories on this unique one-of-a-kind farm."

Boasting 64 solar panels, the property includes a charming four-bedroom owner's residence with a quaint wrap-a-round deck as well as a one-bedroom cottage with air-conditioning, a Pot-Belly stove and antique clawfoot tub. With space for up to 50 people, an approximately 1800-square-foot patio comes complete with an outdoor bar to enjoy the expansive vistas, pizza oven, cozy fireplace, gas BBQ, charcoal BBQ and Tandori oven for relaxing evening dinners. In addition, the sprawling grounds include a Jacuzzi and saltwater pool with a new eco pump, custom quartzite patio as well as four outdoor showers and four outdoor restrooms.

To view the home, contact Kane at 760-518-4900 or jeffkanere@gmail.com.

Annual Events in Hidden Meadows 2020

Sponsored by the Hidden Meadows Community Foundation

Sellers' Faire	First Saturday of the Month: August, October & November	
Fourth of July Parade/Picnic	Saturday, July 4 - Cancelled	
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

						S)e	r (Cı	OS	SV	vo	rd					SI	i TC DE
	000		-	6	hion		_											oo "	0. ok	
	OSS Blazin	a	5	6 Fas des	snion signer			advar	ded i Ice	n	3 B0		Nice rez		woma				– a sł ctor N	
	Greek		el		n the				beam	s	5 Se				Judea				atch a	
	Altern				əl [rig	ht		Englis			6 His				king				orts e	event
	to "ma 'bud"	ac" or	5	han Cro		of		Chani swimr			7 Sci 8 Lav		minid			numb հ		96 Va		iahtor
	Dua One o	fferin		8 Gre "Bo	nanz			Gertru			9 En				Epoc Crava	n at, e.c			sion i oor gr	ighter ade
	hush r			9 Pec					n fav	or		der		49	Lofty	trains	5 1		7 Sur	
	Tons		_		iled ir				NMM		10 Th	e wor	nan			lead	-in		rip" a	ctor
	Mayor			1 Dia 2 "Th				100ku			11 Re 12 Co	untro /	in		Gratu Lette		4	E		tio
	butter mouss		0		egativ				nome who			est Af				e ens			ptimis arring	lic
	Thing		6	3 Min				coine			13 Fol				Bulld		•		pes	
	pushe				baret				nova			oker							udio p	
	by a fl attend		6	5 " ·	— gia night .		105				14 Du	y col			Bovir buncl		1		ountai ome	n in
	left ha		6				108 Manage OK 111 "What I think				gra 15 Fr∈						ım 1		arava	n
25 l	Unimp	portan		7 Har	nd ov		i	s"	[right		16 By	gonè	U.S.	64	1950	s prez	Z	la	yover	
	matter		~		nally	and		nand]				s brar	nd			nugg				
	Atop, i poets	10	6	9 Typ the	them			strike say [le	zone eft	,	17 So SDE		flaws			y goo ng ne			erfectl tched	
27 İ	Not ke			this	puzz		ł	nand]			18 Jev	veler	s	71	NHĽ	team		ba	aseba	Í
	Plant 1			4 Orie					blade			gnifie			Reve	red	1		arson'	s
	drug s right l		7	8 Cha	arlotte oms	e of		₋ivy's Softw	1,000 are		19 No 24 Ba				one Not v	ot fin	al 1		state otivate	۵
	Dog-p		s 8	0 Tel				clients			24 Da 29 Wi				in law			15 Fu		0
[left ha	and]	8	1 Exc	avate	es	124 /	Ameri	can		Ac	oss,		75	In mo	otion		se	ed	
	Upfror			3 "No		e!"		/iolet hand]	[right			ounts					rer 1		te gei	ntly
	Date s 'How		iy 8	4 Rig pole				nand] Diver	aes		tha rais	t rise ses	with		Pierci pain	ng	1	or 18 Fo	ו orbidd	ina
L	Live" s	singer		7 Spil	ke he	els	130 I	Devel	ор		31 No	n-ear	thling	79	Appra		1	19 "№	ly Pe	
	Rimes		9	1 Aut				Basse			32 Act					a qu	ick		riter	
	Full of — chi		0	bloo 3 Uni	omer	v in			rious" juality		Wa 33 Ve	shing			greet		or 1		oba artiall\	,
	Sore		5		1 Mar		133				34 Pu					of mp			ben	
	Mama				hand	[k		Down		;	39 Ho	stage	•			hopp	er 1	25 "	. —	
	One o same			5 Hit fror			134	imy	cockta		hol 11 Wr	der, e	e.g.		— -F Que.	oy,	4	m 26 Sr	ouse	,,,
	Ziploc					aron	DOW	/N			12 Fo		(noq		lota				ne: Pi	refix
r	produc				[righ		1 (Chief	monk	(4	13 Ins	urer v	with	89	"Love		1:	28 "G	àigi"	
ł	hand]			han	nd]		21	Nore	relax	əd	a c	uck i	con		neigh	bor	."	st	udio	
1	2	3	4	5	6		7	8	9	10	11		12	13	14	15	16	17	18	19
20						-	21											1		
20											1		22		<u> </u>		<u> </u>	-		
23							21						22							
						24							22 25							
											00									
26						24 27					28	29								
26 30			31	32	33					34	28	29 35						36		
				32	33													36		
			31 37	32	33					34 38	28 39				40	41	42	36		
	44	45		32	33			46	47					49	40	41	42	36	51	52
30 43	44	45		32	33	27		46	47		39	35	25	49	40	41	42		51	52
30 43	44	45		32	33			46	47			35	25	49	40	41	42		51	52
30 43 53	44	45		32	33	27		46	47	38	39	35	25	49	40		42		51	52
30 43	44	45		32	33	27		46	47		39	35	25	49	40	41	42		51	52
30 43 53 58	44	45		32	33	27		46	47	38	39	35	25	49	40		42		51	52
30 43 53 58 62	44	45	37		64	27				38 60	39	35	25 48					50		
30 43 53 58 62	44	45				27		46	47	38 60	39	35	25	49			42		51	52
30 43 53 58 62		45	37		64	27				38 60	39	35	25 48					50		
30 43 53 58 62 67			37 68	63	64	27 54 59	55	70		38 60	39	35	25 48 72			61	74	50		
30 43 53 58 62 67	44	45	37 68	63	64	27		70		38 60	39	35	25 48 72			61		50		
30 43 53 58 62 67 84			37 68	63	64	27 54 59	55	70		38 60	39	35	25 48 72			61	74	50		
30 43 53 58 62 67 84 93			37 68	63	64	27 54 59	55	70	71	38 60 65	39 56 	35	25 48 72		66	61	74	50		
30 43 53 58 62 67 84 93			37 68	63	64	27 54 59	55	70		38 60	39 56 	35	25 48 72		66	61	74	50		
30 43 53 58 62 67 84 93			37 68 78	63	64	27 54 59	55	70 80	71	38 60 65	39 56 	35	25 48 72 81	73	66	61	74	50		
30 43 53 58 62 67 84 93			37 68	63	64	27 54 59	55	70	71	38 60 65	39 56 	35	25 48 72 81		66	61	74	50		
30 43 53 58 62 67 67 84 93 97			37 68 78	63	64	27 54 59	55	70 80	71	38 60 65	39 56 	35 57 90	25 48 72 81	73	66	61	74	50	76	
30 43 53 58 62 67 84 93 97 105	85	86	37 68 78 101	63	64 69 94	27 54 59 87	55	70 80	98	38 60 65 99	39 56 89 95 112	35 57 90	25 48 72 81	73	66	61	74	50 75 83 1114	76	77
30 43 53 58 62 67 84 93 97	85	86	37 68 78	63	64 69 94	27 54 59 87	55	70 80	71	38 60 65 99	39 56 89 95	35 57 90	25 48 72 81	73	66	61	74	50 75 83	76	77
 30 43 53 58 62 67 84 93 97 105 	85	86	37 68 78 101	63	64 69 94	27 54 59 87	55	70 80	98	38 60 65 99	39 56 89 95 112	35 57 90	25 48 72 81	73	66	61 82 91	74	50 75 83 1114	76	77
30 43 53 62 67 84 93 97 105 1177 123	85	86	37 68 78 101	63	64 69 94	27 54 59 87	55	70 80	71 98 120	38 60 65 99 1111	39 56 89 95 112	35 57 90	25 48 72 81	73	666 966 1000	61 82 91	92	50 75 83 1114	76	77
 30 43 53 58 62 67 84 93 97 105 117 	85	86	37 68 78 101	63	64 69 94	27 54 59 87	55	70 80	98	38 60 65 99 1111	39 56 89 95 112	35 57 90	25 48 72 81	73	66 96 100	61 82 91	92	50 75 83 1114	76	77
30 43 53 62 67 84 93 97 105 1177 123	85	86	37 68 78 101	63	64 69 94	27 54 59 87	55	70 80	71 98 120	38 60 65 99 1111	39 56 89 95 112	35 57 90	25 48 72 81	73	666 966 1000	61 82 91	92	50 75 83 1114	76	77

LHR / From Page 1

all the tremendous support that we have received over the years but the reality is that the State and local governments have created far too many road blocks and hurdles to support meaningful housing production. Thank you to everyone that has been part of this process."

Asked if this means the developer had thrown in the towel, Rilling replied, "No decision has been made as to the next steps."

Valley Center Planning Group Chairman Dee Chavez Harmes told *The Roadrunner*: "Input by Steve Hutchison and me was in line with the county staff's recommendations which was in line with the 2016 countywide referendum. Valley Center has already contributed to alleviating the housing shortage with developments in our two villages which will bring more than 5,000 more residents to a much safer location relative to evacuation and transit."

James Gordon, a member of the Deer Springs Fire Protection District board, and a longtime foe the project, told *The Roadrunner:* "The Community should be proud. They stuck together and never backed down. Great credit also goes to County Staff and County Fire. They listened to the Community, took their job seriously and did what was right despite political powers trying to get them to back down. This is a great success story for how the process can work when both the Community and the County work together."



Law Office of Diane Haisha-DeForest

Contact Lawyer Di Diane Haisha-DeForest Attorney / R.E. Broker / Notary

858-560-0776

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

Let us help you start the New Year off with Peace of Mind. Contact our office for an affordable Estate Plan.

Our sincere thanks to all of our past, present and future estate planning clients for their business and referrals. • Revocable Living Trusts • Last Will & Testaments • Durable Powers of Attorney • Property Deeds • Probate • Advance Health Care Directives • Business Organizations • Conservatorships • Trustee Removal • All Real Estate Services • California Professional Trustee Services • Pre and Post Marital Agreements Mobile services provided at no additional charge. (weekday, evening and weekend appointments available.)

Do it once, do it right!

SERVING HMN READERS SINCE 2001

HIDDEN N A ROADRUNN P.O. Box 1529, 29115 Valley Center	USPS PE 290 Postage I Escondic Published	0 Paid at Io, CA	
GENERAL CONTACT	news@HiddenMeadows.news	760.297	.2900
SUBMIT RESIDENT/LOCAL COM	ITENT LocalEditor@HiddenMeadows.news	FAX	760.749.2221
ADVERTISING	advertising@HiddenMeadows.news		
OBITUARIES	obits@HiddenMeadows.news	VALLEY ROADRUNNER	760.749.1112
PUBLISHER/DESIGN Advertising Local Editor	JUSTIN SALTER JOSHUA SIBELIUS PATRICIA FOX <i>(HMCF)</i>	ESCONDIDO TIMES-ADVOCATE	760.546.4000
PROOFREADER	MARK BROCK	www.HiddenMe	eadows.news
	onthly publication mailed directly to approximately roximately 200 at local businesses and publishing o		

area of postal route 92026, and approximately 200 at local businesses and publishing offices. Hidden Meadows News is a subsidiary of Roadrunner Publications, Inc., in affiliation with the community of Hidden Meadows and Hidden Meadows Community Foundation. Our liability for errors and omissions on ads is limited to the price of the ad for a single issue run. Opinions expressed by Hidden Meadows Community Foundation, columnists and articles are those of the writers and not necessarily those of the newspaper. Accuracy of content submitted to Hidden Meadows News by Hidden Meadows Community Foundation is the responsibility of Hidden Meadows Community Foundation. Hidden Meadows News reserves the right to edit any content provided to the newspaper. Contact Hidden Meadows News with any questions.

Moving San Diego Forward

By JIM DESMOND

At the beginning of this pandemic, our public health officials told us the goal. We needed to stabilize our health care system, make sure we had enough hospital beds and secure a healthy supply of medical equipment including ventilators. Thanks to our public health officials and the people of San Diego County, we have achieved our goal.

Throughout our COVID-19 response, I've made my decisions based on facts, not media headlines. It is true, our positive COVID numbers are rising, but that doesn't tell the entire story. Even with increased testing and increased positive cases, hospitalizations continue to decrease in San Diego County. This is because counties are beginning to test people who don't have symptoms and most of those who are asymptomatic are younger people. Our hospitals are stable at 330 beds taken for COVID cases, that's .5% of the positive cases in the hospital. In California, the average age of new confirmed cases has dropped from 50 to 38 years old. This is positive news.

Over the last few weeks, we've successfully opened up more and more businesses. We knew there was going to be some speed bumps, but we are better off using a scalpel than a grenade to address issues as they occur. We need to use a focused approach that identifies where the problems are.

In light of all that, at our last board meeting my motion to open more businesses and activities was passed by a 4-1 vote. My push was to allow wedding receptions, hotel meetings/conferences, churches (with appropriate social distancing), street fairs, playgrounds and team competition (without spectators).

We will now send a letter to Governor Newsom on behalf of the Board of Supervisors. This allows local control, for our Public Health Officials to implement as safe and appropriate.

We must continue to be safe and protect our most vulnerable, while progressing with our reopening!

Jim Desmond is a member of the San Diego County Board of Supervisors. He represents the 5th District, which includes Hidden Meadows, Valley Center, Pauma Valley, Palomar Mountain and much of the backcountry.

Sears closes at Westfield Mall

One of the last remaining Sears stores in San Diego, the Sears in Westfield Mall, has begun closing. Sears has been with the mall since it opened, as one of its anchor stores. Since February of 2019 when Transformco purchased the assets of the troubled national brand, which includes K Mart it has been closing stores all over the U.S., with the goal of keeping open a core of 182 successful locations.

Escondido Chamber of Commerce CEO James Rowten commented, "Sears is a great example of what can happen to brands who do not keep up with the times. Although a once mighty brand and the 'go-to store' for many Boomers the SEARS brand has become obscure with no real identity to Gen Xer's, and the Gen Y Millennials. Ask a 25 year old about the familiarity of the following brands: Amazon, PayPal, Bitcoin, Twitter or Sears and you can get an idea of why they are closing. I've warned about Amazon and the downside to all the convenience and relative ease of use with the baggage that comes with using one resource for almost all of your needs. The Sears closing is proof of what can happen to brick and mortar retailers when they don't change with the needs of their market."

HIDDEN MEADOWS COMMUNITY FOUNDATION

Sarah Sealey, President Toni Wozmak, Secretary Jane Glassett, Treasurer Rob Enfield, Director Patricia Fox, Director Sandra Grafrath, Director Kathy Moore, Director Kim Riha, Director Paul Schoos, Director Pete Tomaszek, Director Neighbors Helping Neighbors Christina Stendall, Chair Communication Patricia Fox, Chair Median Maintenance Paul Schoos, Chair Social Groups Toni Wozmak, Chair Community Events open

Budget update

By MARIE WALDRON, 75th Assembly District

When the COVID-19 pandemic struck, state revenues began to plummet, while spending on unemployment insurance and social programs increased exponentially. The result — our \$21 billion surplus suddenly transformed into a \$54.3 billion deficit.

The budget that passed on June 15th was the beginning of discussions between the Governor and the Legislature over a series of trailer bills that implement the budget. Questions remained about how to maintain California's fiscal solvency without the proposed deep cuts to education, public safety and safety net programs that were on the chopping block. Fortunately, an agreement was reached avoiding many of these cuts, at least for now.

I am concerned about some of the budget's priorities. For example, funds are included for high-speed rail and for AB 5 enforcement, which will slow recovery by limiting employment options. I am pleased that provider rate increases for those serving Californians with Intellectual and Developmental Disabilities, omitted from last year's budget, will be provided this year. The budget provides funding for Early Childhood and K-12 Education along with the After School Education and Safety Program. \$350 million in new state spending for homeless programs impacted by the pandemic is included, and California's COVID-19 response will be enhanced, including support for food banks. To protect employers, payroll tax increases on businesses forced to lay off workers will be minimized for at least one year. And counties will receive up to \$1 billion to backfill public health and social service costs that skyrocketed during the pandemic.

While this budget has many positives, we can do better. We must prioritize essential services, especially during the current emergency. We must increase efficiencies in all state agencies, so that California can better withstand future economic downturns. Most of all, since state programs and services are financed by revenues generated by a thriving economy, we must protect jobs.

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

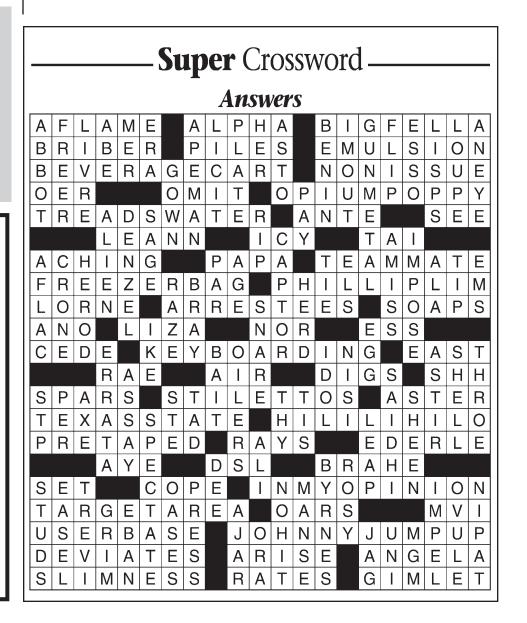
Seller's Faire update

By Michelle Zipse / Resident

The Seller's Faire will start this year on August 1. We are inviting the Dos Banditos Food truck to be part of the fun. Dos Banditos serves tacos and other Mexican food. Come down and check it out!

Dates for the Seller's Faire:

August 1:	Garden and electronics recycling
September 5:	Dog Fest. Dress up your puppy and bring them
	down to share the fun
October 3:	Oktoberfest
November 7:	Holiday gifts and electronic recycling





Michael Carlson, D.D.S.

carlsondental.net

- Providing quality dental care to patients of all ages
- Now offering dental implants for missing teeth and denture stability
- We see same day emergencies

Serving Hidden Meadows Residents for 40 Years (760) 747-2616 726 E. Grand Avenue, Suite A Escondido, CA 92025 Monday - Thursday 8:00am - 5pm





Zoom on line trivia is still going strong

By Michelle Zipse / Resident

The Wednesday Trivia Night continues despite Coronavirus, masked men and women, and stay in place!

Categories change every week. Some of the categories from June 24th were: Name That Tune, National Parks, Taxes, Disney Sidekicks, Anniversary Questions for Our Hosts - Dave & Awara Van Sumner, Rivers, Math, Anatomy, Broadway, and Slogans. The Bonus question, worth 25 points, was Name All 8 Ivy League Schools.

The winners from the June 24 game were Michael and Michelle Zipse and Clay Bruner with a total of 64 points out of a possible 75.

Please join us on Wednesday nights from 6-8 p.m. for on line trivia. Joining instructions are Zoom meeting ID 846-8987-0173. Password 621005

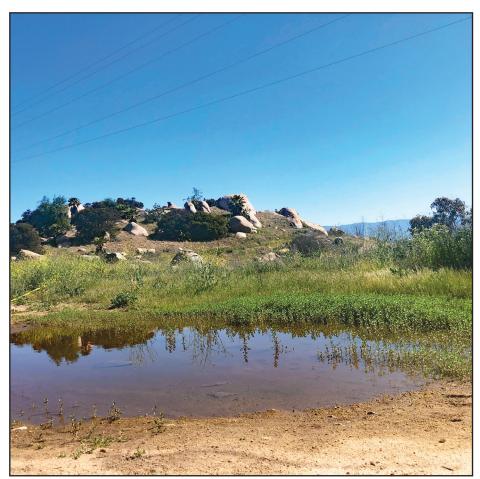
Give your home the protection it deserves.



Your home is where you make some of your best memories, and that's worth protecting.

I'm here to help.

LET'S TALK TODAY.



Vernal pool in the Escondido Creek Conservancy

Fairy Shrimp are real, and we found them near Hidden Meadows

Biological surveyors discovered Fairy Shrimp on Mountain Meadow Preserve in Escondido.

By Nathan Serrato / Escondido Creek Conservancy

The Escondido Creek Conservancy recently discovered Fairy Shrimp (Branchinecta lindahli) at the Mountain Meadow Preserve near Hidden Meadows. This elusive species is fairly uncommon in San Diego County due to the loss of preferred habitat—vernal pools. And while they won't grant you three wishes most vernal pools in San Diego have been destroyed by urban development making their discovery is quite magical!

Vernal pools are small depressions in the earth that fill up with water in the winter months. During that period, they spring to life with rare plants, amphibians, and other aquatic creatures. In this case, the fairy shrimp were found in a road-rut on the preserve that had filled with water this spring—six pools total. While they aren't natural vernal pools, they provided homes to tadpoles, plants, aquatic insects, and fairy shrimp!

These enchanting creatures are known for their translucent bodies, swimming upside down, and their fascinating life cycle! They only live for about two months which is just enough time for the females to continue their legacy by laying eggs. With enough rainfall, these eggs typically hatch around December. Although the eggs themselves have been known to last for up to 15 years without hatching—which is great in areas experiencing prolonged droughts!

San Diego County used to be home to over 28,500 acres of vernal pool habitat in San Diego County. By the year 2001, fewer than 2,400 pools remained due to a rapid increase in development. Their preservation has become a higher priority in recent years and thanks to the acquisition of Mountain Meadow Preserve by the Conservancy—in partnership with the County of San Diego Department of Parks and Recreation and the United States Navy on behalf of Marine Corps Base Camp Pendleton—these pools will be protected in perpetuity. The Conservancy hopes to restore these pools and utilize them as part of future education programs. For more information, please visit www.escondidocreek.org and sdparks.org.

Tim Giblin, Agent Insurance Lic#: 0539191 133 S Escondido Blvd Escondido, CA 92025 Bus: 760-741-1188

1708136



State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL State Farm Florida Insurance Company, Winter Haven, FL State Farm Lloyds, Richardson, TX



Astronomy Corner by Chris Holmes **History of Astronomy in Stamps: Part II**

In Part I, I discussed the Copernican "heliocentric" model of the universe: the planets orbited the sun along circular paths. But Copernicus wasn't the first with this idea. Aristarchus of Samos had offered it up in the 4th century B.C., and Hypatia, a 4th century A.D. mathematician, went further, asserting that the orbits were elliptical, not circular. Alas, she was murdered during the Christian-Jewish riots of that time and her ideas forgotten for 1300 years.

But now we come to the era of solar and galactic measurement, with sophisticated tools developed for assessing planetary distances and orbital shapes.

Tycho Brahe

Tycho is the most famous astronomer who never looked through a telescope; he died 8 years before it was invented. But he was the greatest "naked eye" observer in history and specialized in developing and using a variety of sophisticated devices for measuring planetary and stellar positions, the Moon's orbit, and the inclination of the ecliptic (23 degrees). Parallax had measured the earth-moon distance, but it was unsuitable for small or distant objects like planets and stars. Tycho changed all that with the tools he used: the sextant, the quadrant (Fig. 1), and the armillary.

In 1572, Tycho identified a new star in the constellation Cassiopeia (Figs. 1 and 2). He knew, from prior observations, that it was neither a planet nor a known star, since neither had been spotted at that position before. He called it "stella nova," new star, and the name stuck and was applied to all such discoveries in the future.

As a reward, the Danish King granted him land to build an observatory, which he called "Uraniborg" (Figs. 1 and 3), where he would spend the next 20 years measuring the sky and compiling a catalogue of 1000 stars. He finally moved to Prague in 1596 and asked a young mathematician named Johannes Kepler to analyze his observations.

Johannes Kepler (1571-1630)

Kepler eagerly accepted Brahe's offer. But the data didn't match the predictions of the Copernican model, i.e., perfectly circular orbits. This was especially true for Mars. But when Kepler realized that Mars's orbit behaved like an ellipse, not a circle, Brahe's data fit perfectly. This led to his 3 laws of planetary motion.

1st law: All planetary orbits are elliptical, not circular (Fig. 4). 2nd law: This law (Fig. 5) had 2 parts: The 'distance rule' stated that a planet's orbital speed was inversely proportional to its distance from the sun: it sped up when close; slowed down when far away. Part 2, the 'area rule,' stated that a line drawn from the sun to the planet would sweep out equal areas over equal times, which it could do anywhere on its orbit because it sped up or slowed down to cover more or less ground.

<u>3rd law:</u> This law describes the relationship between a planet's orbital period and its distance from the sun. These periods had already been measured, and in 1769 the earth-sun distance (the astronomical unit or AU) was calculated by parallax. It was then simple algebra to calculate the other planet's distance from the sun.

Galileo (1564-1642)

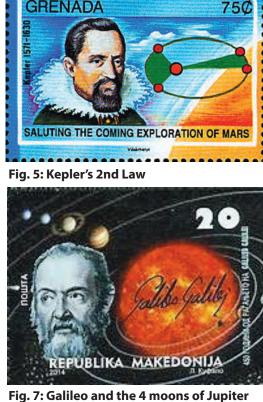
In 1608 Holland two opticians - Lipperhey and Janssen - applied for patents on a device used to "observe from a distance" - the telescope. The news spread, and within a year Galileo owned one (Fig. 6) and began to observe what had until then been only speculations.



Fig. 1: The quadrant.



Figs. 1 and 3: Uraniborg.



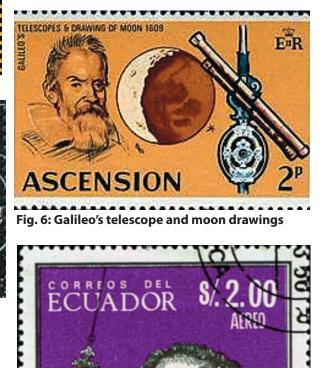




Figs. 1 and 2: Brahe's nova in the constellation Cassiopeia



Fig. 4: Elliptical orbit, from Kepler's book, "Astronomia Nova"



By 1610, he had discovered Jupiter's 4 moons (Fig. 7) and noted that their orbits followed Kepler's laws precisely, each moon passing in front of or behind the planet at predictable times. Tables of these times were used to measure east-west distances on land (longitude), but were unreliable for longitude at sea.

Falling Bodies

Galileo probably never dropped objects off the tower of Pisa (Fig. 8), but he did roll balls of the same size but different weights down ramps, measuring how long it took them to hit the ground. They all increased their speed and hit the bottom in the same elapsed time. Galileo called this acceleration -which means 'addition of speed' in Italian. This was the first use of the term for this force until Einstein showed it was equivalent to gravity.

Galileo's theories were rejected by the Church. He was accused of heresy in 1633 and placed on house arrest until his death at age 77.

The rest of the 17th century saw an explosion of telescope development and usage. Christiaan Huygens (1629-1695), for example -- the greatest scientist between Galileo and Newton (Fig. 9) -- discovered the rings of Saturn. He also invented, and is most famous for, the pendulum clock.

Fig. 9: Christiaan Huygens



SUBMIT CONTENT FOR HMN

Deadline for local article submission: 17th of the month for the next issue. Photographs submitted for publication should be hi-resolution, unmodified originals, hi-res/300dpi. We cannot accept photos taken from social media sites such as Facebook. Send drafts and photos to Patricia Fox to LocalEditor@HiddenMeadows.news



Donna Hinke, Idalia Rewar and Joanne Anglin



A newly planted Aeonium garden **Garden Club Plant Exchange**

By Karen Henderson / Resident

On June 12, members of the Hidden Meadows Garden Club participated in a plant exchange. It was our first in person activity since February and it was lovely to see so many familiar faces - albeit behind our masks! The weather was perfect as we arrived, toting boxes and bags containing plant cuttings.

Trying to maintain 6' physical distance, we picked and chose from a generous selection including scented geraniums, mint, seeds, canna, Kalanchoe, Pachyphytum, Echeveria, Aeonium, variegated jade, aloe, sedum, ice plant, and many other succulent cuttings.

We all went home with a selection of new plants for our gardens, which is always fun. Unfortunately, we were not able to stay for our usual brown bag lunch - a COVID-19 concession. Hopefully, we can resume our planned calendar in July.

If you would like more information about the HM Garden Club, contact Frances Munk at francesmunk17@gmail.com or 760-809-8889.



Sima Kashani and Vida Shayan



Sherry Horton, Maggie Adkins-Ingram and Olga Brouwer





Cleaning Services Residential & Commercial New Construction & Remodel Final Cleanup

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





We are your Local Trusted Propane Company.

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

www.fallbrookpropanegas.com 1561 S. Mission Road, Fallbrook CA 92028

LOCALLY OWNED AND OPERATED SINCE 1987

Always here. HWANG GAFE.

Your health has always been our priority. Over the last several months, we have taken extraordinary measures to ensure your safety at all of our locations.

We have intensified our cleaning and safety precautions to protect you and your loved ones:

- Screening all patients at the door for potential infectious diseases
- Masking all patients and personnel throughout the hospital
- Restricting visitors
- Unprecedented cleaning and sterilization of all surfaces
- Separating potential COVID-19 patients from others

Due to this high level of care, you can feel safe with us. Always here. Always safe.



To learn more visit PalomarHealth.org/Safety.

Bars, breweries, wineries to close again in county

By JOSÉ A. ÁLVAREZ,

County of San Diego Communications Office

San Diego region bars, wineries and breweries without a license to serve food will need to close to prevent community outbreaks of COVID-19 and the spread of the virus, the County Health and Human Services Agency announced today.

Starting July 1, these establishments must close their doors until further notice.

For those businesses with a food license, they can only serve food to customers seated at a table and alcohol can only be consumed while those patrons are eating.

The County will not consider further re-openings of any businesses or activities, including the bars, breweries and wineries, earlier than Aug. 1 to further slow the spread of COVID-19.

The decision was made given the number of out-

breaks being identified in the region and the increasing number of cases and hospitalizations reported recently.

Nearly 500 cases of COVID-19 were reported in the County June 28, the highest total since the pandemic began.

Cases are being identified in a variety of settings, but recent outbreaks have been linked to bars, restaurants and private residences.

A growing number of cases are being identified in young people, especially those between the ages of 20 and 29. At the end of April, 15% of all cases reported were in people in that age range. Now, that percentage has increased to 22%.

"It's obvious that more young people are going out and not following the public health guidance. That's why we're seeing more community outbreaks," said Wilma Wooten, M.D., M.P.H., County public health officer. "They are going to bars, restaurants and having house parties and not wearing a mask or maintaining physical distance."

Another group showing increasing percentages are those 10 to 19 years old. That percentage has risen from 2.4% in late April to almost 6% currently.

"People are going out in larger numbers and interacting with people outside their household," Wooten said. "While younger people have less severe symptoms from COVID-19, it's important to note that they could be spreading the virus to others who are more vulnerable."

For people in their 30s, the percentage of positive cases has remained steady, and in older demographics the percentage has been steadily decreasing.

"Older people are heeding the public health advice and staying away from crowded places to avoid getting the virus," Wooten said.

BOOK TAIK by Lynn Clark

Sometimes I hit a snag and can't come up with a book that I really liked to review, and sometimes every book I read has a problem with it somewhere. This is one of those months. It usually happens after I have read an outstanding book that really held my interest, and the last 2 books: "Dominion" and "I Am Pilgrim" fit that category. However, I decided to give you a brief rundown on the books I did read because they all made the Best Seller List at one time or another.

"John Adams Under Fire" by Dan Abrams and David Fisher

I wanted to read this book because I enjoyed "The First Conspiracy", but this one did not hold my interest from the start. The first 3 chapters provided background, but by the 4th chapter I was pretty much done reading and never finished it. There was a definite lack of "color" to the book. It was very bland, and the writing didn't help the book overcome that problem.

"Hannah's War" by Jan Eliasberg

This book is historical fiction loosely based on Austrian born scientist Dr. Lise Meitner. She was a brilliant physicist who worked at the Kaiser Wilhelm institute in Berlin before World War 2. Although she was Jewish, she worked in Germany under a protected status with a scientist named Otto Hahn. It was her calculations that led to the discovery of nuclear fission. On the eve of her greatest triumph, Austria was annexed, her protection vanished, and she fled the country. Here is where the facts became fiction.

In the book she flees to America and becomes involved in nuclear testing in Los Alamos. Her name in the book is Hannah Weiss, hence the title "Hannah's War".

Enter Major Jack Delaney who has been assigned to run an investigation about a possible spy in the lab that is leaking information to Germany. Hannah becomes the number one suspect because of her background, but Jack is instantly attracted to her and is not sure she is guilty. The book mainly deals with the relationship between Hannah and Jack Delaney, and his search to find the spy.

The history behind the book was eye-opening because Dr. Meitner actually fled to Switzerland where she worked in a lab and lived for many years. After I read the book, I did some research and this is the part I found most interesting. In 1945 Otto Hahn received the Nobel Prize in Chemistry for the discovery that was actually Dr. Meitner's. She even attended the ceremony hoping he would mention her name. He never acknowledged or honored her work. He later stated that because she was Jewish and a woman, the committee would never have accepted the work, and of course he failed to mention that acknowledging her would have cost him his job in Germany. She never criticized him publicly. Even though she was nominated 47 times for the Nobel, the prize still stands alone with only Hahn's name attached to it. She died in 1968 in England.

"The Red Lotus" by Chris Bohjalian

Mr. Bohjalian has written numerous books. This one is about the manufacturing and distribution of a pathogen that is a new strain of the plague. The action takes place between a hospital in the U.S. and Asia. Unlike the book "I am Pilgrim" this pathogen is being developed and sold for profit mainly in Asia. The initial testing is being conducted in a lab in the U.S. on brown rats imported from Vietnam which were adversely affected by the use of Agent Orange during the Vietnam War.

There are some interesting characters in this book including the ER physician and her boyfriend that are in Vietnam for a ride with a bike club group. He disappears on a lone venture bike trip into the area, and she finds out he has been lying to her about his background and the purpose of the trip from the beginning. How the pathogen is discovered and stopped is, of course, the main story.

I think I have personally reached my limit listening to the news, etc., concerning the Coronavirus, and the latest books I have read about pathogens. I know it is out there. I don't bury my head in the sand. I just need a break.

Hidden Meadows Handyman

Hidden Meadows Community Foundation Booth & Fundraising at the Seller's Faire

By Michelle Zipse / Resident

All friends and neighbors!

The Seller's Faire is trying to bring back baked goods to this neighborhood event. A challenge, due to permitting. However, we have come up with a strategy to raise some money and be able to sell baked goods. We will have a neighborhood fundraising booth. If you're interested in baking we could use your help. Please bring individually wrapped baked goods to the Foundation booth on Saturday August 1. All neighbors are welcome to participate!

If you'd like to help with baking goods or participate as a vendor in the Seller's Faire, please contact Linda Collins at 760-212-2601.

Rock those Sleeveless Shirts this Summer

By Amy VanLiew / Resident

A classic question I get when I tell people I am a personal trainer is...how can I tone up my arms so I can wear those cute sleeveless shirts again. After some research I have found that there is some Good News and there is some Bad News.... interested? Read on.

I am going to give you the bad news first...You MUST set realistic expectations. Facts:

1. Unless you are willing to do invasive surgery there is no quick-fix that specifically targets arm fat. It is not possible to target weight loss on a specific area of your body, such as your arms. If you lose weight, you may lose it off your waist or tummy before you see any difference in your arms.

2. As we age, the skin loses some of its elasticity and therefore the flabby arm appearance gets worse.

The good news is, it is possible to significantly improve the appearance of your arms with these 3 steps:

Step 1. ALWAYS wear sun screen on your arms, exfoliate regularly and moisturize daily. Work to always keep the skin protected from the harmful UV rays. You can also experiment with a firming cream. I am trying one right now and will let you know how it goes.

Step 2. Lose the fat. It is not enough to just do muscle building exercises. Yes, you will improve muscle tone, but if the muscle is covered in a layer of fat the outward appearance of your arms will not change all that much. Once you shed the extra layer of fat, however, the fabulously firm muscles underneath will be revealed. I know, I know this is not easy but, if this is important to you, there is a way.

Step 3. Tone and build those muscles. It's not enough to just lose weight. Even if your arms do become thinner, they can still look flabby if you have no muscle tone beneath the fat. In order to get the most out of your work and to maximize your muscle tone, it is important to set up a routine and stick to it. Start out slow with exercises you are comfortable with then start adding in more repetitions, more weight or different exercises.

Of course if you need any help I'm in the neighborhood! Reach out at amy@ behealthyenough.com

Taking Care of Dad

By Linda Collins / Resident

What a whirlwind! In March, dad was living independently at Brookdale with some mild, but increasing, memory issues. Enter Corona. In the first couple weeks of lockdown where no visitors could enter, no one could go out, and the social activities including meals in the dining room were cut, we saw dad slipping. He was staying in his room, sleeping more, and developed a cough which led to a hospital stay for pneumonia. He was in such bad shape upon release that Brookdale would not take him back. So after just three months there, we were packing up his belongings again. We considered moving him into memory care but held off until we knew more about his condition. While in the hospital, it was discovered that he had a large mass in his right lung. We needed to know how serious it was and what kind of care was required before we could make a decision. As a result, he now lives with us. The first couple weeks he seemed to get stronger. He was feisty and fussy but he got up and moved around sitting in one chair, then another, then moving outside to sit in the sun for a bit. But that didn't last. He has gotten so weak and the dementia has gotten so bad that he was placed on hospice at the beginning of June. I can't move him anywhere now as the 'lockdown' conditions still exist at all senior living communities, which would mean I wouldn't be able to visit. We have learned a lot about aid and assistance as we have to do most of it ourselves. We have nurses and doctors just a phone call away. But that doesn't change his clothes, feed him, keep him clean. He is visited by a nurse once or twice a week plus he has a hygiene nurse come once a week. We've hired someone to come visit and care for him for a couple hours twice a week. Yet we are always 'on call', always on edge. He has no idea where he is anymore and has taken several falls already. Fortunately, he hasn't injured himself in the falls but the risk is high. We take one day at a time, do what we can, use the resources available to us, and move forward. It is truly sad to see a strong man waste away so quickly. And yet, when he remembers, he will say he is looking forward to being with mom again on the other side. With the grace of God, I hope dad will slip gently into his arms without too much more suffering.

Home Exterior & Interior Painting Deck Construction or Repairs

You name the problem and let's discuss it.

Many Local Referrals

Steve Lanpher 760-715-7633

Licensed & Insured CA B-1 304236

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 Steve Kerrin at 760-807-1141.

Emergency Communication System

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

An information hotline is updated during emergencies or noteworthy events and may be called 24/7 at 949-472-1407. Red flags are placed on the "Fire Danger Signs" during red flag warnings.

Homeowners Associations

The Meadows Homes Association (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

TOWN & COUNTRY PLUMBING REPAIR

Organizations

Artisan Guild

The Hidden Meadows Artisan Guild seeks to inspire, foster and promote arts and crafts of all mediums, Promote supportive networking, marketing, and social opportunities, Encourage member empowerment, educational opportunities, and fun. Develop an appreciation of the arts within our community

Contact Chalon Campbell at Chalon@cha-la-la.com for information about the guild's monthly meetings, art show, and activities.

Bridge

Weekly Bridge for women is held Wednesday at the pavilion. Contact Joanne Boessow at 760-751-0261 or mljab33@cox.net.

Bunco

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

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.

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, PO Box 462333, Escondido, CA 92046.

For more information, contact Sarah Sealey at 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

Tennis Club

Current tennis players range from 25 to over 90 years young. Some matches are organized according to ability, but most are just fun matches where everyone can play. Contact Katy Freeze at 760-749-9722 or clarkfreese@gmail.com.

Women's Golf Club

The Boulder Oaks Women's Golf Club is a member of the San Diego County Women's Golf Association and Santa Margarita Women's Golf Association. The latter offers inter-club competitive matches with nearby clubs. Thursday is Ladies Day at the course with a variety of tournament formats played throughout the year. Membership in the Boulder Oaks Golf Course is not required for women wishing to join this club. Contact Kathy Figueiredo at (818)274-9129 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.



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

Serving North San Diego County Since 1970 (760) 749-5614

BONDED / INSURED • CA LIC #382814

Yoga

Free Yoga sessions are available at the Pavilion on Tuesday and Thursday mornings at 8:00. Contact Joanne Boessow at 760-751-0261 or mljab33@cox.net for more information.

HELPFUL PHONE NUMBERS

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





Carne Asada Recipe!

The heat is on! Time to Start up that BBQ and get grillin'! Here is a delicious marinade for Carne Asada!

2 lbs Flank Steak

1/2 cup orange juice 2 limes (juiced) 1 cup diced cilantro 1 cup diced onion 1 cup soy sauce 1/2 cup olive oil 1/4 cup apple cider vinegar 4 garlic cloves minced 2 Tbl chili powder 2 Tbl red pepper flakes Salt/pepper

Mix all ingredients together and place in a plastic bag or container large enough to put meat inside the mixture, fully covering. Marinate overnight or all day in the refrigerator for best flavor. Barbecue meat on medium until desired doneness. Enjoy!



HIDDEN MEADOWS/RIMROCK **Regular Meetings/Activities**

If you plan to attend any meetings in June, check for changes.

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 2020 CHECK FOR CHANGES Sellers Faire 9-11 Golf course Parking CANCELLED 4 hmsellersfaire@gmail.com 6 VCMWD Board Mtg., District Office, 2 pm 749-1600 7 Bookmobile, MLGC Pkg. Lot, 1:00-2:00 pm 643-5125 7 MHA Architectural Rev Com Mtg, 6:30 pm 749-7278* 749-8001 8 Deer Springs FPD. Bd. Mtg. 2:00 pm 8 HM Condos, HOA Meeting, 4:00 pm 407-7575* HM Community Foundation, 7 pm 8 sarah@bretandsarah.com 9 MHA Board Mtg, 6 pm 749-7278* Garden Club Meeting, 10:00 am 10 809-8889 VCMWD Board Mtg., District Office, 2 pm 20 749-1600 21 CERT Monthly Mtg., 6:30 pm 525-5170* Bookmobile, MLGC Pkg. Lot, 1:00-2:00 pm 21 643-5125 23 Ranch HOA Mtg, 4-6 pm 407-7575* 23 HM Sponsor Group Mtg., 7:00 pm 809-6898*



Palomar Health patient John Forst donated this message chair to the emergency department staff as a thank you for their quality care

Community members show support for Palomar Health

Thoughtful community members have been finding ways both big and small to support Palomar Health throughout the coronavirus pandemic. In recent months, donors have contributed personal protective equipment (PPEs), hundreds of meals, cash and more than 30,000 cloth masks.

John Forst, a San Marcos resident and former chairman of the Palomar Health Foundation, was inspired to donate a massage chair for emergency department employees to use in their breakroom at Palomar Medical Center Escondido. "I was in the hospital having surgery a couple of months ago and the nurses did a good job and took great care of me," he said. "So I asked, 'What kinds of things could you use here in the hospital?' There's never a lack of things. The staff always have a wish list." After conversations with the ER staff and hospital leaders, he decided a massage chair would be most beneficial to employees. Dawn Morrison, a nurse in the emergency department, explained why the gift is so meaningful to her team. "We're so busy taking care of other people," she said. "This is a way for us to come and unwind and relax," she said. Nurses and emergency room technicians often work shifts that can stretch to 12 hours, so having a chance to decompress amid the stress of their job is really appreciated. "When you get in that chair, it's great," Morrison said. "I used it the other day and it was such a blessing. It takes you away from your work for a little while." Jen Olson, an emergency department technician, was among the first employees to try it out. "I sat in it during my entire 40-minute break," she said. "It was so relaxing!" Forst, who helped raise funds to build Palomar Medical Center Escondido and has been a major donor himself, said sometimes a small gesture is just as meaningful as a large gift. "I have had a chance to be involved with Palomar Health for the past 25 years or so. I'm pretty familiar with what happens in the hospital and how hard everybody works," he said. "Sometimes it's the little things that help the doctors, nurses and staff know how much they're appreciated." To learn more about supporting Palomar Health, visit www.palomarhealthfoundation.org

August 2020

CHECK FOR CHANGES

- Sellers Faire 9-11 Golf course Parking 1 hmsellersfaire@gmail.com
- 3 VCMWD Board Mtg., District Office, 2 pm 749-1600
- Bookmobile, MLGC Pkg. Lot, 1:00-2:00 pm 4 643-51257
- 4 MHA Architectural Rev Com Mtg., 6:30 pm 749-7278*
- Deer Springs FPD. Bd. Mtg., 2:00 pm 12 749-8001
- 12 HM Condos, HOA Meeting, 4:00 pm 407-7575*
- 12 HM Community Foundation, 7 pm sarah@bretandsarah.com

749-7278*

- 13 MHA Board Mtg., 6 pm
- 14 Garden Club Meeting, 10:00 am 809-8889
- 17 VCMWD Board Mtg., District Office, 2 pm 749-1600
- Bookmobile, MLGC Pkg. Lot, 1:00- 2:00 pm 18 643-5125
- 18 CERT Monthly Mtg., 6:30 pm 525-5170*
- Ranch HOA Mtg., 4-6 pm 27 407-7575*
- 27 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.

FIRE SAFETY NEWS -BY DEER SPRINGS FIRE COUNCIL

We said it last July 4 and we will say it again this year:



NONE. NADA. NEGATIVE. NO. NOT EVEN SPARKLERS

This is a reminder that fireworks are not legal anywhere in San Diego County. It's just not worth the risk of fire or injury. If you observe illegal fireworks activity, please report it to local law enforcement. For those of us in the Deer Springs Fire Protection District that would be the San Diego County Sheriff. The direct telephone number for the San Marcos substation is 760-510-5200. If there is an immediate threat to life or property dial 9-1-1.

Some Thoughts for Seniors

According to the US Fire Administration, older adults more than twice as likely to die in a fire than the population as a whole. There are several reasons for this: diminished mobility and inability to hear an alarm rank high among those reasons.

It is no secret that as we age our hearing does not serve us as it once did. Some say that we start losing something else too but this writer can't remember what that is. If you suffer from hearing loss, are you able to hear your smoke or carbon monoxide alarm when it goes off? Will the alarm wake you when your hearing aids are on the night stand while you sleep? Early warning and quick exit are critical to surviving a fire in your home or apartment.

Fortunately there are devices to assist those with

impaired hearing. There are products available that will activate a different sounding alarm that is closer, flash a bright strobe light and activate a device that will shake the bed. A quick internet search for "smoke alarm bed shaker" will bring up several offerings. DSFSC does not endorse manufacturers, vendors, or products so please do your homework if you need such a device.



Need Defensible Space for Fire Safety? If you cut it....we will chip it for free*



Early June Vegetation Fire

Late in the morning of June 9, 2020 a vegetation fire broke out in dry grass under an abandoned grove on a hillside west of Interstate 15 and south of Deer Springs Road. The fire (dubbed the "Deer Fire") was limited to approximately one acre through quick work by Deer Springs Fire with assistance from CAL FIRE, San Marcos Fire, and Rancho Santa Fe Fire and no structures were damaged. The fire did, however, demonstrate the dangers of untrimmed palm tree beards as shown in the three photos that follow.

Now that you have cleared combustible vegetation to provide your home with defensible space, you need to get rid of all that harvested material. We can help. If you cut it and stack it where it is accessible to our chipping crew we will chip it for free. Please email us at: chipping@dsfsc.org.

*This offer is limited to residents of the Deer Springs Fire Protection District