

Western Days, Inc. — Celebrating Valley Center’s Historic Hometown Festival & Parade

Valley Center Business Association Spotlight -
By KATHLEEN MCCABE, VCBA Board Member & Owner, La Mesa Floral Artistry

When you think of Valley Center Western Days, it conjures images of our rich California history, and times gone by. It also brings to mind a long-standing tradition orchestrated for, and supported by, the Valley Center community.

This year, the 70th annual Western Days Country Fair & Parade, will feature a community-centric parade, a “Guns N Hoses” Chili Cook-off to benefit the Valley Center Fire Protection District Explorer Scouts, and a festive family-oriented Country Fair with a variety of inviting music, food and vendors.

Valley Center Business Association partner Western Days, Inc., the champion of this festival, is a non-profit organization overseen by a seven-member board of directors, comprised of local business owners and community leaders, and supported by the efforts of the Valley Center History Museum and Valley Center Historical Society.

Rich History, Local Tradition

The primary purpose of Western Days, Inc. is to preserve this hometown event for residents and visitors alike. Tabled last year due to pandemic restrictions, Western Days is back in all its glory this July 4th weekend. This familiar local festival and parade offers a wholesome and fun avenue to celebrate our Western heritage and all that Valley Center offers.

“Western Days was originally established as a country fair, and has continued its tradition of offering a well-attended festival with a nod to our country town, and its fascinating place in the region’s deep-rooted agricultural and ranching history,” said Western Days Chairwoman Gina Roberts, a 34-year VC resident, and president of the Western Days, Inc. board since its formation in 2016.

According to Laura Gordon, a VC resident since 2004, vice president of the Western Days, Inc. board and 2021 parade chairwoman, Western Days festivities have been a part of Valley Center since 1950. “I am very excited that Western Days will be able to be held this year,” she said. “The pandemic has been so hard on so many, and here’s hoping this event will bring some normalcy and joy to our community.”

She added, “Western Days is our town’s biggest event, and, even though Valley Center is growing and changing, I think it really captures the small town feel that most of us love about living here.”

An Inclusive Theme

The theme of this year’s festival is “Better Together” said long-standing Western Days coordinator, and owner of *The Roadrunner*, Justin Salter. Western Days always asks the community for feedback on the theme.

The board members love the inclusionary focus of this year’s theme as Valley Center celebrates our community, and at long last, “breaks out” of the social confines of the last fifteen months. The board invites all residents, businesses, friends, and visitors to this event that represents, and celebrates this diverse community and its rich heritage.

According to Roberts, “The theme is a reflection on the fact that we have all had to separate in the Covid-19 restrictive period.” She added, “We, as Valley Center, are stronger and ‘better together,’ and it’s time for us to be back together again!”

She added, “It’s really a fun way to get out and meet the community, and the ‘Guns N Hoses’ Chili Cook-off is a great way to support the Fire Explor-



July 4th Celebration in Hidden Meadows! Save The Date!

By Briana Crysler / Resident

July 4th 10 a.m. - 12 p.m. at the Boulder Oaks Golf Club parking lot.

The Annual Hidden Meadows July 4th Parade and Celebration is BACK for 2021! It seemed the Fourth of July Celebration would be limited to a Parade, but in mid-June the changes in California COVID regulations opened the way for a real celebration!

Festivities will include the singing of the National Anthem, a patriotic parade (with prizes for Most Patriotic Family, Pet, Vehicle, Children), make & take crafts for the kids, and a few local craft vendors. Cookies & water will also be offered. (Sorry, no BBQ this year).

The Flawless Bistro will be offering a Pancake Breakfast special all morning with a pancake egg, meat and fruit for only \$8.99.

The Market and Deli will also be open for breakfast if you want to grab a bite before you head over to join in the festivities!

Bring a lawn chair or blanket to sit and watch the fun as our families parade around the Boulder Oaks parking lot. Parade will start at 10:30 a.m.

If you'd like to help out with the event (set up/break down/donations) please send me a private message. (High school students can earn community service hours for helping out.) See you on the 4th!

Editor’s Note: Many thanks to Briana, Sarah Sealey and Michelle Zipse for organizing the 4th of July festivities at the last minute - you all went above and beyond! Truly a Great Team!

The deep rich sound of the Righteous Brothers is coming to Pala Casino

By DAVID ROSS

Bill Medley, the survivor of the Righteous Brothers duo and his new partner, Bucky Heard will be bringing the deep rich bass baritone of hits that transcend the generations, such as “*Unchained Melody*,” “*The Time of My Life*” and “*You’ve Lost That Lovin’ Feeling*” (the most played song in radio history) to Pala Casino this weekend on the 4th of July.

I was able to interview Medley about his career and his unusual voice, which he said, he never thought of as unusual when he was younger.

“Nobody in my family has a baritone,” he recalled. “I probably realized my voice was unusual when we recorded ‘*You’ve Lost that Lovin’ Feeling*.’ We had recorded about three years before that and had some successful West

PALA / See Page 4

UPCOMING Events

Valley Center Western Days Country Fair & Parade
Friday, July 2 & Saturday, July 3
Valley Center Community Hall
28246 Lilac Road - Parade starts 10am Saturday
(Valley Center Road closed 8:30am-12:30pm for parade)

Fourth of July Parade
Sunday, July 4th, 2021, 10am – Noon
Boulder Oaks Golf Course Parking Lot
10333 Meadow Glen Way East, Escondido

Hidden Meadows Community Foundation Scholarship Program
Applications due by Saturday, July 31
Email jane.glassett@gmail.com to apply

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Volunteer Darius with Bonnie, who is also up for adoption



Volunteer Darius Remmell, Founder/Owner Doug Stoodt and Volunteer/Director Lynn Wheeler at the Rescue



Volunteer Michelle Davis with her horse, Kali, who she adopted from Mountain Meadow Equine Rehab and Rescue.



Liberty a Palomino BLM mustang who is up for adoption

Mountain Meadow Equine Rehab and Rescue

By Michelle Zipse / Resident

Did you know we have a horse rescue right in the neighborhood? Doug Stoodt started this venture in 2014. Why would a man who had been an attorney for 40 years start a horse rescue during his retirement? Because Doug is passionate about horses and rescuing those that he can. Are you passionate about horses too? Then they could use your help either by volunteering or donating to this great cause. Mountain Meadow rescue currently has 15 horses on the property. Each one of these horses has a story. Where do these rescues come from? Several are from relinquishments. That means someone who had a horse and decided they didn't want to maintain the animal any longer. Relinquishes can happen for financial reasons or when an owner passes away. Some of the horses they have rescued have come from disaster areas. They adopted 3 from the Paradise fire in Northern California. Many of these horses wind up in Kill Pens waiting for a morbid end. Doug and the other volunteers at Mountain Meadow will take these horses and this is where the individual stories come in. The volunteers will work with the horses. They may have been through some traumatic experiences and

most will need gentling. They work to retrain and care for the horses until they are ready to be adopted out to a new owner who will care for and love them. Another group of horses who are great candidates for rescue are off track thoroughbreds. They are typically 3-4 years old and the racing life will have taken its toll. These horses suffer many injuries to their legs and tendons running on the track. They are also injected with performance enhancing drugs. Off track thoroughbreds need to detox for several months after arriving at the rescue before they can begin to be worked with at all. They will need to be retrained for their new life and new job after their racing career. Then there are the rescue horses that come from Bureau of Land Management land. These are wild mustangs that have been rounded up in order to manage wild herds that do not have enough resources. They have tattoos on their neck for identification purposes. They need people to gentle them with care and training so they can be adopted by responsible owners. There's a lot of work to do on the rescue ranch. If you'd like to help, please contact them at: info@mountainmeadowequine.org or 760-498-1447.

Hidden Meadows Community Foundation Scholarship Deadline Extended

Hidden Meadows Community Foundation Scholarship Deadline Extended

The 2021 HMCF Scholarship Application window is currently open and has been extended to Saturday, July 31. We have chosen to extend the deadline this year to allow applicants extra time to coordinate required application elements remotely. Additionally, as there have been so many confusing plans about the how fall semester will operate, this allows applicants to be more certain of their higher education plans. We will coordinate with each individual recipient to present awards no later than August 31, pending confirmation that the institution is still offering classes in the fall semester.

Eligibility requirements include:

- Be a Hidden Meadows resident
- Be a recent or pending high school graduate
- Plan to attend college in the Fall semester
- Not have previously received a Bachelor’s Degree
- Not have previously received a HMCF Scholarship
- Never have been convicted of a felony or possessing/selling illegal drugs
- Be a US Citizen or Resident Alien
- Have a high school GPA of 3.5 or above on a 4.0 scale that has been certified by an official school transcript or GED

Email jane.glassett@gmail.com to request and submit an application package.

Granting of scholarships was one of the key principles for which the Hidden Meadows Community Foundation, a 501(c)(3) organization, was established. Since 2002, over \$68,000 in scholarships have been awarded.

“WHAT AM I ...?”

Super Crossword

ACROSS

1 Indy 500 entrant’s skill

7 Students’ workplace with mice

12 Intensifies

20 Oman locale

21 Author Jong

22 Most importantly

23 * It flows through Metz

25 When to start a match

26 Upper limit, informally

27 English lavs

28 — noire

29 T-Pain music

30 BMOC part

31 * Least populous state capital

37 Right one’s wrongs

39 “Brother, can you spare —?”

40 Grade of mediocrity

41 * Nonviolent protests, e.g.

47 Pier

51 See 124-Down

52 Revere

53 Less chubby

55 Opposite of “agin”

56 Any acetate, chemically

58 Caesar’s 56

60 * Manta, e.g.

62 iDevice download

65 Section of a long poem

67 Gardner of “Mayerling”

69 Reposeful

70 Life partner?

72 * London

73 Street known for tailoring

76 Island east of Java

77 Home of the Senators

79 Friend, in Nice

80 Blot out

82 Jr. officer

83 * “The Big Country”

86 Sharable PC file

88 Lendl and Reitman

90 “Xanadu” group, briefly

91 Operate incorrectly

93 As red as —

95 “SOS” pop quartet

99 City of old witch trials

101 * Scholarly evaluations

104 Desire

106 Exposed the secret of

107 Wastes time

108 * Noted New Yorker feature

116 Suffix with bass or solo

117 Poem that uplifts

118 April 1 trick

119 Coffin cloth

120 With 11-Down, hotel suite amenity

121 Keep off a varsity team for a year

124 What can be found in the answers to this puzzle’s eight starred clues?

129 Blood body

130 Abundant

131 Some ducks forever

132 “Everyday People” lead singer

133 Lugged

134 “You — worry”

DOWN

1 Hit forcefully

2 Like cedar

3 Ladies’ man

4 Alpine goat

5 Zero

6 Last name in winemaking

7 Also-ran

8 Feature of invigorating weather

9 Actress Tyler or Ullmann

10 Maven

11 See 120-Across

12 Avid

13 Cable channel for hoops fans

14 Household arts, briefly

15 Rd. relative

16 Fishtank accessory

17 Egyptian Museum site

18 Ziggy of jazz trumpet

19 Rested up

24 Almost forever

28 Geoffrey of fashion

30 PC rivals

31 Crooner

32 Detroit dud

33 Kindled

34 Survivor’s elated cry

35 In a new draft

36 “Doesn’t thrill me”

38 — -to-fiver

42 Pro — (in proportion)

43 Shangri-las

44 To a degree, informally

45 Louse

46 K.C.-to-Detroit dir.

48 Common chalet shape

49 Basis

50 Hash house appliances

54 Zsa Zsa’s sis

57 “Friends” co-star David

59 Credible

61 Luau offering

62 Pueblo houses

63 “Downtown” singer Clark

64 Cop’s beat

66 Eggs, to Livy

68 Be different?

71 1960s chess master

73 Driving force

74 Bay window

75 Seesaw

78 Prefix meaning “bird”

81 Fill totally

84 PC bailout key

85 California’s Big —

87 Blow to the mug, to Brits

89 Remarked

92 Sitting Bull’s tribe

94 Habitual troublemaker

96 Deemed true

97 Low-budget cowboy flick

98 Secy., say

100 Sight seer

102 Hairy cousin of Morticia

103 Coq au —

105 Ex — (out of nothing)

108 Combat unit

109 Newbery-winning author Scott

110 Date of the Allies’ victory in WWII

111 “El Cid” co-star Sophia

112 Chai —

113 Captured on a VCR, e.g.

114 Land in eau

115 Long-past

120 Expansive

122 Rd. relatives

123 — up (riled)

124 With 51-Across, med. diagnostic

125 Med. insurer

126 Choose

127 Falsification

128 String past Q

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How Did the Sellers Faire Start?

By Sharon Cook / Resident

When Linda Collins asked me to write an article about the beginnings of the Sellers Faire, I thought ‘no problem’. Then I started thinking about how much has changed since that day. So here I go down Memory Lane.

Twenty-six years ago, there were two large organizations for the Hidden Meadows area. The Foundation was the 501c3 charitable organization and the Area of Resident Owners – ARO – was the social group.

The ARO was self-sustaining by having events. The biggest and most popular event was the Luau. Don Elliott and crew would fire up the deep pit, toss in the pig and enjoy the night while the pig cooked. The rest of the menu was provided by the ARO. In the morning Bill Pickens and crew would set up the dining tents, tables and chairs. The community would buy tickets, BYO and be ready for a great time with Hula dancers, Hawaiian music, and BBQ. The silent auction would also bring in a large amount of fun and money. All the proceeds went to the Foundation for scholarships, community beautification and neighbor assistance. This and other events just about completely funded the Foundation.

So, what about the Sellers Faire? One evening sitting in my living room with friends, eating hot dogs and talking about the baseball season, the Sellers Faire was founded. Sally Langpap had the idea. She mentioned that as you drove through the community, oranges, lemons and other citrus would just drop on the ground and rot. Why not contact the owners and ask for the fruit? The idea was to sell the fruit at a community event to help fund the ARO’s activities.

The ARO asked the Meadows Home Association if the upper parking lot at the pavilion could be used for the event. The MHA said yes. We were off and running and the Seller’s Faire was created.

In the beginning, the Faire featured mainly home-grown vegetables, fruit and yes, succulents. I introduced succulents to the Sellers Faire. We also had an extreme coupon collector who used double and triple times coupons to get items free at grocery stores. She always brought toothpaste, soap, and other items for sale. Many neighbors just brought what they had grown, selling to other neighbors at great prices. Neighbors were helping neighbors. It became a gathering.

Locations changed over time as the number of sellers increased. Items for sale are now just about anything and everything.

One thing, however, has never changed, the fun and friendship the Sellers Faire has brought to our community.

VCWD / From Page 1

ers and show support for our first responders. We are really looking forward to having Valley Center back out in our community, and having fun together.” Roberts concluded, “Putting on these events is a lot of work, and very expensive, but it is so worth it to see everyone out and having a good time!”

The Horizon Fuel Center (San Pasqual Economic Development Corporation) is the festival’s Title Sponsor. Co-sponsors include the County of San Diego Parks & Recreation and *The Roadrunner*. Other sponsors include Valley Center Wireless (Festival Main Stage), Cosmic Solar & Roofing (Parade Cash Prizes), Main Street Oceanside, A-1 Irrigation, Valley Center Orthodontics,

and Native Oaks Golf Club.

Western Days Parade

The Western Days Parade, which follows a route from Cole Grade Road to Lilac Road, ends at the Valley Center Community Center. “This year will feature over 80 entries,” said Roberts. “We have a very good turnout based on putting this entire event together in about seven weeks.” Fifth District Supervisor Jim Desmond will lead the parade as Grand Marshal.

Parade watchers are encouraged to find a spot along the route, bring chairs, hats, sunscreen and water. “This week particularly, it is important to be aware of the heat index,

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HIDDEN MEADOWS NEWS

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PALA / From Page 1

Coast hits. When we did ‘Loving Feeling’ they found my baritone voice and that set me off on a different style I guess. Both Bobby and I were raised listening to rhythm and blues and I emulated that style. I wasn’t trying to but I was obsessed with Little Richard and Ray Charles. I still don’t think I have an unusual voice but I guess I’m used to hearing it.”

Asked what his most requested hit is, Medley replied, “It used to be ‘*You’ve Lost That Loving Feeling*,’ but ‘*Unchained Melody*’ I would suppose is neck and neck with it.”

Medley still occasionally writes song but points out, “I never wrote any of the songs that are hit records. I still write a couple of songs a year.”

His own favorite songs include “*Just Once in My Life*,” by Carole King, and “*You’ll Never Walk Alone*,” from “*Carousel*.” He added, “I did like ‘*Carousel*.’ I liked Shirley Jones for sure but I knew it from Roy Hamilton who recorded it in the 50s. That’s

where we got ‘*Unchained Melody*,’ which was very good to us.”

Although the music of the Righteous Brothers enjoyed a revival in the 1980s when their work was used in movies such as “*Ghost*,” “*Dirty Dancing*” and “*Top Gun*,” sometimes they didn’t know their songs would pop up until someone told them about it. “ ‘*I Had the Time of my Life*’ ” I recorded for the movie, “*Dirty Dancing*,” Medley recalled, “But they put ‘*Unchained Melody*’ in ‘*Ghost*’ from the original record. We didn’t know about that until someone came and told us.”

What it’s like singing with his daughter? He answered, “The only song I sing with her is ‘*I Had the Time of my Life*.’ It’s wonderful to have my daughter on the road with me. It’s wonderful to work with your child.”

He described how he and Bucky Heard became partners: “I was working in Branson, Missouri, and so was he. We had been friends for a long time and I knew he was a really good singer and performer and he was a great guy.

He was at a theater doing a tribute to Journey, and I went to see him and it knocked me out. I thought ‘If he can sing Steve Perry, he can probably do Bobby Hatfield.’ A lot of people wanted to see that music. We put it together and it worked amazingly good, thank God.”

Is he finding new fans as he goes out on tour again? “You know,” he said, “the majority are people raised on the music but there are a lot of younger people who learned them in the movies in the 1980s. It’s been very cool and very great.”

He is still quite active musically. “We’re doing a residency in Las Vegas this year in October, November and December at the South Point Hotel, probably 40-50 concerts. It’s not the shows, it’s the traveling that’s rough, you know.”

Pala Casino Spa Resort will celebrate the Fourth of July with a weekend full of live entertainment. Throughout the weekend, concerts will include Pink Floyd tribute by Which One’s Pink,

The Boogie Knights, Little River Band, and The Righteous Brothers with Bill Medley.

Pala Casino’s Summer Concert Series, which started this month, features national headliners and world-class tribute acts to deliver something for everyone. Pala Casino utilizes three electrifying venues for indoor and outdoor performances. New events will continue to be announced throughout the season. Privileges Club members who purchase a ticket can receive \$10 back in free slot play. To view Pala Casino’s new entertainment television spot, click here.

Pala Casino is still committed to Playing It Safe. All shows continue to have increased cleaning, sanitizer stations, as well as masks and gloves available upon request.

The Righteous Brothers will appear Sunday, July 4, 6 p.m. at the Starlight Theater. Tickets are \$40.

HIDDEN MEADOWS NEWS

Deadline for local article submission:
20th of the month for the next issue.

Photographs submitted for publication should be hi-resolution (300DPI), unmodified originals, jpeg format. We cannot accept photos taken from social media sites such as Facebook.

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

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Deer Springs Fire Protection District

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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

Super Crossword

Answers

R	A	C	I	N	G		P	C	L	A	B		E	N	H	A	N	C	E	S	
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BOOK TALK

By Lynn Clark

"Before She Disappeared" by Lisa Gardner

Many times after finishing a book, you read the Acknowledgments and you get a different ‘feel’ for a book; especially if it has been researched and you find the human touch behind the story. This is what happened to me after reading "Before She Disappeared" by Lisa Gardner: I found a whole new set of heroes to acknowledge. Who are these heroes? They're the ones that take up a case when the police have come to a dead end, the sources and clues have dried up, the case turns cold, and a loved one is still missing. These people search for the missing, and they are not professional police or private eyes. They are just people that care.

Frankie Elkin is such a person. She finds her missing individuals on line. She travels light with a few possessions to the last known location of the missing person. She has come to Boston to a neighborhood called Mattapan that is mostly populated by Haitian immigrants. It is a poor and crime-ridden area.

A young girl named Angelique Badeau disappeared after leaving school months ago, and hasn't been found. Elkin's mission in life right now is to find this young girl and bring her home alive... something she has not been able to do for the last 10 years and the last 14 people she has located.

When she enters an area she assumes a low key appearance, and finds a minimum wage job to give her enough money to exist and find a place to stay. She usually ends up as a bar keeper, an unusual job

for someone who is a recovering alcoholic and needs to attend AA meetings to keep herself sober. What she has found is that a neighborhood bar is the best place to start...to get information...to ask the right questions...to follow the leads... and to anger the local police and stir things up. It has been 8 months since Angelique Badeau disappeared, and that's a long time for someone to be missing and still be alive, but Elkin has hope. This is one young girl she wants to bring home alive, and as she gets closer to the truth she finds herself in more danger.

"Before She Disappeared" is an excellent thriller that was on the best seller's list for quite some time.

Cartoon provided by Hidden Meadows resident



Dining Out - Indoors!



BBQs - with family AND friends



Socializing - on Bar stools!



Concerts and Festivals

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Traveling - anywhere!



Happy
4th of July!

We have a lot to be
thankful for this year,
as a nation,
as Americans...



LIVE WATER SMART

Valley Center Municipal Water District



AVOID HOSING OFF
HARD SURFACES



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WASHING



USE CIRCULATING
WATER
FOUNTAINS



DON'T OVER WATER
LANDSCAPING



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AFTER RAINSTORMS

THANKS FOR YOUR HELP

FOR REBATES AND INCENTIVES VISIT: VCMWD.ORG



Clayton Bruner, Lynn Wheeler, Michelle Zipse and Amy Nekerman at Estate d'Iacobelli

Estate d'Iacobelli in Fallbrook

By Michele Zipse / Resident

If you enjoy wine tasting but prefer to stay close to home, Estate d'Iacobelli is a hidden gem. This winery is owned by Dr. Ronei and Lisa Iacobelli. The owners live and work in Michigan but travel frequently to California where they have several acres committed to wine as well as olive and citrus trees. Ronei's family is from Casalvieri, a town in the Italian province of Frosinone, where his grandfather taught him the art of making wine. Ronei and Lisa have 15 acres along the Pala Mesa Golf resort where they have their tasting room and an additional 20 acres on the De Portola Wine Trail,

Their wines are a combination of French and Italian varietals blended to produce well balanced wines easy to drink and enjoy. Some of the blending combinations were varietals such as fiano and chardonnay. Italian meets French and pulls off a personal favorite from this trip. Other featured whites were Viognier and some Rhone blends. There was an Italian rose of sangiovese and primitivo (Zinfandel). The reds continued the same mixture of Italian meets French influence with Barbera and Sangiovese blended with Mourvedre and Cabernet Franc.

The views were stunning and they have live entertainment most Saturday afternoons. The overall experience was one that I would definitely recommend.



Jesse Cox, Kate Moore and Michael Perona

A Young Life in Music

By Michele Zipse / Resident

Kate Moore performed with JC Syndrum at the Boulder Oaks Clubhouse on Saturday, June 19. She is a high school freshman whose first love is music. She has an exquisite voice that powerfully brings her self-written songs to life. She started performing when she was just 6 years old.

This summer Kate had the very good fortune to meet the talented and seasoned musician, Jesse Cox. He is an amazing song writer and a brilliant guitarist. Jesse invited Kate to collaborate with his band JC Syndrum.

During the June 19th performance, Kate and Jesse were joined on stage by our local resident, Michael Perona. Mike has recently recovered from open heart surgery and the locals were happy to celebrate with him at this performance. A big thank you to Kate and JC Syndrum for letting him join them on stage. It was a great way to incorporate our local community into the larger San Diego music scene.



WHAT IS HEART FAILURE?

Almost 6 million Americans have heart failure, and more than 870,000 people are diagnosed with heart failure each year. The condition is the leading cause of hospitalization in people over age 65.

WHAT CAUSES HEART FAILURE?

Heart failure can be caused by many medical conditions that damage the heart muscle. Common conditions are:

- Coronary artery disease
- Heart attack.
- Cardiomyopathy.
- Heart defects present at birth (congenital heart disease).
- Diabetes.
- High blood pressure (hypertension)
- Arrhythmia (abnormal heart rhythms, including atrial fibrillation).
- Kidney disease.
- Obesity (being overweight).
- Tobacco and illicit drug use.
- Medications. Some drugs used to fight cancer (chemotherapy) can lead to heart failure.

COMMON SIGNS AND SYMPTOMS OF HEART FAILURE


- Shortness of breath or trouble breathing.
- Feeling tired (fatigue) and leg weakness when you are active.
- Swelling in your ankles, legs and abdomen; weight gain.
- Need to urinate while resting at night.
- Dizziness, confusion, difficulty concentrating, fainting.
- Rapid or irregular heartbeats (palpitations)
- A dry, hacking cough.
- A full (bloated) or hard stomach, loss of appetite or upset stomach (nausea).

Preventative care is the best way to protect and avoid serious conditions.

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It is very important for you to manage your other health conditions, such as diabetes, kidney disease, anemia, high blood pressure, thyroid disease and asthma or chronic lung disease. Some conditions have signs and symptoms that are similar to heart failure. If you have new or worsening non-urgent symptoms, tell your healthcare





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Helping small business get back on its feet

By MARIE WALDRON, 75th Assembly District

California is now reopening its economy, something I've been advocating for months. As a small business owner, I understand the disproportionate impact the pandemic had on small businesses, which make up 95% of all businesses in this region and employ the vast majority of workers. We're taking a huge step in the right direction, though it's months too late.

Eliminating mandatory shutdowns is only part of the solution. Businesses need help so that they can successfully reopen and get their employees back to work. Below I'm listing some of the resources that will help:

The California Grants Portal provides one destination for businesses seeking grants and loans offered on a competitive or first-come basis by California state agencies. See [HERE](#) **

The Labor & Workforce Development Agency has a benefits summary chart for workers impacted by COVID-19. See: <https://www.labor.ca.gov/coronavirus2019/#chart>

The Small Business Majority provides almost weekly webinars for business owners. For more information, see <https://smallbusinessmajority.org/events>

The Governor's Office of Business and Economic Development (GO-Biz) provides a hotline for navigating rules and regulations and information about state programs and incentives. Call (877) 345-4633 or submit a request online, [HERE](https://gobiz.zendesk.com/hc/en-us/requests/new): <https://gobiz.zendesk.com/hc/en-us/requests/new>

The California Small Business COVID-19 Relief Grant Program is now closed, but funding to continue the program was included in the 2021-22 budget. For more information, see [HERE](https://careliefgrant.com): <https://careliefgrant.com>

For information on workplace safety and health regulations, see Cal/OSHA COVID-19 Guidance and Resources website [HERE](https://www.dir.ca.gov/dosh/coronavirus/): <https://www.dir.ca.gov/dosh/coronavirus/>

The Small Business Development Center provides services to local businesses seeking to start or grow their business, including low/no fee workshops for start-up or existing businesses. See [HERE](https://www.sdivsbdc.org): <https://www.sdivsbdc.org>

The pandemic's economic fallout has been catastrophic. California has now started down the path toward recovery -- we must stay the course!

** For an electronic version of this article, please visit my website at: <https://ad75.asmrc.org/>

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.

VCWD / From Page 3

and plan accordingly," urged Gordon, who as chairwoman coordinates the parade's routing and entries.

"The good news is that the weather is supposed to be a bit cooler," said Roberts. "We encourage the public to park at the big open lot across from the Community Center," she added. "And the biggest advice I can share is to simply have fun!" underscored Roberts.

Country Fair

The Western Days Country Fair will be held at the Valley Center Community Hall, 28234 Lilac Rd., Friday, July 2, 5 – 10 p.m., and Saturday, July 3, 10 a.m. – 10 p.m. A complete schedule can be found at www.westerndays.org.

"My favorite part of Western Days is relaxing at the festival once the parade is done. I love dancing to the bands, and am particularly fond of

the pie eating contest," Roberts said. "As a side note, eating is my super power."

"Western Days is our town's biggest event, and, even though Valley Center is growing and changing, I think it really captures the small town feel that most of us love about Valley Center," said Gordon.

For more information

For further information about Western Days, Inc., and Western Days Country Fair & Parade, see www.westerndays.org, Facebook.com/Western Days, and Twitter at VcWesternDays, or contact 760-440-8293 or info@westerndays.org. More historical data can be found at the Valley Center History Museum, www.vchistory.org, or by contacting 760-749-2993.

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Yay! Breakfast with the Girls!

By Linda Collins / Resident
How wonderful to be able to get together with friends again! We've been gathering in small groups for a few weeks now. This particular day, June 6, we went to breakfast at the Golden Egg Omelet House. In case you didn't

know, this wonderful breakfast place is owned by one of our neighbors, Hidden Meadows Residents John and Karleen Lovitt!
The restaurant is a lovely environment with local crafts on the walls and hanging from the ceiling beams. You could spend an hour just looking at all the cool stuff. We, however, focused on food and friends. The restaurant offers some 70 different omelet combinations, pancakes, french toast, and . . . Waffles!

The best waffles! Well, and the best pancakes. I don't know what the secret is to their batter, but they are GOOD! The 3-egg omelets are a full meal, indeed. Some had to take half of it home; some managed to eat the whole thing!
We chatted about all kinds of things. Lynn volunteers at Mountain Meadow Equine Rescue, so we heard about that. Joanne is a crafty gal. We heard about some of her newer projects. It turned out that several of us are volunteers

working on the Seller's Faire. Of course, we had to talk about that. Our next faire is June 27 and we have a full lot! Plus there will be a community garage sale that day. It's going to be busy! Sharon told us the history of the Seller's Faire as she was one of its founders. Two hours later we finally gave up our space to waiting customers!
The Hidden Meadows Women's Social Group meets monthly at someone's home, potluck style. In addition, other outings are planned based on people's interest. A small group is starting a monthly wine tasting. We have breakfast at different restaurants almost monthly. A few get together to play Mah Jong and others to play Mexican Train. We've gone to plays at Welk Resort and, well, whatever someone is interested in. We post it and those who want to participate can respond.
Since I recently retired, I am looking forward to participating in everything, reconnecting with old friends and making new ones.
For information on the Hidden Meadows Women's Social Group, email hmwsg92026@gmail.com

Pictured: Pic 1: Vicky Long, Karla Fernandez, Sharon Cook, Dawn Fuller, Linda Collins, Joanne Anglin, and Lynn Wheeler



Food with Friends!

By Linda Collins-Mitchell / Resident
The Hidden Meadows Women's Social Group met on June 10th at the beautiful, and unique home of Diane and Steve Rehagen on Indian Creek. 14 of our members gathered there for a potluck social.
Our newest member, Yolanda, moved into Hidden Meadows just last October and was eager to meet some of her neighbors. Dawn and Linda met Yolanda at the Golf Course a couple weeks earlier and told her about the group. Yolanda is noted to be a great cook, according to her friend, Elsa. At this gathering, she brought a wonderful cheesy broccoli au gratin dish that was quickly polished off!
Our host and her husband made sliders for the group along with a few other items. There were salads, roast chicken, ceviche, bacon wrapped shrimp, and more. All-in-all, we had quite the feast!
There was discussion about wineries to tour, who had music, and who had ambiance and views. Linda mentioned the Beach House that some of the members visited recently. The views there were spectacular and the wines were quite nice, too. (So good, I probably sampled a bit too much!) The Beach House hosted a Wine and Yoga event on June 12 that a couple of the members attended, too.

Everyone got to hear about the hike Terese and Linda did to Potato Chip Rock. Now THAT was a HIKE! And climbing on the rock itself was, yikes!, quite scary. It didn't look like it until you had to jump the breach between rocks and found yourself on a shelf hanging out with nothing below. Suddenly, I realized this was no place for someone who has a fear of heights! Terese loved telling everyone the story and showing them the pictures!
It was so nice to get together again and plans are quickly developing for other activities. Dawn is pulling together a group for Mah Jong. The group for Mexican Train is looking to set its first post-COVID game. And the next breakfast will be at Cute Cakes on July 11. The monthly potlucks are being scheduled now for the rest of the year.
There are so many wonderful people in the group and so many opportunities to participate in activities. I really enjoy being part of it! (And being the coordinator!) For more Information, email hmwsg92026@gmail.com.
*Pictured: Front: Yolanda, Dawn Fuller
Middle: Linda Collins, Vicky Long, Connie Brumley, Cindy Payne, Elsa
Back: Susan Penacho, Karla Fernandez, Dannielle Tennis, Diana Rehagen (host), Teresa Vasil, Francis Munk*

Friends of the Escondido Public Library reopen book shop

The Friends of the Escondido Public Library Book Shop will reopen Tuesday, July 6.
“We are delighted to resume service to the Escondido community after a 15-mwonth closure due to the COVID-19 pandemic,” said Linda Parker, Friends of the Library president.
The Friends Book Shop is located on the first floor of the Escondido Public Library on South Kalmia Street. Beginning July 6, the book shop will be open Monday-Saturday 10 a.m.-1 p.m. All items will be half price Tuesday, July 6 through Saturday, July 10.
The book shop will begin accepting donations on Monday, August 2. Donations can be dropped off between 10 a.m. and 1 p.m., Monday through Saturday. Due to space limitations, only two boxes per donor will be accepted at this time.
For more information on what types of donations are accepted, visit www.escondidolibrary.org/donate.
The shop sells used books, DVDs, VHS tapes, books on CD, magazines, and music CDs. All proceeds from the shop fund Escondido Public Library programs and events. The Friends of the Escondido Public Library is a volunteer-led 501(c)3 organization. To learn more about the Friends of the Escondido Public Library, visit www.escondidolibrary.org/friends
For questions or assistance, contact Assistant Library Director Katy Duperry at 760-839-4601 or katy.duperry@escondidolibrary.org.

Hidden Meadows Community 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.

Hidden Meadows Neighborhood Watch

Due to an increase in crimes in our community, we’re reactivating the Hidden Meadows Neighborhood watch organization. in cooperation with the San Diego Sheriff’s department. We encourage all of our neighbors to look out for each other and report all crimes to the Sheriff’s department, no matter how minor, as well as any suspicious activity that they observe.

Please join our facebook group: Hidden Meadows Neighborhood Watch. We’ll share neighborhood information, safety tips, and news of future events.

Contact Info: Erik Tyler 442-235-9060 erikdtyler@gmail.com

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 web-site 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

Organizations

Bridge

Weekly bridge is held on Wednesday from 10:00 AM to 2:00 PM. Contact Curt Bruce at cbruce9289@aol.com or 442-222-0821. *Note: Our bridge group is not meeting until further notice.*

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 Karen Henderson: 760-749-3164 (text messages preferred) or karenh.home@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

Due to the COVID crisis, the group meets weekly from 9 to 11 am on Tuesday mornings from October through May via Zoom, until they can resume in-person meetings. For more information, contact Debbie Hamer at 760-297-1278 or Stephanie Swadell, 619-993-4631.

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.

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

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Local agencies want your input on North County transportation

By DAVID ROSS

San Diego Association of Governments (SANDAG) and Caltrans (the state transportation department) want your input on how these agencies can create a “comprehensive set of safe, sustainable, and equitable transportation solutions that will make it faster, safer, and easier to travel through North County.” This effort is called the Comprehensive Multimodal Corridor Plan (CMCP). The North County study area is one of the first highway corridors prioritized by the SANDAG board. It includes Oceanside, Carlsbad, Vista, San Marcos and Escondido and unincorporated North County. SANDAG and Caltrans invite you to attend a virtual public meeting on July 8, 6:30-8 p.m. and to take a survey that they have up.

To attend visit:
us02web.zoom.us/j/89013239678
Or telephone: (669) 900-9128
Webinar ID: 890 1323 9678

They are also sending out this email: “SANDAG and Caltrans are setting priorities for transportation improvements in North County San Diego and we need your input! SANDAG and Caltrans are working with local stakeholders and the public to improve North County’s transportation system. We’re studying ways to reduce traffic congestion, support climate action initiatives, and generate more clean transportation choices. These efforts will increase access to the corridor for all who live in, work in, or visit North County. At our upcoming meeting, you can: “Learn more about the North County Comprehensive Multimodal Corridor Plan Provide feedback on transportation needs and opportunities for North County Participate in a Q&A with project team members.” Participants can provide real time input on transportation needs and opportunities in North County and speak with project team members about major transportation facilities including the Sprinter light rail between the Oceanside and Escondido transit centers, the SR 78/I-15 interchange, the western portions of State Route 76 (SR 76), and the Inland Rail Trail bike path between Oceanside and Escondido. Hidden Meadows News readers can find the survey here: Survey – <http://metroquestsurvey.com/13f0> (English) and <http://metroquestsurvey.com/kk3u3j> (Spanish). Originally the survey was to remain up until April 30, but they have extended that. Virtual Engagement Hub – <https://sandag.mysocialpinpoint.com/northcounty> / <https://sandag.mysocialpinpoint.com/northcountyespanol> The North County Comprehensive Multimodal Corridor Plan virtual engagement hub is a one-stop shop to learn more about the project and stay up-to-date

on surveys and public meetings. With its interactive map feature, you can provide specific feedback using virtual pins on a map of the North County study area. Caltrans’ project manager for North County Corridors Kareem Scarlet, told *The Hidden Meadows News*, “We’ve been getting increased interest in our survey so we’ve decided to keep it open. At this time we have not compiled the results.” Scarlet said this is relevant to the two agencies “taking the Big Five Moves concept and making them real projects on the ground.” The “Big Five Moves,” is strategy developed by SANDAG that include:

- Complete Corridors (multimodal roads)
- Transit Leap (fast and flexible transit)
- Mobility Hubs (connection Points)
- Flexible Fleets (First and last mile options)
- Next OS (OS standing for Operating System)

“The July 8 public meeting is the way for us to share some of the information we have gathered so far as respect to study areas and travel behaviors,” said Scarlet. “We also have a social pinpoint website which allows folks to drop in comments on a map to talk about issues within their community.” The survey, which has been up for about four months, has gotten 1,030 responses and 49 Social Pinpoint comments so far. Scarlet added, “Our hope is to pique a little more interest so we can get a larger following in the meeting. Over one thousand comments is good for a survey but for an area with 600,000 people, if we can get some more participation it’s better.” Scarlet added, “The way we see it the July 8 meeting is us sharing to the public on the study so far and doing public input gathering, polling and a question and answer session when questions can be asked and answered.” SANDAG’s Project Manager and Senior Transit Planner Brian Lane also spoke to *The Hidden Meadows News*. “In the next three months we will be transitioning to show them all the things we have learned,” he said. “Let them know and ask them what is missing that is important to them to consider as we make proposed suggestions for transportation fixes. We aren’t ready to talk about specific proposals. This is a listening session, so that we capture the needs.” Lane said they are looking at an August to September timeframe to produce a draft document. “At that time we will have another public meeting, once the draft hits the street,” said Scarlet. Lane added, “I think folks are confused between the regional plan and the corridor work. The regional plan won’t be decided until fall and winter but that doesn’t mean we can’t start moving them forward so we can start working on the planning. The better we can secure state and federal funding, so we can have nearly everything ready so we can apply for those grants.”

The Chamber is what you make it

By KEVIN S. SVETICH, CLU

Greetings! Chambers of Commerce got their start in France in the 16th century and in the United States eight years before the Revolutionary War. Today, nearly every city and town across the nation has some form of organized Chamber of Commerce. Most Chambers have a long history of involvement in economic development and in serving as a business advocate. The Escondido Chamber of Commerce began as the Escondido Board of Trade in 1886, changing the name to the Escondido Chamber of Commerce in 1895. In the 1950’s and 1960’s, Chambers placed major emphasis on economic activities. As we entered the 1970’s with huge problems of inadequate housing, schools, community services and high unemployment, the new role for Chambers of Commerce expanded to socioeconomic concerns. During the 1990’s Chambers started focusing more on members and their specific needs. Businesses invested in Chambers of Commerce and in return received a tangible, definable product, service and/or action program having a direct impact on a business community’s bottom line. In the 21st century Chambers are more active in government affairs. As the leading association of business firms within the community, Chambers have great influence through the factual information they provide and the ability to keep Chamber members motivated to communicate regularly with their legislators. Communities are what their citizens make them. The Chamber of Commerce can be the vehicle through which the community’s needs are met. The Escondido Chamber of Commerce is one of North County’s premier volunteer organizations. Our 450 members employ thousands of people and represent a substantial regional influence. Our Board of Directors reflects a cross section of our diverse membership group. They are sole proprietors and presidents of large corporations. They bring exceptional management and financial skills to our organization. We have developed outstanding relationships with our community’s leaders and elected officials, including business-friendly leaders like Assembly member Marie Waldron, Mayor Paul McNamara and other members of our City Council. We continue to offer effective, proven business tools that help our member

businesses flourish. The Chamber creates and sponsors programs that enhance our community. We are constantly improving our communication tools in order to effectively advise our members of issues that affect business. Our members join and remain members because they choose to do so. Our Board of Directors, committee chairs and members are volunteers. They readily give hundreds of hours of their time, giving back to their community. The Chamber promotes free enterprise and protects a strong, prosperous business community...and is the voice of business. Join the Chamber. An investment in your community and your business!



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MSRP \$22,359. Security deposit \$0. Due at signing \$999. Lease for 36 Months, Residual \$14,765. 10,000 miles per year. Tier 1 Credit Needed to Qualify. 1 at this price #711875

2021 SUBARU CROSSTREK PREMIUM - CVT OPTION PKG 13

\$254 Mo. + Tax
LEASE



MSRP \$26,879. Security deposit \$0. Due at signing \$999. Lease for 36 Months, Residual \$18,008. 10,000 miles per year. Tier 1 Credit Needed to Qualify. 7 at this price.

WE ARE HERE FOR YOU AND YOUR SAFETY

We are in compliance with all State and CDC Protocols



- We utilize hourly cleaning, including all surfaces.
- We are the only Subaru retailer to UV sanitize the showroom every week.
- Every car that's in our service drive is UV sanitized, too.
- Limited people in showroom for social distancing.
- Solo test drives in sanitized car.
- Home delivery and test drives.

900 Arnele Ave., El Cajon
619-440-0404
www.SubaruOfElCajon.com



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All advertised prices exclude government fees and taxes, any finance charges, any dealer document processing charge, any electronic filing charge, and any emission testing charge. Offer expires 7/31/21