



A recent Veterans Day observance at Grape Day Park. Photo by Lenny Kerbs

VFW to host Veterans Day observance Nov. 11 at Grape Day Park

Escondido’s 15th Annual Veterans Day Ceremony, hosted by Veterans of Foreign Wars Post 1513, will begin at 11 a.m. Thursday November 11, in front of the Wall of Courage at Grape Day Park 321 North Broadway, Escondido.

Speakers include Assemblywoman Marie Waldron, Mayor Paul McNamara, and several local veterans who will regale you with short stories.

Music will be provided by the Camp Carleton Cornet Band, a Civil War reenactment ensemble. The Emmanuel Faith Community Church’s Silent Witness and Joyful Hands will perform patriotic songs.

The Wall of Courage is a living memorial to Escondido’s veterans, created by Gale & Bob Pruitt with the support of the City of Escondido and its citizens. Sales from tile purchases go to help needy local veterans. To purchase a tile for your veteran, please visit <https://www.vfwpost1513.org/wall-of-courage>.

Veterans of Foreign Wars Post 1513 is an all-volunteer, nonprofit group of veterans and family members who support our veterans and the Escondido community. Visit them at vfwpost1513.org

FREE CHIPPING

By Katy Freese / Deer Springs Fire Safe Council

The Deer Springs Fire Safe Council (DSFSC) can help you improve safety in your neighborhood. Native vegetation that is growing within 10 feet of an access road along your property should be trimmed.

If you prune the native vegetation within 10 feet of an access road (or within 100 feet of your house), DSFSC will chip the material on your property for free. Vegetation adjacent to roads creates a hazard to pedestrians and drivers in several ways. Pedestrians may be forced to walk in the roadway instead of the shoulder. Drivers' views are impacted by large vegetation close to the road. Not to mention the problems with vegetation growing within the roadway. Can you imagine the problems it would create during a wildfire?

Let's all do our part to allow pedestrians, dog walkers and residents enjoy their beautiful neighborhoods. Please prune in a safe manner using traffic control measures as necessary. This free service is available for all residents of Deer Spring Fire Protection District. Not all materials can be chipped.

Check the Property Owner Guidelines under Chipping Program at: dsfsc.org.



Steve Kerrin and Katy Reese from the Fire Safety Council showing the bags they purchased to support the welcome committee and Hidden Meadows community

Sellers Faire October

By Michelle Zipse / Resident

The Seller’s Faire was held on Sunday October 24.

Vickey Ciarlanti, who chairs the Bake Sale, pulled out all the stops to make this a memorable Halloween themed Seller’s Faire. She provided candy to Trick or Treaters. She also created a

last minute Trick or Treating environment by getting the Deli, Market and Clubhouse to join in the fun and provide candy and treats to Trick or Treaters and a pumpkin carving contest and face painting at the Clubhouse right after the Faire had ended.

FAIRE / See Page 6



Joanne Anglin, Myrian Johnson

Hidden Meadows Garden Club: Pumpkin Joy!

By Linda Collins / Resident

As a new member of the Hidden Meadows Garden Club, and with a limited talent for crafting, I was hesitant, unsure about what would come of the October event of decorating pumpkins. Fortunately, I wasn’t alone.

There were several other newbies and, of course, some amazing and very talented members that created stunning arrangements.

GARDEN / See Page 8

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UPCOMING Events

Welcome Mixer for New Residents of 2020 and 2021
Sunday, November 7, 2021, 4pm – 7pm
Sideyard Pub, 10326 Meadow Glen Way East,
next to the Market at Hidden Meadows



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The All-American Boys Chorus with their director.

HVCCA to kick off 75th anniversary

The Hidden Valley Community Concert Association (HVCCA) is kicking off the celebration of its 75th year putting on concerts with—by popular demand—the Coastal Cities Jazz Band (CCJB) Sunday, November 21, 2 p.m. at the California Center for the Arts, Escondido (CCA.E.)

The Coastal Cities Jazz Band is one of the finest Big Band ensembles (with 17 members) in the southwestern United States performing for over 30 years.

Female and male vocalists will join them with the swinging sounds of the 30's, 40's, and 50's. They will perform in the Center Theater , Sunday, 2 pm, November 21. Come celebrate the 75th anniversary of the Hidden Valley Community Concert Association that has presented over 300 concerts in Escondido since 1945.

Tickets can be purchased online at www.artcenter.com or by calling the CCAE box office at 1-800-988-4253. Adults \$30, Seniors \$20, Veterans and military \$17, Students \$10 and Children \$5.

Become a season ticket holder and you pay \$75 for all five concerts ... that is the best deal in San Diego County. Go to the HVCCA's website: www.hiddenvalleyCCAescondido.info to print out your membership form (note: Not available at the CCAE box office.)

Here are the remaining four concerts at the Center Theater— the experience of which is like sitting in the first 15 rows of the Concert Hall.

Brass Roots Trio

January 9, 2022 --Brass Roots Trio is an extraordinary trio (French horn, trumpet, and piano) that produces symphonic sounds. They perform everything from Baroque majesty to Brubeck to Copland, Gershwin and standards into a heart-warming program that will stir your emotions.

The All-American Boys Chorus

February 13, 2022 – The All-American Boys Chorus is world-famous celebrating over 50 years of performances with many entertainers, artists, and five Presidents. You will hear Americana, patriotic, movie and Broadway tunes, plus popular songs.

The Folk Collection

March 6, 2022 – The Folk Collection, singing the classic folk songs of the 60's: *"Tom Dooley," "If I Had A Hammer," "Four Strong Winds," "This Land Is Your Land,"* and many more. Family-friendly and for all ages. Come enjoy an afternoon of great music, humor and a few sing-a-longs.

Tina Chong

May 29, 2022 – Tina Chong, concert pianist, is an artist with passion, infectious energy, and exciting programming. She has appeared as a guest soloist with orchestras all over the world and is a sought-after recitalist and chamber musician in North America.

Important: all attendees must be fully-vaccinated or have record of a negative Covid-19 test. Everyone must wear masks at all times on the CCAE campus.



The Coastal Cities Jazz Band.

Welcome Mixer for New Neighbors

By Michelle Zipse / Resident

Are you new to the neighborhood? Did you move into Hidden Meadows in 2020 or 2021? Then you are invited to a Newbie Mixer to meet other new neighbors in Hidden Meadows. We'll be meeting at the Sideyard Pub, 10326 Meadow Glen Way East, next to the Market at Hidden Meadows on Sunday, November 7 from 4 pm to 7 pm.

The Mixer will feature Wine Tasting by Coyote Oaks Winery, one of our local wineries in Hidden Meadows. Karen Sherman has kindly offered to do a \$5 tasting of 4 wines. We will also have appetizers provided by Sideyard Pub. Shari and Alex Petric have pulled out the stops to let us use this venue for the event. This is a great neighborhood location for meeting new people and having fun. So come out if you're new to the neighborhood and meet your fellow Newbies!

This event is being sponsored by the Hidden Meadows Community Foundation Board. The Foundation provides neighborhood events like Trunk or Treat, Easter Egg Hunt, 4th of July and Toys for Tots. They also provide Scholarships to our local students going off to College. The Foundation also supports the Welcome Committee who pass out welcome packets to new neighbors and put on events like this one to welcome the newbies to the "hood".

Please RSVP at: welcome.hiddenmeadows@gmail.com
See you Sunday, November 7 from 4 pm to 7 pm at the Sideyard Pub.

Poets INC to return to the podium Nov. 7

Poets INC (Inland North County), the monthly literary series hosted continuously since 2005 by the Escondido Arts Partnership, announces a 3-hour event with an extra-long line-up of very special guests.

Coming to the twin podiums on Sunday November 7 : A Garden Oak Press Flying Circus.

1 - 2 p.m.

A dizzying presentation of a few of the most recent books published by Garden Oak Press, featuring local San Diego poets Estelle Gilson, Joan Gerstein, Michael Klam, Jay M. Mower, Penny Perry.. plus, from the brand new Garden Oak book *“Poems That Speak To Us: Selected Poems of Steve Kowit,”* favorite excerpts by the book’s editors Joe Milosch & Jim Moreno, with additional poetic insight on Kowit, the man and his work, from Escondido poet Al Zolynas.

2 - 3 p.m.

Award-winning poets Shannon Tate Jonas from Buffalo, New York and Valarie Hastings from San Francisco.

Hastings is the 2020 winner of the Steve Kowit Poetry Prize, a recipient of an Honorable Mention for the 2020 Allen Ginsberg Award and a 2019 Pushcart nominee. Her first collection of poems, *“Searching for Dandelion Greens,”* was released in June 2021 from Garden Oak Press.

Shannon has two published books of poetry, *Battle Sleep* (2016) from Brick Road Poetry Press and *The Rake* (2020) from Garden Oak Press; his poem “The Forest Torso” received an Honorable Mention in the 2018 Steve Kowit Prize competition of the San Diego Poetry Annual. Shannon teaches creative writing at SUNY Fredonia.

3 - 4 p.m.

An open mic for everyone on the sign-up board follows in the third hour of the afternoon. Note that a brief intermission follows each of the afternoon’s segments.

The event will take place at:
Escondido Municipal Gallery
262 E. Grand @ Juniper
Questions? Call 760-480-4101.

Library asks residents to take survey

Escondido Public Library invites you to help plan the future of your public library by participating in an online survey available through November 17.

Visit www.escondidolibrary.org/strategicplan to participate. The survey is available in English and Spanish. Responses will be used in planning the next five years for the Escondido Public Library.

The survey will guide development of the Escondido Public Library 2022-2026 strategic plan. The plan will include goals and objectives for library operations, services, technology and more. The 2018-2022 strategic plan can be viewed at www.escondidolibrary.org/strategicplan.

For questions or assistance, contact Assistant Library Director Katy Duperry at 760-839-4601 or katy.duperry@escondidolibrary.org.

Super Crossword

ACROSS

1 Syria's president since 2000

6 Devalue

13 Most optimistic

20 Fry lightly

21 Pilot in "Star Wars"

22 Everywhere

23 Start of a riddle

26 Bull-themed tequila brand

27 Bewildered

28 Fore and —

29 Baseballer Stengel

30 "— pro nobis" ("pray for us")

32 Top-secret govt. group

34 Be a stinker

36 Riddle, part 2

47 Thwart

48 Big name in elevator safety

49 — Lankan

50 Farmer, e.g.

51 Grain tower

52 P.O. part

53 Like forests

55 Singer Falana

56 Riddle, part 3

59 Morale restorer

60 General Electric co-founder

61 Ending for switch

62 Venom

64 Curtain fixture

65 Cheer at a

59-Across

67 "Miami Ink" channel

69 Not talking

70 Chinese philosophy

73 Neighbor of Mozambique

76 Fit of petty annoyance

79 Defiant sorts

81 "Fer — out loud!"

84 Riddle, part 4

87 Biker's bike, informally

88 Voting sheet

89 Seeing things

90 Best Picture of 2012

91 Illusion artist M.C. —

93 Fritz's "the"

94 Pop singer Lisa

95 Swimming star Janet

96 End of the riddle

100 Put frosting on

101 President pro —

102 Greek letter after pi

103 Turn to hit

107 "Give — kiss!"

109 Having skill

112 Vigorless state

117 Riddle's answer

121 Dermal art

122 3-D model of a scene

123 Sasha's sis

124 Patroness of Québec: Abbr.

125 Pen user's stain

126 Lute of India

DOWN

1 Life — know it

2 Comic Mort

3 Raw beef fat

4 — charge (costing zip)

5 Tigers' home

6 "Evita" narrator

7 "If I — nickel for ..."

8 Slaughter in baseball

9 Climbs

10 Fertilizer compound

11 "Xanadu" band, briefly

12 Director Ephron

13 One giving a tirade

14 On in years

15 Smooth raincoat

16 Fort Dodge's state

17 Days before holidays

18 Dried and withered

19 Deuce topper

24 Rhino part

25 "Yes, alas"

31 In on — thing

33 Big name in old fables

35 Jumpy

36 Dryer go-with

37 Spanish city or province

38 Installed anew, as floor tiles

39 Kris — ('90s rap duo)

40 Common answer at the door

41 Saltpeter

42 Organization

43 Film director Christopher

44 Many a missing GI

45 "Little" Dickens girl

46 Strong cart without sides

52 Prescribing punishment

53 Tam-o'-shanter, e.g.

54 Wedge filling a gap

57 Mosque holy book

58 Kiddie

59 Foe of Paris

63 Is an Internet explorer

66 "Funny joke!"

68 Mongrel mutt

70 Largest city in Iran

71 Makes flush

72 Absorb gradually

73 Power

74 Crazy notion

75 Archipelago makeup

77 Fluid in refrigeration

78 Lobby

80 "Huzzah!"

81 Gnaw on

82 Itchy eruption

83 Service org. for females

85 Kazakh journalist of film

86 Giant in grills

88 — a-brac

92 Book version

94 Loosens (up)

95 People who lend their names to things

97 Downfall

98 "Sure, whatever"

99 Persian ruler

103 Rented residences: Abbr.

104 "— does it!"

105 Eight-bit unit

106 Dog in "The Thin Man"

108 "... — can't get up!"

110 Clear hurdles

111 Red monster of kids' TV

113 Morales of "Freejack"

114 Thaw

115 Large pelvic bones

116 Way yonder

118 Hoodwink

119 Victory

120 Tit for —

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Hellhole hike Nov. 14

The Valley Center Trails Association is sponsoring a hike Sunday, November 14, 8 a.m.

Along the Hellhole Canyon Preserve Loop.

This hike starts at the Hellhole Canyon Preserve parking lot and continues with a steep descent to Hell Creek; total distance is about four miles and includes steep uphill sections. Plan on the hike lasting about two hours.

This hike is rated moderate; participants should be physically fit and have some recent experience walking longer than an hour. The hike is on established trails, some narrow. Long pants, water, and sun protection are recommended.

Meeting place: Hellhole Canyon Preserve parking lot, 19324 Santee Lane, Valley Center. Take Woods Valley Road for 3.9 miles. Continue onto Paradise Mtn Road for 3.3 miles. Turn right onto Los Hermanos Ranch Rd/Paradise Mountain Road and immediately turn left onto Kiavo Road. Take Kiavo Road for .5 miles to Santee Lane and make a left into the preserve. Gates open at 8 am. The group will proceed to the parking lot, get organized, and begin the hike at 8:10.

Heavy rain during 24 hours before hike or steady rain one hour in advance of start time cancels hike. Notice will be given on VCTA FaceBook page. Questions? Email the Trail Master: anitanoone@gmail.com.

HVCCA Nov. 21 concert will be Big Band fans

Do you like Big Band swing music? If so, come to the California Center for the Arts, Escondido on November 21, Sunday at 2 p.m. You will see and hear the Coastal Cities Jazz Band perform with female and male vocalists the sounds of the 30's, 40's, and 50's. They are one of the finest big bands in the southwestern USA.

The Hidden Valley Community Concert Association will be celebrating their 75th anniversary of presenting over 300 concerts in Escondido since 1945. The champagne celebration starts at 1 p.m. when the doors open!

Brass Roots Trio (photo above) trumpet, French horn, and piano, produces symphonic sounds. On January

9, 2022, they will perform everything from Baroque majesty to Brubeck to Copland, Gershwin and standards into a heart-warming program that will stir your emotions.

Tickets can be purchased online at www.artcenter.org or by calling the CCAE box office at 1-800-988-4253. Adults \$30, seniors \$20, Veterans, \$17, Military \$17, Students \$10, and children only \$5.00!

You pay only \$75.00 to become a season (5 concerts) ticket holder. Calling all music lovers: go to www.hiddenvalleyCCAescondido.info to download a membership form. Note: This offer is not available at the CCAE box office.

Museum to host Family Space Night

Limited tickets remain for Family Space Night at San Diego Children's Discovery Museum. Don't miss this after-hours event and find your passion for Science, Technology, Reading, Engineering, Art, and Math (STREAM) on Saturday, November 13, from 5 - 7:30 p.m.

Blast off into the universe and put your astronaut skills to the test with hands-on activities to learn about:

- Mars Rover exploration with NASA Solar System Ambassadors
- Coding and robotics with the Torrey Pines Millennium Falcons
- Force and momentum with the San Diego Air & Space Museum

Telescopes with the San Diego Astronomy Association
Gravity and the moon
Astronaut jetpacks

Fill your rumbling stomach by visiting the gourmet food truck, The GoGo Truck, for locally sourced treats and delicious food.

To buy tickets go to <https://www.sdcdm.org/>
\$10 Members | \$15 Non-members

Additional discounts are available for Military and WIC/EBT/SNAP cardholders.

Time to fall back, again

By MARIE WALDRON

On November 7th, the annual ritual of "falling back" will be upon us again, despite 60% voter approval for Proposition 7 in 2018 that was aimed at eliminating the bi-annual time change. So what's going on and why are we still doing this?

Daylight Saving Time was first imposed as a temporary energy saving measure during World War I, and was re-instated during World War II. After World War II ended, states were allowed to decide the issue, and in 1949, voters approved Proposition 12, permanently establishing daylight saving time during spring and summer in our state.

Measures approved by the voters can only be changed by the voters, and under terms of Proposition 7, California voters asked the Legislature to introduce a bill changing the times and dates of daylight saving time, in compliance with federal laws, and should federal law be changed, to allow year-round daylight saving time.

As a result, Assembly Bill 7 was introduced in 2019 by Assemblyman Kansan Chu (D – San Jose), to authorize permanent year-round daylight saving time. AB 7 required a two-thirds vote and passed the Assembly without opposition, but the Legislature adjourned for the year before the Senate could take action. The following year, session was cut short due to the pandemic, and new legislation was introduced but never came up for a vote. Similar legislation is likely to be introduced when we re-convene in January, but there is one more hurdle. Federal law allows states to adopt year-round standard time (as in Arizona), but the law does not permit year-round daylight saving time.

In March the "Sunshine Protection Act of 2021" was introduced by a bi-partisan group of Senators in Washington D.C. If it passes, 2021 could be the last year we have to 'spring forward and fall back.' Only time will tell.

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.

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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. If you wish copies of photos in which you are included, email me at address below.

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

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The bake sale booth left to right: Al Fields, Heather, Mrs. United Kingdom Crystal Privett and Vickey Ciarlanti



Vickey Ciarlanti and Mrs. United Kingdom Crystal Privett working the bake sale at the Seller's Faire



(above) Connie Brumley and Joanne Anglin at the Seller's Faire. (below) Michelle Zipse holding one of the Shih Tzu puppies.

FAIRE / From Page 1

Vickey is very good at working with kids and making their dreams come true. She has her own Day Care in the neighborhood. Two of her former Day Care kiddos came out and volunteered their time at the Faire to help sell pumpkins, Halloween themed cookies and breads and muffins. The treats were delicious and everyone loved seeing the kids. It was also fun for them to be involved and volunteer their time to make this a fun event.

Also helping at the booth was Mrs. United Kingdom, Crystal Privett. Crystal's two kids were in Miss Vickey's Day Care when they were

younger. Mrs. United Kingdom is still competing in Beauty contests and may soon be in the Mrs. Universe contest. These women are dynamos who really made a special day and experience at this Faire. This bake sale booth at the Seller's Faire has become one of the biggest fund-raisers in our neighborhood, which allows us to have more neighborhood events like the upcoming Toys for Tots and Welcome mixer for the new people to Hidden Meadows. Many thanks to Vickey and her group of volunteers.

Other vendors this time included: Cards and crafts with custom made cards etc. The owner of Sweet Cheeks Homestead is a true baker at heart, and her cookies are deco-

rative masterpieces. She is also an immigration lawyer and a real estate agent but her heart is in her baking and she makes some amazing creations. Come check them out at the next Faire.

Patsy Klauber was selling Shih Tzu puppies. They were adorable and 2 were adopted to local families. There were mineral vendors and jewelry vendors. Custom Aprons were being sold. P&J Cocina had chili sauces and many creative choices of sauces. So many vendors with a good assortment of goods!

Come out to see our last Faire of the season on Sunday December 5, to finish out the year and do our holiday shopping.



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- 1035 South Main Avenue

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- 12650 Sabre Springs Parkway, Suite 204

SAN MARCOS

- 277 Rancheros Drive, Suite 100

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- 28743 Valley Center Road, Suite B

Riverside County

MURRIETA

- 25485 Medical Center Drive, Suite 100

TEMECULA

- 31537 Rancho Pueblo Road, Suite 102





Ev Trivoli, Vicky Long, Joanne Anglin, Dawn Korinek, and Linda Collins

For the love of Breakfast!

By Linda Collins / Resident

Several of the breakfast loving members of the Hidden Meadows Women's Social group had breakfast at Susie Q's. On the corner of Juniper and Second in Escondido, Susie Q's is a cute little 50's-style diner serving breakfast and lunch. The corned beef hash was popular in our group. I had 'hot cakes' with bacon and eggs. Are 'hot cakes' a 50's style thing? I don't know, but I was asked if hot cakes were the same as pancakes. Basically, they are. The hot cakes taste just like a pancake, however, hotcakes are thicker. I could only eat one of the two they served me. Two of us took home plates for the hubbies. I ordered the Ricardo Montalban for Randy. When I got home, he told me he'd already eaten . . . but decided to try it anyway. He ended up eating the whole thing! It was yummy! The Ricardo Montalban is scrambled eggs with jalapeño folded in, a side of hashbrowns with

jalapenos, beans, and salsa. it was just the right amount of spicy and very tasty!

Recently the group has had breakfast at the Delight of France, BAPS, and the Golden Egg Omelet House. Oh, and we went up to the Lake Wohlford Cafe that was a kick! And, yes we've been busy eating breakfast . . . we had breakfast at the Home Sweet Home Cafe just a few weeks ago.

As people start feeling safer, or bolder, we are seeing the participation increase. Breakfast, though, is usually around 6 people, which is perfect. The monthly socials are having as many as 20 people attend! However, these are still being held outdoors as a measure of safety. It is so great to see people again . . . friends I haven't seen since this whole COVID thing began.

For information on the Hidden Meadows Women's Social Group, email hmwsg92026@gmail.com



Pictured left to right: Ed Dufour, Mary Truby, Rick Seidman, Christine Annis, Katy Freese is on her knees, Tim Daughtery in the middle, Chris Dailey, holding her puppy Cosmo, Sam Dailey, Fred Essig, Pixie Lesinsky, Steve Kerrin, Therisa Cash

Tennis Birthday Celebration for Tim Daughtery

By Michelle Zipse / Resident

The Hidden Meadows Tennis group got together to celebrate the 89th birthday of one of their most active members, Tim Daughtery. This gentleman can play tennis and will put most of us to shame. The group came out to wish Tim a very happy birthday, with cupcakes, and Tim's favorite, cherry pie. Thanks to Katy Freese for that one! She's a rock star.

Tim has been living in Hidden Meadow for 41 years. His life has been full and adventurous. He was born in the boot of Missouri in Deloges. He went to the University of Mississippi which is commonly known as Ole Miss, where he studied Geology. He was a pilot in the Air Force for 24 years and flew B52s, retiring from March AFB

in Riverside with the rank of Colonel. He said his favorite place in the AF for winter was Grand Forks, North Dakota. If you've ever been there, I'm thinking that was a joke.

After the Air Force, he worked at General Dynamics for 13 years. He was married to his wife Patricia for 52 years and, sadly, she passed away 8 years ago. His family continues to carry on his interesting adventures. His daughter Kelly was involved in motor cross and his grand daughter Saylor is working for the Olympics in dressage. He still enjoys playing tennis, a hobby he started in retirement. He also flies radio controlled airplanes. He's a sweetheart of a man. If you see him in the neighborhood or down on the courts, say hello and a very happy birthday.



Eveline Bustillos, Leigh Goely, Sharon Cook with her mom, Betty, Karla Fernandez, Diane, Linda Collins, Cindy Payne, Julie Brooks, Sima Kashani, Dannielle Milliken, Sera Rhee, Ivonne Gladish, and our host Shannon Antekeier.

Hidden Meadows Women's Social Group - a Smashing Success!

By Linda Collins / Resident

The October gathering of the Hidden Meadows Women's Social Group was held at the home of Shannon Antekeier. It was one of the biggest we've had in . . . well, years! I expected panic when I called our host to tell her we had an RSVP list of 27. But Shannon calmly replied, "I guess I'll need another table and some chairs." Whew! Thank you! It turns out that Shannon and her husband often host some fairly large groups from his work. She had enough plates, silverware, glasses, etc. for a group of our size. Whew!

Generally, the socials have 12-15 people. There are some folks that are there every month and some that only come occasionally. I love to visit with the new people and people who haven't been around recently. Although, this time, I must admit, I just sat down and stayed put.

We have several new members. Leigh Goely is going to be baking for the Bake Sale at the Seller's Faire. Woohoo! Ivonne Gladish is renting a casita from Julie Brooks right across the street from where they are going to build on High Vista. Sera Rhee is a new neighbor in Rimrock that Dannielle Milliken introduced to the group. With the Welcome Committee out knocking

on doors, we are finding more interest in all the Hidden Meadows activities, which is wonderful! Welcome to the neighborhood!

As usual, there was plenty of food at the social. Whatever you like to eat, whatever your eating preference, there was something there for you! And, there was plenty of dessert, too. (I love dessert!) One of my favorites and most unusual was a S'mores cake that Dannielle Milliken made. This one layer chocolate cake had graham cracker, marshmallows, chocolate chips, and coconut on the top. It was popped under the broiler for a minute or so, right before serving. The browned marshmallows and coconut on top made this a truly scrumptious treat. I sure enjoyed it and other desserts. (Yes, I ate dinner before eating dessert.)

Coming up is a breakfast at BAPS in Escondido. Then, the November Social at the home of Bobbie Helland. Bobbie is a many talented artist who does acting, voice overs, records audio books as well as making wine and growing lavender. It will be a pleasure to visit her at her home.

For more information on the Hidden Meadows Women's Social Group, or to sign up, email hmwsg92026@gmail.com.

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Pumpkin Joy!



Vida Shayan and Sima Kashani

GARDEN / From Page 1

The directions were to bring an uncut pumpkin with a short or no stem. It needed to have a nice swale in the top to hold the succulent arrangement. The pumpkins came in all shapes and sizes. Mine was a warty, white pumpkin from Home Depot. Sima, being ever so creative, brought a toy truck to fill. It is beautiful!

Everyone contributed cuttings and decor. I brought some ribbon, a lace butterfly, some pine cones, pepper corn bunches, and a handful of plants. I learned that you can stuff a whole lot of plants on the top of a pumpkin! We started by spraying the top of the pumpkin with spray mount and quickly sticking a mound of moss on top of it. Some used smaller amounts for a flatter presentation. Others put

nice big mounds that created dramatic mountains of plants on the top of their pumpkin. Then the real creativity kicks in as you stick cuttings and décor items into the mound of moss. I was surprised at how quickly we were done with our first pumpkin, so I did a second. This one was an orange pumpkin with green and white stripes. I had to borrow from the community pile of cuttings as I certainly did not bring enough of my own. When we finished, we all went inside for tea or coffee and a snack. Francis Munk, our host, had frosted brownies and zucchini cake. Her zucchini cake is unique. When her kids were young

they wouldn't eat a cake with zucchini in it. So being the creative person she is, she added chocolate chips. The boys never had a problem with it again! Nor did any of us as we snacked and sipped, wrapping up a fun morning. Anyone in the community interested in gardening and garden crafts 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 760-809-8889 or email francesmunk17@gmail.com

On the Menu



Acorn Squash stuffed with sage sausage

by Jamie



Thanksgiving is such a special time of year where things begin to slow down and we take time to remember what we are thankful for. I am so very thankful for my family and for my dear friends. Take time each day to let your loved ones know how much they mean to you. Give this recipe a try and bring a smile to someones face by filling their bellies full of this delicious dish. Happy Thanksgiving everyone!!

Serves 4

- 2 Acorn squash
- 1 lb Ground sage sausage
- 1/2 Brown onion diced
- 4 Garlic cloves diced
- 2 cups Marinara sauce
- 2 cups shredded parmesan cheese
- 4 cups cooked cauliflower "rice"
- 1 Tbl Garlic powder
- 1 Tbl Onion powder
- 2 Tbl olive oil
- Salt/pepper to taste

Preheat oven to 400 degrees. Slice ends off of both squashes. Slice the squash in half and core out the seeds of each squash bowl. Place on a baking sheet bowl side up, brush with olive oil and season with salt and pepper. Bake for 30 minutes. While squash is cooking, brown the sausage in a sauté pan with a tsp of olive oil. Add cauliflower rice, marinara, garlic, onion, garlic powder and onion powder and simmer for five minutes. Remove squash from oven and fill squash bowls with the meat mixture. Sprinkle parmesan cheese on each bowl and cook for another 10 minutes. Serve and enjoy!

‘Carols by Candlelight’ to return to the Center December 10 & 11

A beloved North County holiday tradition, “Carols by Candlelight” will return to the California Center for the Arts, Escondido December 10 and 11, 8 p.m. both nights at the 1,500-seat concert hall.

Steve Vaus, founder of “Carols by Candlelight,” declared, “Last year just didn’t feel like Christmas without it.” This year, fans of this deeply moving holiday fundraiser at the California Center for the Arts, Escondido, will be able to experience it again.

“When people walk in the concert hall with hundreds of poinsettias, and snow falling, you can’t help but be swept up in the Christmas spirit,” Vaus said. This is the 32nd year of the concert, with 25 of them having been at CCAE.

Some stars of the evening include headliner Mark Wills, a member of the Grand Old Opry, Academy of Country Music Award winner, who has had eight number one country records; Jamie O’Neal, another Academy of Country Music Awards winner, with many hit records and, says Vaus, “A Carols by Candlelight favorite.”

Also returning will be Vaus’s daughter, Anna Vaus. “She’s all grown up and been featured at Nashville and toured with Willy Nelson. She’s coming up through the ranks and doing well,” he said.

The crux of this beloved event is that music stars sing their big hits and favorite Christmas carols—then afterwards, everyone goes out into the courtyard next to the concert hall without the fancy lights and hold candles and sing “*Silent Night*” together.

Vaus is now hosting those who first experienced the concert as a child returning as parents with their own kids. “One couple started off as a mom and dad, who then brought their kids,” he said. “They are now buying about fifty tickets to come. It’s the heart and soul of their Christmas season.”

Vaus added, “ ‘Carols by Candlelight’ is a gift of Christmas music and a gift of hope to kids in tremendous need at Rady Children’s Hospital.” The hospital is the concert’s sole

beneficiary, which the last time raised over \$60,000. “That’s a big chunk of change,” said Vaus.

They also have a “spectacular” auction with exotic trips and various experiences. “We raffle off a couple of guitars by the artists performing,” said Vaus. “It’s all guaranteed to put you in the Christmas spirt and goodness knows we need that these days.”

They still need sponsors for this year’s event. “We’re still very much in the hunt for them,” said Vaus. “It’s been hard this year. Some of the older sponsors are no longer in business. So particularly any Escondido business that would like to be part of this, we would love to hear from them.” To sponsor the event, go to the website, where you can also buy tickets, which range from \$18 to \$94 depending on location in the concert hall.

Go to carolsbycandlelight.com.

Hospice will host Candle-Lighting Ceremony Nov. 14

The community is invited to Light Up a Life, a special candle-lighting ceremony to celebrate the people whose lives have warmed their heart and whose memories illuminate their life.

This family-friendly event will be hosted by The Elizabeth Hospice on Sunday, November 14, from 3:30 to 5:30 p.m., at the California Center for the Arts at 340 N. Escondido Blvd in Escondido. Light Up a Life blends inspirational messages, music, and a memorial ceremony to lift the hearts of those touched by loss, illness or sorrow. Registration is required by Nov. 5 at <https://elizabethhospice.ejoinme.org/Light2021>. Admission and parking are free.

All attendees will be invited to light a candle during the memorial ceremony. In support of The Elizabeth Hospice’s non-profit mission, a donation of \$50 is suggested. Individuals can receive a 2021 keepsake ornament with a \$100 donation or a personalized ornament with a donation of \$250 or more. Information on sponsorship opportunities can be found at <https://elizabethhospice.ejoinme.org/Light2021> or by calling 760-796-3708.

California Center for the Arts, Escondido, requires all guests to wear a face mask.

Hidden Meadows Community Resources

Community Emergency Response Team (CERT)
Contact Marc Weissman at 760-525-5170 or marcweissman11@gmail.com.

Community Sponsor Group
Contact Chairman Jim Chagala, at 760 751-2691 for more information.

Hidden Meadows Neighborhood Watch
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
Contact Steve Kerrin at 760-807-1141.

Emergency Communication System
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

Garden Club
Contact Karen Henderson: 760-749-3164 (text messages preferred) or karenh.home@gmail.com

Hidden Meadows Bridge Group
We play bridge at the MHA Pavilion every Wednesday from 10:00AM to 2:00PM. Please call Curt Bruce at 442-222-0821 if you’d like to join us.

Hidden Meadows Community Foundation (HMCF)
Contact Sarah Sealey at sarah@bretandsarah.com

Ladies Bible Study
Contact Debbie Hamer at 760-297-1278 or Stephanie Swadell, 619-993-4631.

Tennis Club
Contact Katy Freeze at 760-749-9722 or clarkfreese@gmail.com.

Women’s Golf Club
No current contact information

Women’s Social Group
email to hmwsg92026@gmail.com.

Yoga
Contact Joanne Boessow at 760-751-0261 or mljab33@cox.net for more information.

Book Review

By Lynn Clark
I personally love books that get my attention in the very first chapter. They can take me to another time and place and they always keep me reading until the book is finished. The following book did exactly that and kudos to the woman that wrote it. It was 303 pages of sheer suspense and wonderful writing. She is new author to me and I'm hoping the other books she has written are just as good. I'll let you know. This book has been on the Best Seller's list for weeks.

"The Last Thing He Told Me" - by Laura Dave

Hannah and Owen have been married for about a year. Hannah has been trying to convince Owen's sixteen year old daughter Bailey that she is not a threat to her happiness, but so far the only thing she has encountered is the angst of a typical teenager. Like most teenagers she would rather be left alone. Then Owen disappears leaving a cryptic note for Hannah saying "Protect Bailey", and Bailey comes home with a duffel bag full of money that was stuffed in her school locker. Neither one understands what is going on or where Owen is, but the note in Bailey's duffel bag tells her in part to "Help Hannah. Do what she tells you. She loves you. We both do."

So begins a journey that is sometimes scary and filled with uncertainty for both Hannah and Bailey, but they have formed an uneasy alliance determined to find out the truth of what happened to Owen. You will have a hard time putting this book down.

Super Crossword

Answers

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Mental health conditions - a flaw in chemistry not in character

By **JAMES E. DORSCH**

On August 29, 2016, one of our twin sons, Keith, drove out to the desert and took his own life. It was two weeks before he and Brad’s 29th birthday. Everyone, including our family, was shocked. Keith was such a fun loving, humorous young man. He had a great life ... A wonderful wife, a 5-year-old son and a 4-month-old daughter. They had recently moved into their beautiful new home. Keith and his wife both had excellent jobs. By all appearances he was living the life we all dreamt about. It was the happiest time of his life.

However, Keith suffered from what his doctor diagnosed as a mild case of anxiety and depression. He was taking a low dosage of medication to help him cope. Two days before his death Keith and I met for lunch, which we did quite often. At this lunch, instead of our usual good, humored fun, Keith said he did not like the thought of taking his medication for the rest of his life.

I pointed out that probably 80% of the people eating in the restaurant were taking some type of daily pill to help them lead a healthier, happier life. I emphasized that his anxiety/depression issue was a chemical imbalance not a character flaw. He had an upcoming doctor’s appointment and I suggested he discuss this in detail with his doctor. When we left the restaurant we hugged, we said I love you to each other and went on about our days. It was the last time I saw or spoke to Keith.

As word spread of Keith’s death, we were engulfed with sympathy cards but had truly little personal contact from friends. It was a very strange and lonely time for our family. Months later, I was reading the Kiwanis magazine and discovered an article intitled “Every 40 Seconds.” As I read the article, I learned that every 40 seconds someone in the world takes their own life. In the United States about every 11 minutes someone dies by suicide. Also, in the US 54% of the population has lost a loved one to suicide. Yet we felt all alone in our struggle.

I began to do additional research on mental health and suicide statistics. Sadly, I discovered that suicide is the second leading cause of death in the US for the 10 – 34-year-old age group and according to the National Center for Health Statistics suicide among teenagers rose 56% between 2007 and 2017.

In an article in the Rady Children’s Hospital Winter 2020 *Healthy Kids Magazine*. Doctor Ben Maxwell, MD, director of Child and Adolescent Psychiatry services at Rady Children’s explains that “In 2011, there were roughly 500 children per YEAR with psychiatric emergencies in our general emergency department. Now we see as many as 300 to 400 per month. That’s a dramatic increase over a short amount of time.”

One in five Americans is affected by mental health conditions. The stigma is toxic to their mental health because it creates an environment of shame, fear and silence that prevents many people from seeking help and treatment. People experiencing mental health conditions often face rejection, bullying and discrimination. Less than half the adults in the U.S. who need services and treatment get the help they need. The average delay between the onset of symptoms and intervention is 8 – 10 years.

I was shocked by these statistics and the lack of publicity surrounding them. The stigma attached to these issues made it difficult and uncomfortable for people to talk about them. Diagnosing mental illness is not a straightforward science. Each condition has its own set of unique symptoms, though symptoms often overlap.

- Common signs and/or symptoms can include:
- Feeling sad or withdrawn for more than two weeks
 - Sudden overwhelming fear for no reason
 - Significant weight loss or gain
 - Seeing, hearing, or believing things that are not real
 - Excessive use of alcohol or drugs
 - Drastic changes in mood, behavior, personality or sleeping habit
 - Intense worries or fears that get in the way of daily activities
 - If you are concerned about someone:
 - Talk in private
 - Listen to their story
 - Let them know you CARE!
 - Ask directly about suicide, calmly without judgement
 - Take their concerns seriously
 - Let them know their life matters to you
 - Help them seek help –
 - 911 for Emergencies, Primary Care Provider, Walk-in Clinic, Emergency Department, Urgent Care Center, Mental Health Professional

Myself, my wife, Penny, our son Brad, and our daughter-in-law Ashley are “suicide loss survivors.” Most people do not know what to say to a suicide loss survivor. They certainly do not want to say something “wrong” that would upset the survivor even more. I know I would not have known what to say to a friend that had suffered a suicide loss. So, if you know a suicide loss survivor here are some wonderful ways to reach out.

How To Support Suicide Loss Survivors:

I do not know what to say, but I am HERE for YOU

Be proactive about offering help – make concrete suggestions. (Pick up kids, run errands, etc.)

Do not be afraid to talk about the person who died

Be patient – healing from a suicide loss is a lifetime journey

Do Not Disappear

The lack of publicity regarding mental health and suicide issues inspired me to research not only the statistics but more importantly what can I do to help create awareness, help end the stigma, and present resources that can assist those in need.

I began putting a PowerPoint presentation together comprised of awareness statistics, potential warning signs, steps you can take if you are concerned about someone. I have had the privilege to present my PowerPoint to many individuals and groups over the last two years and I will continue to do so if there are people interested in helping to end the stigma attached to mental health and suicide.

If we can do one thing it is to spread the message that mental health is just as real as physical health, and that illness can strike anyone, no matter how unlikely they may seem.

It is OK to not be OK, it is OK to ask for help, in fact it is necessary to ask for help!

Resources:

Suicide Prevention Lifeline

(800) 273 – 8255 or Text TALK to 741741

American Foundation for Suicide Prevention

AFSP.ORG

National Alliance for Mental Illness (NAMI)

(800) 950 – 6264

NAMI.ORG

Substance Abuse & Mental Health Services Administration (SAMHSA)

SAMHSA.ORG

Jim was born in Grand Rapids, Mi. and moved to San Diego with his parents in 1962. He graduated from Crawford H.S. in San Diego and then attended San Diego State University where he graduated with a B. S. degree in Finance. He and Penny have lived in Valley Center for 23 years. They have two amazing daughters in law and 6 grand children with another due in January.

Jim and his wife, Penny were married in October of 1985, and were blessed with twin sons, Brad and Keith, born in September of 1987. On August 29, 2016, their son Keith took his own life.

Since Keith’s death Jim has become a mental health and suicide awareness advocate. He is dedicated to speaking out about the stigma attached to mental health and suicide. Mental illness is a disease. It is treatable. The first step is to take away the shame / fear of speaking about one’s mental health issues and concerns.

Jim and Penny are 30-year members of Westminster Presbyterian Church in Escondido where Jim has served as an Elder.

He is a field advocate for the American Foundation for Suicide Prevention.

Jim is also a 32 year member of Kiwanis International. A past board member of the Valley Center Chamber of Commerce and past President of the Palomar Chapter of NAIFA (National Assoc. of Insurance and Financial Advisors) 2007 – 2008.

Jim currently does life insurance consulting and training with local State Farm agents.

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Did you just have a family reunion? Celebrate a graduation or other personal milestone? Keep us in mind and send us a photo or a quick note about what you’d like your town to know about. We are happy to help you celebrate.

Do you want to celebrate a parent’s 90th or 100th birthday? Tell us about it.

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VC invited to free Veterans Day concert at Jaguar Stadium

The Valley Center/Pauma Music Boosters are presenting the Veterans Day free annual patriotic concert at Valley Center High School’s football stadium on Thursday November 11 at 1 p.m.

This popular concert is now an annual tradition here in Valley Center and features the award-winning Valley Center Middle and High School Jazz Bands, Choirs, Concert Band, and Marching Band in a festive salute to the armed forces.

The Armed Forces tribute during the finale of the show is always the highlight. During this piece, members of the audience who have served in the military are asked to stand and be recognized during the playing of their branch’s anthem.


“From Big Band hits to patriotic marches, this concert celebrates service members and reminds us of their sacrifices made within the United States and around the world,” said Jeff Beck, band director for Valley Center Middle and High School. “Service members are encouraged to wear their uniforms to this event and be recognized for their selfless service.”

This free concert is often a full house, so come early to get a good seat.

Beforehand, the Music Boosters will be selling barbecue lunches and a variety of snacks and treats, starting at noon. All proceeds support the students.

The Music Boosters help purchase and keep hundreds of instruments tuned up and in good shape for 5th-12th graders in the award-winning VC bands. Any student can participate in the program, with no charge for instruments or uniforms. The Boosters’ annual fundraising goal of \$60,000 also covers transportation and participation costs for competitions across southern California not only for the bands and choirs, but also for the color guard, winter guard, marching band field show, and drum line.

For more information about the Valley Center Pauma Music Boosters and how you can help, email vcmusicboosters@gmail.com, visit www.vcpmusicboosters.org or find and like the Valley Center Pauma Music Boosters on Facebook.



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Have Questions?
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