



Scholarship rewards presentation: Lynn Wheeler Board Director, with winners: Kinsey Kellerman, Lauren Jackola, Madison Williams, and Vickey Ciarlanti Board Event Coordinator and Michelle Zipse Board Vice President.

Foundation Board Scholarship Awards

By Michelle Zipse & EV Trivoli

RISING STARS

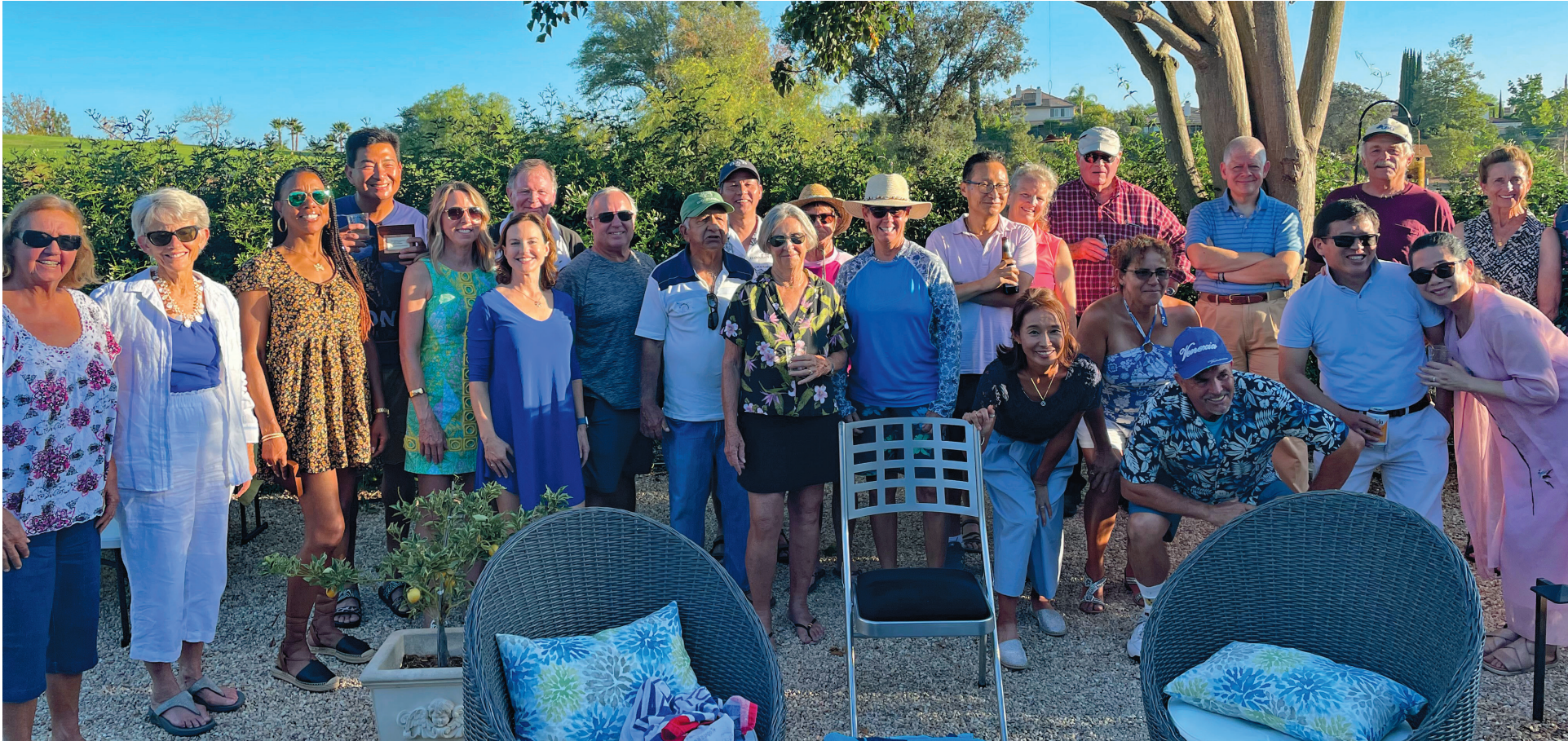
You may have heard about an important program funded by the Hidden

Meadows Foundation. Perhaps you've donated to this program, as well. It's the Annual Hidden Meadows Scholarship program and we'd like to tell you about the most recent awards ceremony!

On Tuesday, August 16 the Hidden Meadows Foundation Board presented Scholarships to some outstanding young people in our community: Lauren Jackola, Madison Williams,

Kinsey Kellerman, Ryker Lazlo, Lillian Broshard, and Hannah Lappe. Accompanied by their families, three

SCHOLARSHIP / See Page 6



Hidden Meadows Tennis League

Tennis Anyone?

By Michelle Zipse & EV Trivoli / Residents

The Hidden Meadows Tennis group is an amazing and interesting group of players, who show that tennis can be a life-long game. We've got a big age range: 20s to 90s! If you underestimate some of the older players, you'd be wrong: in our recent tournament, I was schooled by an 81 year old Master Chef who'd recently had a knee replacement.

Everyone has a story to tell and the stories encompass a lifetime of interests and adventures.

Many thanks to Melissa Dodds for opening her beautiful home for the after-tournament celebration on Sunday, August 14. Her husband and son, Jeff and Spencer, were quick to help with their excellent hospitality; the guests were impressed. A few tennis group members cooled off in the pool, including Wren Sorrentino, our newest potential player at just 7 months old. He had a great time with his Mom and Dad, Jess and Joey. There was a competitive game of corn hole

nearby, while the rest of us socialized and caught up "off the courts".

Everyone contributed to a feast of delicious treats. There was bone-in smoked pork chops, cowboy caviar, chicken enchiladas and Fuji apple salad to name a few. Our hosts provided burgers and hot dogs, and we all enjoyed everything!

Leading up to the party, was two weeks of competitive and interesting tennis matches. It was a lot of fun to play and watch good sportsmanship, observe various strategies and see overall exciting play. This was a competitive Doubles Tournament; single

elimination with consolation matches for the first round losers. Players could choose their partner... or be assigned partners by Katy Freese. Katy is the "wonder woman" who single-handedly organizes our league. Players confirmed if they wanted to play Men's, Women's and/or Mixed doubles.

Thanks to all 26 league members who played in the tournament, accommodated other players' schedules, welcomed surprise substitutes, and played their best. I love being part of this competitive but good-natured group.

TENNIS / See Page 7

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BOOK REVIEW - By Lynn Clark

"Horse" by Geraldine Brooks - historical fiction

Such a simple title for a book that tells a story of one of the greatest thoroughbreds in horse racing history. The horse's name was Lexington.

The novel is set in America during the historic time period prior to the Civil War when horse racing started to become a sport. It was a business fueled by wealthy land owners and anchored by the trainers, riders, and groomers of the enslaved black people in the South. Even though the story starts in 1850, the plot switches back and forth between two time periods emphasizing to the reader that some of the same issues that were evident in 1850 are still relevant today. This story is so well done it will capture your imagination from the beginning.

Date: 2019

The story starts in 2019 when Theo, a Nigerian American art historian, and a woman named Jess meet in Washington DC. He is writing an article about an artist named Traylor in advance of his art show in the American Art Museum. She is Australian and is working temporarily in the Smithsonian. Her expertise is working with bones and forming skeletons. She is offered a permanent position as the manager of their vertebrate Osteology Prep Lab. One of her first jobs is to find the skeleton of a horse that is supposed to be stored there.

What draws them together is a painting Theo finds in a pile of discarded belongings a neighbor has piled on a curb marked "free". The painting features a horse, but the picture is in terrible shape and Theo hopes it can be cleaned up at the museum and possibly have the horse and the painter identified.

Date: 1852

Thomas J. Scott is a painter. He makes his living by travelling to different horse ranches painting the horses. He is on his way to the Meadows owned by a Dr. Warfield in Lexington, Kentucky. There he will meet a young slave called Jarret who will prepare and groom the horse selected to be painted.

Warfield's Jarret

Jarret is the main character in this book. When the painter first meets him he is a young lad that grooms the horses. His father, Harry Lewis, is a free man and is the breeder and horse trainer at the ranch. Harry's first wife and Jarret's mother died several years ago, but now Harry has a new wife and she is also free. Unfortunately, Harry only had enough money to purchase his new wife.. Jarret is still Dr. Warfield's slave.

Jarret has a special affinity with horses. His father is teaching him everything he knows about horses, and he quickly moves from groomer to chief horse breaker. When the colt Darley is born, an aging Dr. Warfield gives the horse to Harry as his wages for the year. It is a verbal agreement and is never put on paper. Jarret and Darley immediately bond and Jarret becomes his trainer. The horse is a superior specimen, and as his prowess on the track becomes evident he eventually draws the attention of unscrupulous people.

The 25 year historical journey of the enslaved trainer and the legendary horse renamed Lexington is a story you will not forget .

"He was far superior to all horses that have gone before him..."
James Cairn Simpson - from Turf, Field and Farm

"After him there were merely other horses."
Charles E. Trevathan - from- The American Thoroughbred

TEN-CHARACTER MIX

Super Crossword

ACROSS

1 See 19-Across

6 Bird refuge

10 Girl, to Scots

14 Tree thicket

19 With 1-Across, spring prank victims

20 Difficult duty

21 Jai —

22 Not inclined

23 Papal topper

24 Long hike

25 Crooner Crosby

26 Tomb artifact, e.g.

27 Failure to keep developing a villain's character?

31 Summer zodiac sign

32 On an ad — basis

33 "Sprechen — Deutsch?"

34 Decade count

35 "I — care"

37 Person forging duel weapons for a big film studio?

43 Trailer-park parkers, for short

44 "— deal?" ("Are we on?")

45 Nun's string of beads

46 Lederer who was better known as Ann Landers

49 Poke (out)

51 Nomadic sort

54 Head demons

62 Article south of the border

63 It increases on a birthday

64 Single-file

65 Somewhat, informally

67 Alternative to a Cert or a Tic Tac

70 Hamburger unit

71 More gutsy?

72 "— is human"

73 Estevez of the screen

75 Letter #26

77 Gobble down

78 Newly coined synonyms for depression?

83 — buddy (close friend)

84 Dad's mate

85 Anxious

86 Volcanic peak in N. Oregon

90 Limerick's rhyme pattern

94 Cedar's kin

95 Providing refuge for people who use bleach?

102 Granola bit

103 Adore, cutesily

104 Hosp. test

105 Exist

106 Go quickly

108 Babies seen moving wavily in prenatal scans?

114 Shaw of jazz

115 Rear, as legs

116 Film director Ephron

117 Puts freight on

118 Very best performance

119 Met melody

120 A part of

121 Action scene

122 Fight off

123 Nastassja Kinski film

124 Camp sight

125 Cheeky

DOWN

1 Lethal

2 Shared views

3 Speaking pro

4 Old Italian coin

5 Mill refuse

6 Later

7 Tenor Caruso

8 Files a case against

9 Gives a double cluck of reproach

10 Diagnostic procedure

11 Et —

12 Wooed with a melody

13 Contract inker, e.g.

14 Rudely terse

15 New York tribe

16 LummoX

17 Device used in Twister

18 End-of-list abbr.

28 Units of resistance

29 "Oh yes, Juan!"

30 Russia's Gromyko

36 Go for it

38 "— go brag!"

39 With, to Yves

40 Act of liturgy

41 Battle shout

42 To a greater extent

46 Key above D

47 Literary intro

48 Pale shade

49 Sprightly dance

50 Consume

52 "Looky here!"

53 Ex-combat Gl's gp.

55 Possessed

56 Watch faces

57 "Nay" voters

58 Betray by blabbing

59 And not

60 Most arid

61 Cooks, as some clams

66 Dilettantish

68 Gold, to Juan

69 1950 Asimov classic

70 "Simple Simon met a — ..."

71 Prefix with caching

73 Frozen water, to Wilhelm

74 L. followers

75 Beastly site?

76 Elegant tree

79 First Ford car

80 Online 'zine

81 Increase

82 Apropos of

86 Eds.' piles

87 See 94-Down

88 Lift in the back of a shoe

89 Quaint

91 Task lists

92 Ran in the wash

93 Baseballer Randy Johnson's nickname, with "the"

94 With 87-Down, get a strong desire

96 Charge to attack

97 Côte d'—

98 Strong-force particle

99 AWOL pupil

100 Greek island

101 Vampy types

107 Elia offering

109 Angling need

110 États- —

111 Nil

112 "Ah, so sad"

113 O'Hara home

114 Swiss river

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The Hidden Meadows Community Sponsor Group

The Hidden Meadows Community Sponsor Group has established a Subcommittee to look into the Status of the Cannabis Regulations of San Diego County. The purpose is to determine where the process is, and if and how the Sponsor Group can provide input to the decision makers, and what that input should be. The Subcommittee has 3 members, but there is room for 2 more participants. Participants must be nominated and voted upon by the Sponsor Group.

Interested parties may contact Jim Chagala at 760-751-2691.

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Mental health on our mind

By KATI COWAN

Mental Health has increasingly become part of the conversation as COVID lockdowns brought about isolation and loneliness affecting seniors, adults, teens, and children. In the wake of the pandemic the stress of rising inflation has added to depression and hopelessness. It has thrown more people into homelessness worsening mental and emotional disturbances which feeds into the stigma associated with mental illness.

Interfaith Community Services is hoping to alter perceptions about mental health with “Change Your Mind”, a Free Inaugural Mental Health Festival from 11 a.m. to 4 p.m., September 10, at the Viasat campus, 2456 Town Garden Rd., Carlsbad.

According to Mental Health America one in five adults suffer from mental illness and about 10% of youth have severe depression affecting thinking, mood, and behavior. Biological factors and traumatic life experiences including a history of abuse are all factors that contribute to mental health problems.

Seeing the ever-increasing need, Interfaith decided to take the lead by “Changing the Mental Health Conversation One Mind, One Life at a Time” and educating the community wanting to help but not knowing how.

“With the homeless there are so many mental health components like issues of belonging and trying to find a path out,” said Interfaith’s Chief Development Officer, Varinda Singh Missett. “We have been needing something like this, so we decided to take the lead and educate the community. Unless you are in dire straits, there isn’t a lot of ways that the average per-

son can help the family or that person living on the bench.”

According to Singh Missett there are many people who are on the brink, feeling lonely and isolated. The goal is to reach these people before they fall into a serious preventable crisis. She wants to reassure them that there is help and connection.

The festival is both a fundraiser and a dynamic event that aims to make information accessible to teachers, families, students, people in crisis or at risk and anyone involved or interested in a way that is non-threatening and even fun.

Seven breakout sessions every half hour starting at 11:30 a.m. will cover a range of topics dealing with the power of belonging, neurodiversity gifts, creating a life-flight plan, mindfulness for Veterans, wellness and spirituality, depression in youth and teens, family communication, destigmatizing mental health and more. There will also be mental health panels offered in Spanish.

Attendees may choose to relax in the “De-stress Zone” in a cloud room or with aromatherapy, yoga, qigong, meditation, sound baths, animal therapy, or hands on art therapy with a live mural experience with local artists or with Kintsugi.

Kintsugi is a Japanese art form that consists of repairing broken pottery by mending the broken parts with lacquer that is dusted or mixed with powdered gold, silver, or platinum. The idea is to treat breakage and mending as part of the history of an object, rather than something to disguise or even discard. A thought-provoking metaphor.

A local Reggae group called Sensi

HEALTH / See Page 9

HIDDEN MEADOWS EVENTS:

Fall 2022

OCTOBER
Seller’s Faire
Sunday, October 23rd

SPOOKY Trunk or Treat
Saturday, October 22nd

NOVEMBER
Seller’s Faire
Sunday, November 6th

GOBBLE GOBBLE: Turkey Trot!
Thursday, November 24th
For information: contact Linda at
Linda_j_collins@sbcglobal.net

DECEMBER
Toys for Tots
Saturday, December 3rd

Seller’s Faire
Sunday, December 4th

Watch for details on these upcoming events and new events being planned:
The Hidden Meadows News,
Hidden Meadows CA Families on Facebook
Town Crier Facebook
Nextdoor “our” HM Neighborhood


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Barn, Bromeliads, and Trivia 8/12/22

By Idalia Rewar

It was a sultry day, but a much more comfortable late afternoon when the Hidden Meadows Garden Club members got together for their annual event - an outdoor BBQ. It was held at a barn hosted by Wilma and Victor Roberts. A Barn? Wow, let me give you a little bit of history about this barn.

The barn was part of a 20-acre horse

ranch. Victor Roberts' mother bought the ranch in 1974 from the original homestead family that lived there since the late 1800s. His mother turned the ranch into a horse ranch. The ranch's barn was moved here from San Marcos. The horse ranch had 4 stables, 4 riding arenas, and about 50 horses.

TRIVIA / See Page 12

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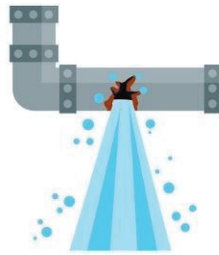
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Valley Center Municipal Water District





Lauren Jackola with her parents at the Award presentation

SCHOLARSHIP / *From Page 1*

of the recipients attended the ceremony. In addition to the monetary award, each received a cupcake (from Christine Stendall of Sweet Cheeks and her famous creations), a container of chocolate cotton candy and a bouquet of fresh flowers. All these items were generously donated by Event Coordinator, Vickey Ciarlanti. Vickey did a great job putting this event together, with special touches that told us all how important this event is.

You may have noticed that the background in the photos didn't look like the Meadow Oaks Tavern. Due to an unforeseen issue at the Tavern, we needed a last minute change of venue and the Sideyard stepped up to the challenge! Many thanks to Shari Petic, who did a fantastic job making space for us and decorating the area for this special event. We all enjoyed a nice dinner and then got on to the presentation of awards.

How are the Foundation Scholarship recipients selected? First, they must be a resident of Hidden Meadows. Next, a minimum 3.5 GPA is required. Then, a letter of recommendation from one of their teachers and an essay describing their academic aspirations and intentions to continue their education. Each qualified recipient received an award of \$1000.00, which can be a big help with expenses.

Read on, for information about the three who attended!

Lauren Jackola was there with her parents. Lauren graduated from San Marcos High School where she maintained a very high GPA, and was involved with dance, theatre, and Girl Scouts. She took many AP and Honors classes and completed 200+ hours of Community Service (wow!). Lauren is headed off to Loyola Marymount College. With so many areas of interest and talents, her Major is as of yet undetermined. Her selected teacher, in the recommendation letter, used 3 adjectives to best describe her: compassionate, hardworking and loyal. I'm sure Lauren will spread positivity in the world and go on to many wonderful opportunities! Congratulations, Lauren!

Madison Williams recently graduated with an AA degree (4.0 GPA) in Math and Science from Mt. San Jacinto College. She will be starting at the University of California Davis and studying Wildlife, Fish and Conservation Biology. In her essay she described how much she loved the outdoors thanks to the good job her parents had done in raising her to be comfortable and confident in the

outdoors. Nearly every weekend, they went camping or fishing, or helped out on a local farm. Further, by visiting many US National Parks and Wildlife Refuges, her parents exposed her to as much organic landscape as possible. Recently, Madison's become aware of - and discouraged by - the number of animals harmed by plastics in the environment. She wants to be a Fish and Game Warden so she can help solve this problem, enforce environmental regulations, and promote a healthy local ecosystem. Madison believes it's important to educate the public on conservation and leave a legacy of knowledge and respect for the land. You go, Madison!

Kinsey Kellerman attended the Classical Academy High School. She achieved a 4.27 GPA and was described in her recommendation letter as an incredibly hard worker who is happy, outgoing and has an encouraging personality that is contagious and spreads to those around her. In high school, Kinsey served as ASB President and Youth Leader, and was involved in Link Crew. In addition, she was a tutor, assistant coach and a leader on her many sports teams. Busy young lady! Kinsey will be attending San Diego State University and plans to study Organizational Psychology. Her goal is to be an Industrial Organizational Psychologist in the business world; to utilize strategies that create efficient and happy working environments for employees and employers alike. Kinsey "more than qualified" as a Hidden Meadows resident... she is 3rd generation! Her grandparents have lived here for 47 years (original owners). They raised their kids here, then Kinsey's parents moved back into The Meadows and she was raised here too. Best to you, Kinsey!

A big Round of Applause for all our 2022 Scholarship Award Winners! And a SECOND ROUND to the parents for raising such rising stars in our Community. It truly takes a village.

A THIRD ROUND to everyone who's donated to the Foundation so that this important program can be funded. We did well, Hidden Meadows. Your donations allow us to recognize and reward these outstanding young people. They give us hope for the future.

Let's keep it up!



Madison Williams with her parents at the Award presentation



Kinsey Kellerman with her family at the awards presentation. Her parents, brother and grandparents all came.

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Stop in for water and doggie treats any time!*

HIDDEN MEADOWS RESIDENT SINCE 2004

Listing Incentive for Sellers and Closing Cost Credit for Buyers

TENNIS / From Page 1

These are the Grand Champions who earned their way to the top!

- Women's doubles:
Melissa Dodds and Mary Truby
Men's doubles:
Tony Ong and Scott Marcus
Mixed doubles:
Kellie Osby and Thi Nguyen

But everyone who played was a winner in my book!
Do you play? Remember that we have courts RIGHT HERE in the community. To get involved with the Hidden Meadows tennis league contact Katy Freese at clarkfreese@gmail.com to be added to the list.



Womens singles winners Melissa Dodds and Mary Truby



Mixed singles winners Thi Nguyen and Kellie Osby



Men's Doubles winners Tony Ong and Scott Marcus

FUNDRAISER - Horse wash \$15 includes BBQ
Just BBQ - \$10 (hot dog/burger/veggie, one bag of chips,
one can of soda

mountainmeadowmadison@gmail.com



SEPTEMBER 24, 2022

MOUNTAIN MEADOW
EQUINE HORSE WASH!

Artisinal Drinks & Desserts
Photobooth
Live Music
Free Car Wash Raffle

1-5PM

27615 Alps Lane, Escondido, CA, 92026



HM resident Francis Munk and her son selling plants at the Seller's Faire

Seller's Faire Update

By Michelle Zipse and EV Trivoli / Residents

Hey Hidden Meadows, don't forget about the Seller's Faire! Part swap meet, part crafts show... the Seller's Faire is a popular, fun event. We are taking a summer break because who wants to shop when it's hot, hot, hot! Thank goodness for AC and pools, right?

Make a note! We're back on Sunday, October 23rd (9am to 1pm) with a full set of interesting vendors. Come down and check out the unique crafts, jewelry, clothing, cards, soaps, and more. Maybe even get a jump on your holiday shopping.

For your sweet tooth, check out the bake sale. It's back, and Vickey Ciarlanti (Foundation Board Event Coordinator), will be organizing it! You can expect a great Halloween theme with spooky treats and special surprises. A bonus 'feel good': proceeds from the Bake Sale go toward funding our Scholarship Program and the many events sponsored by the Hidden Meadows Foundation.

After this, there will be two more Seller's Faires to finish up 2022: November and December. Dates are TBD (to be determined...) but plan on Sundays, from 9am to 1pm.

Where? The parking lot next to Meadow Oaks Tavern. You can't miss it.

Want to get involved? New vendors and helpers are always welcome. Customers, too! If you're new to the community, it's a great way to meet people and feel more settled, so come on down.

Want more information? Email: hmsellersfaire@gmail.com



Beautiful silk flower arrangements



Christina Stendall of Sweet Cheeks selling her cookies at the Seller's Faire



Handmade aprons sold at the Seller's Faire

GROVE/BRUSH REMOVAL

FIRE BREAKS

CHIPPING

TRACTOR WORK

CLEAN-UP/HAULING

FIREWOOD

STUMP DISPOSAL

◆ ROUGH TERRAIN - MY SPECIALTY ◆

PAUL

760-749-2372

Law Office of Diane Haisha-DeForest



Contact Lawyer Di

Diane Haisha-DeForest

Attorney / R.E. Broker / Notary

858-560-0776

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

Let us help you start the New Year off with Peace of Mind.

Contact our office for an affordable Estate Plan.

Our sincere thanks to all of our past, present and future estate planning clients for their business and referrals.

• Revocable Living Trusts • Last Will & Testaments • Durable Powers of Attorney

• Property Deeds • Probate • Advance Health Care Directives • Business Organizations

• Conservatorships • Trustee Removal • All Real Estate Services

• California Professional Trustee Services • Pre and Post Marital Agreements

Mobile services provided at no additional charge. (weekday, evening and weekend appointments available.)

Do it once, do it right!

SERVING HMN READERS SINCE 2001

Hidden 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 Frances Munk at francesmunk17@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
Contact Ellen at 760-749-1190

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

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

Restoring California's failing mental health programs

By MARIE WALDRON, 75th Assembly District
California's mental health system is struggling to keep up with demand. Those seriously in need of treatment are trapped in a rotating cycle that takes them from living on the street, to the emergency room, sometimes to jail, then back to the street. Since more serious cases get the most attention, people with milder symptoms don't receive needed care and often fall into the same cycle.
Today, only about a third of Californians with mental illness receive the care they need, and 31 of California's 58 counties with a "high need" for mental health services report a shortage of mental health caregivers. That must change quickly if we are to get a handle on this serious public health/safety problem.
That's why I joined Senator Scott Wiener as co-author of Senate Bill 964. Sponsored by the Steinberg Institute, the bill will create a "Behavioral Health Workforce Preservation and Restoration Fund." SB 964 develops new coursework in our colleges and

universities that focuses on behavioral health, creates an online job board where licensed providers can post job openings, eliminates bureaucratic barriers that prevent trained workers from entering the field, and requires a comprehensive analysis of California's behavioral health workforce so we can meet the state's growing needs.
The bill also provides hiring and performance-based bonuses for workers and a stipend program for students in Master of Social Work programs with special focus on public behavioral health.
Implementation of SB 964 will revitalize and expand California's behavioral health workforce, and increase access to care for thousands of untreated or under-treated Californians dealing with serious mental illness and substance abuse problems. Ultimately, better care for the mentally ill will not only restore thousands of lives, it will lead to less homeless, less crime, and better, safer communities for all Californians.

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

HEALTH / From Page 4

Trails will play live music. Diverse faith and community groups will perform cultural dances. Local artisans and nonprofit exhibitors will offer goods and services.
Everything is free but advance registration is required at www.interfaith-services.org/change.
Interfaith Community Services' mission is to empower those in need by providing life changing assistance through a comprehensive network of more than 75 programs and services. This festival is yet another proactive response to a need for further education and a better understanding of mental health and its effects on well-being.
"Mental Health is on everybody's mind," said Singh Missett. "The mental health systems are overwhelmed, and we are equipped to do this. We have a lot of partners wanting to help."
The partners include Community Healthcare, the Neighborhood Health Group, Aetna, Molina Healthcare,

Palomar Health Medical Group and Truecare.
It is the hope of Interfaith that this event will give leaders of the community, organizations, and businesses an opportunity to promote and spread a greater understanding of how proper care and attention can affect a person's well-being and strengthen ties in the community. An emphasis will be on the important role that each individual and organization can play in encouraging and upholding a positive environment in which favorable mental health can thrive and how programs and/or services can establish a foundation where everyone's well-being can flourish.
This free event is open to the entire community with activities for people of all ages. Event participants will help build awareness throughout San Diego about the importance of mental health and wellness. If you are interested in attending, secure your spot today: visit www.interfaithservices.org/change/

HIDDEN MEADOWS COMMUNITY FOUNDATION

HMCF92026@gmail.com

Sarah Sealey, President
Michelle Zipse, Vice-President
Shannon Antekeier, Secretary
Paul Schoos, Treasurer
Vickey Ciaralanti, Director
Rob Enfield, Director
Patricia Fox, Director
Kathy Moore, Director
Pete Tomaszek, Director
Lynn Wheeler, Director

Events Director
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Neighbors Helping Neighbors
Christina Stendall, Chair
Communication
Patricia Fox, Chair
Median Maintenance
Paul Schoos, Chair
Social Groups
Toni Wozmak, Chair

Donate Online: www.HiddenMeadows.news/donate

Answers

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HIDDEN MEADOWS COMMUNITY FOUNDATIONS FALL
(Private) SCHEDULED EVENTS FOR 2022

Watch for details on these upcoming events in the Hidden Meadows News Paper

Hidden Meadows CA Families Facebook

Town Crier Facebook • Nextdoor “our” HM Neighborhood

These events can’t happen without your help. Please contact:

vickeyciarlanti@gmail.com to add your name to

our list of volunteers or you can make a donation at

www.HiddenMeadows.news/donate

SPOOKY Trunk or Treat

2:00 pm ~ 3:30 pm • Saturday, October 22nd

Lower Parking Lot at the Golf Course

GOBBLE GOBBLE Turkey Trot!

Thursday, November 24th 8am. Lower parking lot at the golf course. For information on this Hidden Meadows Tradition contact Linda at Linda_j_collins@sbcglobal.net



Toys for Tots ~ Saturday, December 3, 9am at the Tavern

NEW EVENTS ARE BEING PLANNED AS WELL!!!

*Ongoing Beautification Projects • Neighbors Helping Neighbors
Volunteer Appreciation Night (Spring of 2023)*

LARGE ANIMAL EVACUATION PLANNING

The Deer Springs Fire Council Large Animal Evacuation (LAE) Group is requesting your information if you are a large animal owner and live within the Deer Springs Fire District. A large animal is considered one that cannot be transported within your car (horses, goats, cows, etc).

We are requesting this information for the inclusion in an early warning system which can alert large animal owners to a potential fire threat to our area and possibly give them a head start in implementing their LAE plan.

If you are a resident and have large animals, then please email the following information to lynn@dsfsc.org:

1. Your name & phone number/emergency contact information
2. Your exact location - street address and GPS coordinates
3. The type & number of large animals on your property

Please note that we do not issue evacuation orders - those must come from the Sheriff. While we are not your means of evacuation, we ARE an excellent resource for your evacuation planning. Large animal planning/evacuation is the sole responsibility of the animal owner, but we are here to help!!

GET PREPARED

MAKE A PLAN

PREPARE YOUR ANIMALS

PREPARE YOUR PROPERTY

PRACTICE YOUR PLAN

STAY PREPARED

Start by emailing lynn@dsfsc.org with your information 😊!!

PALOMAR
HEALTH

Reimagining Healthcare

PUBLIC NOTICE:

Pursuant to Health & Safety Code (HSC) Section 1255.25, Closure or Relocation of Supplemental Services, Palomar Health is closing the alternate space on the 3rd Floor (17 beds) for our Geriatric Psychiatric Services. The location is 15611 Pomerado RD, Poway, California 92064-2405. The effective date of closure is on or before October 31, 2022.

If you have questions or comments, regarding next step or any staff related issues you may notify:

- Donald Myers, Director for Behavioral Health Services
- Location:
 - 15611 Pomerado RD, Poway, California 92064-2405
 - Phone Number: 858-613-4340
- Palomar Health is providing the following three available services that provide Geriatric Psychiatric care within San Diego Community
 - Alvarado Parkway Institute (API):
Intake P: 619- 667- 6125,
P: 619- 667 -6027; F: 619 -486 -5421
7050 Parkway Drive, La Mesa 91942
 - Scripps Mercy:
P: 619 -260- 7005; F: 619 -686-3677
4077 Fifth Ave., San Diego, 92103
 - Sharp Mesa Vista:
P 858- 836 -8434; F: 858-836-8703
7850 Vista Hill, SD 92123



WITH SPECIAL GUEST
MOLLY HATCHET

OCTOBER 2



Where People Come First

casinopauma.com

TRIVIA / From Page 5

The land has been subdivided over the years and the Roberts family now own 10 acres of the original parcel. Presently, the Roberts are building a home adjacent to the big barn, but are using the barn for personal entertainment. Their daughter recently held her wedding party at the barn which has a terrace overlooking a fantastic view of the groves of trees and the Palomar Mountains. Various members of the family have built their homes in the surrounding acres, so you don't have to go far if you need a cup of sugar. Close family I say!

As members and spouses arrived we all bought a dish to share. Mr. Roberts was the Head Cook as he barbequed hamburgers and hot dogs. I had a hamburger, it was so juicy and I ate it like a Labrador dog – chomp, chomp, quickly so no one can take it away. There were appetizers and salads and of course, desserts. Frances Munk outdid herself as usual, with a mouth-watering tiramisu cake. There were also apple slices in some sort of caramel and cheese sauce that melt in your mouth. I brought a potato salad, and it was all gone by the time I was ready to leave. So they must have liked it. You want something interesting and healthy to drink? A very kind gentleman bought some ginger iced tea, with lemonade and honey and as medicine, for a kick in the pants, you can throw in a shot of vodka. Pretty good stuff. Frances went around with a bottle of limoncello she made, “do you want a taste?” Whoa, that kick-a-poo juice was good!

Prior to the finale of the day, a game of trivia was to be played with garden plants as prizes.

#1. What fruit is the only edible fruit from the bromeliad? I asked what is a bromeliad? Wow, this is a garden club - do not ask such a question – I was almost run out of the room because I do not know what is a bromeliad. But hey, that is why I joined the Garden Club – of course to have food get-togethers



but also to be educated in horticulture. Hold on – let me ask Mr. Google.... From Google: “Bromeliads are tropical and subtropical plants with cascading foliage that form beneath rosette-shaped leaves or bracts”. That still doesn't ring a bell with me, but some photos did. Aaah, I've seen them before, but did not know their names. You see, you learn something by asking. Answer to question: Pineapple.

#2. What is gardening with drought resistant plants called: Answer: Xeriscaping. News to me, heard that before but could not remember.

#3. Name the tree at the parking circle at the entrance to the house. That was a good one, there was some guess work, but I did not hear if someone actually knew the name. I did not know the answer to the 3 questions – 3 beeps for me. Oh well, no trivia games for me. I wanna go home and study about bromeliads.

At the last moment, the last of the Mohicans –

Frances - went to each table – guess a number between 1 and 10. If you guess right, you get to have the centerpiece plant. I guessed right – Yeah! I went home happy with my trophy and watched a beautiful sunset as I drove home.

Thank you to all attendees, to Frances, and to Wilma and Victor for hosting the wonderful and fun event held at such an unusual place – A Barn.

The Garden Club is fun, educational, you get to meet the nicest people from your community and even get to taste yummy food. If you are interested in joining, e-mail Frances Munk at: francesmunk17@gmail.com.

And don't forget to water your bromeliads! Ciao

●●●

Mommy, has the value of our home changed in the past few months?

●●●

Great idea! Her number is (619) 370-4257

●●●

I am not sure. I will call Simona tomorrow and ask her to send us a free home evaluation!

●●●

MARKET TRENDS

Average Sold Price: \$989,272

●●●

MARKET TRENDS

Average Days on Market: 18

●●●

MARKET TRENDS

Average Sold vs List Price: 103%

What is happening in HIDDEN MEADOWS


Market Report

SEPTEMBER 2022

► Address	► BD/BA/SF	► Listing/Selling Price
ACTIVE		
Narcissa Court	5/3/2,601	\$925,000
Pinion Trail	3/2.5/3,065	\$999,000
Sage Hill Way	4/3/2,910	\$1,349,000
SOLD		
10106 Sage Hill Way	4/3/3,001	\$910,000
10044 Sage Hill Way	3/3/2,258	\$952,659
27879 Sugar Pine Way	3/2.5/3,065	\$1,220,000



SCAN ME




Simona Giuffrida


Relocation Specialist, CIPS (Certified International Properties Specialist) and VA certified REALTOR®

619.370.4257

Chairmans Circle Award Winner • Top 2% Nationwide
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GYLDAN GROUP



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HomeServices
California Properties

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