



Mira Mesa Town Council Newsletter

Mira Mesa Town Council Meeting

- Monday, Nov. 4, 2013
7 p.m. - 9 p.m.
Mira Mesa Senior Center
8460 Mira Mesa Blvd.

Agenda:

- I-15 Direct Access Ramps
- Mayoral Candidate David Alvarez

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Volume 38, Issue 10

November 2013

Prime Time for Pomegranates and Persimmons

It's prime time to poke around for the perfect pomegranate or persimmon at San Diego County's more than 50 certified farmers markets.

While many traditional garden vegetables are in between growing seasons, local farmers markets are flush with tropical fruits and some of your more hardy vegetables.

"It's a good time for a lot of tropical fruits that are in season like pomegranates, persimmons and guavas," said Nancy Stalnaker, a supervising agriculture/standards inspector for San Diego County Agriculture Weights and Measures. "And then your apples and pears are coming in season, too."

Stalnaker also noted it's been a good season for locally-grown grapes.

"It's in between seasons for a lot of vegetables, but there are still some late summer crops around and you can find a good



Pomegranates and Persimmons at a local farmers market. Mira Mesa Farmers Market opens every Tuesdays at Mira Mesa High School.

variety of squashes, okra, pumpkins, chard and mustard greens right now," she said.

It's also a great time to find colorful floral arrangements for upcoming holiday decorations.

"The flower growers have some real nice flowers you

could use for Thanksgiving tables," Stalnaker said. "Nice oranges and yellows and beautiful chrysanthemums."

Mira Mesa Farmers Market winter hours are 2:30 p.m. - 6 p.m. The last market day for 2013 will be Dec. 17.

Seeking Nominations for Mira Mesa Volunteer of the Year

By Pam Stevens

The Mira Mesa Town Council invites members and the community at large to submit their nominations for the 2013 Mira Mesa Volunteer of the Year. (Download form from MMTC website, miramesa.towncouncil.org.) The due date is Nov. 9, 2013 (Saturday after the November MMTC meeting). Mail or email your nominations to Jeff Stevens (jeffstev@san.r.r.com), or return your nomination

form in person at the Nov. 4 MMTC meeting at the MM Senior Center.

Honoring a longtime community volunteer as Mira Mesa Volunteer of the Year is an annual tradition of the MMTC since 1984, when Verne Goodwin was selected as the first honoree and MMTC named its college scholarship fund after him. The Volunteer of the Year need not be a Mira Mesa Town Council member, but should be

someone who has made a significant contribution to Mira Mesa through volunteer work, not just during the past year but over the years s/he has been involved with the community.

2012 Volunteer of the Bari Vaz was honored at a dinner in April 2013. For details and photos from that gala event, visit MMTC website. The annual dinner is also a fundraiser for MMTC's Verne Goodwin

(See VOY on page 11)

**2013
MIRA MESA
TOWN
COUNCIL
BOARD OF
DIRECTORS**

PRESIDENT

Ted Brengel,
President@miramesa
towncouncil.org

**FIRST VICE
PRESIDENT**

(PROGRAM CHAIR)
Bari Vaz,
Programs@miramesa
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**SECOND VICE
PRESIDENT**

(MEMBERSHIP)
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TREASURER

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**MEMBERS AT
LARGE**

Christina Keene
Jennifer Kvalvik
Jon Labaw
Maria Pankau

President's Message for November

Here we are — election season again. And while many of us are focused upon the upcoming mayoral election and the almost certain runoff, there is another election to which I would very much like to call your attention. As most of you know the Mira Mesa Town Council elects officers annually. Our Board of directors, our officers, consists of a president, a first vice president and program chairman, a second vice president-membership, treasurer, recording secretary, newsletter editor, parliamentarian, and four directors-at-large.

None of these jobs has been described by an incumbent as overwhelming, but each does require some time and effort between meetings. The treasurer

and newsletter editor positions also require skills in accounting and word processing/publishing (respectively). Pay is one thing all positions have in common. The remuneration for each of our board of directors is the same and each gets the same raise each year. Okay, I might as well come clean. None are paid positions; we all work for nothing.

Usually we have no problem finding people to run for the various positions, but for some reason, this year we have a shortage of candidates. As of now I am planning to run again for president, Bari is running for first vice president, John Horst has agreed to continue as treasurer, Jeff Stevens will be our recording secretary, and Jon Labaw and Alex Nguyen

will run as two of the directors-at-large seat. That leaves the following offices to fill:

- Second vice president (membership chairman)
- Newsletter editor
- Director-at-large (2)

If, as you read this, you are saying to yourself, "I could do that," then by all means let us know and we will let you give it a try. Even if you have not considered running for an office, please do so now. The work of the Town Council must go on and, as everyone knows nothing is free. I promise not to let anyone get overloaded by having myself and others chip in if the going gets rough. Please help out your town council!

Town Council Seeking Nominations for Board of Directors

Elections for the Board of Directors will be held at the Nov. 4 meeting and the nominating committee is soliciting nominations.

The board positions are: President (serve as the CEO, preside at meetings, appoint special committees, oversee prep for general meetings), First Vice President (coordinate programs, prepare for general meetings), Second Vice President (maintain membership files and seek new members), Recording Secretary (record the proceedings at all meeting

and maintain a file of MMTC business), Newsletter Editor (prepare and mail all publications for MMTC), Treasurer (monitor all expenditures, provide monthly balance sheet for MMTC, acquire and independent audit, maintain insurance documents, update 501(c) documentation), Parliamentarian (interpret rules and procedures, chair bylaw review committee), four Members at Large (assist other Board Members as needed).

Current nominations are:

- President – Ted Brengel
- First VP – Bari Vaz
- Second VP –
- Recording Secretary – Jeff Stevens
- Newsletter Editor –
- Treasurer – John Horst
- Parliamentarian –
- Members at Large – Alexander Nguyen, Jon Labaw

If you would like to add your name to the list of nominees please email Christiane Hoffman choffman@qualcomm.com or nominate yourself at the general meeting in November.

San Diego RCFL Receives International Accreditation

The San Diego Regional Computer Forensics Laboratory (RCFL), based in Mira Mesa, received the international program accreditation from the American Society of Crime Laboratory Directors' Laboratory Accreditation Board (ASCLD/

LAB), the FBI announced.

The San Diego RCFL has served as a model for successful law enforcement cooperation since it was conceived by local law enforcement officials in the late 1990s. At that time, no single department had the technical or

personnel resources to examine the growing volume of digital evidence, so 11 agencies joined forces to open the country's first regional computer forensics laboratory. The success of this effort spawned what is now the RCFL National Program.

School District's New Common Core Standards Explained

By John Lee Evans

San Diego Unified Board President

San Diego Unified and all other school districts are making a big change to what is known as the Common Core curriculum. What is it?

At San Diego Unified we have been pushing for a broad and challenging curriculum. Not only do we want our students to know all of the basics, but we also want them to be critical thinkers and innovators.

We want them well prepared in language and the arts, as well as science and technology and even physical fitness.

We don't just want to increase the graduation rate. We want to make graduation more meaningful. We want more students prepared for college, but we also want students prepared for technical jobs and other career paths. This month we are focusing on the great graduates of San Die-

go Unified public education, ranging from our Interim Mayor to a Mars Rover landing scientist.

The rest of the nation is joining onto our idea. Rather than having different curriculum standards in each state, 45 states have signed onto the Common Core State Standards. Students across the country will be held to the same standards. This will make

(See *Standards* on page 10)



John Lee Evans

County's Live Well Initiative Gets Annual Check-up

County officials unveiled a new website on Tuesday aimed at helping residents understand how the region is doing across a number of areas related to health, safety and well-being.

The new website, Live-wellsd.org, was introduced as part of the third annual report to the Board of Supervisors on Live Well San Diego, the County's initiative to improve the health and safety of residents that was launched in 2010. Supervisors heard updates from County departments, city

and school officials, and community agencies that have joined in working on the initiative.

"The most exciting thing about this effort is that it no longer belongs to the county, but to the region," said Board of Supervisors Chairman Greg Cox. "I think we are starting to see the benefits and rewards of the community's involvement and participation."

Two parts of Live Well San Diego focusing on health and safety were discussed on

Tuesday. The Board also heard a preview of the third and final part of the plan, which will focus on quality of life issues, and is expected to be unveiled in 2014.

"As the blueprint for Live Well San Diego took shape, we realized that it was going to take more than a singular aim to address the issues we were seeing in our region," said Helen Robbins-Meyer, County chief administrative officer. "As a result, Live Well San Diego

(See *Live* on page 11)

"The most exciting thing about this effort is that it no longer belongs to the county, but to the region"

MMTG Sets Auditions Nov. 6 & 7 for 'Lend Me a Tenor'

By Pam Stevens

The Mira Mesa Theatre Guild, Mira Mesa's non-profit community theatre group, invites all interested actors to audition for its upcoming production of the comedy, "Lend Me a Tenor."

Auditions will take place on Wednesday, Nov. 6, and Thursday, Nov. 7, 6:30 to 8:30 p.m. each night, at the Gil Johnson Mira Mesa Recreation Center, 8575 New Salem St., San

Diego CA 92126. Directed by Tim Arends, MMTG's "Lend Me a Tenor" will be performed at the Wangenheim Middle School theatre, 9230 Gold Coast Dr., Feb. 7 – 22, 2014, Fridays and Saturdays at 7:30 p.m.

"Lend Me a Tenor," a comedy of mistaken identity set in the world of opera, is a play with music but not a musical. While some parts do require some singing, the direc-

tor is looking for actors with good singing voices, and not opera singers – although he will consider opera singers who can handle the comedy acting.

For a complete list of roles and other information, see <http://www.miramesatheatreguild.org/tenor.html>

Any questions? Email director@miramesatheatreguild.org

**LEND ME A
TENOR**

"Lend Me a Tenor" will be performed at the Wangenheim Middle School theatre, 9230 Gold Coast Dr., Feb. 7 – 22, 2014, Fridays and Saturdays at 7:30 p.m.



The new funding format shifts from state-mandated programs to local districts to use as best needed.

California's New Schools Funding Way Explained at Meetings

Leadership from the San Diego Unified School District will be visiting Cluster Committee and other parent meetings over the next several months to discuss California's new school budget plan, called the Local Control Funding Formula (LCFF).

"LCFF shifts the focus from funding dozens of state-mandated programs to funding based on local district control and student needs," said Superintendent Cindy Marten, "with extra dollars allotted to low-income children, foster youth

and English learners."

According to the state Department of Education, each district creates a three-year plan not only for funding but for accountability; under the old budget system, district plans covered only funding. The California Department of Education is expected to issue guidelines in January for creation of the Local Control Accountability Plan, which ties student achievement to program funding.

"The funding formula and the local accountability plan in many ways bring the rest of the

state into compliance with our district's Vision 2020," said Dr. John Lee Evans, Board of Education President. "As we have outlined in the Vision 2020, we're making staff more accountable to ensure annual improvement in the education of our students."

The community meetings will give San Diego Unified residents the opportunity to hear about the new funding formula, its impact on the district budget and the expectations for the budget development process. For more info, sandi.net/lcff.

Mira Mesa Library Presents WWII Bombardier Author Talk

On Sunday, Nov 17 at 1:30 p.m. at the Mira Mesa Branch Library World War II veteran Charles N. "Norm" Stevens will discuss his career as a 8th Air Force Bombardier, including his training and his experiences as part of the 351st Bomb Group based in Polebrook, England.

Stevens, now 88, de-

scribes what it felt like as a 19-year-old from California to find himself in the Plexiglass nose of a B-17 flying 34 bombing raids over Germany. A retired teacher who now lives in the L.A. area, Stevens researched his book with trips to the National Archives in Washington, D.C. to bolster his own recollections.

Copies of his three books, *An Innocent at Polebrook*, *The Innocent Cadet*, and *Back from Combat* will be available for purchase and signing at the conclusion of Stevens' talk.

Stevens' first book, *An Innocent at Polebrook*, is in the San Diego Public Library at the Mira Mesa and Pacific Beach branches.



Registrar of Voters is also looking for volunteer poll workers.

County Registrar Opens Voting for New San Diego Mayor

Voters in the City of San Diego began casting their ballots for a new mayor Monday, Oct. 21.

The Special Municipal Election will fill the vacancy left after Bob Filner resigned.

The Registrar of Voters (ROV) office opened its voting from 8 a.m. to 5 p.m. Monday through Friday until Election Day, Nov. 19, when the hours will change to 7 a.m. through 8 p.m.

Mail ballots for the Special Municipal Election also went out Monday and the ROV estimates

they equal about 52% (357,000 of 675,000 registered voters) of the entire city.

"I anticipate there will be more ballots cast by mail than individuals going to the polls," said Registrar Michael Vu.

Voters who would rather go to their neighborhood polling place on Election Day can check for the location on the back cover of the sample ballot pamphlet, call (858) 565-5800 or visit sdvote.com. The ROV will be setting up 572 polling places throughout the City of San Diego

and is still recruiting poll workers particularly Chinese and Vietnamese bilingual poll workers.

If you'd like to help, you must be a U.S. citizen, a registered voter in California, and be able to speak, read, and write the English language. Depending on the assignment, volunteers can receive a stipend of \$75 to \$175.

For questions about being a poll worker, where the polls will be located in the City of San Diego or whether you're registered to vote, call (858) 565-5800 or visit www.sdvote.com.

Mira Mesa Vet Clinic Using Stem Cells to Help Pets in Pain

Center Veterinary Clinic has returned 4-year-old Zedd the dog to a life without pain using Vet-Stem Regenerative Cell Therapy. Locally based Vet-Stem, Inc. is a leading Regenerative Veterinary Medicine company whose stem cell services have been used to treat over 10,000 animals over the last ten years. Dr. Matthew Bigelow and Zedd's owners turned to stem cells for Zedd, a large mastiff mix, when his pain became so

great that he could not go a day without medication, needed help getting up from a lying position, and walked with a very obvious limp.

Three months after Zedd's stem cell therapy his owners Paula and Chuck Newby are very pleased.

"Zedd's improvement was immediate," Paula said. "We could not believe how fast the change occurred. He has been a completely different dog since

the stem cell therapy; So much energy and playfulness that just wasn't there before."

Zedd was diagnosed with bilateral hip and elbow dysplasia at just 11 months old. By 4 years old he had developed arthritis and it had become obvious to his owners that he was suffering and in pain. In addition to limping, and difficulty rising, Zedd had stopped trying to use the ramp to get in and

(See *Vet* on page 11)



Center Veterinary Clinic has returned four year old Zedd the dog to a life without pain using Vet-Stem Regenerative Cell Therapy.

Feature Film Shooting at dk3 Studios in Mira Mesa

Mira Mesa-based dk3 studios LLC is pleased to announce director Matthew Rocca has chosen dk3 studios' Studio V as the location for filming the concluding scenes of his feature length film, *Bullets, Fangs, and Dinner at 8*.

"dk3 studios is perfect for creating our film," director Matthew Rocca said. "A

2,400-square-foot studio with a stage and a photo studio for still promo images is exactly what we need in San Diego for filming on a tight budget."

Rocca continued, "dk3 studios is fully-equipped for both still and video shoots. dk3's Studio V transforms into a macabre-fetishy feel perfect for the vampire-goth mood I

create in my film. And best of all, it's affordable." Rocca added, "It's a small shoot by Hollywood standards but for dk3 to offer a private dressing room and dedicated space for craft services is important when working with a tight-knit crew and dozens of extras." dk3 studios' presi-

(See *Film* on page 11)

"dk3 studios is fully-equipped for both still and video shoots."

County Supervisors Looking to Improve Beekeeping in SD

Agriculture desperately needs them and scientists are buzzing over their mysterious disappearance, so San Diego County Supervisors voted Oct. 9 to look for ways to lend bees a regulatory hand.

Supervisors voted 4-0 to direct their staff to work with local beekeepers and anyone else who was interested and come back in 120 days with ideas that would improve the County's "outdated" beekeeping ordinance and protect and promote beekeeping in the unincorporated county.

Board Chairman Greg Cox was unable to attend the Oct. 9 board meeting because he was at a California Coastal

Commission meeting.

Supervisor and Board Vice Chairwoman Dianne Jacob introduced the beekeeping item Wednesday, saying bees play an important role in the county's \$5.1 billion-a-year agricultural industry.

Jacob said the San Diego Beekeeping Society recently told her they felt the County's existing beekeeping ordinance was too strict and was making it tough for beekeepers to prosper.

Bees not only produce honey, they are an essential part of plant reproduction, carrying pollen from plant to plant. Commercial beekeeping operations pollinate almond, avocado, broc-

coli, onion, fruit and seed crops across San Diego County.

"Bees are responsible for a third of the food that we eat," Jacob said. "Unfortunately, the bee population has been in sharp decline since the 1990s."

Biologists and beekeepers worldwide began reporting in 2006 that honey bee populations were disappearing at an alarming rate, and have since blamed parasitic mites and pesticides as potential reasons.

Supervisor Bill Horn, who also grows avocados and citrus on his Valley Center ranch, said increasing the health and number of bee hives could be especially important in North County where fruit is grown.



County supervisors asking local beekeepers for ways to improve the county's beekeeping ordinance.



The Mira Mesa Presbyterian Church is holding its annual Heavenly Hands Crafts Bazaar from 9 a.m. to 3 p.m. Saturday, Nov 9 at 8081 Mira Mesa Blvd in Mira Mesa (SW corner of Reagan Rd and Mira Mesa Blvd).

Events of Interest

- **Nov. 2 — Band Tournament, Mira Mesa High School, all day**
- **Nov. 3 — Mira Mesa HEROES Volunteer event: Paint Mira Mesa Barrier Wall, 2pm**
- **Nov. 5 — Diary of a Wimpy Kid: Hard Luck Book Release Party, Barnes & Noble, 6pm**
- **Nov. 10 — Five: Out of the Dark book signing, Barnes & Noble, 1pm**
- **Nov. 16 — Elf on the Shelf Adoption Party, Barnes & Noble, 11am**

November 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Pastel Drawing with Joseph Nyiri – 4pm, Mira Mesa Library Monster Manor – 7:30 p.m., Target	2 Kathak Dance Classes – 10 am, Mira Mesa Library Zumba w/ Azi – 1 pm, Mira Mesa Library
3 DAYLIGHT SAVING TIME ENDS	4 Mira Mesa Town Council – 7pm, Mira Mesa Senior Center Crafts with Kim – 1pm, Mira Mesa Library	5 Golden Friends – 10 am, Mira Mesa Senior Center Mira Mesa Women's Club – 7 pm, Mira Mesa Senior Center Friends of the Library – 7 pm, Mira Mesa Library Black Mountain Masonic Lodge #845 F & A.M. – 7:30 pm, Scottish Rites Center	6 Line Dance – 4:30 pm, Mira Mesa Library Mira Mesa Homework Helpers – 6pm, Mira Mesa Library Kiwanis, Scripps-Mira Branch – 7:15 am, Mimi's Restaurant	7	8 Khanh's Drawing Class – 4 pm, Mira Mesa Library	9 Kathak Dance Classes – 10 am, Mira Mesa Library Zumba w/ Azi – 1 pm, Mira Mesa Library
10	11 VETERANS DAY	12 Golden Friends – 10 am, Mira Mesa Senior Center Recreation Council – 7 pm, Lopez Ridge Rec Center Mira Mesa Women's Club – 7 pm, Mira Mesa Senior Center Black Mountain Masonic Lodge #845 F & A.M. – 7:30 pm, Scottish Rites Center	13 Line Dance – 4:30 pm, Mira Mesa Library Mira Mesa Homework Helpers – 6pm, Mira Mesa Library Kiwanis, Scripps-Mira Branch – 7:15 am, Mimi's Restaurant	14 Our Town – 7 p.m., Mira Mesa High School Theatre	15 Khanh's Drawing Class – 4 pm, Mira Mesa Library Our Town – 7 pm, Mira Mesa High School Theatre	16
17	18 Mira Mesa Community Planning Group – 7 pm, Vulcan Materials Office, 7220 Trade St, Suite 205 Crafts with Kim – 1pm, Mira Mesa Library	19 ELECTION DAY Gentle Yoga – 6pm, Mira Mesa Library Friends of the Library – 7 pm, Mira Mesa Library	20 Line Dance – 4:30 pm, Mira Mesa Library Mira Mesa Homework Helpers – 6pm, Mira Mesa Library	21 Sr. Center Board of Governors – 2 pm, Mira Mesa Senior Center Mira Mesa Theatre Guild – 6 pm, location varies Community Pride – 6:30 pm, call for	22 Teen Advisory Board – 4pm, Mira Mesa Library	23 Kathak Dance Classes – 10 am, Mira Mesa Library Zumba w/ Azi – 1 pm, Mira Mesa Library
24	25	26 Banned Book Club – 6:30pm, Mira Mesa Library	27 Line Dance – 4:30 pm, Mira Mesa Library	28 THANKSGIVING	29	30

Minutes From Last Month's General Membership Meeting

CALL TO ORDER

- Pledge of Allegiance
- Approval of Minutes from the September meeting, by acclamation.

TREASURER'S REPORT —

John Horst

- Checking \$42,707.62;
- Savings \$15,883.48
- Scholarship \$12,389.90..
- \$7,500 check received from County grant for 4th of July fun day.

BUSINESS OF THE

MONTH — Mira Mesa High School Foundation: Jon Labaw.

- Biggest event is Taste of Mira Mesa – supports all schools in Mira Mesa

RECOGNITION OF FIRST

RESPONDERS

- **City Attorney, Neighborhood Prosecution Unit, Director of Community & Governmental Relations** – Julio DeGuzman. Name has changed to Neighborhood Partnership Unit. Will be sending prosecutor to prosecute homeless who are drinking or bothering people. Also graffiti. Will bring prosecutor to MMTC meeting in December.
- **SDPD Northwestern Division** – Officer Natalie Hone. MM area in past 30 days 26 car prowls, 7 auto thefts, 7 residential burglaries. More than usual. Crime prevention techniques help to reduce numbers. Tuesday Nov 12, 9:30-4:30 Scripps Ranch library training for multifamily property managers. Car prowls in NW have dropped slightly.

PRESENTATION — Assemblyman Brian Maienschein

- Happy to see Jonas Salk groundbreaking after over 30 years. Thanks to Jeff, Ted, Bruce, Marv, Joe, who put in a lot of time on this issue.

Trying to get social studies books for schools. Brian drafted 6 bills. One of them, AB 68, requires that the dept. of prisons advises community police that parolee is in community.

PRESENTATION — Mira

Mesa Schools – Jennifer Kvalvik

- Deidre Hardson – Mason. Mason has strong music program. Strong in math (principal was a math teacher). 900 students. 56% are title I.
- Joan Nelson – Hickman. Lovely community. Active PTA. Quality neighborhood school. Working to transition to Common Core. Bright students. Working well together as cluster. 640 kids.
- Eric Takeshita - Hage. Have a "Hage Way" to encourage academic achievement. 640 students. Strong volunteer base. Door open. Works well in cluster. Also working on Common Core, getting parents familiar with it.
- Diane Ryan – Challenger Middle School. Been there 3 months. 11046 students, increased. Interviewing for a second vice principal. Transitioning into Common Core. Working with parents and teachers. Excellent academic scores. Strong science, math and English departments. Award winning music department. Strong and growing PTSA. Dad's club. Astronomy night.
- Matt Fallon – Wangenheim. Transitioning to Common Core. Just under 1000 students. 7th school in district scores. ASB, Drama, Art, Band, Orchestra. Two teachers in Summer program at SIO. Paired with graduate fellow at UCSD. Will be bringing electron microscope to school. Now size

of box. Chargers foundation grant - \$40,000. Building fitness center.

- Barbara Israel - Ericson. New principal. High achieving school. 900 club. Transitioning to Common Core state standards. Trying to find out why Ericson has been so successful. Staff, parents. 750 students. Assessments to be on computer. Computer adapts to whether student is successful or not.
- Rochelle Dawes – Walker. 566 students. 82% disadvantaged. Richness in cultural diversity. 18% military. Fall festival. Day after Hage.
- Geof Martin – Sandburg. Using iPads to synthesize knowledge. Digital literacy. Small group instruction to find out what students need and how to get to them. Pawsitive moves. Good music program.
- Scott Giusti – MMHS. Great music program. 2610 students. Biggest school in district. MMHS is increasing in enrollment. High school is #1 in attendance. Shows strong interest in school. Top 3 in district in test scores. Outside amphitheatre being built. 1900 students involved in some type of extracurricular activity. Homecoming against Scripps Ranch Nov 8. Foundation will be doing fireworks show. Graduating class had \$7.3 million in scholarships, highest in district.

RECOGNITION OF ELECTED OFFICIALS AND THEIR REPRESENTATIVES

TWO-MINUTE PRESENTATIONS BY SOME COMMUNITY GROUPS

MEETING ADJOURNED



Assemblyman Brian Maienschein.

Business Members Directory

New Ad Rates— Business Card Size

**One Issue -
\$25.00, Three
Issues (Buy 2, Get
1 Free) - \$50.00,
Full Year -
\$150.00 (Buy 6,
Get 5 Free) - To
place an ad
contact:
Newsletter@Mira
MesaTown
Council.org**

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Overall, 32 percent of local substance abuse treatment admissions in 2012 involved meth as the primary drug of choice.

“Meth use is often an underlying factor in family violence, child abuse and neglect, work problems, and high-risk behaviors, such as driving under the influence.”

Methamphetamine Use Rebounding in San Diego County

A new SANDAG study found that methamphetamine use among at-risk groups in San Diego County has risen back to levels not seen since 2006, a trend that’s consistent with other countywide indicators that show increased number of deaths and emergency room admissions associated with meth use.

The study revealed that 47 percent of women and 31 percent of men who get arrested tested positive for meth in 2012, compared to 39 percent and 26 percent, respectively, in 2011. The positive rate among juveniles remains the same – at 4 percent. After marijuana, meth has consistently ranked as the second most commonly used illicit drug among arrestees.

The results of the SANDAG study mirror trends seen throughout the region. According to the county Medical Examiner’s Office, the number of unintentional deaths associated with meth use jumped 16 percent between 2011 and 2012 (from 122 to 142), and meth-related emergency room admissions went up by nearly 13 percent between

2010 and 2011 (from 3,412 to 3,846). Overall, 32 percent of local substance abuse treatment admissions in 2012 involved meth as the primary drug of choice.

“Despite exemplary, collaborative efforts such as the Methamphetamine Strike Force, meth use remains a chronic problem in our region. While some progress has been made, law enforcement agencies, emergency rooms, and public drug treatment programs continue to have to pour valuable resources into tackling the problem,” SANDAG Director of Criminal Justice Research Dr. Cynthia Burke said.

“Meth use is often an underlying factor in family violence, child abuse and neglect, work problems, and high-risk behaviors, such as driving under the influence.”

The study, Methamphetamine Use by Adult and Juvenile Arrestees in 2012, found that meth users were more likely to drive a car while under the influence, compared to those who used other drugs. In addition, more than half of them reported going to work under the influence of the drug

over the past year.

The typical adult meth-using arrestee has been using the drug for about 13 years on average – usually smoking it, but sometimes snorting or injecting it about three times a day, five days in a row. Negative effects associated with meth use include hallucinations, violent behavior, paranoia, sleeplessness, weight loss, dental and skin problems, and legal, financial, and family troubles.

Those who suspect a loved one is using meth and needs help are urged to call the San Diego County Access and Crisis line, 1-888-724-7240. Members of the public who want to report meth-related criminal activities should call 1-877-NO-2-METH.

The SANDAG study is based on 2012 data gathered as part of the San Diego Substance Abuse Monitoring (SAM) program. A total 235 adults and 11 juveniles answered questions that pertain to how they obtain and use meth, their involvement in distribution, the effect it has on their lives, and their participation in treatment services.



New tests will require students to think more deeply about the subject matter/

Standards: Tests will be more than just fill-in-the-bubble type

(Continued from page 3)
us more competitive in the global economy.

These standards will require a greater emphasis on critical thinking and problem solving. For example, rather than asking what a text says, students could be asked to find a common theme between three different texts. There will be no more “just looking up

the answer.”

As the curriculum advances, so must the tests. Rather than fill-in-the-bubble tests where students just repeat facts, the new tests will require them to think more deeply about the subject matter. These more comprehensive tests will be administered with computers that will allow them to go into more depth.

Through Google and other means our students already have access to an amazing amount of information. Now they must learn how to navigate through all of that information and how to critically analyze it. It is certainly a new world and we are preparing our students for the next Google, Apple or Mars Rover.

VOY: Official voting starts at the December town council meeting

(Continued from page 1)
Scholarship Fund, which awards college scholarships to graduating high school seniors who have been involved with community service.

Brief biographies of nominees will be published in the December 2013 MMTC newsletter. MMTC members will vote

to select the 2013 Mira Mesa Volunteer of the Year at the December MMTC meeting on Monday, Dec. 2, 2013. (Anyone who joins MMTC as a member on or before Nov. 2 is eligible to take part in the voting.)

In February 1995 MMTC members adopted standing rules for the "Volunteer of the

Year" award that MMTC policy would be to select only one Volunteer of the Year and to not select an honoree who has previously been Volunteer of the Year.

For a list of past honorees, see www.miramesatowncouncil.org



2012 Mira Mesa Volunteer of the Year Bari Vaz

Vet: Stem cells were shown to increase normal healing capabilities

(Continued from page 5)
out of the car. Instead, he had to be picked up and helped in and out of the car to get to his veterinary appointments leading up to his stem cell therapy.

For Zedd's stem cell therapy, a small portion of fatty tissue was collected from him and couriered to Vet-Stem's labs for processing. Concentrated doses

of Zedd's own stem cells were couriered back to Dr. Bigelow at Center Veterinary Clinic the next day, to be injected into Zedd's arthritic joints. Stem cells are natural healing cells that exist in the body, and when applied to a joint with pain, injury or inflammation, have been shown to increase the body's normal healing capabilities.

"Though he has never been able to jump up into our car, he can get in and out so much easier now, and without our help," Paula said. "We are just so very pleased that our 4-year-old dog acts like a 4-year-old dog, with a bit more 'zip' ... And the medication for his pain has been discontinued since his stem cell procedure!"

Film: Studios offer affordable space for local indie filmmakers

(Continued from page 5)
dent Dave King is "thrilled to have an up-and-coming director such as Matthew Rocca choose dk3 studios for shooting the critical scenes of his film."

Continuing, King said, "dk3 studios makes it possible for entrepreneurs who need excellent images to sell products, and filmmakers seeking an affordable studio space, to successfully

complete their projects without breaking the bank."

"That was our intent when we opened," he added, "filmmakers and musicians need a professional studio to create a great product. Small businesses need great images to sell products. We fill a niche and meet an unmet need in the arts community."

Bullets, Fangs, and Dinner at

8 is Rocca's passion project. The theatrical release is set for 2014. Cast and crew include professional actors as well as supporting roles filled by local film students and actors in the San Diego community. The film received support from the city of San Diego as well as from local businesses, churches and studios such as dk3 studios LLC.

"That was our intent when we opened filmmakers and musicians need a professional studio to create a great product."

Live: New website to educate residents, provide resources to live well

(Continued from page 3)
has three phases, focusing on the three major elements of well-being: health, safety and quality of life."

The new website puts in one location important measures related to Live Well San Diego, including health, education, standard of living,

community environments and community involvement. The purpose of the site is to educate residents about the region, and provide resources and opportunities to get involved in Live Well San Diego.

Related to the report, the Supervisors also approved pursuing media partnerships

with KGTV/Azteca TV and Clear Channel Radio to promote Live Well San Diego. A health and safety fair for the public, Live Well in Action, was held at the County Administration Center to give residents a close-up look at what different partner agencies are doing in support of the initiative.



Live Well San Diego is a collective effort that involves local residents, healthcare providers, community organizations and many others.

Mira Mesa Town Council — Annual Membership Application

Primary Member/Contact Name _____	Companion Member Name(s) _____
Business/Corporation Name _____	E-mail Address _____
Address _____	Phone Number _____
City _____	State/Zip Code _____
Business/Cell Number _____	Date _____

Membership Type (check one):

- Individual
 Companion
 Senior/Military/Student
 Corporate/Business
 Combined MMTC/MMCC (Corporate/Non-Profit Only)

If you choose a joint membership with the Mira Mesa Chamber of Commerce, you will be contacted to provide additional information required for your Chamber application. Joint memberships are restricted to Corporation/Business or Non-Profit organizations.

Rates (annual membership begins July 1 and ends June 30):

(Pro-rated membership applies to first time members only; all renewals are for the full amount)

Join Between:	Individual	Companion/Senior Military/Student	Corp/Bus	Corp/Bus Joint MMCC	Non-Profit Joint MMCC
July 1 - Sept 30	\$20.00	\$10.00	\$50.00	\$150.00	\$90.00
Oct 1 - Dec 31	\$15.00	\$7.50	\$37.50	\$112.50	\$67.50
Jan 1 - Mar 31	\$10.00	\$5.00	\$25.00	\$75.00	\$45.00
Apr 1 - June 30	\$5.00	\$2.50	\$12.50	\$56.25	\$22.50

Any resident, business, or non-profit may join the Mira Mesa Town Council; members with addresses outside the Mira Mesa Community will be non-voting associate members. The Mira Mesa Town Council is a non-profit volunteer organization. Membership dues are used to defray the cost of operations such as printing and distributing the newsletter, maintaining the website (www.MiraMesaTownCouncil.org) and other approved council expenses. Amount \$ _____ Cash / Check # _____ There will be a \$25 fee for all returned checks.

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The MMTC would like to thank the Mira Mesa Shopping Center, LLC for their continuing support in providing postage for the MMTC newsletter.

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