Mira Mesa Town Council Newsletter

Volume 38, Issue 9 October 2013

Mira Mesa Town Council Meeting

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

Agenda:

- Mira Mesa Schools

Business of the Month:

- San Diego Children's Choir

Inside this issue:

President's Message	2
San Diego Violent Crimes Down	3
Monster Manor Returns for 13th Season	3
Heroin Use Increasing in the County	4
Wangenheim Receives Chargers Grant	5
Community Calendar	6
Meeting Minutes	7
Business Directories	8

Capriccios Closes After 35 Years in Mira Mesa

By Cathy Palmer

My dad, Frank Ficano, grew up in Sicily and moved to the US when he married my mom, Connie. Connie's family is also from Sicily. While getting accustomed to the US my dad worked in my grandfather's pizzeria in Clairemont Mesa. There he learned the skills needed to begin a restaurant of his own. My parents moved to Mira Mesa around 1973, and in 1978 they found their perfect location for a restaurant. The rest is history, as they say.

Throughout the years Capriccios sponsored several athletic teams in the community, served pasta dinners for Marauder baseball and football teams, sponsored school events, served as location for many local families celebration events, and have since built a customer base of sometimes third generation of family members! Capriccios was often a first-time work place for many Mira Mesa High School students who took a shot at dish washing, making pizza, or busing tables. My two sisters (Chrisitina and Alycia) and I began our work experience as soon as we hit 14 years old. Community families have watched us grow up in the restaurant, as we have watched their families grow. My younger sister Christina is still seen there working five nights of the week. Frank & Connie have three grandchildren (ages 8, 7, 5) who have been so fortunate to be a part of the legacy that our family has created. As young as our

*(See **Restaurant** on page 10)*

This is from the 1978 Fourth of July parade on Mira Mesa Boulevard. Capriccios had only been open for business about two weeks.

San Diego Children's Choir Announces Early Years Program

The San Diego Children's Choir is beginning its first Fall Session of the Early Years program providing children ages 4 to 5 with the opportunity to pair music with games, singing, dancing and rhythm instruments. The 10-week session, Sept. 21 to Nov. 23, meets in two locations Saturday mornings: Rancho Bernardo and Mira Mesa from 9 a.m. to 9:45 a.m. Tuition is $120. To enroll, please contact the San Diego Children's Choir at (858) 587-1087.

Children learn to open up their minds and creative spirits while experiencing basic choral skills. Research shows that rhythm impacts all parts of the brain, enhancing the areas that affect communication, motor, cognitive, social and emotional capabilities. The SDCC Early Years program introduces children to purposeful play and interactive music making, instilling music appreciation in children early on.

Since 1990, the San Diego Children's Choir has been committed to providing the highest quality choral music education and active performance experience. While fostering an awareness of cultural diversity, the Choir inspires personal growth and a lifelong love of music for more than 300 of San Diego's youth, ages 4 to 18. For more information, see www.sdcchoir.org.

2013 MIRA MESA TOWN COUNCIL BOARD OF DIRECTORS

PRESIDENT
Ted Brengel,
President@miramesa towncouncil.org

FIRST VICE PRESIDENT
(PROGRAM CHAIR)
Bari Vaz,
Programs@miramesa towncouncil.org

SECOND VICE PRESIDENT
(MEMBERSHIP)
Brandy Ludwick,
Membership@ miramesatowncouncil.org

TREASURER
John Horst,
Treasurer@miramesa towncouncil.org

RECORDING SECRETARY
Jeff Stevens,
Secretary@miramesa towncouncil.org

NEWSLETTER EDITOR
Alexander Nguyen,
Newsletter@miramesa towncouncil.org

PARLIAMENTARIAN
Christiane Hoffman,
Parliament@miramesa towncouncil.org

MEMBERS AT LARGE
Christina Keene
Jennifer Kvalvik
Jon Labaw
Maria Pankau

President's Message for October

First, let me say that the Mira Mesa Street Fair was the best in memory. And while the weather certainly helped, the hard work on dozens of volunteers was what made the difference. My sincerest thanks to the Street Fair Committee and to its tireless leader, Jeff Stevens. The engine that makes the Street Fair go is the Air Force Junior ROTC Cadets from Mira Mesa High. They were absolutely incredible.

As many of you may have noticed, a controversy has arisen over an area in the northwest part of the community. I won't try to illuminate all the issues here but I will share with you an email I just sent to one of the residents in response to an angry note I received from him.

Mr [name withheld],

I am indeed both the President of the Mira Mesa Town Council and a member of the Executive Committee of the Mira Mesa Community Planning Group. Please believe me when I say that the signs you mention were placed by the city of San Diego in locations to denote the boundaries of Mira Mesa. I do not know why the city did not place signs earlier, but I can assure you that the community boundaries have not changed for over 40 years. In truth I had asked that the City move the sign at the bottom of the hill in Sorrento Valley (part of the Torrey Pines Planning Area) to the correct location just east of the entrance to the Los Peñasquitos Canyon Preserve parking lot. When I found that residents of your area were upset that the sign had been placed at all I changed the request asking that the sign just be removed instead. I further asked that the sign that was vandalized on Camino Santa Fe not be replaced. My hope was that this act of friendliness would be returned. Regrettably, it was not.

Also, don't get the notion that any of the volunteer positions which I fill, positions that take many hours of my time, give me any sort of importance or authority over the things that concern you (or anything else for that matter). I am not the devil you seek and I don't know who is.

If there were a reasonable way to somehow calm the air between those in your area that are so upset and the rest of Mira Mesa I would do so immediately. There are a number of things we could easily discuss and resolve. That would require civil conduct however. The one item that the City of San Diego has not placed on the table and most likely will not is the community boundaries. I am told that changing those would be an expensive proposition and would require far more justification than merely "we don't like Mira Mesa".

I have a suggestion. Why not look into the positive aspects of being part of the largest community in San Diego and try to capitalize on those things. The three major areas we like to brag about are education, diversity, and industry. I would argue that Mira Mesa is one of the most robust communities in San Diego because of strong families, families that support schools that are second in the district only to those of Scripps Ranch, incredibly rich cultural diversity, and a very strong commercial and industrial base. These are not things rational people shun or ridicule.

*(See **Message** on page 5)*

County to Tap Fed System to Reach Cell Phones in Disasters

County officials announced Sept. 16 they plan to use the Wireless Emergency Alert system to reach cell phones during emergencies.

The County Office of Emergency Services and the Sheriff's Department recently gained the ability to use the new federal system, and while neither agency has used it yet, peak fire season is just ahead.

"The next time your phone makes that unique tone and vibration, please pay attention," Board of Supervisors Chairman Greg Cox said. "It could be an alert telling you how to protect yourself and your family."

Wireless Emergency Alerts will be used to notify people in a targeted area about nearby emergencies and actions they should take, such as evacuating or staying indoors. Cell towers in a targeted emergency area broadcast the alert directly to cell phones, and phones capable of receiving the transmission in that area will get it. So if a wildfire were spreading towards a neighborhood and the Sheriff's Department needed to quickly evacuate people, it could send a message to cell phones in the evacuation area.

"These days, no matter what people are doing, they're never far from their cell phones," Sheriff Bill Gore said. "Wireless Emergency Alerts are a powerful tool that increases our ability to reach people with timely warnings."

Wireless Emergency Alerts (WEA) compliment—but do not replace—other notification and information sources the County uses in an emergency, such as AlertSanDiego, the mass calling system that contacts listed and unlisted landlines and registered cell phones, or the television and radio broadcast Emergency Alert System.

But Wireless Emergency Alerts have some unique traits. They can target phones in a particular area, and people don't

*(See **Alert** on page 11)*

County Receives New Grant to Aid in DNA Analysis

The Board of Supervisors voted Tuesday to appropriate the funding, which comes from the Department of Justice's 2013 DNA Backlog Reduction Program. The money is aimed at cutting into the number of pending DNA cases being processed by the Sheriff's Regional Crime Laboratory.

Currently, there are between 150 and 200 cases to be processed, said Steve Guroff, a Sheriff's supervising criminalist.

That number represents a decline compared to recent years. The new funding will help the lab further decrease its backlog, Guroff said, despite increasing demands for its services.

In 2004, the lab received about 800 requests for forensic biology analysis. This year, Guroff said he expects the same number to reach about 2,900. A specific area the lab has reduced its backlog is in cold homicide cases, he said.

"Without this source of revenue, we would not have the analysis program without major sacrifices by the County," Guroff said. "We would have a DNA analysis program, but we wouldn't have one that is as up-to-date or responsive to the needs of customers."

The funding will cover overtime for the crime's analysts, as well as some new, up-to-date equipment for processing DNA samples. It will also pay for continuing education for analysts and service contracts for equipment the lab already owns.

The lab has received a total of about $2 million in grants through this program since 2004, Guroff said.

The grant will reduce the number of backlogged DNA cases being process by the sheriff's crime lab.

Violent Crime Rate Down by 6 Percent in San Diego County

After an increase in 2012, the violent crime rate in San Diego County dropped by 6 percent in the first half of 2013 compared to the same period last year, according to a SANDAG report released Sept. 12.

However, the mid-year property crime rate continued to climb — with a 4 percent increase in the first six months of 2013, driven by a greater number of non-residential burglaries and larcenies.

"The turnaround in violent crime is positive news for the San Diego region. We know from our work with our law enforcement partners that even in the era of shrinking budgets, they have continued to direct resources to fight the most serious crimes," SANDAG Criminal Justice Research Director Dr. Cynthia Burke said.

"That being said, we all need to be cognizant that most crime is property crime – petty and grand theft, burglary, and motor vehicle theft. Law enforcement can't be everywhere. As members of the community, we all can help keep our neighborhoods safe by being aware of suspicious activity and not making ourselves easy targets. Many property crimes are crimes of opportunity."

The mid-year violent crime rate countywide was 3.46 per 1,000 residents, the second lowest in the past 10 years (the lowest was in 2011). A total of 5,431 violent crimes — homicides, rapes, robberies,

*(See **Crime** on page 10)*

"The turnaround in violent crime is positive news for the San Diego region."

13 Rooms, 13 Years of Scare When Monster Manor Returns

Last year, the stately Ghastley Manor vanished, slipping back into the fog from whence it came. There had been reports, from locals, stating that the decrepit mansion was now back on the very earth it had left. It seems, during their absence, the Ghastley Family was preparing, seeking revenge for all trespassers who dared set foot on the mysterious grounds. Experimenting on re-animating the dead, the Ghastley's have "built" an Undead army, waiting for the poor souls who enter.

Are you prepared to run for your life against hordes of the Undead? Can your heart handle coming face to face with the dark and twisted members of the Ghastley family? This year, you will be taken into the very depths of the Ghastley Family Manor, making your way through dark corridors, sinister rooms, and an army of the Living Dead.

Monster Manor is an annual all-volunteer, charity, Halloween haunted attraction. Monster Manor is operated by the Mira Mesa Theatre Guild and is designed to benefit many non-profit organizations throughout the area. It is operated by volunteers from all around the San Diego area, coming together to build, act, and manage the 4,000-square-foot attraction.

Monster Manor returns starting at 7:30 p.m. Oct. 18 through Nov. 1. Visit Monster Manor.org for more information.

Monster Manor's design and effects team have been working hard over the last year to bring San Diego the best and most frightening scares this Halloween season.

John Lee Evans

New Superintendent to Work with Cluster Committees

By John Lee Evans
San Diego Unified Board President

Our new Superintendent of Public Education, Cindy Marten, has been charged with developing quality schools in every neighborhood of San Diego. Cluster committees have been formed to promote the schools within their communities and to keep the district informed of each community's unique needs. This effort for quality schools in every neighborhood is described in the Board of Education's long term plan, Vision 2020, adopted in 2009.

The Class of 2020 was in first grade when I first joined the board. These students are now entering middle school as we progress towards a world class school system by the year 2020. We are already seeing many of the results of our efforts. We will be setting even higher standards for the Class of 2020. We will place a stronger emphasis on creative and critical thinking with the Common Core curriculum being developed across the nation to improve the U.S.'s ability to compete in the global economy.

Vision 2020 describes the work of clusters to improve community cohesion as follows:

- Clusters will consist of a high school and the middle and elementary schools that feed into it.
- Clusters will ensure that there is continuity for the neighborhood students in the K-12 program.
- Cluster councils will promote the schools in their

*(See **School** on page 10)*

"They can use smart phones right on the trail to log on to a website and mark their progress in a nature journal to win prizes or wait until they get back home to get online."

App Happy Kids? Get Them Outside with TRACK Trails

Combine kids' love of electronics with the outdoors, throw in some prizes and an online nature journal and just like that, you have them outside discovering the beauty of nature.

That's the concept behind TRACK Trails, a new system that County Parks and Recreation is bringing to California and the west coast for the first time.

The grand opening for the trails system took place at San Elijo Lagoon Ecological Reserve in Cardiff on Saturday.

"While we are celebrating the grand opening of this TRACK Trails system here in Cardiff, families can also take their children to Lindo Lake and Louis Stelzer County Parks in Lakeside to see this new way of discovering the outdoors," said County Supervisor Dave Roberts. "They can use smart phones right on the trail to log on to a website and mark their progress in a nature journal to win prizes or wait until they get back home to get online."

The TRACK Trails program is part of the national Kids in Parks campaign designed to help children find fun ways to explore the natural beauty of our parks.

Heroin Use on the Rise in San Diego County

A new SANDAG study shows that heroin use has grown in popularity in San Diego County, which historically has had relatively low rates of this substance abuse compared to other parts of the nation.

Over a 10-year period, between 2002 and 2012, the percent of adult men booked into jail who tested positive for opiates (heroin, morphine, hydrocodone, hydromorphone, and Codeine) jumped from 5 percent to 10 percent, according to the study released today by the SANDAG Criminal Justice Research Division. The rate among women increased from 6 percent to 12 percent.

"There is strong evidence that the recent increase in heroin use is driven in part by the growing abuse of prescription painkillers. From interviews with people in jail we learned that heroin is often used as a substitute for prescription opiates because it's relatively cheap and easy to obtain," said SANDAG Director of Criminal Justice Research Cynthia Burke.

"The drug use trends we see in the jail population are typically a good harbinger of what will happen in the general population. Our findings are consistent with other countywide statistics on the rise of heroin seizures, drug treatment admissions, and deaths due to heroin overdose. So it's critical to monitor and address this issue through a comprehensive strategy," Burke said.

For the first time ever, younger adults booked into jail

*(See **Drugs** on page 11)*

Wangenheim Receives $40K Grant from Chargers Champions

Wangenheim Middle received a grant from the Chargers Champions School Grant Program for a fitness center.

Chargers Champions makes a strong commitment to San Diego County schools by providing grants for much-needed physical fitness, nutrition and athletic programs. Selected high schools are eligible to receive grants of up to $75,000; middle schools up to $40,000; and elementary schools up to $30,000.

"Schools throughout California need our support," Chargers President Dean Spanos said. "The main goal of our program is to provide students in San Diego with the necessary means to living a healthy lifestyle through physical fitness."

Wangenheim Middle School was granted $40,000 for an indoor fitness center.

"We have great schools and hardworking administrators that look for every opportunity to improve academics, facilities and activities for students," said Bruce Ward, San Diego Unified's Director of Athletics.

Chargers Champions consistently provides more support for schools than any other private company in the county.

In 13 years, 95 schools have received funding for projects ranging from outdoor fitness trails, weight rooms, running tracks or fitness equipment.

Funds allocated to Chargers Champions are administered through the Chargers Community Foundation, the San Diego Chargers' charitable foundation.

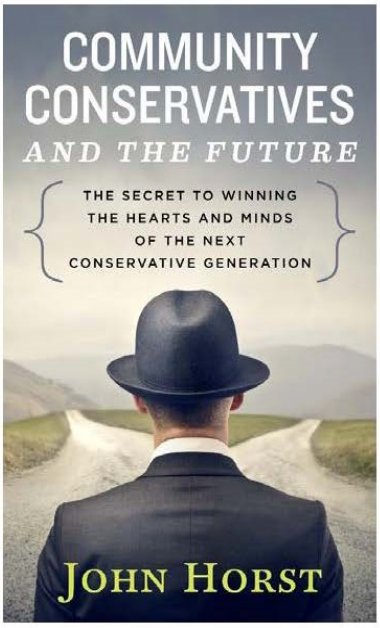
Message: Let's redirect negative energy into something positive

(Continued from page 2)

I am not sure who started spreading the idea that somehow being associated with Mira Mesa detracts from property values, but I strongly disagree. I actually know a number of people in your area that I count as friends. None of them share your concerns. My bet is that you are an accomplished, intelligent, knowledgeable professional yourself. I would strongly recommend that you conduct some independent research to see if all this acrimony is really of any value. My bet is that you will realize that none of the anger and fury is at all beneficial.

Please believe me when I say that there are no nefarious purposes involved here. We in the Mira Mesa Town Council truly love our community and are very proud of it. We all work very hard to make it better. I apologize if our reaction to the attacks coming from your area has been somewhat negative, but it does stem from a love of our community. Please join with us in our continuing efforts to keep Mira Mesa as one of the finest communities in the land. Let's redirect all this negative energy into something positive and productive for all of us.

"My bet is that you will realize that none of the anger and fury is at all beneficial."



Community Should Come First!

If you think we can still get good work done together; if you think our communities should come first and our politics should be seen in that light, ***this book is for you*** and lays out a pathway to that future.

Even if you do not see yourself as a conservative, but you do see yourself as a *neighbor* willing to work together with those who believe community should come first, ***this book might surprise you.***

Buy today for $4.99 on your Kindle's book store or at Amazon.com at this link:

http://www.amazon.com/dp/B00EWGWKX8

Monster Manor returns for its 13th season starting at 7:30 p.m. Oct. 18 and runs through Nov. 1. Tickets are $13 general admission and $10 for MMTC members with membership card.

Events of Interest

- **Oct. 1 — Mira Mesa Chess Club, Mira Mesa Library, 4 pm**
- **Oct. 12 — Mira Mesa HEROES Volunteer event: Paint the exterior of Klassic Kids, Sandburg Elementary, 9am**
- **Oct. 20 — Mira Mesa HEROES Volunteer event: Paint Mira Mesa Barrier Wall, 9am**
- **Oct. 26 — Mira Mesa HEROES Volunteer event: Mason Elementary Beautification, 9 am**

October 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Golden Friends – 10 am, Mira Mesa Senior Center	2 Line Dance – 4:30 pm, Mira Mesa Library Mira Mesa Homework Helpers – 6pm, Mira Mesa Library Exchange Club of San Diego – 6:30 pm, Mandarin Garden Restaurant	3 Gentle Yoga – 9:30am, Mira Mesa Library	4 Pastel Drawing with Joseph Nyiri – 4pm, Mira Mesa Library	5 Kathak Dance Classes – 10 am, Mira Mesa Library Zumba w/ Azi – 1 pm, Mira Mesa Library
6	7 Mira Mesa Town Council – 7pm, Mira Mesa Senior Center Crafts with Kim – 1pm, Mira Mesa Library	8 Golden Friends – 10 am, Mira Mesa Senior Center Mira Mesa Women's Club – 7 pm, Mira Mesa Senior Center Recreation Council – 7 pm, Lopez Ridge Rec Center Friends of the Library – 7 pm, Mira Mesa Library Black Mountain Masonic Lodge #845 F.& A.M. – 7:30 pm, Scottish Rites Center	9 **PATRIOT DAY** 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	10	11 Khanh's Drawing Class – 4 pm, Mira Mesa Library	12 Kathak Dance Classes – 10 am, Mira Mesa Library Zumba w/ Azi – 1 pm, Mira Mesa Library
13	14 **COLUMBUS DAY** Mira Mesa Community Planning Group – 7 pm, Vulcan Materials Office, 7220 Trade St, Suite 205 Crafts with Kim – 1pm, Mira Mesa Library	15 Golden Friends – 10 am, Mira Mesa Senior Center Mira Mesa Women's Club – 7 pm, Mira Mesa Senior Center Black Mountain Masonic Lodge #845 F.& A.M. – 7:30 pm, Scottish	16 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	17 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 location Black Mountain	18 Khanh's Drawing Class – 4 pm, Mira Mesa Library Monster Manor – 7:30 p.m., Target Shopping Center	19 Monster Manor – 7:30 p.m., Target Shopping Center
20	21 Crafts with Kim – 1pm, Mira Mesa Library	22 Gentle Yoga – 6pm, Mira Mesa Library Friends of the Library – 7 pm, Mira Mesa Library	23 Line Dance – 4:30 pm, Mira Mesa Library Mira Mesa Homework Helpers – 6pm, Mira Mesa Library	24 Gentle Yoga – 9:30am, Mira Mesa Library Street Fair Committee Meeting – 6:45pm, Mira Mesa Senior Center	25 Teen Advisory Board – 4pm, Mira Mesa Library Monster Manor – 7:30 p.m., Target Shopping Center	26 Kathak Dance Classes – 10 am, Mira Mesa Library Zumba w/ Azi – 1 pm, Mira Mesa Library Monster Manor –
27	28	29 Banned Book Club — 6:30pm, Mira Mesa Library	30 Line Dance – 4:30 pm, Mira Mesa Library Mira Mesa Homework Helpers – 6pm, Mira Mesa Library	31 **HALLOWEEN** Monster Manor – 7:30 p.m., Target Shopping Center		

Minutes From Last Month's General Membership Meeting

CALL TO ORDER

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

TREASURER'S REPORT — John Horst

- Checking $36,477.42
- Savings $15,882.81
- Scholarship $12,387.86.

RECOGNITION OF FIRST RESPONDERS

- **SDPD Northeastern Division** – Officer Shannah Kanoa, Community Relations Officer. 6 burglaries, 5 stolen vehicles, 4 vehicles recovered. Vehicle break-ins at Miramar Lake, Shopping centers. Keep valuables out of sight. Purses taken from shopping carts, or wallets from them. Surveillance in supermarkets grainy. National night out, great turnout. Next year bigger, dunk the cop, more food. Invitations for booth. New program – crime free multi-housing program. Working with apartment complexes to make more secure. Identifying weak security areas. skanoa@pd.sandiego.gov, (858) 538-8028. Secure San Diego is a new program to get police access to personal security systems so they can see crimes in progress.
- **Kathy Stadler** – field organizer for Next Door. Online social network for neighborhoods. Private. Can only join with verified address. Information posted is not Google searchable. Partnership with SDPD. Next Door caught phony SDG&E inspector. Neighborhoods are rather large - will be making them smaller. Looking for feedback. Commercial activity. No signup fee. 1 million users. 80% of San Diego has Next Door coverage.

MISS MIRA MESA — Maria Pankau

- Both Miss Mira Mesa and Miss Teen Mira Mesa and Morgan from last year will be competing in Miss Greater San Diego on September 21.

EAGLE SCOUT — Kevin Tran

- Asking for support for eagle scout project at senior center. Bari asked for expression of support from MMTC. Vote was unanimous.

PRESENTATION — Deputy District Attorney Brendan McHugh, Cyber Security/Internet Crime. FBI Special agent Ed Cabral.

- First Catch created in 2000. With high tech crimes, no boundaries. Each officer has ~6 computers. Uses all different operating systems. ~3 years training. Federal, State and Local. DMV, Postal, probation officers. Do make house calls. Identity theft is low tech. They will get into garbage and piece together papers that are torn up. They stick them to steamy mirror like a jigsaw puzzle. Get crosscut shredder to destroy documents. They steal paper documents, checks, etc. They get stuff from mailboxes and vehicle breakins. Don't leave personal information in glove compartment. They fish mail out of blue collection boxes. They lift ink off of checks and rewrite to themselves. Why are they doing this? We aren't taking it seriously. With early release program they will only get probation.

PRESENTATION: ELDER ABUSE — Carl DeMaio, "Fix Congress First" Plan.

- Thanks to people who contacted me in last few weeks. Pained to see what happened to City in last 7 months. Can do in Washington what we did in San Diego. Good people running for mayor. Will be actively involved in San Diego issues. Taking reform agenda to Washington. Congress exempts itself from many laws. Exempted from sexual harassment laws. Obamacare 1000 pages not read by congress before passing. Every law should be posted 72 hours before vote. Put relevant documentation online. Congress exempt from FOIA. Put ideas into Fix Congress First. Also give Congress only 401k plus Social Security. Need fundamental culture change in Congress.

RECOGNITION OF ELECTED OFFICIALS AND THEIR REPRESENTATIVES

TWO-MINUTE PRESENTATIONS BY SOME COMMUNITY GROUPS

MEETING ADJOURNED

Congressional Candidate Carl DeMaio

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@MiraMesaTownCouncil.org

Business Members Directory

Tommie Mooney
Being Fit Fitness Centers
8292 Mira Mesa Blvd
San Diego, CA 92126
(858) 549-3456
beingfitmm@hotmail.com

Jerry Ollinger
Black Mountain Democratic Club
P.O. Box 261988
San Diego, CA 92126
(858) 689-9185
jerryollinger@hotmail.com

* Ted Brengel
Brengel Productions
11975 Thomas Hayes Ln
San Diego, CA 92121
619-985-4094
Ted@TedBrengel.com

Peggy Joh
Buddhist Tzu Chi Foundation
5754 Pacific Center Dr., Ste. 202
San Diego, CA 92121
(858) 546-0578
tzuchisandiego.calendar@gmail.com

Pete Tsambasis
California Coast Builders
2204 Garnet Ave., Ste. 204
San Diego, CA 92109
(858) 750-2777
petet@californiacoastbuilders.com

Al Karim Shivji
California Real Estate & Mortgage
9460 Mira Mesa Blvd #L
San Diego, CA 92126
(619) 309-7883
al@sd-realtor.com

Hershcel Arcelao
Callin Shots
8306 Rimridge Lane
San Diego, CA 92126
(858) 335-8581
harcelao@yahoo.com

* Brett Baillio
Chick-Fil-A
10750 Camino Ruiz
San Diego, CA 92126
(858) 566-7800
02656@chick-fil-a.com

Tina Nguyen
Children's Dentistry of San Diego
10717 Camino Ruiz Ste 103
San Diego, CA 92126
(858) 536-1111
fos4@sunnysmilez.com

Darrell Dunlap
Christ Community Church
9535 Kearny Villa Rd., Ste 101
San Diego, CA 92126
(858) 549-2479
pastordarrell@gotochrist.com

* Lark Mayeski
Christ the Cornerstone Lutheran Church and Academy
9028 Westmore Road
San Diego, CA 92126

Carl Montgomery
Coastal Kona Ice
13115 Shalimar Pl
San Diego, CA 92014
(858) 793-1335
konacoastal@gmail.com

* Briana Collins
Collins Family Jewelers
8220 Mira Mesa Blvd., Ste A
San Diego, CA 92126
858-578-6670
brianacfj@sbcglobal.net

Christina Zamora
Cookie Lee
14528 Glenville St.
Poway, CA 92064
(858) 231-2439
czamora65@gmail.com

Pastor Brendan Prout
Community Bible Church
9625 Black Mountain Rd., Ste. 307
San Diego, CA 92126
(858) 549-7729
brendan.prout@sandiegocbc.org

Heather Ruvolo
Easy Turf
2750 La Mirada Drive
Vista, CA 92081
(760) 745-7026 x341
hruvolo@easyturf.com

Tania Tucharsky
EF International
10455 Pomerado Rd., Ste. M-4
San Diego, CA 92131
(858) 689-9700
tania.tuchapsky@ef.com

Tom Yanagihara
Finest City Kettlecorn
8729 Blue Lake Drive
San Diego, CA 92119
(619) 480-0880
poppingcorn@cox.net

Pat Watkins
Friends of Los Peñasquitos Canyon Preserve
pwatkins2008@gmail.com

Grant Bertoson
Instant Imprints
6635 Flanders Dr., Ste. A
San Diego, CA 92126
MiraMesa@InstantImprints.com

Marcelle Rhinesmith
Kiwanis Club of Scripps Mira Mesa
9974 Scripps Ranch Blvd., Ste. 28
San Diego, CA 92131
(858) 752-2338
mnmfish@sbcglobal.net

Mark James,
Magical Moments Professional DJ Services
7435 Andasol St.
San Diego, CA 92126
(858) 353-1287
Djmarkjames@aol.com

Bari Vaz
Mira Mesa Chamber of Commerce
P. O. Box 261848
San Diego, CA 92196
(858) 429-5759
info@MiraMesaChamber.com
Terri Clark
Mira Mesa Christian School
9696 Candida St
San Diego, CA 92126
(858) 578-0262
admin@miramesacs.com

Barbara Lorrigan
Mira Mesa First Assembly of God
9696 Candida St
San Diego, CA 92126
(619) 829-4487
lorrigans@hotmail.com

Jennifer Kvalvik
Mira Mesa High School
10525 Reagan Rd
San Diego, CA 92126
858-566-2262 ext. 4419
jkvalvik@sandi.net

Sabrina Bazzo
Mira Mesa High School Foundation
PMB 264 10606-8 Camino Ruiz
San Diego, CA 92126
858-735-3923
ealameddin@gmail.com

Christy Balla
Mira Mesa Lanes
8210 Mira Mesa Blvd
San Diego, CA 92126
(858) 578-0500
cballa@miramesalanes.com

Pastor Brad Roth
Mira Mesa Presbyterian Church (MMPC)
8081 Mira Mesa Blvd
San Diego, CA 92126
(858) 578-2150
mmpcusa@sbcglobal.net

Brett Feuerstein
Mira Mesa Shopping Center
8294 Mira Mesa Blvd
San Diego, CA 92126
(858) 271-4682
brett@mesacenters.com

* Trey Barkley
Mira Mesa Theatre Guild
P.O. Box 261482
San Diego, CA 92196-1482
(858) 222-4815
info@miramesatheatreguild.org

Marybeth MacNaughton
Mira Mesa West Little League
8820 Scorpius Way
San Diego, CA 92126
(858) 342-9398
marybethmacnaughton@gmail.com

Dyanna Smith
Mira Mesa Women's Club
P.O. Box 26013
San Diego, CA 92126
(858) 578-1416
lessmith@san.rr.com

Dr. Robert Simmons
Miramar Chiropractic and Health Center
9550 Black Mountain Rd., Ste. E
San Diego, CA 92126
(858) 566-2446
simmons_chiro@sbcglobal.net

Darrel Larson
Newbreak Church
10791 Tierrasanta Blvd., Ste. 104
San Diego, CA 92124
(858) 576-0007
darrel@newbreak.org

Linda Smith
Mobile Notary Public
8490 Westmore Rd., Ste. 354
San Diego CA 92126
858-361-9096
lsmithnotary@att.net

Joseph Conti
Mojo's Gymnasium
8830 Miramar Rd., Ste. C
San Diego CA 92126
(858) 527-0445
mojosgym1@hotmail.com

Debbie Wright
Motec Auto Care
7936 Carroll Rd., Ste. A
San Diego, CA 92121
(858) 578-4300
debbie@motecautocare.com

Mohammad Rahman
Operation Samahan Inc
2835 Highland Ave., Ste. B
National City, CA 91950
(858) 356-8383
acct@operationsamahan.org

Ricky McCabe
Phamatech
10151 Barnes Canyon Rd.
San Diego, CA 92121
(858) 643-5555
rmccabe@phamatech.com

Jamie Schroer
Planned Parenthood of the Pacific Southwest
1075 Camino del Rio South
San Diego, CA 92108
(619) 881-4654
jschroer@planned.org

Marvin Miles
Property Gallery
9396 Mira Mesa Blvd., Ste. B
San Diego, CA 92126-4836
(858) 271-8400
mmiles5050@aol.com

Kim Pauley
Raneri and Long Roofing Company
13881 Highway 8 Business
El Cajon CA 92021
(619) 561-3110
info@rlroofing.com

* Scott and Brooke Chambless
RC Realty of San Diego
8250-B Mira Mesa Blvd
San Diego, CA 92126
(858) 722-9322
brookesdca@gmail.com

Gail M Hernandez
Relay for Life/Mira Mesa Ranch Peñasquitos
(858) 382-4245
giggles030553@yahoo.com

Lorna Ignacio
River of Faith Ministries
9938 Via Pasar Ste. 200
San Diego, CA 92126
(858) 527-0014
lornat.ignacio@yahoo.com
Frank Maestas

San Diego Bible Church
10695 Treena St
San Diego, CA 92131
(619) 417-9989
frankmaestas@sandiegobiblechurch.com

Donna Icenhower
San Diego Children's Choir
6635 Flanders Dr., Ste H
San Diego, CA 92121
(858) 587-1087

Shaun Copans
San Diego County Credit Union
6545 Sequence Drive
San Diego, CA 92121
(858) 597-6218
scopans@sdccu.com

Sonny Nguyen
San Diego Miramar College
10440 Black Moiuntain Rd.
San Diego, CA 92126
(619) 388-7358
tvnguyen@sdccd.edu

Allison Barragan
SICFIT San Diego
8990 Miramar Rd., Ste. 150
San Diego, CA 92126
(858) 225-5850
allison@sicfitsandiego.com

Mandeep Walia
Sorrento Valley Pain Relief Center
5955 Mira Mesa Blvd., Ste. D
San Diego, CA 92121
(858) 404-5944
svprc@yahoo.com

Albert Quiroga
State Farm Insurance
8240 Mira Mesa Blvd., Ste. G
San Diego, CA 92126
(858) 695-8000
albert.quiroga.tb4y@statefarm.com

Richard Prouty
TOPS
proutyr@live.com

Camille Cassin
Turning Point Pregnancy Resource Center
5440 Morehouse Dr., Ste. 2000
San Diego CA 92121
(858) 457-7800
camille@mmpregnancy.org

Collin Purple
United Studios of Self Defense
9870 Hibert St., Ste. D7
San Diego, CA 92131
(858) 271-8677
ussdscripps@gmail.com

Michael Linton
Vulcan Materials Western Division
3200 San Fernando Road
Los Angeles, CA 90065
(323) 474-3202
LintonM@VMCMAIL.com

* Eric Nau
Walgreens Pharmacy
10787 Camino Ruiz
San Diego, CA 92126
(858) 437-0761
Mgr.11654@store.walgreens.com

Dan Luong
White Tiger Kung Fu
9605 Kearny Villa Rd., Ste. B
San Diego, CA 92126
(858) 695-1640
info@whitetigerworld.com

* Andrew Samida
YogurtLand Mira Mesa
8220-F Mira Mesa Blvd
San Diego, CA 92126
(858) 566-6100
YLMiraMesa@gmail.com

Erin Clabeau
Z Fitness Classes and Apparel
6635 Flanders Dr., Ste. G
San Diego, CA 92121
(858) 449-5371
info@zfitnesssandiego.com

Businesses marked with * offer discounts to MMTC members

Collins FAMILY JEWELERS
Proud to be one of Mira Mesa's longest running businesses.
Family owned and operated in the Mira Mesa Mall for over 35 years!
Tues-Sat 10-6
Closed Sundays & Mondays
578-6670
Mira Mesa's personal family jeweler since 1978.
collinsfamilyjewelers.com

[Your ad here] Support Mira Mesa Town Council and purchase an ad here!

Capriccios at Oak Tree Plaza now sits empty.

Restaurant: Owners try to find buyer to take over business

(Continued from page 1)

children are, they know their pizza! My two children are not happy with pizza from anywhere else but their grandpa's pizza!

From watching them run their business throughout my life, I have learned that much of their success has come from their generosity. They are always so giving to their customers and willing to make changes to menu items to make them happy. Sometimes customers would come in and tell my dad of a dish they had in mind and he would do his best to create it for them. This is why many come in and often asked if Frank was in the back tonight? He usually was, because he very rarely had a night off over the years. Many are familiar with Connie's homemade cheesecake or tiramisu, which couldn't be passed up if it was available when you were there.

My parents have been trying for several months to bring in a buyer who would take over the restaurant and try to keep the current customers happy. After lack of success, and little support from their landlord, they decided they just had to close their doors. They are ready to retire and have some free time to enjoy the next chapter of their life. It has been difficult for them because they, too, feel like the loyal customers they have are part of their family. This has been their connection to the community and they have gained many lasting friendships through their business.

Over the past weeks I have seem customers shower them with cards, flowers and hugs. Everyone is genuinely sad to lose their favorite eating place and extended family. It always amazed me to see so many people have an eating place be so regularly that they are there at same time, every Monday, every Saturday, or sometimes once for lunch and once for dinner that week. It was a routine for many families in the community and it will be sad for us to no longer be a part of that routine.

During their retirement I am sure my dad will spend more time nurturing his garden, they may go on more walks, take longer trips they have been missing out on over the years, and I'm sure my mom will be out to breakfast with some of her customer friends she spends time with.

School: Great neighborhood schools tradition continues with Salk

(Continued from page 4)

communities.

- Cluster councils will work with schools, community and district staff to improve the quality of their neighborhood schools.
- Cluster councils will be a democratic representation of the school community including teachers, administrators, support staff, students, parents and community members.

Mira Mesa has a tradition of great neighborhood schools. Residents in the southwest quadrant will soon have a high quality neighborhood school that will bear the name of Jonas Salk. Children in the neighborhood will be able to bike and walk to school.

We all have a stake in our public schools. Everyone in the MM community is invited to the next MM Cluster meetingat 5:30 p.m. Oct. 28 in the MMHS Media Center. Watch for information on the district-wide celebration of quality neighborhood schools on Oct. 29, Vision 2020 Day.

Through a partnership with law enforcement, SANDAG has been compiling crime data since 1980.

Crime: Mid-year property crime rate up countywide

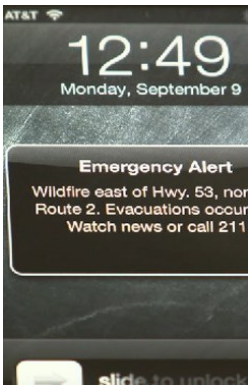
(Continued from page 3)

and aggravated assaults – were reported to local law enforcement between January and June 2013. That's an average of 30 per day, compared to almost 32 per day during the first six months of 2012.

The mid-year property crime rate countywide was 22.28 per 1,000 residents, up from 21.39 in 2012. A total of 35,012 property crimes were reported to local law enforcement in the first half of 2013. Sixty-four percent were larcenies, 20 percent burglaries, and 16 percent motor vehicle thefts

Through a partnership with law enforcement, the SANDAG Criminal Justice Clearinghouse has been compiling and analyzing the most recent and accurate crime statistics from the 18 jurisdictions and unincorporated parts of the county since 1980. With this historical analysis, policy makers and others can track change over time and across jurisdictions to better understand how effective different law enforcement strategies are, as well as how crime patterns may be displaced or influenced.

Alert: Officials warn public not to turn off emergency alerts



(Continued from page 2)
have to register or take any action to get the alerts. That means tourists, residents and people new to the area like students or members of the military can get notifications on their cell phones, even if they never sign up to get emergency calls with AlertSanDiego.

However, everyone is still encouraged to register cell phones with AlertSanDiego; for one thing, there is no limit to the amount of information an AlertSanDiego call can carry.

In contrast, Wireless Emergency Alerts are just 90 characters. They will contain basic information about the emergency, actions people should take to protect themselves, and where people can get more information.

The WEA system was developed and is managed by FEMA, the Federal Communications Commission, and the major wireless companies. Most cell phones people purchased in the last two years are capable of receiving the alerts.

Information that came with the phone indicates if it's WEA enabled. And, if you're still not sure, the major cell carriers have online information about Wireless Emergency Alerts for their customers, and many of the carriers include lists of phone models that can get the alerts.

Most San Diegans are familiar with wireless alerts after the National Center for Missing and Exploited children used the WEA system last month to issue an Amber Alert in the Hannah Anderson abduction case.

WEA has been used by the National Weather Service to warn of localized flash flooding, but it wasn't until the Anderson abduction case that a countywide alert was sent. WEAs can be used for Presidential Alerts (a national emergency), Amber Alerts (child abduction cases) or emergency alerts.

Although the August Amber Alert raised awareness of the abduction and probably contributed to the San Diego County teen's safe return, the sound of the alert, its timing, and the message itself caused some public confusion.

County Office of Emergency Services Director Holly Crawford says she's concerned that last month's alert might have prompted some people to disable Wireless Emergency Alert on their phones. She said the County will reserve the WEA system for serious emergencies, and she urged people to keep the alerts active.

The Office of Emergency Services has launched a campaign to educate the public about the importance of Wireless Emergency Alerts with a public service announcement that will run on several local television stations in the coming weeks.

Crawford said the message is simple.

"Your phone is with you all the time; now, with Wireless Emergency Alerts, it could save your life."

More information on Wireless Emergency Alerts is at readysandiego.org/wea/

"Your phone is with you all the time; now, with Wireless Emergency Alerts, it could save your life."

Drugs: Drug abuse costs billions in lost productivity, health care

(Continued from page 4)
(those ages 18 to 24) were significantly more likely to test positive for opiates (14%) in 2012, compared to those ages 25 to 39 (12%) and 40 and older (8%).

Other findings from the study, "2012 Adult Arrestee Drug Use in the San Diego Region," are also raising concerns:

- The percent of adult arrestees who reported ever trying heroin increased to 26 percent in 2012, from 17 percent in 2002, and the proportion of these individuals who used heroin in the past 30 days also increased (from 26% to 42%).
- More than three-quarters (79%) of individuals who used heroin in the last year reported it was "very easy" or "easy" to get.
- More than one in four (27%) of those who ever tried heroin reported that they had used prescription opiates before trying heroin, and almost two-thirds (63%) of these individuals said they started using heroin as a substitute for the prescription opiates, often because of increased availability and cheaper cost.
- Younger adults (18 to 24) were significantly more likely to report having abused a prescription opiate (46%), compared to 32 percent of those between the ages of 25 and 39 and 28 percent of those 40 and older.

Illicit drug abuse costs the United States $193 billion annually due to lost productivity, health care expenses, and associated crime, according to a study by the National Drug Intelligence Center.

As part of the SANDAG study, 586 men at the Vista and San Diego Central Jails and 293 women at Las Colinas Women's Detention Facility were selected to be interviewed about their drug use history and asked to provide a urine sample. Of these 879 arrestees, 854 completed the interview and also provided a valid urine sample for analysis. Using a random sampling method, researchers approached the study participants within 48 hours of their arrest and booking into jail.

Majority of heroin users say it's easy to obtain the drug.

Mira Mesa Town Council
PMB 230
10606-08 Camino Ruiz
San Diego, CA 92126

issues@miramesatowncouncil.org
www.MiraMesaTownCouncil.org

Please send items for publication to:
newsletter@miramesatowncouncil.org

Mira Mesa Town Council — Annual Membership Application

Primary Member/Contact Name _____

Business/Corporation Name _____

Address _____

City _____

Business/Cell Number _____

Companion Member Name(s) _____

E-mail Address _____

Phone Number _____

State/Zip Code _____

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.

Mira Mesa Town Council
PMB 230
10606-08 Camino Ruiz
San Diego, CA 92126

MIRA MESA TOWN COUNCIL

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