Mira Mesa Town Council Newsletter

Volume 38, Issue 8 September 2013

Mira Mesa Town Council Meeting

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

Agenda:

- Identify Theft

Inside this issue:

President's Message	2
Student athletes are also taking steroids	3
Scam using county seal targeting seniors	4
Miss Teen, Miss Mira Mesa pageant applications	5
Wireless alerts can save lives	5
Community Calendar	6
Meeting Minutes	7
Business Directories	8

Mira Mesa, SDUSD to Break Ground on Salk Elementary

By John Horst

It will probably be a morning like every other late summer morning. The sun will be about half way up on its daily tour of the southern sky and the kids will be thankful for a final opportunity to sleep in before heading off to school. But at 10 a.m. Sept. 7, the promise of a new school year — in a new elementary school — will be celebrated as San Diego Unified School District breaks ground on Dr. Jonas Salk Elementary School.

Artist rendering of the Jonas Salk Elementary School.

The plans for this new school are more than 30 years old. The site was graded by Pardee Homes when the surrounding neighborhood was being built. The project ran into a number of obstacles and was eventually caught up in a controversy surrounding the city's Habitat Conservation Plan. While the site had not originally supported the endangered San Diego Fairy Shrimp, a habitat developed over the years as the school district sought to secure funding to build the school.

Funding to build the school was finally secured as part of Proposition MM in 1998. But the permits necessary to start building were bottlenecked with U.S. Fish & Wildlife. U.S. F&W staff turnover resulted in previously agreed upon mitigation requirements being adjusted just as SDUSD would be nearing the goal line. It seemed the goal posts kept getting moved.

At the 2011 Mira Mesa Street Fair, community members brought the issue to the attention of then-Congressman Brian Bilbray. Dr. Jonas Salk Elementary stood as an example of a "shovel-ready project." The Congressman had his staff study the matter and decided to take it up with the Speaker of the House. SDUSD was invited to testify in Washington D.C. on the larger issues of how environmental legislation affects local projects. The Congressman, together with the office of Senator Diane Feinstein, began to inquire about the project. Legislation was introduced in the House, but became moot in late October 2012 when the Incidental Take Permit was issued.

With the bottleneck cleared, project management staff at SDUSD expertly shepherded the project through the remaining permitting hurdles. The patience and excellence of SDUSD staff, combined with the advocacy of the Mira Mesa community, has brought Dr. Jonas Salk Elementary to the point where ground will be broken for its construction on Saturday, Sept. 7.

Dr. Salk's son, Dr. Peter Salk, will be present for the ground breaking. On or around Oct. 28 2014 – which would have been Dr. Jonas Salk's 100th birthday — SDUSD and the community will dedicate the new campus. And in the Fall 2015 a morning like every other late summer morning will dawn to the sounds of kids making their beds and tucking in the laziness of summer and dusting off the paper and pencil as they head off to Mira Mesa's newest school, Dr. Jonas Salk Elementary School.

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President's Message for September

Well, it's finally almost here; the biggest community event of the year. The Mira Mesa Street Fair is set for Sept. 21 and will have all the usual attractions plus a few new ones. This is an event you should not miss. There will be rides and attractions for all ages plus a brand new one for those over 21. This year, for the first time, we will have a beer garden where some very tasty local craft beers may be sampled. I think that will serve as a sort of crowning touch on an already excellent Mira Mesa event.

Between now and then there is an event that we have been anticipating for many, many years. The groundbreaking for our seventh elementary school, Jonas Salk Elementary, will be at 10 a.m. Saturday, Sept. 7. Everyone is welcome to come out and share in the festivities at the corner of Parkdale Avenue and Flanders Drive. It almost took an act of Congress to get this project started, so this is truly a momentous occasion.

Changing the subject slightly, some of you may know that Mira Mesa is still not complete. That is, there are major parts of our community that are yet to be built. In addition to the 2,000 units being built by Garden Communities near I-15, the mining operations that are currently in Carroll Canyon will end one day and the basic contours of the valley will be restored. The development of the area will require a major amendment to the Mira Mesa Community Plan. The Mira Mesa Community Planning Group is meeting irregularly with one of the developers, Vulcan Materials to start hammering out the required language. Currently talks are stalled for want of a preliminary traffic plan.

I just found out that there is some important development being proposed for the intersection of Carroll Canyon road and I-15 in Scripps Ranch. The Sudberry Development Company is proposing to build a major shopping center with a Walmart store as its centerpiece at that location. It is not clear how this is being received by the people in Scripps Ranch. It is clear however that these developments will have profound traffic impacts on one another.

So, what I have done is to join with the Mira Mesa Community Planning Group (of which I am a member), along with the planning groups of Scripps Ranch and Miramar Ranch North to propose to the City Development Services Department that traffic studies for all of these projects be combined to the extent that each consider the impacts of traffic from the other projects. This will broaden the scope of these studies making them more costly and more time-consuming. Nonetheless, I think it is truly the only hope we have of avoiding traffic gridlock in the Carroll Canyon area in years to come.

On that note, I'll quit and wish everyone a very happy and prosperous Mira Mesa September. I hope to see everyone at the Street Fair on Sept. 21.

San Diego Community-Based School Reform Working

By John Lee Evans
School Board President

We are set for the exciting start of a new school year with a much more stable school system. This is due in large part to the voters' approval of Proposition 30. We had several years of severe cuts to public school funding and those funds will gradually be restored over the next eight years. We are moving in the right direction.

Superintendent Cindy Marten will begin the school year with a mandate to provide a broad and challenging curriculum for our students, which goes well beyond standardized test scores. This includes digital literacy, world languages, music and other arts, and excellence in math and science. Vision 2020 calls for us to simultaneously prepare our students for college, as well as technical careers. Vocational education has been upgraded for the jobs of the 21st century, including some great new facilities at MMHS.

In September we will be breaking ground for the long-delayed construction of Salk Elementary School. In the Board's Vision 2020 we have a focus on a quality school in every neighborhood. The residents of the southwest quadrant of Mira Mesa have been waiting for their own neighborhood school for about 30 years. Mira Mesa has been recognized as one of the communities in the district in which the schools are closely connected to the neighborhood. The construction of Salk Elementary is a testament to the perseverance of the Mira Mesa community leaders and a legacy for future generations of Mira Mesa children.

On Sept. 25 the Superintendent and I will go to Washington DC for the awarding of the Broad Prize for excellence in urban education. San Diego Unified has already been recognized as one of four finalists in the nation. Community based school reform, San Diego style, is working.

Probation Methods Encourage Kids to See Own Potential

Things could have gone very differently for 18-year-old Adriana Boutte. She got involved in gangs at the age of 12 and was in a lot of fights. A joyride landed her in Juvenile Hall for the first time and she went in and out of there through middle school due to her defiant behavior.

But she turned her life around with the help of several probation officers. And last week, Boutte started classes at City College with a $400 scholarship she received from the African American Probation Officers Association to help her with registration, books or anything she might need to succeed.

"I'm pretty sure I'll never go down that road again," said Boutte of her criminal past. "I know I'm capable of a lot and I know God has a purpose for me and I'm doing everything in my power to live up to that."

Among the officers who took an interest in Boutte were Stephanie Howell, Correctional Deputy Probation Officer, and now-retired Supervising Probation Officer Marcus Brady. Both nurtured a relationship with the troubled girl and kept her on track throughout her supervision and beyond it.

Howell, who has worked for Probation for 19 years, treats all the young kids who come through the court-ordered Youth Day Center school the same. She reaches out to them and tries to form connections and encourage them, but there have been a few like Boutte who hold on after they have completed their probation.

"I feel like she is a daughter to me," Howell now said of Boutte, but she was not an easy person to reach at first.

"I didn't really care. I didn't see how much of a waste of

*(See **Probation** on page 11)*

Correctional Deputy Probation Officer Stephanie Howell flank Adriana Boutte (center), when she recently accepted a $400 scholarship.

Like Professionals, Student Athletes Also Taking Steroids

The news of illegal performance-enhancing drug use by professional athletes is sending young people the wrong message, making them think the use of steroids is a good way to fame and fortune

In a recent survey by the Digital Citizens Alliance, a consumer group working to make the internet safer, 77 percent of young males — ages 14 to 25 — said steroid use by professional athletes gave young athletes the impression that taking performance enhancing drugs (PED) was necessary to make it in professional sports or improve their game.

Furthermore, in a 2012 University of Minnesota study, more than 1.5 million middle and high school students admitted using anabolic steroids. The median age for first time use is typically 15.

A bigger problem is that steroid use by young people and student athletes often goes unnoticed by parents and coaches.

"Steroid and performance enhancing drug use is attractive to youth and parents should have open conversations with their children about the dangers of using any drugs, including performance enhancing

*(See **Steroid** on page 11)*

"Steroid and performance enhancing drug use is attractive to youth and parents should have open conversations .. about the dangers of using any drugs"

Troubled Teenagers Find Success through Distance Running

Running 13.1 miles isn't easy, but for 15-year-old Troy, a student at the San Diego County Probation Department Reflections School, it really wasn't that hard.

"It's like when I run, it releases all my stress. I feel like I'm not on probation anymore," Troy said.

Sunday Aug. 18, Troy's teacher and a County probation officer were up early to run together in America's Finest City Half Marathon. Troy completed his first half-marathon in a respectable 2 hours and 15 minutes.

The teen was ordered by a court to attend Reflections, a La Mesa-area school run by Probation and the County Office of Education. Some of the students at the school have committed serious felonies and all of them have emotional issues such as anger problems or just being unable to deal with stress.

More than a year ago, some probation officers and teachers started a running club to help kids like Troy find an outlet and give them a connection with the staff.

Teacher Cindy Stallo said in the short time that Troy has been in the program, his attendance and outlook have changed for the better. Stallo and Deputy Probation Officer Michael Rolan, who help oversee the club, ran in Sunday's event with Troy.

At the end of it, Rolan and Stallo, both avid runners, were

*(See **Run** on page 10)*

Reflections School teacher Cindy Stallo, her student Troy, and Probation Office Michael Rolan show off their America's Finest City Half-Marathon medals Sunday.

How to Protect Your Children from Disease

Vaccines are not just for kids. As you get your children ready to go back to school, it's important to remember teens and even college students should also get the recommended vaccines, health officials say.

"All parents should make sure their children and teens are up-to-date with their immunizations," said Dr. Dean Sidelinger, child health medical officer for the County Health and Human Services Agency. "Vaccines not only protect your children but also those around them. Immunizations prevent many diseases, disability, and death."

Vaccinations are the best way to protect communities and schools from outbreaks that can cause unnecessary illnesses.

Newborns and children up to 6 years of age need vaccines to protect them from 14 serious and life-threatening diseases, including measles, meningitis and whooping cough.

Some vaccine-preventable diseases have become very rare in the United States thanks to vaccines. However, outbreaks still happen.

Preliminary data from the Centers for Disease Control and Prevention showed that in 2012, more than 41,000 cases of whooping cough, including 18 deaths, were reported across the United States. In 2011, measles sickened 220 people in the U.S., a higher number than usual.

Older children need vaccines too because they are at higher risk of catching certain diseases, like meningococcal meningitis.

In response to the 2010 whooping cough epidemic, all 7thgrade students in the state now need to show proof of having received the Tdap booster shot or file a personal belief exemption with their school.

"No child or adolescent should suffer from vaccine-preventable diseases," added Sidelinger. "Immunizations are among the most successful and cost-effective things parents can do to protect their children from serious disease."

For more information on immunizations and the diseases they prevent, contact your health care provider or visit www.sdiz.org.

Coun
160
San
Reference No. 5475X200167
[redacted]
Dear [redacted]
It is with great pleasure that t
becoming the county's next set
participated and won with the Pu

DA Warns Lottery Scam Targeted at Senior Uses County Seal

A lottery scam uses the official San Diego County seal and appears to be targeting veterans and senior citizens, the District Attorney's Office warned today. The office is investigating and is asking additional victims to come forward to report it.

"These scammers are using the legitimacy of a government seal to prey on vulnerable seniors who served their country. They're stolen at least one couple's hard-earned savings in a brazen example of financial elder abuse," said District Attorney Bonnie Dumanis. "It can be embarrassing for people to come forward once they realize they've been duped, but we want to help victims and hold these heartless scam artists responsible for their crimes."

District Attorney investigators say a retired San Diego couple, 83- and 79-years old, received several phone calls telling them they had won as much as $2.5 million in a lottery, but they needed to send insurance, and state and federal taxes before the winnings could be deposited in their bank account.

As proof of the lottery win, the couple received a faxed letter that included the official seal of the County of San Diego, as well as a photocopy of a check in the amount of $2.5 million made out to them. The letter thanked the victims "for their service" and said the lottery winnings would be deposited into their Navy Federal Credit Union Account once the taxes were paid.

As a result, the couple sent money grams and made bank transfers totaling more than $20,000 to various individuals, believing the money was required to receive the lottery winnings. Eventually, the couple provided their credit union account information and a Social Security number in order to allow the winnings to be transferred to their account. Instead, the criminals cleaned out the couple's savings account, stealing an additional $3,000.

"False lotteries are a common scam" said Deputy District Attorney Paul Greenwood. "Seniors can protect themselves by always starting with the assumption that any telephone call or letter promising a prize is indeed fake, especially when there is a request for monies to be paid up front for taxes or other charges."

To keep your finances safe from scams, the District Attorney's Office offered these tips:

- Sweepstakes and overseas

*(See **Scam** on page 10)*

Miss Teen, Miss Mira Mesa Applications Now Available

Current Miss Teen and Miss Mira Mesa.

By Maria Pankau

The third annual Miss and Miss Teen Mira Mesa Scholarship Pageant is scheduled for the first Saturday in February 2014.

The pageant is open to all girls between 13 and 26 who meet two of the following qualifications:

- Reside in Mira Mesa
- Graduated from a MM high or middle school
- Have worked in MM (eastern or western) for at least one (1) year
- Currently attend a MM school (middle or high)
- Currently attend Miramar College

The new Miss and Miss Teen will represent the community of Mira Mesa for one year as Ambassadors during grand openings, parades, community events, fundraisers, any San Diego City wide events to which they are invited and other events.

The winners will earn scholarship money, the entry fee to the Miss Greater San Diego Pageant (should they wish to continue) and a gift package donated by community members. They will also get to spend time with and learn from many of the current Miss and Miss Teen representatives from other communities in San Diego.

The Miss and Miss Teen Mira Mesa Scholarship Pageant is the first step in the Miss USA Pageant Circuit.

For applications, questions and/or comments please contact Maria Pankau, pageant coordinator, at Miss-Miss Teen Mira Mesa on facebook, mgpankau@hotmail.com (please write pageant in the subject line) or at the Mira Mesa Town Council website at miramesatowncouncil.org. We can also be found at the Mira Mesa Farmers Market on the last Tuesday of each month. Applications are due Nov. 30, 2013.

Are you or do you know someone who is ready to be the "Face" of Mira Mesa? Here is your chance!!!

Sheriff Department Looking for a Few Good Men, Women

Looking for a new exciting career in law enforcement? You just might get inspired to be a deputy if you catch a showing of a new San Diego Sheriff's recruiting ad scheduled to show at local AMC, Edwards, and Regal theaters.

And if you aren't planning to go to a movie anytime soon but are interested in what a job like that is all about, you can view the 16-second video below or on the Sheriff's social media pages.

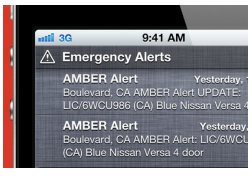
New deputies are needed to help staff a new Sheriff's station expected to open late this year in Rancho San Diego, an expansion at the East Mesa Reentry Facility in Otay Mesa and a new San Diego County Women's Detention Facility in Santee expected to open in July.

The employee recruitment push for law enforcement, court house and detention facilities is one of the biggest in at least 20 years, said Sheriff's Capt. Mike Barnett, assigned to the personnel division. The Sheriff's Department is hoping to add approximately 230 sworn positions this year to its 4,000-plus employees, he said.

Increased Sheriff's responsibilities under the county's Public Safety Realignment plan

*(See **Sheriff** on page 10)*

Wireless Alerts Could Save Your Life, Officials Say



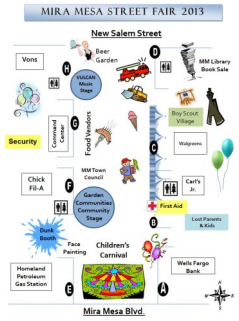
The first California Amber Alert broadcast to cell phones last week generated wide public attention and media coverage, and it may have contributed to the safe recovery of 16-year-old San Diego County kidnapping victim Hannah Anderson over the weekend.

Still, the Amber Alert itself confused, annoyed and even frightened some recipients. Concerned that problems with last week's alert will prompt smartphone users to "opt out" from receiving Wireless Emergency Alerts, San Diego County Office of Emergency Services Director Holly Crawford joined state lawmakers for a news conference in Sacramento Monday urging the public to keep the alerts enabled.

"I want to encourage everyone listening or watching: Do not opt out of this system; it could save your life," Crawford said.

Newer cell phones are capable of receiving Wireless Emergency Alerts, which are broadcast from cell towers to phones. Currently, the system is designated to carry Amber Alerts and emergency alerts, for example, a notice that people should evacuate due to fire or take shelter because of a toxic chemical release.

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



Mira Mesa Street Fair Sept. 21, all day.

Events of Interest

- **Sept. 6 — eReader eClinic: Learn to Download eBooks, Mira Mesa Library, 3pm**
- **Sept. 10 — Financial Literacy Workshop: Get Help Planning Your Finances, Mira Mesa Library, 6pm**
- **Sept. 22 — Author signing: David Christopher Lewis, Barnes & Noble, 6 pm**
- **Sept. 29 — Author signing: George D. Morgan, Barnes & Noble, 6pm**

September 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 **LABOR DAY**	3 Golden Friends – 10 am, Mira Mesa Senior Center	4 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	5 Gentle Yoga – 9:30am, Mira Mesa Library	6 Pastel Drawing with Joseph Nyiri – 4pm, Mira Mesa Library	7 Kathak Dance Classes – 10 am, Mira Mesa Library Zumba w/ Azi – 1 pm, Mira Mesa Library
8	9 Mira Mesa Town Council – 7pm, Mira Mesa Senior Center Crafts with Kim – 1pm, Mira Mesa Library	10 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	11 **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	12	13 Khanh's Drawing Class – 4 pm, Mira Mesa Library	14 Kathak Dance Classes – 10 am, Mira Mesa Library Zumba w/ Azi – 1 pm, Mira Mesa Library
15	16 Mira Mesa Community Planning Group – 7 pm, Vulcan Materials Office, 7220 Trade St, Suite 205 Crafts with Kim – 1pm, Mira Mesa Library	17 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	18 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	19 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	20 Khanh's Drawing Class – 4 pm, Mira Mesa Library	21 **MIRA MESA STREET FAIR**
22	23 Crafts with Kim – 1pm, Mira Mesa Library	24 Gentle Yoga – 6pm, Mira Mesa Library Friends of the Library – 7 pm, Mira Mesa Library	25 Line Dance – 4:30 pm, Mira Mesa Library Mira Mesa Homework Helpers – 6pm, Mira Mesa Library	26 Gentle Yoga – 9:30am, Mira Mesa Library Street Fair Committee Meeting – 6:45pm, Mira Mesa Senior Center	27 Teen Advisory Board – 4pm, Mira Mesa Library	28 Kathak Dance Classes – 10 am, Mira Mesa Library Zumba w/ Azi – 1 pm, Mira Mesa Library
29	30	26 Banned Book Club — 6:30pm, Mira Mesa Library	27 Line Dance – 4:30 pm, Mira Mesa Library Mira Mesa Homework Helpers – 6pm, Mira Mesa Library	28	29	30

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 $35,681.25
- Savings $15,882.16
- Scholarship $12,383.66.
- Detailed income/expense compared to budget for the first 6 months of 2013 were distributed at the meeting

STREET FAIR (Jeff Stevens) –

- Last day for vendors to register without late fee is August 10.

RECOGNITION OF BUSINESS OF THE MONTH — Scripps Hospice (formerly Horizon Hospice).

- Pam Stevens reported that long time director Bruce Ackerman has retired and Horizon Hospice has merged with a much larger company. We thank Horizon Hospice and Bruce Ackerman for their long association with MMTC.

RECOGNITION OF FIRST RESPONDERS

- SDPD Northeastern Division – Officer Susan Steffen, Mira Mesa Community Relations Officer, is retiring in 39 days, just shy of 24 years. Shannah Kanoa was introduced as her replacement. Tomorrow is national night out, and there will be an open house at the Rancho Penasquitos police substation.
- SDPD Northwestern Division – Officer Natalie Horne, Mira Mesa Community Relations Officer. There were 10-15 commercial burglaries over last month. Suspects took trailer generators on Sorrento Valley Rd. They were caught on a surveillance video. They were wearing orange construction vests. Two cases in June and July. There was a good arrest on July 4. Armed robbery. Pursued to C street, taken into custody. All cash returned.

PRESENTATION — Marty Block

- Will be participating in Street Fair. Promised will be less hot this year. 39th Senate district. RB is in district, also Del Mar and Solana Beach. In Sacramento Monday-Thursday most weeks. Recessed from Senate sessions now and back working in the district. Concentrating on four areas: 1) Constituent services. Joyce Temporal is Block's rep – can assist constituents with problems. www.martyblock.com. 2) Participation in events like the Street Fair. Will be putting on events like a forum for legislative ideas. 3) Legislation. Had greatest percentage of bills of any Senator signed by the governor. Signed all 25 bills. Block worked with Dumanis on many of them.. 4) Budget. Had $42 billion deficit when first came to Sacramento. Required painful cuts. This year have a $5 billion surplus, can restore some cuts. Budget is on time and balanced. Important legislation this year – increase penalties for human trafficking; more funding to schools that have harder problems.

PRESENTATION: ELDER ABUSE — Jesse Navarro

- ips for preventing senior oriented crimes: 1) Selecting caregiver – do background check. There is not a mandatory background check law for caregivers in Senior homes. 2) Keep inventory of all jewelry and keep in safe place. Also other important documents. Keep in fire safe if possible. Or safety deposit box. Use Cross-cut shredder to destroy documents. Don't put outgoing mail in the mailbox. Don't raise red flag on mailbox.

PRESENTATION: SENIOR COMMUNITY CENTERS — Phong Vien Nguyen

- Works to improve the well being of low income seniors. Main objective is meals. Serves 1000 meals per day across San Diego including the Mira Mesa Senior Center. Also deliver to homes.

PRESENTATION: CAROL KIM — Candidate for City Council

- Introduced herself. New to politics, not to community service. Started career as teacher in inner city school in LA. Now working for education-oriented nonprofit. Parents were small business owners. Parents immigrated in 1970's from Korea. Understands how much work goes into small business. 2 out of 3 jobs generated by small businesses. Also worked with military. Interested in support for military families .

RECOGNITION OF ELECTED OFFICIALS AND THEIR REPRESENTATIVES

TWO-MINUTE PRESENTATIONS BY SOME COMMUNITY GROUPS

MEETING ADJOURNED

State Senator Marty Block

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@MiraMesaTownCouncil.org

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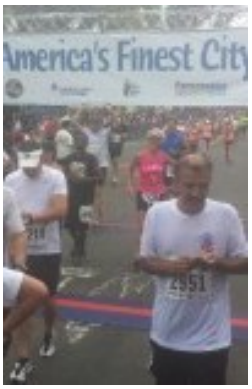

Troy at the finish line for the AFc Half-Marathon.

Run: Success stories motivate staff to keep program going

(Continued from page 3)

quite tired, but Troy complained just slightly about some blisters on his feet.

Although it wasn't too hard for Troy, he is proud of his accomplishment. It is the longest distance he's ever run and he's never run in a timed race, so he was happy he was able to do it. He especially liked how everyone cheered him on during the race.

"I think the biggest thing for me is just seeing them accomplish something," said Stallo. "At the end, they're just beaming and it gives them an opportunity to see they can do it. That they're actually good at something."

Rolan, who helped start the running program, said running a race helps build a kid's self-esteem.

Running also helps teach kids to master pain as a runner, said Rolan. Most of the kids in their school have been through various traumatic events in their lives that caused them pain, he said. As runners they are voluntarily accepting some physical pain. That can be a valuable skill for some of the kids at the school, he said.

"So, you can master it, you can overcome it with the strength of your mind," Rolan said. "There comes a point where you just accept the pain and it doesn't even bother you anymore, you keep doing it and the pain just goes away. It definitely shows them that they can do things that they didn't think they could do."

Rolan said the Reflections staff members are all very proud that Troy ran such a long distance and they have high hopes that he might want to train to run a full marathon next year. If he is still in the program, Rolan said they will try to have him sponsored to cover his entry fees.

Some students don't have adequate running shoes or clothes and can't afford entry fees. So, staff at Reflections reach out to race organizers to ask for entry fee discounts for their students, Stallo said. But even with discounts, staff members are always trying to raise funds to help sponsor the kids who want to run in a 5K, 10K or longer distance race.

Only one other running club student has ever run a half-marathon and that other teenager did it after leaving the program. For that former student, running changed his course, Rolan said. The student, Darius, sometimes comes to visit staff. He is running track and playing football at a regular high school now and is doing well.

Success stories like Darius' are what motivate staff to keep the running program going, Rolan said.

Scam: Consider changing contact information, if scammed

lotteries are phony

- Screen your calls before answering
- Don't be afraid to hang up on the perpetrator
- Don't let emotions cause you to react immediately to a phone call, letter or email
- Always check with a professional adviser

When people have been scammed once, their phone numbers and information are sold to other scam artists. Consider changing your phone number to avoid an onslaught of predatory phone calls.

Additional victims of this scam, or other suspected financial elder abuse can report it at (619) 531-3245. Members of the public are asked to call only if you have sent money to one of these scams and have not already reported it to a law enforcement agency. When you call, please be prepared to leave your name, contact information (including home address) and specifics about the suspected scam.

Sheriff: Hiring process may take up to one year to complete

(Continued from page 5)

account for about 75 percent of the positions needed, Barnett said. Female correctional deputies are especially needed to help staff the new women's jail because the state mandates that it be staffed with 85 percent women, he said.

"It's a real opportunity to help the community and to have a fulfilling and rewarding career," Barnett said.

Job seekers can apply online for two positions, a Deputy Sheriff Cadet Law Enforcement and Deputy Sheriff Cadet Detentions/Court Services, and register to take a written exam. All applicants will be required to complete a comprehensive background investigation. The hiring process averages four months to a year to complete.

To apply go to joinsdsheriff.net.

Alert: Officials can target specific areas to quickly inform people

(Continued from page 5)

"My biggest worry is that people will opt out of everything, and when I need to send a particular emergency message to people so they can protect themselves, I'm not going to be able to reach them," said Crawford.

Crawford pointed out that the Wireless Emergency Alerts — or WEA — system, which the County helped pilot in 2010, has several features that make it a powerful tool in an emergency.

"The reason this system is so special is people don't have to take any particular action to opt-in," Crawford said. "We're able to reach tourists who are visiting San Diego. The system is incredibly valuable in getting the word out to people if they need to take action."

This year, local government agencies were authorized to send wireless alerts; the County's Office of Emergency Services will soon add the ability to issue them in a serious emergency or disaster in which people need to act quickly. Last week's alert was initiated by the National Center for Missing and Exploited Children.

Crawford said Wireless Emergency Alerts can target cell phones in a specific area, so, for example, if a nearby earthquake caused a tsunami wave, emergency managers could quickly get an alert to people on the coast telling them to move to higher ground.

The WEA system is overseen by FEMA, the Federal Communications Commission, and the major wireless carriers. Crawford has said she will work with FEMA and the FCC to try to bring about improvements to the system such as expanding the number of characters in a message — it's currently limited to 90 — and setting clear parameters for its appropriate use for Amber Alerts.

Get emergency preparedness information at ReadySanDiego.org

Probation: Tried-and-true intervention program method works

(Continued from page 3)

time it was so I just kept getting locked up for violations or not doing what they told me to do. It was just like constant violations from (ages) 12 to 15," Boutte said.

Then Boutte got shot in the arm while she was out and was locked up again for her role in the crime that led to the shooting. Her boyfriend at the time was also locked up. She was unable to use her injured arm while it healed, and none of her so-called friends reached out to her. She began to take stock of her life and feel depressed, and she started connecting a bit with the probation officers around her.

Boutte spoke to Howell at length about what she really wanted to do. Boutte wanted to go back to school and eventually go to college. Howell directed Boutte to counseling for coping skills and encouraged her whenever she started going off track.

"I just continuously reminded her of her goals. I could see that she had the ability to do it. She's a very, very smart girl," Howell said.

Howell's approach is what Probation calls an Integrated Behavioral Intervention Strategies (IBIS) and is how Probation's entire staff is being trained. The approach calls for probation officers to counsel those on probation by talking with them about what circumstances and behaviors led to their trouble and what they want to do with their lives instead. Howell said it is an approach they have used at the school for years because it works.

"I just continuously reminded her of her goals. I could see that she had the ability to do it."

Steroid: Students easily find PEDs for sale online, official says

(Continued from page 3)

drugs and alcohol," said Susan Bower, behavioral health operations director for the County Health and Human Services Agency. "Talking with coaches is another method to assess if your child is involved in steroid or PED use."

So how can you tell if your child is using steroids? There several warning signs parents and coaches can look for, including the following:

- Mood swings
- Increased aggression
- Paranoia
- Depression
- Hyperactivity
- Being secretive
- Fast muscle growth
- Hair loss
- Bad breath

Another problem is that steroids are easy to find online. It takes only a few seconds for a student to find steroids for sale on the Internet.

"Young people are very internet-savvy," Bower said. "Parents should monitor their children's internet activity to make sure they're not getting steroids or other PEDs online."

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www.MiraMesaTownCouncil.org

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Mira Mesa Town Council — Annual Membership Application

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City _____

Business/Cell Number _____

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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.