Mira Mesa Town Council Newsletter

Volume 40, Issue 5 June 2014

Mira Mesa Town Council Meeting

- Monday June 2, 2014
  7 p.m. - 9 p.m.
  Mira Mesa Senior Center
  8460 Mira Mesa Blvd.

Agenda:

- Harmonium presenting
- MMTC/Verne Goodwin Scholarships presented

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Healthy Living In the News
Salad Bars Increase Students' Access to Fresh Fruits

In support of First Lady Michelle Obama's Let's Move! Initiative, access to fresh fruits and vegetables is growing nationwide among school-age children, due to the rising number of salad bars in school cafeterias. A recent study of the Let's Move Salad Bars to Schools (LMSB2S) campaign found that salad bars not only increased students' access to fresh fruits and vegetables, but also increased student participation in the school lunch program, reduced plate waste and complemented other health promotion activities in school. The schools are grateful for the salad bar donations since most children had not met the minimum intake requirements for fruits and vegetables as specified by Dietary Guidelines.

"Salad bars empower kids to try new fruits and vegetables and make their own healthy choices.

Key Study Findings and Outcomes

•Salad bars are benefitting low income students •Most schools (57%) saw increased student participation in school lunch programs with the addition of salad bars, a value to the National School Lunch Program.

•A majority of schools (78%) reported purchasing more fruits and vegetables as a result of salad bar implementation.

•School complemented salad bars with other health promotion activities in the classrooms.

•Schools complemented salad bars with other health promotion activities in the schools.

Let's Move Salad Bars to Schools' founding partners, Food Family Farming Foundation, National Fruit and Vegetable Alliance, United Fresh Foundation and Whole Foods Market, have raised more than $8.4 million for LMSB2S to cover the cost of salad bar equipment and delivery.. The site tracks grant applications by state, while a blog and bi-monthly e-newsletter showcase real success stories from cafeterias across the country. The public can also visit the website to make an online donation. All contributions support fulfilling requests for salad bars. At this time, there are 555 schools on the waiting list for a salad bar.

San Diego Unified Meal Programs receive 'ZERO' funding from the National Meal program but does have salad bar options in place. School meals are served to students under the National School Lunch Program and the School Breakfast Program and follow the nutrition guidelines prescribed by The Healthy, Hunger-Free Kids Act of 2010. The law was designed to reduce the incidence of childhood obesity by providing healthier choices to students. To learn more about school meal regulations visit www.traytalk.org SDUSD's meal programs have received national recognition and many awards for their innovation and quality of service. With the new meal regulations we continue to raise the standards of school food. The café concepts of the two main meal programs, Kid's Choice Café in elementary schools and SanDi Coast Café in secondary schools, present a healthy, attractive, convenient and fun atmosphere for students.

More information can be found online at www.saladbars2schools.org also helps with resources for schools and parents. Article info from: PRNewswire-USNewswire & SDUSD website www.sandi.net/page/984

2014 MIRA MESA TOWN COUNCIL BOARD OF DIRECTORS

PRESIDENT
Ted Brengel,
President@miramesatowncouncil.org

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

SECOND VICE PRESIDENT
(MEMBERSHIP)
Lainie Hardman
Membership@miramesatowncouncil.org

TREASURER
John Horst,
Treasurer@miramesatowncouncil.org

RECORDING SECRETARY
Jeff Stevens,
Secretary@miramesatowncouncil.org

NEWSLETTER EDITOR
Donna Carter
Newsletter@miramesatowncouncil.org

PARLIAMENTARIAN
Jon Labaw,
Parliament@miramesatowncouncil.org

MEMBERS AT LARGE

Sabrina Bazzo
Eric Kolbeck
Alexander Nguyen
Pam Stevens

MMTC President's Message for June

May has been quite a month! It started with a memorable MMTC meeting at Mira Mesa High where our upcoming City Council candidates shared their views and we all learned a little more about who they are and why we should vote for them in the upcoming election on June 3rd, 2014. We owe our Program Chairperson, Bari Vaz, a vote of thanks for all the effort she put forth to get those candidates to our Mira Mesa meeting.

The Mira Mesa Women's club sponsored their annual Chalk the Walk event at the recreation center on Saturday, May 3. This is a very worthy event where people and businesses pay for squares on the walk and create wonderful 'chalk art'. The proceeds of the event go toward art education in our local schools.

As everyone knows, it is election season. I suppose the race dearest to us is the Sixth District City Council Seat. What strikes me as different about this particular competition is that the candidates have remained quite civil when referring to one another. They all have my sincere compliments for sticking to issues and leaving personalities out of their discussions.

I would like to try to help clear the air on Props B and C. The question is, "How are we supposed to intelligently evaluate all of the information being churned out and why in the world are they asking us to weigh in on a Barrio Logan Issue?" without getting too long-winded, here is the simplified version.

Community Plans define land use for the various parts of each San Diego Community. It was agreed that a community plan update was needed for Barrio Logan to replace the vintage 1978 version currently in place. A 33-member committee of stakeholders including industry, business, residents, and environmental groups was formed to come up with a new plan. After deliberating for a few years they did exactly that. The plan the committee created was subsequently approved by the Planning Commission and then by the City Council. Done deal, right? NO. Someone objected and managed to collect enough signatures to override the City Council vote and get the new Barrio Logan Community Plan put on the ballot as Props B and C. So now all of us outside Barrio Logan are being asked to weigh in on their issue.

So, here's how it works. If you vote "yes" on B and C you are supporting the new community plan for Barrio Logan put forth by the Stakeholder's Committee. If you vote "no" on B and C you are voting to throw out the new Barrio Logan Community Plan and cause them to continue to use the old 1978 version. The air is being clouded with all sorts of rhetoric about environmental and quality of life issues and I am sure those exist, but I would recommend that if you really want to know more about those issues in Barrio Logan you need to study the proceedings of the Stakeholders Committee and ignore the campaign noise.

Have a great month and don't miss our June MMTC Meeting on June 2.

Mira Mesa High WINS !!!!!

A big Congratulations to Barbara Shortill for winning the "Donor Nation Peoples Choice" award. Because of her selfless contributions and volunteerism, Mira Mesa High School was awarded $1000.00 on her behalf. 14 volunteers in the county out of 300 nominees received awards. Good job Marauders and community members for your votes and support.
Thank you Barbara for being the best Volunteer Ever!

Thank you to all the MMHS students, parents, local residents and general fans who made it possible for our very on Barbara Shortill, shown with her son and husband , to win the volunteer award for MMHS.

Important Numbers

General County Services Information
2-1-1 San Diego 2-1-1

Emergency Services
Police/Fire/EMS..... 9-1-1
Poison Control 800-222-1222

Criminal Activity
Police Community Relations Office 858-538-8120
Suspected Arson 800-472-7766 (47ARSON)
Gangs 619-531-2847
Graffiti 619-525-8522
Non-emergency crime 858-484-3154

Utilities
Fire hydrant open 619-515-3525
Gas leak 800-411-7343
Power/phone line downed 619-811-8081
Tree limbs in power lines 800-411-7343

Nuisances
Animal, dangerous 619-236-2341
Animal, dead 858-492-5060
5pm-7am or weekends & holidays: 619-573-1276
Animal manure (dog) 619-338-2283
Animal, rodents/rats 858-694-2888
Building abandoned or dangerous . 619-236-5500
Car abandoned or inoperative 858-495-7856
Noise (loud) 619-236-5564
Code Compliance 619-236-5500
Trash: uncollected, overflowing dumpster, trash-strewn lot, or recyclables 858-492-5055

Streets & Environment
Bus shelter damaged 619-231-1466
Manhole cover missing or damaged 619-515-3525
Street, flooded/pothole 619-527-7500
Street, sink hole or collapse 619-515-3525
Street, traffic light non-functioning 619-525-8650
Swimming Pools 858-689-6296
Weeds overgrown, fallen trees, or clogged storm drain 619-527-7500

Mira Mesa Schools Cluster Meetings

4th Monday of each month September-May
Mira Mesa High Media Center
5:30 to 7:00pm
www.mmcluster.org

Out & About in Mira Mesa

City Council Candidate Forum at MMHS

Above left to right: Moderator Chris Jennewein, with candidates, Mltz Lee, Chris Cate, Carol Kim and the MMTC President Ted Brengel.

Mira Mesa Events from May 2014…

Where were you?

New Relay for Life Date June 21-22

Chalk the Walk

Plus… This Sunday June 1st, Check out the great family fun, competition and prizes at Mojo's Gym.

9am to 1 pm.

Celebrating 2 years of helping people get their 'mojo' back!

Mojo's at 8830 Miramar Rd. Suite C
San Diego, CA 92126
Phone Number: 858-527-0445

Mira Mesa's got Talent ….

The Mira Mesa Town Council Verne Goodwin Scholarship 2014 winners are graduating high school seniors living in the Mira Mesa. The winners will receive their awards at the June 2014 MMTC meeting. Come to the meeting to meet these outstanding students!

Relay for Life Mira Mesa/ Penasquitos Rescheduled

Relay for Life was postponed due to the fires last month, but will take place as planned on **June 21-22, 2014.** Web:RelayForLife.org/MiraMesaCA

Health Alert…. Pertussis Cases Surpass Last Year's Totals

BE AWARE….. According to the San Diego County Health & Human Services department, another 102 new cases of pertussis, also known as whooping cough, were confirmed by local health officials, bringing this year's count to 454. In 2013, a total of 431 whooping cough cases were reported and there were only 63 cases at this point last year. There was a high of 1,179 cases reported in 2010.

A typical case of pertussis starts with a cough and runny nose for one to two weeks, followed by weeks to months of rapid coughing fits that sometimes end with a whooping sound. Fever, if present, is usually mild. Antibiotics can lessen the severity of symptoms and prevent the spread of disease to others.

The Center for Disease Control and Prevention recommends the following vaccination schedule:

- Young children need five doses of DTaP by kindergarten: at 2 months, 4 months, 6 months, 15 to 18 months and 4 to 6 years. - All students entering 7th grade need proof of a whooping cough booster immunization (Tdap).
- A Tdap booster is recommended for pregnant women during their third trimester of each pregnancy, even if they received a booster before becoming pregnant. - One dose of Tdap is recommended for adults 19 years of age and older who did not get Tdap as an adolescent.

Parents can obtain the DTaP vaccine series and the Tdap booster shot for themselves and their children through their primary care physicians. Local retail pharmacies offer vaccinations for a fee, and anyone who is not covered by a medical insurance plan can get the shot from a County Public Health Center at minimal or no cost.

For more information about whooping cough and ongoing vaccination clinics, call the HHSA Immunization Branch at (866) 358-2966, or visit www.sdiz.org.

@ MMHS
Farmers Market on Tuesdays 4pm to 7pm
Food Trucks Every Wednesday evening

June 2014

Future Events of Interest…

July 4 – Mira Mesa 4th of July Parade, Family Fun Day, and Fireworks

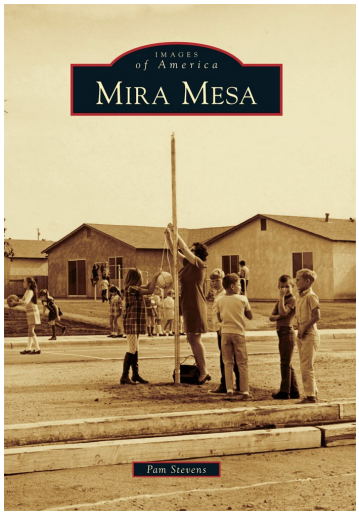
August 23 – Mira Mesa Beer Fest

September 20 – Mira Mesa Street Fair

	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Mira Mesa Town Council – 7pm, Mira Mesa Senior Center	3 Chess Club 4-5pm MM Library every Tuesday	4 Pajama Story Time MM Library 6:30pm Wednesdays	5	6	7
8	9 Mira Mesa Town Council Board of Directors – 6pm, MMTC Office	10 Mira Mesa Recreation Council—7pm Lopez Ridge Rec Center	11 Pajama Story Time MM Library 6:30 Mira Mesa Homework Helpers 6pm MM Library	12 MM Library E-Reader clinic 3:00pm	13	14
15	16 Crafts with Kim – Mira Mesa Library @ 4pm Mira Mesa Community Planning Group 7 pm, Vulcan Materials, 7220 Trade St, Suite 205	17	18 Pajama Story Time MM Library 6:30+ Library Homework Helpers @ 6pm	19	20	21
22	23	24 Banned Book Club MM Library 6:30 - 8:00 PM Chess Club 4-5pm MM Library	25 Pajama Story Time MM Library 6:30 + Homework Helpers @ 6pm	26 Mira Mesa Street Fair Committee — 6:45 PM community office	27 Toddler Dance 10:30am At MM Library MMTG:	28 Zumba w/ Azi – 1 pm, Mira Mesa Library Philippine Ind. Day Gala @ Westin Hotel
29	30 Crafts with Kim – Mira Mesa Library @ 4pm					

Philippine Independence Grand Ball June 28

By Pam Stevens
The Aguinaldo Foundation, a non-profit 501C3 organization, will host the 13th Annual Philippine Independence Grand Ball on June 28, 2014, at the Westin Hotel in downtown San Diego. Highlights of this evening Gala are the presentation of the legendary General Emilio Aguinaldo Leadership Awards and the 8th Annual Coronation of Philippine-CA, USA beauty Queens. Gen. Emilio Aguinaldo was the 1st President of the Philippine Republic.
The Leadership Awards are given to individuals (of any race) or businesses that help and support the Filipino-American community. The Queens' titles are Little Miss Philippines-California, USA; Miss Teen Phils.- CA, USA; Miss Phils. - CA, USA; and Mrs. Phils. - CA, USA.
"This Gala Night is a fundraiser for our mission of building a Performing Arts Center and Museum, a legacy we can leave to the generations to come. Please join us. We are looking for more qualified awardees and candidates for our beauty contest," said Zeny Ravelo, founder and president of the Aguinaldo Foundation.
The Aguinaldo Foundation formerly sponsored an annual Philippine Festival in early to mid-June in Mira Mesa Community Park in celebration of Phillipine Independence Day on June 12. Ravelo said she and other members of the Foundation Board are currently concentrating on the Gala as their major annual fundraising project, as well as participating in other community events such as the Mira Mesa 4th of July Parade. Leadership award nominations and candidates for the Philippines-California, USA, beauty queen titles are due by early to mid-May. Tickets to the Gala will also be available in May.
The Gala will be held June 28 at The Westin San Diego, 400 West Broadway, San Diego, CA. For more information, please call Zeny Mascardo Ravelo, 858-484-2277 or email her at aguinaldofoundation@yahoo.com; or contact Belle Carreon, board member at 619-302-2610 or bcarreon@NAACoalition.org.



Book Signing June 7 for Local Author Pam Stevens

Join the author of *Mira Mesa*, a photo history in the Images of America series from Arcadia Publisshing, or a signing at Costco, 12155 Tech Center Drive, Poway CA 92064, Saturday, June 7th, 2013; 3:30 p.m.—5:30 p.m.

When the community of Mira Mesa began in 1969, there were no local facilities, not even a grocery store. Residents held rallies and marches and the first schools in Mira Mesa were created inside houses leased from developers. Mira Mesa today is a happily multi-ethnic community that includes schools, parks, a library, industrial and retail centers and several supermarkets.

Mira Mesa is still young at the age of 45 in 2014 but is old enough to have a fascinating history. Pam Stevens is a freelance author, librarian and active volunteer with the Mira Mesa Town Council and other civic groups in Mira Mesa.

Learn more about the Mira Mesa based family and youth non-profit social services agency Harmonium, Inc., which among other services operates the Klassic Kids before and afterschool centers as well as the Epicentre, the San Diego Regional Teen Center, at the June 2 MMTC meeting. MMTC meetings start at 7pm and end by 9pm at the Mira Mesa Senior Center, 8460 Mira Mesa Blvd. For more information see www.miramesatowncouncil.org.

Come join our MMTC Meetings...
1st Monday of each month!!!

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

Tom Derr
Tom's Snakes
PO Box 261640
San Diego, CA 92196.
(619) 933-1213.
tomrderr@gmail.com.

Julius Hitchens
Top Gun Realty
11231 Camino Ruiz
San Diego CA 92126
(858) 578-6540
julius@san.rr.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

Let us help your business GROW!

As an official MMTC business member, We would like to have highlights about your business in our newsletter. Contact the editor for more information. Newsletter@miramesatowncouncil.org

Mira Mesa Middle School teacher .... voted the BEST!

Wilson Middle School teacher Khamphet Pease… What I love about Mira Mesa ... I love that it's a quiet, diverse and family-friendly community. There's a playground and a dog park right across the street from my house. There are always many families out and about.

UNION-TRIBUNE… PROFILES OF NOTABLE LOCAL PEOPLE

Story by Nina Garin, PHOTO BY K.C. Alfred • U-T

Wilson Middle School teacher Khamphet Pease, 34, was recently named San Diego Unified's 2014 Middle School District Teacher of the Year. The award honors Pease's creativity and dedication in teaching science, technology, engineering and math (STEM). **The Mira Mesa resident** attended Wilson Middle as a student. Pease, who moved to San Diego in 1985 as a Laotian refugee, tells us about her love of learning.

Q: What is it like to teach at the same school you attended?

- A: It's been amazing. I feel a connection to my students and community. I am able to develop a rapport with the students and they're always so shocked when they discover that I was once a Wilson Tiger.

Q: What were the teaching conditions like when you first started?

- A: Difficult. I was hired in the middle of the school year and took over classes where the students had been subjected to a procession of teachers who came and went. They didn't feel like adults had an interest in their education and well-being, and behaved in a way that reflected their chaotic environment. It took me a long time to garner their respect and convince them that I was dedicated to them and their learning.

Q: Why is it important to teach STEM? How do you make it interesting for middle schoolers?

- A: It's predicted that many professions in the future will be STEM-related in some way, so STEM education is essential to preparing our children for the future. I think because I'm passionate and enthusiastic about STEM myself, my students are more interested than they would be normally. But solving an authentic problem by designing something and having it 3-D printed is pretty awesome, too.

Q: How do you handle students who don't like, or don't get, math?

- A: I try to be proactive in fostering students' positive attitudes in math. This means creating a nonthreatening classroom environment where students are encouraged to share their ideas and have those ideas respected. I also try to explain math concepts using real-life examples, and take the time to explain the math in a different way if the initial approach didn't work for the student.

Q: Please tell us about your robotics club.

- A: Students design, build, engineer and program robots for different competitions. They learn to apply science, technology, engineering and math in a fun, engaging environment while learning to set deadlines, work as a team and problem-solve. They also share their experiences at public events & won some local competitions.

Q: How does it feel to be Middle School District Teacher of the Year?

- A: I'm still getting over the shock, but I definitely feel honored by it. I am especially excited that by winning the award, it's highlighting my students, school and community in a positive light.

Q: What's a misconception about the middle school where you teach?

- A: Many people believe that my students, who come from low-income families, cannot achieve and do not succeed in school. This is not true. Many of our parents are supportive of their children and our students do well academically.

Q: What's a common misconception about middle schoolers in general?

- A: That they're apathetic about learning, they just don't care. At one point in their learning, they did care but somehow along the way they lost interest. It's my job as a teacher to reignite that spark and sustain their interest in learning.

Q: What is the best advice you ever received?

- A: I received a refrigerator magnet with the words "Never let the odds keep you from doing what you know in your heart you were meant to do."

Mira Mesa Charger Football teams finish strong!

Congratulations to our Jr. Midget Team for taking 3rd place in the 2013 AYF National Championship. You guys are a true testament of hard work and dedication.

Mira Mesa Chargers' Jr. Midget Team – 3rd in AYF Nationals
December 2013 – Mira Mesa Youth Football and Cheer's Jr. Midget football team makes it to 3rd place in the recent American Youth Football Nationals. With strong dedication and a lot of hard work, a team of 7th graders conquered to win SDYFC Q Bowl to rightfully represent Mira Mesa to the Desert Pacific Regionals. These fine athletes proved their skills and over-all ranked 3rd in the nation.
Please visit www.mmchargers.org or find us at Facebook to check out more achievements of players and cheerleaders.

Mira Mesa Lady Chargers' – Mitey Mite squad wins 1st place in AYF Desert Pacific Regionals
November 2013 – Mira Mesa Youth Football and Cheer's Mitey Mite cheer squad danced, cheered and tumbled their way to raise up their 1st place trophy at the American Youth Football- Desert Pacific Regionals held in Mission Valley. Our lady ladies, ages 6 to 9 gracefully proved their excellence in their craft. They also won their place to represent, not only Mira Mesa, but our region to the AYF Nationals.

After seven years the Mira Mesa Chargers will return to Florida to compete for the AYF National Championship! The Jr Midget Chargers beat the Los Toros Bulls 28-20 as they win back to back Q Bowl Championships.

CONGRATULATIONS to the mitey mite cheer squad on taking 1st place at the AYF Pacific Regional Cheer Competition!

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.

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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.