Mira Mesa Town Council Newsletter

Volume 42, Issue 8 November 2014

Mira Mesa Town Council Meeting

- Monday
  November 3rd, 2014
  7 p.m. - 9 p.m.
  Mira Mesa Library

Agenda:
Stay Healthy, Mira Mesa! - County Dept. of Health & Human Service speaker(s) discuss hot topics in public health, from Ebola to Enterovirus 68 and more.
MMTC Board Elections

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Health Conscious Holidays … Less Stress > More Joy

Enjoying the holidays and NOT feeling remorse come January can be a delicate balance, especially when we often 'know' how to make POSITIVE CHOICES but still allow ourselves to indulge otherwise. Here are a few suggestions to help make the holidays more enjoyable.

Self-Destructive Excess

Starting around Thanksgiving, there are many enticements to spend, eat and drink way too much. Maybe think about the events you most enjoy, along with your favorite food or expenses. Then, focus on these and that way, you'll actually appreciate what you do or consume and not feel burdened by your choices.

Defeating Overindulgence

In general, focus on the gatherings, the events, the family or friends and less on the food. Establish new traditions that don't revolve around food… Family outings, outside activities, new exercise classes, or craft projects to create memories involving lively active entertainment.

Pretending to Be Jolly

Give one's self permission to be honest and feel whatever you feel without pretending otherwise and w/o being awful to others. At some point you may actually be touched and cheered by the holiday spirit and if not, that's ok too. We can all respect others who feel differently. Some people have a difficult time with holidays for various reasons but can still respect the joy, hopefulness and the spirit of giving others may feel.

Healthier Food Choices

Size up the table. Examine all that is offered. Check in with your body and ask, "What is it I really want?" Then choose three or four items, eat smaller amounts, use a small plate to regulate portions. Savor those choices, then get involved in the event and stay away from the table. Remember, the first bite is the best bite! When cooking, use low-fat recipes or healthier substitutes like yogurt for mayo or sour cream. More recipes and information at naturalhealthmag.com.

Creating Loving Holiday Memories and Traditions

Have some family traditions you cherish? Maybe you like to generate new traditions as times change and families grow. Traditions can encompass foods, décor, charitable offerings, or community events. Here are some 'ole & new' ideas.

* Try cooking traditional cultural dishes from around the world while also keeping your own family food traditions alive.
* Organize a cookie baking/eating party & invite friends, family, or a group of kids. If possible, ask everyone to bring their favorite holiday cookie recipe.
* Get a handful of friends together and go caroling. You'll be surprised by the warm reception, even if singing out of tune!
* Deliver cookies or baked goodies to neighbors, churches, school staff, local fire station, police department or anyone in need of some 'joy'.
* Find some family outdoor activities: bazaars, craft shows, theatrical plays, etc…
* Allow the kids in the family to decorate the tree or create with their own imaginations.
* Have family members start an 'I Am Thankful' list… maybe turn these into decorations write them on colored or wrapping paper and cut into holiday forms to hang.
* Create personalized ornaments; craft stores are full of ideas and materials.
* Volunteer your time as a family at a soup kitchen or a food bank
* Sponsor a family in need or have young children help with purchasing toys for children in need.
* Ask neighbors to donate canned and non-perishable foods for donations.
* Donate gently used clothing (coats are particularly useful) or toys to a local shelter.
* Volunteer time & brighten the season for Senior citizens at local senior citizen centers or see if there is a giving tree specifically for the residents.

Whatever you or your family choose, make sure to keep it ENJOYABLE for everyone; plus, an often forgotten theme, 'Giving is better than receiving'. These are keys to creating lasting cherished memories.

2014 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

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(MEMBERSHIP)
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Parliament@miramesa towncouncil.org

MEMBERS AT LARGE
Sabrina Bazzo
Eric Kolbeck
Alexander Nguyen
Pam Stevens

Voting on NEW members in November

MMTC President's Message for November 2014

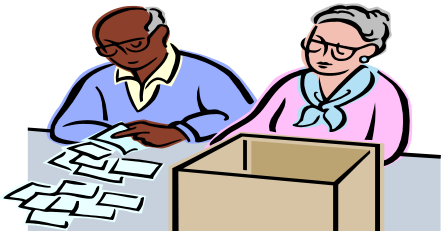
By Ted Brengel

Greetings! I hope everyone had a happy Halloween and is looking forward to a wonderful Thanksgiving with family and friends. However, before the holidays California has an important election quickly approaching. In fact, the day after our November MMTC Meeting is Election Day! What a great way to show how concerned you are with our economy, public leaders and how our country is being cared for. Wouldn't it be great if Mira Mesa had the highest turn out in San Diego County? It is saddening that nearly half of those eligible to vote, do not. Please do not be among them— VOTE! — on Tuesday, November 4th.

I would like to mention a very important topic in the context of this election: ***public safety.*** By now everyone has heard there is a problem with retaining police officers in San Diego. The City is losing police officers at an alarming rate. The Police Officers Association tells us the main reasons are retirement, and loss to other agencies in the area which can be corrected by addressing the need for better wages and benefits. There is nothing simple about getting this issue resolved simply. It will absolutely demand solid leadership and sound management. I won't dwell on all the details and concerns, but I will encourage you to listen carefully to the campaign speeches and promises of the candidates and be careful to evaluate the commitment and credibility of each to solve this vexing problem. Our PUBLIC SAFETY more than any other issue facing San Diego, requires far more than the usual 'lip service'.

Our Mira Mesa community is also greatly served by community volunteers and few realize just how important volunteer service is to our fine community. Just stop for a moment, think of how many times every day you encounter volunteers or are blessed by their efforts all around Mira Mesa. Even things we think of as 'professional endeavors' are often supported or assisted by volunteers. Our public schools are an excellent example. Mira Mesa schools are some of the best in the area due in large part to the how much parents are involved as volunteers in youth sports as coaches, managers, organizational officers, team dads and moms who all make an enormous contribution to the quality of life in Mira Mesa. Then there are churches, charitable organizations, and community organizations such as the MM Town Council and Chamber of Commerce; the list goes on and on. Volunteers are just about everywhere, sharing their time and energies to make life in Mira Mesa just a little better.

Each year the MMTC honors one of these volunteers as the Volunteer of the Year. It is difficult to select such a person partly because volunteers don't campaign for any honors and when recognized they tend to decline recognition. So, my friends, it is up to us to ferret out one of these fine people and give him or her a small token of the acknowledgement they so richly deserve for their hard efforts. At the beginning of the November MMTC Meeting we will call for nominees for this award and at the December meeting we will put forth a slate of nominees for consideration of the members to consider and vote for ONE to be the Volunteer of the Year for 2014. Now would be a good time to think of a volunteer who has meant a great deal to you or someone you know and nominate them. To nominate someone, please tell us about them and what they have done not only in 2014 but over their lives as community volunteers. Please send this information to the MMTC (address on back page, emails address on page 2). Looking forward to hearing about all the wonderful volunteers Mira Mesa has to offer!



Volunteers work at the polling booths too

MMTC Board Nominations for 2015 now being accepted…Interested?

Each October a Nominating Committee chaired by the MMTC Parliamentarian is tasked with preparing a slate of recommendations for next year's Board. This year's Parliamentarian Jon Labaw surveyed the 2014 Board members about their interest in running for re-election and led the discussion of nominations at the Oct. 13 MMTC Board meeting. All Board members will run again with the exception of Alex Nguyen, who is stepping down due to work responsibilities. Bari Vaz suggested nominating Nicanor Bascos, FASCA representative on MMTC who has expressed an interest. If anyone else is interested in serving our community, additional nominations from the floor will be taken at the November MMTC meeting immediately prior to the election. The current recommendations for the 2015 MMTC Board are:

President: Ted Brengel
First Vice-president/Program Chair: Bari Vaz
Second Vice-president/Membership Chair: Lainie Hardman
Secretary: Jeff Stevens
Treasurer: John Horst
Newsletter Editor: Donna Carter
Parliamentarian: Jon Labaw
Board Member at Large: Sabrina Bazzo
Board Member at Large: Pam Stevens
Board Member at Large: Eric Kolbeck
Board Member at Large: Nicanor Bascos

For information about the duties of MMTC officers, see the MMTC Bylaws posted on the MMTC website… www.miramesatowncouncil.org , under "Membership." Board members at large help as needed on various MMTC projects. They are expected to attend general MMTC meetings on the first Monday of the month and the monthly Board meetings, which are usually the second Monday of the month.

Miss and Miss Teen San Diego Northeastern Communities Pageant

The Miss and Miss Teen San Diego Northeastern Communities Pageant, now in its fourth year, will select Ambassadors for the communities of Mira Mesa, Scripps Ranch and Rancho Penasquitos. This pageant is the first step in the Miss USA Pageant Circuit. Are you a young woman, between the ages of 13 and 26? Do you enjoy meeting new and exciting people? Are you ready to be the "face" of your community? Do you enjoy being part of parades, charity events, grand openings, ground breaking ceremonies and representing your community throughout San Diego County? Here is your chance to shine!!! The 2-day pageant will take place on Friday-Saturday, February 6-7, 2015 at the Miramar College auditorium. Applications are available by contacting Maria at mgpankau@hotmail.com (please write "pageant" in the subject line) or through the pageant FaceBook page at Miss-Miss Teen San Diego Northeastern Cities Pageant. Completed applications are due by November 30, 2014.

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

MM Library

* **Employment Workshop: Resume Writing & Preparation**
Wednesday, November 5, 1:00 to 3:00 p.m.

* **Apply for Jobs Online**
Wednesday, November 19, 1:00 to 3:00 p.m.

* **Nutrition Class for Seniors**
Thursday, November 6, from 10:00-11:00 a.m.
Join the San Diego Food Bank class tailored to senior fitness, health, and nutrition! Free recipe cards & fresh produce. To register, call Jenna Olson (866) 350-3663, ext. 97

MMTC Back to School Night w/our MM School Principals

Mira Mesa School Principals at the October 2014 MMTC meeting. Schools from left to right: Ericson, Christ the Cornerstone, Salk, Mira Mesa High School, Mason, Wangenheim, Challenger, Sandburg, Walker.

The MMTC Thanks You ALL for attending!

Celebrating Native American Heritage Month @ Mesa College

Tuesday November 18th 2:30—3:45pm SB 105

7250 Mesa College Drive, San Diego, CA 92111

Movie: ***First People — Kumeyaay***

The Kumeyaay Nation at one time lived throughout this region and is currently comprised of 13 reservations scattered around San Diego County, plus 4 more in N. Baja.

The Kumeyaay people who live on and off these reservations share a heritage that goes back, in their words, "to the beginning of time". This film explores some aspects of this resilient culture

More info: derogers@sdccd.edu KPBS Film

Mira Mesa's got '*GAME*'at… GameSync … "No nerds, just Pros"

As winter rolls around and some of our inviting San Diego outdoor activities get put on hold till next Spring…. There is a 'new neighbor in town. **GameSync** is San Diego's only state-of-the-art, gaming center, packed full of hi-tech networked game stations, classic retro arcades and great snacks & drinks.

The GameSync LAN (Local Area Network) center is a unique environment where gamers and fans of gaming plus eSports can come together in a community instead of sitting at home alone. They have a place where anyone can hang with fellow gamers and improve skills or get competitive.

GameSync has hundreds of games available, from modern hits to older classics. And although they are open to kids, teens and adults, a minor 17 years or younger, requires parental consent to play M or T rated games.

At GameSync customers receive discounted rates when they bring in a laptop, desktop, PC, Mac, cellphone, tablet, data recovery, or other projects in need of skilled repairs.

7905 Silverton Ave #105, San Diego, CA 92126

Phone:(858) 777-1997

To learn more visit www.gamesync.us

MMTC Minutes from September 8th, 2014 by Secretary Jeff Stevens

Call to order (7:02 p.m.) & Pledge of Allegiance. Approval of minutes from Sep. 2014 – approved. Tonight's refreshments provided by MMHS Culinary program. Presentations– MM area school representatives for the MMTC "Back to School" night. Listed are excerpts from the Principals and College VP's who attended.

Scott Giusti, principal Mira Mesa High School – Thanks MMTC for help with Homecoming last year & again w/ 2014. MMHS band will be in 2016 Rose Parade! Have a new marquee. Gym, wrestling room, dance room being refurbished. Air conditioning going into bungalows. Stadium redesign is underway. Enrollment down by 150 students for 9th grade level; puzzling. Resulted in Loss of 3 teachers. Foundation will fund a teacher for a year. First rate teachers hired this year.

Diane Ryan - Challenger Middle School. Exterior was painted over summer. New sign out front. 20 new trees planted. 24 new computers for library. Enrollment ~1000 kids, as expected. 7 staff members retired out of 40-45 total. 7 new people this year. No air conditioning installed or planned. Focus is helping kids transition from elementary school to high school. 6th grades are in "wheel" moving types of classes periodically. Have after school sports.

Matt Fallon - Wangenheim Middle School. "Wangenheim is not the Wangenheim of your parents." Excellent academic program. Reduced by one teacher. Received $40,000 for fitness room, now part of PE program. Joint use field has been re-leveled, reseeded and is gorgeous. Additional discussion about expanding turf area. 6 retirements last year; hired some phenomenal new staff. Middle schools work very well together. Participants in annual science fair.

Geoff Martin – Sandburg Elem. Giving students what they need for middle school. Back to school barbecue, well attended. Provided information about school, PTA, foundation. Community is an important part of education. Focus on developing mindset of working hard. Looking at solving math problems in different ways.

Barbara Israel – Ericson Elem. What makes Ericson unique? Very stable enrollment. About 750 children. Very diverse population. 9 staff members retired, have 7 exceptional new teachers. 6 early childhood special education classes. Preschool speech and language program for the cluster. Academic chess. Mad Science. VP was promoted to principal and another school. Getting new one. Behavior program – emphasize positive behavior after having 10-20 suspensions in prior years. Last year only two. Attribute to strong parent involvement. Keeping kids' mind's busy.

Rochelle Dawes – Walker Elem. 525 students. 85% economically disadvantaged. Lost one ESL teacher. New DAR just opened, making Hillery busier. Partnership with Christ Community Church. Provide tutoring plus fresh fruit and vegetables. Trying to establish satellite clinic w/ Operation Samahan on Activity Rd. Many families do not have health or dental coverage. Hard to concentrate if hungry or have medical needs. Once per month take 6 students out to lunch. Donations always welcome.

Dawn Powell – Mason Elem. New principal. Grew up in Mira Mesa. Moved here in 1976. Nice to be home. All classes received air conditioning just before school began. Enrollment down ~50 students. ~850 students total. Some lost were military. After school programs every day. Tutoring available after school.

Deidre Hardson – Salk Elem. Grew up in Mira Mesa and stayed here. Love Mira Mesa. Great community. Trying to ensure smooth transition. Solar panels are in over parking lot. School is going up fast. Should be finished January 1. ~400 initial enrollment. Pre-k through 5th grade. Prime time. Will have barbecue.

Lark Mayeski – Christ the Cornerstone. In existence since 1978. Faith, family and academic excellence. Christian values. Very qualified school staff. Affordable tuition. 12-15 students per class. Music, art, theater. Learned all of the elements of art and worked with artists. Computer classes. Wonderful music teacher.

Brett Bell, Gerald Ramsey – Miramar College. Opened student resource, welcome and health center. New EMT training center. New administration building. DAR has opened. Will connect to Miramar College transit station, opened October 12. Summer 2015 will open new science building w/ 6 laboratories plus collaborative and meeting spaces. 8 new faculty. 7,900 FTE students this year. Budget is better this year, but only a little bit. Equity program. SB850 allowing 4 Year Bachelor Degrees from Community Colleges has been signed into law. Mesa College, 1st in San Diego, is doing it in Electronic Medical Records. After 5 year pilot is complete, may expand to other colleges. Cannot compete with state college programs. Miramar is looking at business/ automotive technology degree. Close relationship with some auto companies.

Mtg. Adjourned at 9pm

The complete minutes from the meeting can be found on the MMTC website: address on back of newsletter.

Please Remember to VOTE on November 4th
MMTC meetings held at the MM Library
Next MMTC Meeting November 3rd 7:00pm

Nov. Events

November 1st Band Tournament 8am- Parade down MM BLVD at noon...

November 6 3:30-5:00 pm: Free Food for families in need from CCC @ Walker Elementary lot. First come first serve.

November 18 6:30-8:15 pm: Teaching Wisdom to the Next Generation @ CCC. Free Seminar

November 26 7 pm – Special Thanksgiving Eve Family service at Christ Community Church

Future Events of Interest...

Save the Dates

TET Festival
February 22, 2015

Night Market- Food Fair on a Stick
March 14th, 2015

Sun Festival April 4th, 2015

November 2014

Farmers Market @ MMHS on Tuesdays 4pm to 7pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					October 31st Happy Halloween	1 @ MMHS Stadium… **High School Band Tournament Begins 8am w/ 35+ bands**
2	3 Mira Mesa Town Council – 7pm, @ Mira Mesa Library	4 Chess Club 4-5pm MM Library every Tuesday	5 @ MM Library Resume Writing 1:00pm	6 **Christ Comm. Church food for families in need**	7	8 **MM Presbyterian Church Craft Bazaar 9 - 3 8081 MM Blvd.** **MM Lib. now open all day Saturdays**
9	10 Mira Mesa Town Council Board of Directors – 6:45pm, MMTC Office	11 Veterans Day	12 Pajama Story Time MM Library 6:30+ Library Homework Helpers @ 6pm	13	14	15 **Tomorrow… Author of *Monstress* Lysley Tenorio at the MM Library 2pm**
16 **MM. Lib @ 2pm Book signing**	17 Mira Mesa Community Planning Group 7 pm, Vulcan Materials, 7220 Trade St, Suite 205	18 Banned Book Club MM Library 6:30 - 8:00 PM Mira Mesa Rec. Council—7pm Lopez Ridge Rec. Center Chess Club 4-5pm MM Library	19 Pajama Story Time MM Library 6:30 + Homework Helpers @ 6pm Finding Jobs Online 1:00 pm	20	21 Toddler Dance 10:30am At MM Library MMTG:	22
23 ___ 30	24 Crafts with Kim – Mira Mesa Library @ 4pm	25	26 **Thanksgiving Eve service at Christ Comm. Church 7pm**	**27**	28	29

The truth about 'Thanksgiving', a true AMERICAN Holiday

Our current Thanksgiving Holiday became official in 1863 after a proclamation from then President, Abraham Lincoln.

Prior to this, it was the custom in most farming communities to gather with friends and family to 'give thanks' for the bounty of another plentiful harvest season.

As this was the custom in England, in the Fall of 1621 the 79 surviving Quakers/Pilgrims followed the tradition and joined with the natives who had befriended them. The natives kept the pilgrims from starvation by introducing native hunting/farming techniques and 'maize'. That first 'thanksgiving' was a chance to give thanks for the harvest and their survival as they also gathered winter provisions.

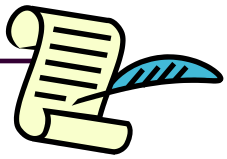
Sporadic Thanksgiving celebrations followed, usually declared locally to give thanks for a specific event such as the end of a drought, victory in a specific battle, or after a harvest. These celebrations differed accordingly.

In October 1777, all 13 colonies celebrated a day of Thanksgiving and in 1789, the very first national day of Thanksgiving was held when President George Washington proclaimed Thursday, November 26 to be "a day of public thanksgiving and prayer," to especially give thanks for the opportunity to form a new nation and the establishment of our constitution.

As farming communities grew and people moved to urban settings, they continued this fall tradition with varying dates and events per regions and populations.

Thanksgiving became such a welcoming 'American' tradition, many immigrant populations welcomed its arrival as a chance to unite according to the 'traditions of the land'.

Then in 1863, Lincoln issued a Thanksgiving Proclamation, declaring the last Thursday in November (based on Washington's date) to be a day of "thanksgiving and praise." For the first time, Thanksgiving became a national, annual holiday with a specific date.
Below is an excerpt from President Lincoln's proclamation. (Note… there is no mention of 'black Friday', shopping for Christmas, nor a traditional way to cook, slice, eat ...turkey and/or stuffing.)



1863 Thanksgiving Holiday Proclamation… excerpt…

With the United States still divided by the Civil War, President Lincoln was attracted to the idea of a holiday that by its nature, might unify the nation. Much credit for making Thanksgiving a national holiday also belongs to Sarah J. Hale, the editor of Godey's Lady's Book, who campaigned for 15 years to make Thanksgiving a nationally observed holiday to be celebrated as one Nation on one specific day. Hale mentioned in her letter how having such a national day of Thanksgiving would establish a "great Union Festival of America." And so, Americans everywhere celebrate this singularly AMERICAN holiday to take time out from our busy schedules and simply give 'thanks and praise' for all the many blessings we hold dear in our lives.
Take time to innumerate what YOU are thankful for this year! and please read the complete proclamation at your leisure.

"… Needful diversions of wealth and of strength from the fields of peaceful industry to the national defense, have not arrested the plough, the shuttle or the ship; the axe has enlarged the borders of our settlements, and the mines, as well of iron and coal as of the precious metals, have yielded even more abundantly than heretofore. Population has steadily increased, notwithstanding the waste that has been made in the camp, the siege and the battle-field; and the country, rejoicing in the consciousness of augmented strength and vigor, is permitted to expect continuance of years with large increase of freedom. No human counsel hath devised nor hath any mortal hand worked out these great things. They are the gracious gifts of the Most High God, who, while dealing with us in anger for our sins, hath nevertheless remembered mercy. It has seemed to me fit and proper that they should be solemnly, reverently and gratefully acknowledged as with one heart and one voice by the whole American People. I do therefore invite my fellow citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November next, as a day of Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens."…

Out & About in Mira Mesa

Know an 'outstanding' volunteer in the Mira Mesa community?

Maria Pankau MMTC's 2014 Volunteer of the Year

MMTC is accepting nominations….

The Mira Mesa Town Council invites the Mira Mesa community to submit their nominations for the 2014 Mira Mesa Volunteer of the Year. (Download form from MMTC website) The **due date is November 8, 2014** Mail or email your nominations to Jeff Stevens *Secretary@miramesatowncouncil.org* , or return nomination forms in person at the Nov. 3 MMTC meeting at the Mira Mesa Branch Library.

Honoring a community volunteer as Mira Mesa Volunteer of the Year is an annual tradition since 1984, when Verne Goodwin was selected as the first honoree and MMTC named its college scholarship fund after him. The Volunteer of the Year need not be a Mira Mesa Town Council member, but should be someone who has made a significant contribution to Mira Mesa through volunteer work, not just during the past year but over the years s/he has been involved with the community. The winner will be the guest of honor at the annual Gala/ Dinner which is also a fundraiser for MMTC's Verne Goodwin Scholarship Fund, for graduating high school seniors who have been involved with community service.

Brief biographies of nominees will be published in the December 2014 MMTC newsletter. MMTC members will vote to select the 2014 Mira Mesa Volunteer of the Year at the December MMTC meeting on Monday, December 1, 2014. (Anyone who joins MMTC as a member on or before November 1 is eligible to take part in the voting.)

Only one Volunteer of the Year is selected and past Honorees are not eligible.

For a list go to miramesatowncouncil.org and to see last year's gala photos, go to miramesatowncouncil.org/voy_2013.htm

Homemade Holiday Crafts

Mira Mesa Presbyterian Church Heavenly Hands Craft Bazaar Nov. 8

Looking for a unique gift? The Mira Mesa Presbyterian Church will host the Heavenly Hands Craft Bazaar featuring handcrafted items, homemade goodies, Christian books, and a Christmas quilt raffle on Saturday, Nov. 8, from 9 a.m. to 3 p.m., 8081 Mira Mesa Blvd (church parking lot entrance from Berwyn, off Reagan Road.) Proceeds benefit the MMPC Mission Fund to help people in the community. Come and bring a friend! For more information, call 858-578-2150 or see www.mmpcusa.com.

Get Ready… Saturday November 1st @ MMHS… The BATTLE of the BANDS

After traveling all over the country and Australia, the MMHS ***Sapphire Sound*** band has been invited to represent their community, their school and their city at the *2016 Tournament of Roses Parade.*

Globetrotting and tournament competitions are talent exhibitions, full of fun and excitement, and VERY EXPENSIVE!!! In order to raise funds for uniforms, instruments and travel expenses the Sapphire Sound and its boosters host a yearly band tournament in Mira Mesa. This includes a full day of round the clock precision marching, musical excellence, themed performances and a free mid-day PARADE down Mira Mesa Boulevard.

The Mira Mesa Invitational Band Review & Field Tournament is held on the first Saturday in November. The 2014 competition will mark the 22nd year of the event with full 35+ bands scheduled. The mid-day parade runs along Mira Mesa Boulevard between Westonhill and Reagan Road. The event Begins at 7:30 am in the MMHS stadium and concludes with an award ceremony at approximately 9:30PM.

Tournaments are a wholesome family entertainment so bring the family and help Sapphire Sound to keep representing Mira Mesa. For more information see www.miramesaband.org

TOPS (Take Off Pounds Sensibly) is a Healthy Choice

*** Half of the U.S. will be obese by 2030 if current trends continue.** (*The Lancet*, Vol. 378, Issue 9793, August 2011)

TOPS Club, Inc., is the original, nonprofit, noncommercial network of weight-loss support groups. TOPS offers tools and programs for healthy living and weight management, with exceptional group fellowship and recognition w/o the pressure.

Mission: TOPS' mission is to support our members as they take off and keep off pounds sensibly.

How It Works: Weekly meetings include private weigh-ins and professionally prepared, informational chapter programs, featuring up-to-date information on nutrition, exercise, and healthy lifestyles. Programs provide positive reinforcement and motivation to adhere to food and exercise programs.

What Happens at a Meeting: Each meeting starts with a private **Weigh-In**, a time for sharing as desired; some clubs have weekly or monthly **Awards.** Meetings include an information program to support weight-loss efforts. The meeting usually closes with a **Thought for the Week** or inspirational activity. TOPS members **learn** to eat better, move more, and stay motivated through engaging educational programs. TOPS members **discover** how ongoing support and accountability are the keys to lifelong health as members focus on **improvement**—not perfection.

Membership: About 150,000 members (women, men, children) make up about 9,000 chapters across the U.S. Dues are $28 annually w/ monthly chapter fees, $5 or less.

The TOPS Mira Mesa Chapter meets Wednesday nights 7:00 – 8:00pm at the Mira Mesa Recreation Center, 8575 New Salem St. in the 'Craft Room'. Want more information… (858) 831-9201 or go to www.tops.org

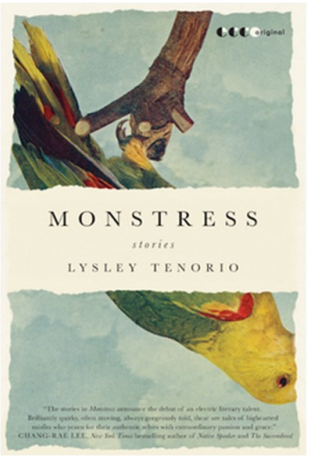
One Book One San Diego/ Monstress: Stories

Join KPBS and the Mira Mesa Library for an author talk on Sunday, Nov. 16, 2014, at 2pm featuring **Lysley Tenorio,** author of *Monstress: Stories*, the 2014 One Book, One San Diego selection. Tenorio was born in the Philippines but moved to San Diego with his family when he was seven months old. He grew up in Mira Mesa, and says he loved visiting the library and "browsing the shelves in search of the next great read." Tenorio values reading as "one of life's true pleasures, and one of the most important things we can do in our daily lives."

The stories in *Monstress* are set against a backdrop of Filipino and Filipino-American culture, with a variety of vivid characters and plots. While varied, the stories are connected through themes of people dealing with feelings of isolation and seeking a sense of connection, individuality or both.

More information, call MM Branch Library, 858-538-8165.

kpbs.org/news/2014/may/27/one-book-one-san-diego-2014-selection-monstress-ly/



Also in the News at the Mira Mesa Library

PROGRAMS & EVENTS @ Mira Mesa Branch Library
8405 New Salem St.
(858) 538-8165
www.facebook.com/mmlibrary and .librarysandiego.org
Arts, crafts, dancing, painting, computer classes, senior nutrition...**all FREE**
Come by DAILY!

The Mira Mesa Branch Library invites the public to the following One Book One San Diego events in November 2014:

Sunday, Nov. 2, 2:00 p.m. Cooking "Adobo" from Scratch Class. Learn a bit about Filipino-American culture by learning how to cook adobo, a traditional dish from the Philippines. All attendees must be 16 or older.

Sunday, Nov. 9, 2:00 p.m. to 3:00 p.m. Eskrima, Filipino Martial Arts Demonstration.

Sunday, Nov. 16, 2:00 to 4:00 p.m. Author talk with 2014 One Book One San Diego author Lysley Tenorio, author of *Montress: Stories.* This event is free and open to the public, but due to space limitations, advance RSVPs are required. RSVP at www.KPBS.org/onebook

Display by Pam Stevens, author of the book, *Mira Mesa, Images of America* series from Arcadia Publishing, highlighting the history of our wonderful Mira Mesa community.

Business Members Directory

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

Kona Ice Little San Diego
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San Diego, CA 92131
(858) 275-3075 John Rodriguez
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San Diego, CA 92126
(858) 566-6100
YLMiraMesa@gmail.com

Personal/Family Service

Being Fit Fitness Centers
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San Diego, CA 92126
(858) 549-3456
beingfitmm@hotmail.com

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San Diego, CA 92121
619-985-4094
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San Diego, CA 92126
(619) 309-7883 Al Karim Shivji
al@sd-realtor.com

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(619) 743-5513. Ian Diazchavez,
idiazchavez@harmoniumsd.org.

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San Diego, CA 92126
(858) 353-1287 Mark James,
Djmarkjames@aol.com

Mira Mesa Chamber of Commerce
P. O. Box 261848
San Diego, CA 92196
(858) 429-5759 Bari Vaz
info@MiraMesaChamber.com

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

Mobile Notary Public
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San Diego CA 92126
858-361-9096 Linda Smith
lsmithnotary@att.net

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

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

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

Clubs

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

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

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

Mira Mesa Girls Softball
PO Box 261857, San Diego, CA 92196-1857. (858) 382-8306 Kristi Navarez,
mmgirlssoftball@gmail.com.

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

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

Mira Mesa Women's Club
P.O. Box 26013
San Diego, CA 92126
(858) 217-6411 Charlene Ellsworth
San Diego, CA 92126
omaopa83@gmail.com

Mira Mesa Youth Baseball
PO Box 261344 San Diego, CA 92126.
(619) 249-7393. Allyson Adamo-Parsons
allysonparsons@gmail.com.

San Diego Clown Conspiracy
10444 Cheviot Ct
San Diego, CA 92126
(858) 433-7421 Edward Estrin
lomaxaclown@gmail.com

San Diego Executive Lions Club
12414 Darkwood Rd.
San Diego, CA 92129.
(858) 231-3561. Helen Quintanilla
lionheleng@gmail.com.

Education

Mira Mesa High School Foundation
PMB 264 10606-8 Camino Ruiz
San Diego, CA 92126
858-735-3923
miramesahighschoolfoundation.org

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

Cambridge Learning Center
10717 Camino Ruiz Ste 140
San Diego, CA 92126-2362.
(619) 501-5501. William Do
cambridgecenter@yahoo.com.

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San Diego, CA 92131
(858) 271-8677 Collin Purple
ussdscripps@gmail.com

White Tiger Kung Fu
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San Diego, CA 92126
(858) 695-1640 Dan Luong
info@whitetigerworld.com

Church/Faith Ministries

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San Diego, CA 92121
(858) 546-0578 Peggy Joh
tzuchisandiego.calendar@gmail.com

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

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

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

Mira Mesa Christian School
9696 Candida St
San Diego, CA 92126
(858) 578-0262 Terri Clark
admin@miramesacs.com

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

Mira Mesa Presbyterian Church (MMPC) Pastor Brad Roth
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mmpcusa@sbcglobal.net

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

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San Diego, CA 92126
(858) 527-0014 Lorna Ignacio
lornat.ignacio@yahoo.com

San Diego Children's Choir
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San Diego, CA 92121
(858) 587-1087 Donna Icenhower

Medical/Dental Services

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

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

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

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

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

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

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San Diego, CA 92109
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(858) 231-2439 Christina Zamora
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San Diego, CA 92121
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(760) 745-7026 x341
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San Diego, CA 92131
(858) 689-9700 Tania Tucharsky
tania.tuchapsky@ef.com

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(858) 344-4792 Vanina Danga,
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San Diego, CA 92126
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San Diego, CA 92126
(858) 271-4682 Brett Feuerstein
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San Diego, CA 92126.
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WilliamH@missionfed.com

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rmccabe@phamatech.com

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San Diego, CA 92126-4836
(858) 271-8400 Marvin Miles
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El Cajon CA 92021
(619) 561-3110 Kim Pauley
info@rlroofing.com

*** RC Realty of San Diego**
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(858) 722-9322
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San Diego, CA 92121
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(858) 437-0761 Eric Nau
Mgr.11654@store.walgreens.com

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San Diego CA 92126
(800) 804-6852, John Horst
info@xanesti.com

*** Businesses offering discounts to MMTC members**

2015 MMTC Board

Elections for the 2015 MMTC Board will be held in November 2014. If you are interested in being a member of the 2015 Board, please contact parliamentarian Jon Labaw at parliament@miramesatowncouncil.org.

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Let us help your business GROW!

As an official MMTC business member, We would like to have high-lights about your business in our newsletter. Contact the editor for more information.

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 _____

Companion Member Name(s) _____

Business/Corporation Name _____

E-mail Address _____

Address _____

Phone Number _____

City _____

State/Zip Code _____

Business/Cell Number _____

Date _____

Membership Type (check one):

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

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

Rates (annual membership begins July 1 and ends June 30):
(Pro-rated membership applies to first time members only; all renewals are for the full amount)

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.

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
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Apr 1 - June 30	$5.00	$2.50	$12.50	$56.25	$22.50

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

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