Mira Mesa Town Council Newsletter

Volume 42, Issue 6 October 2014

Mira Mesa Town Council Meeting

- Monday
  October 6th, 2014
  7 p.m. - 9 p.m.
  Mira Mesa Library

Agenda:

EDUCATION NIGHT

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Health Awareness…In the News

Respiratory Virus

Three San Diego children were recently treated at Rady Children's Hospital for the Enterovirus D68, a contagious respiratory infection reported in 16 other states, but until now not in California.

The San Diego cases involved children ages 2 to 13 years. All have improved and are no longer in the hospital.

"We may learn of more cases in San Diego, but overall county-wide respiratory illnesses have not increased significantly in the community," said Wilma J. Wooten, M.D., M.P.H., County public health officer. "We are monitoring this closely with our local health care providers." Enteroviruses "tend to have a summer-fall pattern," so the high number of cases will likely subside over the next few months.

Enteroviruses are very common. The CDC estimates that 10 million to 15 million infections occur in the United States each year.

The virus usually appears like common cold and most people recover without any treatment. But D68 seems to be exacerbating breathing problems **in children who have asthma.** Health officials have asked doctors to send in samples if they suspect that Enterovirus D68 has caused a patient's severe respiratory illness.

In the meantime, parents should be on the lookout for the symptoms of Enterovirus D68. Unfortunately, in the beginning it is difficult — if not impossible — to tell the difference between a regular cold and this type of virus. But if your child develops a fever or a rash, or if they have difficulty breathing, seek medical attention right away. Children with asthma or a history of breathing problems are particularly susceptible for severe symptoms. More Information: www.sandiegocounty.gov/hhsa

MMTC Education Night Oct. 6

By Pam Stevens

Meet Mira Mesa principals and learn the latest about Salk Elementary School at the MMTC education night meeting on October 6th.

Principals of Mira Mesa's elementary, middle, and high schools will share brief updates about their schools and highlights for the coming year as the main program at the Mira Mesa Town Council meeting Monday, Oct. 6, 7pm in the Mira Mesa Library community room, 8405 New Salem Street. Everyone in Mira Mesa is invited to attend this special Education Night!

Learn the latest information Oct. 6 about Mira Mesa's newest school, Jonas Salk Elementary School, now under construction in southwest Mira Mesa at 7825 Flanders Drive (corner of Parkdale and Flanders). Deidre Hardson, an educator with extensive experience in Mira Mesa schools and principal of Mason Elementary School from 2007-2014, has been appointed principal of Salk, which is scheduled to open in September 2015. Hardson assumes her duties as Salk principal in the 2014-15 school year to be involved with the final phase of planning for school facilities, faculty, and academic programs.

Jonas Salk Elementary School

Deidre Hardson is currently working in her new role as Salk principal from an office at Mason Elementary. Both Hardson and the new Mason principal, Dawn Powell, who from 2008-2014 was vice principal at Mason, will be at the Oct. 6 education night and share information about plans for Mason and Salk to be sister schools and share resources, professional development and support for children.

For more information about Salk Elementary and other SDUSD schools in Mira Mesa, see http://mmcluster.org/

2014 MIRA MESA TOWN COUNCIL BOARD OF DIRECTORS

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Voting on NEW members in Novmeber

MMTC President's Message for October

By Ted Brengel

Another Mira Mesa Street Fair is behind us, and what a street fair it was! The weather cooperated and it seemed as if the stars were aligned perfectly—everything just seemed to come together. Few know what a monumental effort it takes to put a street fair together, but it is a lot of work. Planning starts each April for the street fair on the third Saturday in September.

So who makes all this happen? The MMTC Street Fair Committee, and many others. Jeff Stevens led the committee, and to him goes a huge thanks. Then there's the MMHS Air Force Junior ROTC. These hard-working young people are the engine that makes the street fair go. The sponsors are an important part of the community whose contributions go far beyond our street fair. The participants—the people who pay for and set up a booth to entertain or inform us. And finally the attending community. Clearly each of these is a vital element and we thank all of you for helping make this year's event the best ever.

I would like to dwell for just a moment on the young people who I characterize as the engine of the Street Fair, the ROTC Cadets. Much is said about youth in America today and much of it is negative. I just want to take a moment to set the record straight about these particular young people. The ROTC cadets who volunteer and help with the street fair, are different in many ways from their predecessors, and vastly different from my generation (I graduated from high school in 1965). But there is a thread that runs through all the generations of high school students that most of our young people today have firmly embraced and that is 'character'. These cadets understand what it means to make a commitment and to carry it out.

The energy and enthusiasm the Junior ROTC cadets bring to our street fair is like a breath of fresh air on a spring morning. When someone was struggling with a load early in the morning, for example, it was a pure joy to see several of our young volunteers spring into action to help. And this happened all day, time after time. I can't tell you how many times during the hours of the street fair on Saturday I was overjoyed to see several of those blue shirts close by to lend a hand.

So, here's my point. First, I would like to once again thank the MMHS Air Force Junior ROTC Cadets and their leaders for all their help during the Street Fair, and ALL our community events. Second, I would like to ask everyone who reads this to put those generational differences in the context of what can be done by a dedicated group of these well-led young people.

Mira Mesa Cluster Schools Council

The Mira Mesa Cluster Schools Council includes representatives from Mira Mesa elementary, middle, and high schools in the San Diego Unified School District. Next meeting is October 27th at 5:30pm in the Mira Mesa High School Media Center. Public welcome! See http://mmcluster.org

Monstress Stories Discussion...Oct. 28

One Book One San Diego

The Mira Mesa Branch Library and its monthly book group, the Mira Mesa Banned Book Club, invite everyone to a discussion of the 2014 One Book One San Diego selection, *Monstress: Stories*, by Lysley Tenorio, Oct. 28, 6:30-8pm at the Mira Mesa Branch Library, 8405 New Salem St. Tenorio was born in the Philippines and grew up in Mira Mesa. Copies of *Monstress* are available

The Sad Saga of the Westview Neighborhood Park Playground Shade Structure

By Al Radick

In 2005 the Mira Mesa Recreation Council realized the children's play areas at our parks were seldom used during the heat of the day as the equipment became too hot for children to use safely. To help alleviate this situation, a shade structure was purchased to see what difference it would make. After several meetings it was decided to make Lopez Ridge Neighborhood Park the site of the first shade structure. Five or six months later we had Mira Mesa's first shade structure installed. Moms and kids came from all over Mira Mesa and were delighted.

In Sept. of 2008 a call was received from Councilman Brian Maienschein's office asking how much the Mira Mesa Recreation Council paid for the shade structure purchased for Lopez Ridge Neighborhood Park. The answer was $38,000 and a 2nd one of similar size for Westview Neighborhood Park would cost about $42,000. In mid Nov. another call was received saying the Councilman was pleased to advise that before he left office he would be able to grant the Mira Mesa Recreation Council $50,000 to purchase a shade structure for Westview Neighborhood Park.

Boundless excitement ensued at the Recreation Council. This was quickly tempered by the fact that the funds would not be given to the Recreation Council to spend but rather to City purchasing to spend on behalf of the Recreation Council. 2009 brought a bitter and sobering experience to the Recreation Council when the city's bureaucratic bungling took control of the project and one problem after another ensued. By the time the bureaucrats had the project ready to go out for bid they had spent almost $20,000 of the money on in-house salaries leaving about $30,000 for the purchase. When the bids were received the lowest was about $60,000. After some heroic budget stretching and juggling by Park and Recreation Dept. management another $15,000 or so was identified that could be used for this project. That left a deficit of about $15,000. The project was left twisting in the wind and died a slow painful death.

Three years later in 2012 after raising sufficient funds, the Recreation Council took it upon themselves to resurrect the project. Bids were solicited and a contract for approx. $45,000 was awarded to one of the largest and most experienced shade contractors in all of California. Once again the bureaucratic bungling began. A Right of Entry (ROE) agreement was sent to the contractor who promptly rejected its outrageous demands. This action precipitated the bureaucrats to consume almost all of 2013 before admitting the mistakes were theirs, not the contractors, and issued a corrected ROE.

2014 began with the realization that the delays caused by the bureaucrats in 2013 allowed the new Prevailing Wage law to kick in ..... it was now going to cost the Recreation Council an additional $10,000. After some agonizing conversation the Council approved the additional cost.

Done, at long last! Now we can finally get going!

Oh no, not so fast! The bureaucracy is not through with us yet. A building permit is needed and another can of worms has been opened resulting in additional costs to the Recreation Council. (Shade Structure continued on P. 7)

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

Hispanic Heritage Month

October is a good time to get to know more about the Latino Heritage surrounding San Diego. Check out activites with the La Prensa Magazine laprensa-sandiego.org

Want to create a traditional family dinner? In Mira Mesa, we have a little known specialty store off Camino Ruiz. Aztec Market carries fresh 'carne asada', pollo asado, homemade Tamales on Weekends, fresh cheeses, tortillas made in San Diego… check it out 11277 Camino Ruiz, (858) 547-9930 Say Hi to Jorge!

Out & About in Mira Mesa

November 2nd elections coming up quickly… are you registered? Last day to register is October 20th. San Diego Voter Registration www.sdvote.com

MONSTER MANOR RISES AGAIN

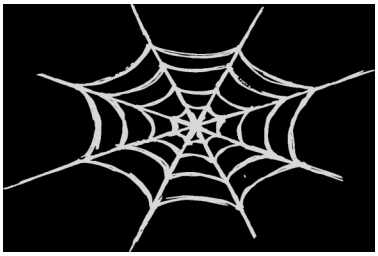
A tradition since 2001, the Mira Mesa Theatre Guild presents **MONSTER MANOR!** Prepare to be scared at the Manor Friday and Saturday nights Oct 10-31 in the Target Center. Lite Frite, an entertaining and only slightly spooky afternoon adventure Oct 25-26 is geared toward children and those who prefer an experience more 'mysterious' than scary.

Monster Manor opens Friday October 10th and continues Friday and Saturday evenings through Oct. 31, 7:30pm to 11pm, with an additional evening Thursday, Oct. 30.
Lite Frite will take place Saturday and Sunday Oct. 25-26, from noon to 4pm.

Tickets are available in advance via www.monstermanor.org or at the door.

FREE HALLOWEEN CARNIVAL

Mira Mesa Gil Johnson Recreation Center (off MM Blvd.)
Tuesday, October 28, 2014
5:00 – 7:00 P.M.
JOIN US FOR OUR FREAKY FUN FASHION SHOW FOR CHILDREN UNDER 12:
6:00P.M. 0 TO 4 YEARS
6:20P.M. 5 TO 8 YEARS
6:40P.M. 9 TO 12 YEARS
PRIZES FOR ALL PARTICIPANTS IN EACH AGE GROUP!
ENJOY A "BOO" TIFULL EVENING OF ACTIVITIES.
BRING THE WHOLE FAMILY



For information about all the Park and Recreation centers in Mira Mesa, go to the website… www.sandiego.gov/park-and-recreation/pdf/programguide/miramesaarea.pdf

2014 MM Street Fair Committee Receives Awards

Did you try one of those foot long kielbasas? Dive thru a 8 inch high snow cone? Get up to date on all the NEW programs, information, crafting, and multiple supportive assistance offered exclusively for Mira Mesa?
If so, we hope you enjoyed it as much as we did to make sure Mira Mesa was well represented at our 16th annual Street Fair. So, if you see any of these smiling faces around Mira Mesa this next year, shake their hand and ask how you can become part of next year's Committee. Awards presented to the Street Fair Committee by Assemblyman Brian Maienschein.

Award recipients, l. to r.: MMHS AFJROTC Student Alex Nguyen, Brian Maienschein (presenter), Pam Stevens, Jon Labaw, Jeff Stevens, Donna Carter, Jennifer Kvalvik Barbara Lorrigan. Not pictured were Jerry Olinger, Lainie Hardman and Ernie Schnepf.

Thank You Street Fair committee for all your hard work!

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.
MMTC meetings at the MM library
Presentation – Miramar College-Dr. Patricia Hseih, President & Brett Bell, VP Admin. Services
Dr. Hsieh: Current enrollment is 14,000; by 2025 Miramar College will have 25,000 students; 2-3% growth every year. Now 3% above target. Prop 30 has provided funding for improvements. MTS transit station is under construction. Feeder schools are Mira Mesa, Scripps Ranch, Serra and University City High Schools.
Brett Bell— Fire technology and EMT. Moved from Naval Training Center. Now fully contained on Miramar campus. MTS transit station. Corner of Hillery and Westview Parkway. DAR will open October 1 along with new Transit Station with 12 bus stations.
Presentation – SANDAG MTS Rapid Service-Judith Leitner, Manager of Marketing
New high speed routes are starting June 12 will have 15 minute interval service to downtown. Will be able to get to Padres stadium on bus line #235 + trolley.
Weekday between UCSD / Miramar College; SDSU to downtown; plus Express routes from North County to downtown & along Mira Mesa Blvd to Sorrento Mesa w/ signal prioritization.
Existing 20 + new 235 will add about 3000 more riders than previously.

Government and Community Resources
A) Mira Mesa Maintenance Assessment District – Joe Frichtel VOTE REQURED: Increase areas of coverage inside existing maintenance zone:
Senior & Teen Center, Camino Ruiz median between Capricorn & Aquarius, upgrading Black Mtn Rd median between Mira Mesa Blvd & Gold Coast, installation of monument sign on Mercy Rd; no additional cost to residents.
Motion (Frichtel/Lee) – to support MMMAD proposal to expand maintenance areas. (Approved 27-0-0).
B) Mira Mesa Community Planning Group – John Horst, Chairman – Planning Group made a recommendation on medical marijuana community cooperatives. Want City to hold off on issuing permits until enforcement issues are solved. Supported two applications once those problems are solved. Ted and John trying to meet with Scott Peters and someone with US attorney's office to discuss how this works, perhaps get federal enforcement.
C) Mira Mesa Recreation Council – Joe Frichtel, Chairman. Meeting at 7 PM tomorrow.

Recognition of Elected Officials and their representatives
a) Councilmember Lorie Zapf, District 6 (Liezl Mangonon) –. Will be at Street Fair all day. I love a clean San Diego at 9 AM at Lopez Canyon Park on September 20 (!). Oversized vehicle ordinance is now in effect. Grace period is over. Will be providing some tickets to the Padres game on the 23rd.
c) Congressman Scott Peters (Jason Bercovitch) – Congress has been on recess recently. MTSP links non-profits and military members before they get out of service. Working to allow students to refinance student loans. Congressman Peters will be at Street Fair.

MMTC Committee Reports and Announcements
a) Treasurer's Report – Account balances: Checking $31,984.86, Savings $15,889.34, Scholarship: $12,409.06.
b) Membership – renew now. All memberships expired July 31. Reminders sent with newsletters.
c) Street Fair – Looking forward to a great Mira Mesa Street Fair on September 20th.
Recognition of Community Groups in attendance
Boy Scout Cameron Tran. Ask for permission to do project at Senior Center. Eagle project is putting rock into the median in the parking lot. Total cost will be ~$1,800. 23 sq yards of rock. Asking for donations. Noted that a typical MMTC donation is $100-$200, so will not cover full cost. MMTC will take under advisement.
Mira Mesa Theatre Guild (Alex) – Monster Manor construction will be starting next weekend. Still raising money. Can donate at MonsterManor.org. October 10 is scheduled opening day.
Brad Weinreb – Running for Superior Court Judge. Has been state prosecutor. Voted one of top lawyers. Supported by all three top law enforcement officers. Over 100 judges have endorsed.
Jon Labaw – elections in November. Looking for people who would like to be on the Board.
Joe Frichtel – Two weeks after Street Fair Oct 3-5 is Miramar Air Show. John Stokes has left San Diego. Need to get new contact for Salk's 100th birthday.
Adjournment (9:00 p.m.)

Want more information? Become a Member?
MMTC website for more info. plus complete record of all MMTC meetings > www.miramesatowncouncil.org

October Meeting is the Annual 'Back To School" night for the MMTC Meeting. Come and meet the local Principals and find out how our schools are helping with the academic worlds of our children!
MM Library October 6th 7:00pm

October 2014

Farmers Market @ MMHS on Tuesdays 4pm to 7pm

Oct. Events

Sat. 10/11 HEROES neighborhood clean up assist at the MM Teen Center 9am

Monster Manor Begins 10/10

Rec. Center Carnival

Su	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 Mira Mesa Town Council – 7pm, Mira Mesa Senior Center	7 Chess Club 4-5pm MM Library every Tuesday APACA City Council Candidates Forum—MMHS 5:30-8	8 Pajama Story Time MM Library 6:30 Mira Mesa Homework Helpers 6pm MM Library	9 MM Library E-Reader clinic 3:00pm	10 Monster Manor opens	11 HEROES Teen Center Work crew
12	13 Mira Mesa Town Council Board of Directors – 6pm, MMTC Office	14 Chess Club 4-5pm MM Library Mira Mesa Recreation Council—7pm Lopez Ridge Rec Center	15 Pajama Story Time MM Library 6:30+ Library Homework Helpers @ 6pm	16	17	18
19	20 Crafts with Kim – Mira Mesa Library @ 4pm Mira Mesa Community Planning Group 7 pm, Vulcan Materials, 7220 Trade St, Suite 205	21 Chess Club 4-5pm MM Library	22 Pajama Story Time MM Library 6:30 + Homework Helpers @ 6pm	23	24 Toddler Dance 10:30am At MM Library MMTG:	25
26	27 Crafts with Kim – Mira Mesa Library @ 4pm	28 Halloween Carnival MM Rec. Center 5-7 PM Banned Book Club MM Library 6:30 - 8:00 PM	29 Halloween Carnival Lopez Ridge Park. 11AM-1PM	30	31	

Future Events of Interest...

November:

MMTC is recruiting for and voting on NEW Board Members… please join us to make Mira Mesa an even better place to live! www.mmtc.org

2 Squirrels at Palomar Mountain area tested positive for plague

Two squirrels trapped in routine monitoring in the Doane Valley Campground area tested positive for the plague virus. County officials are reminding people to protect themselves when hiking and camping. The disease mainly affects wild rodents, it can be spread to humans when fleas first feed on infected animals and then bite people, or when people such as hunters handle the tissue or body fluids of infected animals.

"People need to remember not to feed or play with wild squirrels," said San Diego County Environmental Health Director Liz Pozzebon. "Don't play near squirrel burrows or set up your tents around them, and report dead squirrels to camp rangers."

People who contract plague can become seriously ill, and even die, unless treated quickly with antibiotics. Symptoms include sudden onset of fever, chills and tender lymph nodes.

County officials said hikers and campers in rural mountain areas should look for plague warning signs and always follow simple steps to make sure they don't come into contact with disease-carrying fleas:

⇒ Avoid contact with ground squirrels, chipmunks and other wild animals.

⇒ Do not feed, touch or handle wild animals. Do not rest, camp or sleep near animal burrows in the ground.

⇒ Do not touch sick or dead animals.

⇒ Protect your pets by keeping them on a leash, by using flea controls, or even better, by leaving them safe at home.

⇒ Contact your doctor immediately if you become sick within a week of visiting an area known to have plague.

For more information about plague surveillance, call the County Vector Control Program at (858) 694-2888 or vec-

Left: Shade structure at Lopez Ridge Neighborhood Park

Shade Structure (continued from P. 3)

The amount won't be known for another week or so. And now we're told that staff may change its mind and want us to provide even more ADA upgrades than they originally planned for and agreed to. These two additional items have the potential to increase projects costs by as much as $10,000.

What hurts the most is that no one in any current management capacity with the City of San Diego has ever said thanks. Thanks for the donation of $50,000. Thanks for the capital improvement to our park. Thanks for helping protect children from the damaging rays of the sun and possible skin cancer. Thanks for extending the life of our playground equipment which also suffers from sun damage. In spite of these setbacks, the Mira Mesa Recreation Council is continuing to work on this problem and WILL get this shade structure built.

Fall means Festival Time in San Diego

Harvest Festival Original Art & Craft Show

Del Mar Fairgrounds 2260 Jimmy Durante Blvd Del Mar, CA 92014
http://www.harvestfestival.com/ Date: October 17 - 19, 2014 Price: $4-$9
Harvest Festival includes 24,000 handmade American art & crafts in hundreds of booths, all day entertainment, and a kids activity center. Enjoy three fun-packed days of shopping, stage and strolling entertainment, and festival food for the price of one ticket. Remember to get your hand stamped to return as many times as you want without paying again.

10th Annual Boulevard BOO Parade Cost: Free

Date/Time Oct 25, 2014 10:00 AM
The Boulevard BOO! Parade is returning to the College Area. The family event is bigger and spookier than ever! The parade is held on El Cajon Blvd between 59th St. and Aragon Dr. The BOO! Parade is turning 10 this year and is expected to be bigger and better than ever with more floats, more zombies, more music and more surprises.

Julian Apple Days Festival Price: Adults - $5
1150 Julian Orchards Drive Julian, CA 92036 Date: October 4 - 5, 2014
http://www.julianappledays.com Time: 10:00 AM to 5:00 PM
The highlight of the fall apple harvest is the Julian Apple Days Festival, a two-day celebration featuring apple displays, music and dancing, an antique tractor display, children's games and activities, gold panning demonstrations, food booths and, of course, apple pie. The first 250 people through the gate (paid admission only) each day receive a free pie server. There's plenty of free parking. Last year's festival attracted over 3,000 visitors.

Tour de Fat San Diego Cost: Free

2590 Golden Hill Drive San Diego, CA 92102
http://www.newbelgium.com/events/tour-de-fat/san-diego.aspx
Date: September 27, 2014 Time: 10:00 AM to 5:00 PM
If dressing freaky, riding bikes, listening to bands and drinking beer are things you like, then don't miss the most fun fundraiser around...Tour de Fat is coming back to town! All proceeds from beer and merchandise sales and donations from parade participants will help make 12 US cities better places to ride a bike.

Bates Nut Farm Pumpkin Patch Admission and parking are free
Date/Time Sep 25, 2014 to Oct 31, 2014 9:00 AM
Over 50 years of fall traditions and memories have been created at the Bates Nut Farm Pumpkin Patch. Family and friends enjoy the tractor hayrides, straw maze, petting corral and pony rides. Grab a wheelbarrow and pick from variety of pumpkins. In addition, weekends at Bates include live entertainment from 12-3, BBQ, kettle corn, food trucks, rock climb, bounce, slide and other family friendly events. See website for details about special events, pumpkin packages, extended hours and the entertainment schedule..

The Doula Initiative Cost: Free 9am
Ingram Plaza in Liberty Station, located at 2645 Historic Decatur Road San Diego

The Fall Family Fair is a free public event designed for families of children 0-5 years of age. Sponsored by First 5 San Diego, this event promotes family fun, creativity, learning, and community. The first 300 families will receive an amazing goodie bag! Look for the large flag pole. Street parking (free). *The raffle and select attractions require purchased tickets. All ticket sales benefit The Doula Initiative.

Continued next page >

More Fall Family Fun….

Target Free Second Sunday at the San Diego Children's Museum Oct 12, 2014 10:00 AM Enjoy NCM for FREE today!
The New Children's Museum 200 W Island Ave. San Diego, CA

Oasis Camel Dairy Open House Cost: small fees
Date/Time Oct 19, 2014 1:00 PM 26757 Old Julian Hwy Ramona, CA 92065

San Diego county's most unique farm opens its doors once a month for an educational and whimsical day with camels. This relaxing afternoon includes a tour of the grounds where you will meet magnificent camels, comical birds and beloved dairy dogs. At 1:30, watch the informative, intimate, funny 'Camel Dairy Life Show' Cost: General $10 / Seniors (60+) $8 / Kids (4-14) $7 / (Ages 0-3 FREE. Rides addt'l)

For some adult entertainment…
35th Annual San Diego Jazz Fest & Swing Extravaganza
November 26th to 30th, 2014
Town & Country Hotel and Convention Center

Ned Baumer Miramar College Aquatic Center

WATER FITNESS
This is a total body conditioning class; Multi-level, low impact, cardio respiratory work out held in shallow water. Flexibility, muscular strength and endurance are emphasized. Participants do not need to know how to swim.

Monday/Wednesday/Friday
9:30am-10:30am
Adults/Seniors $3.50 per class or $30.00 for 10 classes Also offering 'adapted' aquatic exercises for children and adults. Call for more information. **858 538-8083**

Staying Active as an Older Adult Can Prevent Injuries

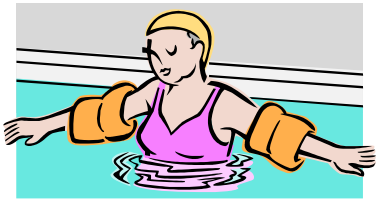
Every year, an estimated 122,000 San Diego County residents over the age of 65 will fall and more than 12,000 of those older adults will arrive at a hospital for treatment, according to the San Diego County Health and Human Services Agency (HHSA). Every 14 seconds, an older adult is treated in the emergency room. Every 29 minutes an older adult dies from an accidental fall.

"There are many factors that can cause falls to become a major issue for many older adults," said Ellen Schmeding, the director of HHSA's Aging & Independence Services (AIS). "As people age, physical changes, health conditions and even medications taken to treat those health conditions can increase the potential for falling. Check out the County website on Fall Prevention for more events and information.
http://www.sandiegofallprevention.org/

Fall-related injuries can be prevented by:

* Exercising regularly to improve balance, strength and flexibility (the Miramar Rec. Center pool has morning exercise classes to help)
* Asking your doctor to conduct a 'fall risk assessment' and treat any medical risk factors.
* Reviewing prescription and over-the-counter medicines with your doctor or pharmacist to reduce side effects and interactions that can cause dizziness or drowsiness.
* Having vision checked at least once a year.
* Enrolling fitness program like Tai Chi (Being Fit Health Center has classes on Fridays in Mira Mesa)
*Appropriate footwear (flat shoes, non-slip thin soles)

Here are some ideas to make your home safer by:



* Keeping frequently used items within easy reach. * Improving lighting. * Removing loose rugs, electrical cords, and clutter in walkways.
* Installing grab bars and non-skid mats in bathrooms.

MYTH: The best way to prevent falls is for an older adult to stay at home and limit their activities. In reality the opposite is usually true.
Truth: Get out and meet new people, keep brain and body active; most of all… keep moving!
"Older adults should exercise regularly to improve balance, strength and flexibility," said Schmeding. "There are some fairly simple things older adults can do to keep active and help prevent the likelihood of suffering a fall."
After consulting with a physician, find an exercise they feel comfortable doing that focuses on increasing leg and lower body strength and improving balance.
Look into a gym, take yoga, exercising in a pool is a great way to limit strain on the knees/ankles while strengthening arms, legs and core body muscles.
Follow up with community partners through the *San Diego Fall Prevention Coalition*, Tai Chi classes, the Feeling Fit Club and a falls-prevention workshop through *Stepping On*; participate at home by watching cable exercise programs http://www.countynewscenter.com/video/schedule ; having a DVD of classes (check out website for free DVD www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/health_promotions.html

Business Members Directory

Foodstuff

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

Kona Ice Little San Diego
12906 Hideaway Lane
San Diego, CA 92131
(858) 275-3075 John Rodriguez
jrod@kona-ice.com.

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

Personal/Family Service

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

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

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

Harmonium
9245 Activity Rd #200
San Diego, CA 92126.
(619) 743-5513. Ian Diazchavez,
idiazchavez@harmoniumsd.org.

Magical Moments Professional DJ Services
7435 Andasol St.
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
8490 Westmore Rd., Ste. 354
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

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

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

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

Church/Faith Ministries

Buddhist Tzu Chi Foundation
5754 Pacific Center Dr., Ste. 202
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
8081 Mira Mesa Blvd
San Diego, CA 92126
(858) 578-2150
mmpcusa@sbcglobal.net

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

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

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

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

Medical/Dental Services

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

Operation Samahan Inc
2835 Highland Ave., Ste. B
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

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

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

Contributing Business Members

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

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

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

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

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

Country Inn and Suites
5975 Lusk Blvd
San Diego, CA 92121
(858) 200-1954. Rhiza Vinoya
rhiza.vinoya@countryinns.com.

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

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

Hawaiian Crafts and Gifts,
7752 Backer Rd San Diego, CA 92126.
(858) 344-4792 Vanina Danga,
thecandlewahine@yahoo.com.

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

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

Mission Federal Credit Union
8198 Mira Mesa Blvd.
San Diego, CA 92126.
(858) 524-2850. William Holbrook
WilliamH@missionfed.com

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

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

Rancho Costa Verde
3361 Calle Odessa, Carlsbad, CA 92009.
(760) 277-2622. Janett Johnson,
janett@buysanfelipe.com.

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

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

San Diego County Credit Union
6545 Sequence Drive
San Diego, CA 92121
(858) 597-6218 Sarah Bilyeu
sbilyeu@sdccu.com

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

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

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

TOPS / Richard Prouty
proutyr@live.com

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

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

Xanesti Technology Services LLC
11075 Ice Skate Pl
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.

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

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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 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 _____

Business/Corporation Name _____

Address _____

City _____

Business/Cell Number _____

Companion Member Name(s) _____

E-mail Address _____

Phone Number _____

State/Zip Code _____

Date _____

Membership Type (check one):

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

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

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

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

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

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

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