the mecca

the newsletter of the mira mesa town council

Volume 45, Issue 12 January, 2017

Sabrina Bazzo named Volunteer of the Year

By John Horst
Editor, the mecca

As Sabrina Bazzo tells it, there's a point in every volunteer parent's life when the eye rolls start. Having mom helping in the classroom seemed neat when they were younger. Somehow, though, it seems to lose its allure. Once the eyes start to roll, you know your time is almost up.

Bazzo is Mira Mesa's 2017 Volunteer of the Year, the latest in a number of awards she has received. But it was the the perspective of her kids that landed her the award she cherishes most.

In 2009 attending Challenger Middle School, her oldest daughter Mara wrote an essay for Time Warner Cable's annual "50 Best Moms" award. Her essay was chosen as a winner, with Sabrina receiving the award. "It probably means the most to me because it comes from my kids' perspective," Bazzo mentioned. Bazzo, pg 13.

Sabrina Bazzo considers her 2009 "50 Best Moms" award to be her most memorable.

the mecca — President's Message

By Ted Brengel
President, Mira Mesa Town Council

Okay, here we are with a brand-new year. I would like to start by thanking everyone for being a part of the Mira Mesa Town Council and Mira Mesa. This organization is about YOU.

That said, as you read this it may occur to you that there are a great many things that could be done better, and I am here to say that you could well be correct. The only problem is that little will change unless you let people know what you think. Let me suggest a couple of ways that you might do that. First, the easiest way would be to attend an MMTC meeting and sign up to speak. Anyone can get two minutes of our time that way. Alternatively, if you have a topic

president's message, pg 8.

Don't Forget!

Jan. 9 MMTC Monthly Meeting: City Councilman Chris Cate will be the featured speaker.

Jan. 10 Mira Mesa Rec Council monthly meeting, Lopez Ridge Park, 7pm.

Jan. 19 Mira Mesa Community Planning Group, monthly meeting. 7pm, Mira Mesa Library

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The Mira Mesa Town Council is a 501(c)(4) non-profit organized to foster the public welfare of the community. Meetings are held on the first Monday of every month at the Mira Mesa Library at 7pm. See pg. 14 for newsletter advertising rates and contact info.

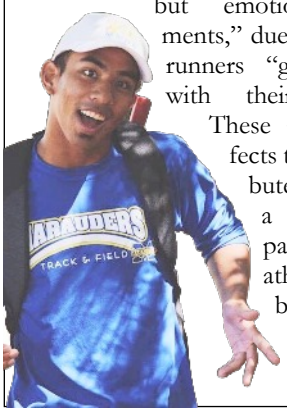
Alumni in Action: Jonathan Magno

Tristan Rayandayan
News Editor, The Marquee

Walking out the gates of Mira Mesa High School one last time, our alumni head off into their lives where they impact the world and seek to find their true calling. Once in a great while, however, we see a familiar face returning to the school where they blossomed. This is the case with Jonathan Magno from the graduating class of 2012, who has come back as an assistant coach.

Magno describes the rhythm of college life, relishing in the fact that class is far more flexible than high school due to the ability to construct one's own daily schedule. After high school, however, there are no high school teachers pestering students daily for assignment completion. "No one is keeping you accountable for and you have to keep accountable for your own work in college."

Coming back to MMHS, Magno is now an assistant coach for the Cross Country and Track and Field teams. He observes that much has changed since the beginning of the season. Growth has been seen in the team with "dramatic changes going on not just from physical improvements, but emotional improvements," due to many of our runners "getting in tune with their mentalities." These are positive effects that Magno attributes to athletics as a whole, having participated in triathlons and volleyball during his time in college.

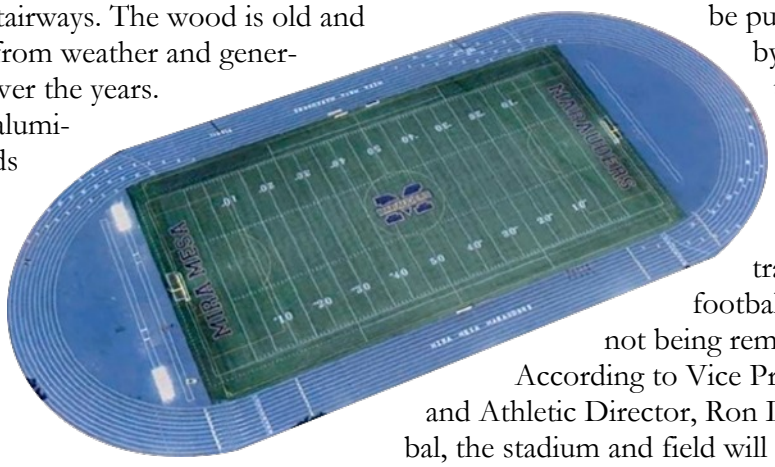


Mira Mesa High School campus renovations to include new stadium

By Brenda Vuong
Editor in Chief, The Marquee

The renovation of Mira Mesa's football stadium has been long awaited. The school is one of the last in their district to upgrade their athletic facilities with Propositions S and Z money, and the improvements extend beyond the stadium.

The San Diego Unified School District began revamping their school stadiums in order to make all of them ADA (Americans with Disability Act) accessible and to improve overall safety for fans by replacing the worn out wooden stairways. The wood is old and decaying from weather and general usage over the years. The new aluminum stands will have handrails to prevent fans from falling down and injuring themselves..



Both home and visitor bleachers will be replaced. Other advancements include a new state-of-the-art score board, new lights, new concession stands, and a contemporary public address system which will be used for graduation.

The school also plans to further improve other athletic facilities besides the stadium. The upper field area is receiving a new turf field between the baseball and softball ones. This field will be used by the field hockey, soccer, and lacrosse teams. For soccer teams, they may have to play their games on the road if the upper is not completed in time for their league games in January. The softball field will be gaining new dugouts, a new score keepers booth, and a new scoreboard. In the baseball field, a new PA system and scoreboard is being implemented as well.

The renovation will not only impact those in the school, but will also apply to alumni as a new entry way with pavers will be constructed. The pavers can be purchased by alumni to mark their time at MMHS. The track and football field are not being remodeled. According to Vice Principal and Athletic Director, Ron Lardizabal, the stadium and field will be available to PE classes, athletic teams, and band practices during construction. He hopes that, "students will not be heavily impacted."

This immense project may be completed sooner than expected. Construction is scheduled to begin in November of 2016. The upper field is expected to be completed by January 1st of 2017 and the stadium by mid-August of 2017. Overall, the project's completion may be finalized in less than one year from November.

Miramar College wins $200K grant

From the Miramar College News
http://www.sdmiramar.edu/news/

The San Diego Community College District Board of Trustees approved a $200,000 grant for Miramar College that will be used to support Innovations and Effectiveness as it relates to enrollment management. The approval came at the Board's Dec. 8, 2016 meeting. The Institutional Effectiveness Partnership Initiative (IEPI) grant is awarded through the Santa Clarita Community College District.

The funds will be used to strategically integrate enrollment management into the College's Student Success Model. The focal points selected for use of these funds centered on access and completion, and guided the development of the following strategies.

• Offer faculty professional development opportunities that address relevant pedagogy which will promote student success.

• Integrate on-campus computerized assessment center with Instructional Services to accommodate and elevate support for course exam taking to improve student success and completion.

• Evaluate and implement online tutoring software and options available to support academic success.

• Develop and disseminate, on the College website, course sequencing schedules for all instructional programs.

• Conduct analysis, design, and implement enrollment strategies to offer weekend and evening-only degree and 100% online degree/certificate completion.

• Build user-friendly macro models in Excel for enrollment data analysis, and provide training in their use as appropriate.

Campus Events

Spring Semester Starts Jan. 30!

Want to know what's going on?

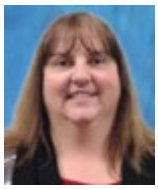
Check "all" or search by category in the Master Calendar: Athletics, Civic Center Activities (campus rentals), Community Events, Hourglass Complex, Internal College Activities, Student Activities, Student Services at www.sdmiramar.edu/calendar

Stay Informed Committee agendas, minutes and reports can be found at www.sdmiramar.edu/faculty/governance. College Executive Committee (CEC) meetings are open to all interested parties.

Intersession classes begin
January 3
Men's Basketball (@ Mira Costa)
January 3, 12pm, Mira Costa College
Men's Basketball (vs. Mt. San Jacinto)
January 14, 6pm, Hourglass Field House
Men's Basketball (@ Desert)
January 18, 5pm
Men's Basketball (vs. Palomar)
January 21, 6pm, Hourglass Field House
Men's Basketball (@ Palomar)
January 23, 10pm, (Scrimmage)
Men's Basketball (vs. San Bernardino)
January 25, 6pm, Hourglass Field House
Men's Basketball (@ Mira Costa)
January 27, 5pm

Campus Highlight Reel

Paralegal adjunct professor **Dovie Yoana King** authored an article titled *Ending the Hurt at Work* for the publication Law at the Margins. She writes about raising awareness about intimate partner abuse in the workplace.



Assistant Professor **Becky Stephens** has been selected to be the Acting PLACe Coordinator and Associate Professor Julia McMenamin has been selected as the PLACe Online Tutoring Coordinator for the Spring 2017 Semester. Both Becky and Julia will be continuing their service in these assignments.

DSPS counselor **Kandice Brandt** was given the CAPED Vice President of Committees Award . The California Association for Postsecondary Education and Disability (CAPED) is the professional association for those who serve students with disabilities in California colleges and universities. The award recognizes outstanding contribution on the part of a CAPED member through their work on a committee or committees.

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first responders

Photos from Past "Women in Blue"

Inside SDPD offers a wide range of opportunities simulating actual police work. Show here is a police cruiser simulation. - *Photo from San Diego Police Foundation*

San Diego Police Foundation offers educational events throughout year

INSIDE SDPD: Inside SDPD is a dynamic, behind-the-scenes experience that gives community members the chance to walk in the shoes of a police officer. You will have the unique opportunity to participate in use-of-force, vehicle stops, and firearms training activities. You'll even get to see police K-9 units in action!

WHEN: February 11, 2017; **LOCATION**: Naval Training Center, Pt. Loma; **SCHEDULE**: 9am to 13:30pm. Light refreshments are available from 8:30am to 9am. **ATTIRE**: Casual with comfortable shoes. Part of the program will be held outside. Children under 12 are not permitted. All children under 18 mustbe accompanies by an adult. **CONTACT**: Kristen: (951) 295-4520

WOMEN IN BLUE: Hear the stories of women whose outstanding achievements in non-traditional careers have paved the way for today's women leaders in San Diego. You're sure to be inspired by the wisdom and leadership embodied by this year's honorees.

WHEN: March 1, 2017; **LOCATION**: Marriott Marquis (333 W Harbor Dr, San Diego, CA 92101); **SCHEDULE**: Registration: 11:30am, Program and Lunch 12:00 PM.

A New Year's Resolution: Be Ready for an Emergency or Disaster

The combination of living on the edges of a desert on top of active earthquake faults can make for interesting experiences. Those experiences can quickly turn, however, from interesting to terrifying. From recent wildfires to the ever-present possibility of a large earthquake, our local history counsels us to think ahead about how we will take care of ourselves and our loved ones in an emergency. Here are some steps:

Make a Plan: Fear and worry for the safety of others can cripple even the best plan. The foundation of good disaster preparedness is a communications plan. How will you get in touch with family and other loved ones? First, settle on a meeting place. Then identify other safe places to evacuate to in an emergency. If someone cannot get to the agreed-upon meeting place, they then have planned alternatives.

Be aware that cell phone service (voice calls) will likely be overwhelmed in an emergency. Text messaging has proven to be a more reliable way to communicate. However, families and communities have to be aware that the elderly and other groups may not have access to text messaging.

Build a Kit: You should set aside at least three days' worth of basic supplies: One gallon of water per person, per day is the foundation. Many ordinary food products make excellent emergency supplies. Examples are cereals, protein bars, canned fruits and vegetables, dried foods (e.g. dried mashed potatoes), and nuts and crackers. Necessary medications, a First-Aid kit, and basic sanitation items are essential. While a radio, flashlight, and bat-

emergency, pg 12.

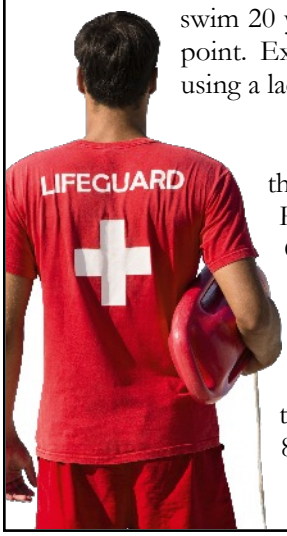
Prepackaged 72-hour emergency kits are readily available from online vendors like Amazon and local retailers.

Prepare for the summer as a lifeguard

From the beaches of San Diego, to local swimming pools, and even to summer retreat camps in the local and San Bernardino mountains, lifeguard skills are often in great demand during the summer. San Diego's Red Cross offers the entry-level training necessary to become a certified lifeguard. If you love the water, love people, and love a challenge, this summer might be calling from a tower near you.

The prerequisites for the Red Cross' entry level training are: Minimum age: 15; swim 300 years without stopping; tread water for 2 minutes only using your legs; complete the following within one minute, 40 seconds: Starting in water, swim 20 yards. Surface dive to a depth of seven to 10 feet to retrieve a 10 lb. object.

Return to the surface and swim 20 yards to the starting point. Exit the water without using a ladder or steps.



Classes are offered through Streamline Health Services at Cathedral Catholic High School in Carmel Valley and cost $295. More info can be obtained by calling 877-404-0056.

politics and opinion

Chris Cate: City Council District 6

On Saturday, December 17, from 8:30am until 10:30am, the Mira Mesa Senior Center welcomed children, families, senior citizens, and Santa for a free pancake breakfast. In return, each guest was encouraged to bring a new, unwrapped toy. 662 toys were collected for Toys for Tots at this year's breakfast.

Founded in the 1980's, Toys for Tots delivers a message of hope to less fortunate youngsters that will assist them in becoming responsible, productive, and patriotic citizens. To date, the Marine Corp program has distributed over 512 million toys to over 237 million less fortunate children.

"I have seen first-hand the generosity of the residents in District 6. Making a day brighter for a child during the holiday season is a gift that keeps on giving," stated Councilmember Chris Cate.

Toni Atkins: Senate District 39

Hello, Mira Mesa! I'd like to extend my warmest thoughts to you as I step into the role as your new state senator in Sacramento.

We're getting off to a great start. On my first day in office, I introduced SB 2, which provides permanent funding for affordable housing. Solving the housing crisis is a big priority for me, along with climate change, healthcare access, college affordability, transportation, human trafficking, and civil rights.

During the legislative session, I will be in Sacramento Monday through Thursday each week. Look for my senior assistant, Jason Weisz, to be stopping by your meetings to introduce himself.

I look forward to working with you and attending a meeting as soon as possible. Ours is a partnership, and I am grateful to serve you. I hope you will call on me and my office if we can be of assistance.

Brian Maienschein: Assembly District 77

I am so pleased with the success of the 3rd Annual "Pet Adoption & Donation Drive for Animals," an event I co-sponsored in December with the American Society for the Prevention of Cruelty to Animals (ASPCA). We collected 1,500 pounds of various items to help care for homeless animals, including blankets, leashes, collars, food, cat litter, and needed medicine. We partnered with four local PETCO stores, including PETCO in Mira Mesa, which served as drop-off locations.

The donations will benefit the San Diego Humane Society and PAWS San Diego. Over 110 visitors joined the kick-off event which successfully placed 1 puppy and 2 adult dog adoptions in their new forever homes for the winter holidays. I encourage all San Diegans to help local animals in need of care and a new home. This year, I introduced Assembly Bill 1825, which gives canine victims of cruelty a second chance.

Dave Roberts: County 3rd Supervisory District

During the past four years, it has been a great privilege to serve as your Third District supervisor. I will always treasure the relationships I have built.

I have held many jobs throughout my almost 40 years working life. (When I think back I started working at 16 years old; I just turned 56 a couple of days ago.) Service to others has been central to all of them.

In addition to my policy work and the meetings I have attended on regional and state levels, I have enjoyed participating in community meetings and events.

The Third District covers a lot of ground. I will always appreciate the diversity of the district and getting to know the people that make each community unique. Helping other people. Putting the "good" into good government. That's what we do here at the County of San Diego each and every day.

As I prepare to begin a new chapter, I urge you to stay in touch. My personal e-mail address is dave@daveroberts.org.

Above: Outgoing Third District County Supervisors Dave Roberts, his partner Walter Oliver and their family.

Below: San Diego City Council 6th District Councilman Chris Cate, his wife, and D6 staff join to support the U.S. Marine Corp Toys for Tots Program.

Left: California Assembly Member Brian Maienschein and his staff band together to collect donations in support of the Humane Society and PAWS

Scott Peters, CA 52nd Congressional District

In early December, U.S. Congressman Scott Peters helped pass a continuing resolution to fund the federal government through April 2017. The Continuing Resolution includes $170 million to respond to the Flint water crisis, $872 million for scientific research and other programs in the 21st Century Cures Act, and more than $10.1 billion to support military operations abroad.

"The massive investment in scientific research Congress made today will create the jobs of the future in places like San Diego and lead to discoveries that will save and improve countless lives," Congressman Peters said.

"This bill avoids a costly government shutdown, ensures that essential government programs can keep operating, and gives our military the resources to continue countering threats abroad. A long-term budget would give our military leaders and business community more certainty, and I look forward to a more regular budgeting process next year that cuts wasteful spending, invests in expanding educational opportunity, and reforms the tax code to incentivize wage growth for working families."

The Mecca welcomes news and opinion pieces authored by our elected representatives. Opinion pieces written by residents are welcome, but must have a community "angle" which helps inform readers of the importance of current events and issues to the Mira Mesa community. *Articles published here do not reflect the official position or opinion of the Mira Mesa Town Council, its Board of Directors, or any of its members.* Submissions may be sent via email to newsletter@miramesatowncouncil.org

etcetera...

president's message

From Page 1

may take more time, get hold of our Program Chairperson, Pam Stevens, and get a spot on the agenda for an upcoming meeting.

An email to Another method of letting others know what you think is to email *issues@miramesatowncouncil.org*. While we can't guarantee a solution to your problem, I can assure you that you will get an answer. Incidentally, most questions can be answered by using the MMTC website at MiraMesaTownCouncil.org The website contains a wealth of information about events in Mira Mesa and a very complete list of phone numbers for City of San Diego officials and departments. Want to have a dead animal removed from your street? Look it up on the MMTC Website.

Another way to sound off that may not have occurred to you is writing an article for the newsletter. Address any questions you may have regarding deadlines and how to submit items to our Newsletter Editor, John Horst, by sending email to *newsletter@miramesatowncouncil.org*.

There is, of course, one more way you can make one heck of an impression: run for office. MMTC has eleven positions on the Board of Directors and each is up for election each year. It is true that your duties will collide with your busy schedule occasionally, but the work is very gratifying. As an MMTC Board member, you are truly a part of a vital element of Mira Mesa—you can easily make a huge difference in our community.

Now I feel it's my duty to put in one more thank-you to one of my very favorite community organizations—the Mira Mesa High School Air Force Junior Reserve Officer Training Corps (MMHS AFJROTC for short). I have mentioned that these fine youngsters and their leaders are the engine that makes the Mira Mesa Street Fair possible. But that's not all. They are busy, either in a competition or in helping with a community event, almost every week of the year.

So far this year, they have volunteered for a total of 5,175 hours of community service. At the last MMTC meeting the members present voted to approve a donation to the corps of cadets in the amount of $350 to buy tools to aid in their community cleanup effort. If you encounter one of these fine people, please give him or her some hearty thanks.

One last item. Traffic is miserable this time of year due to bad weather. I have noticed that in Mira Mesa when someone needs to get into a lane, someone almost always yields the right-of-way. This is truly the spirit of our fine community. Yes, they should have been in the correct lane in the first place, but we all occasionally find ourselves in the wrong place, so keep giving your neighbors a break.

Until next month when I once again try to figure out what to say in the President's Message, keep smiling, and help us make Mira Mesa a better place to live.

Quotes for the New Year

"Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties." - *Helen Keller*

"It Doesn't Matter Where You Came From. All That Matters Is Where You Are Going." - *Brian Tracy*

"Tomorrow is the first blank page of a 365 page book. Write a good one." - *Brad Paisley*

"What the New Year brings to you will depend a great deal on what you bring to the New Year." - *By Vern McLellan*

"An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves." - *Bill Vaughn*

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Trees increase property value: a primer on successful planting

By Vincent Lazaneo
Contributor, the mecca

If you have space for a tree, consider planting one or two this year. Trees increase property values and they make a neighborhood more appealing. A well placed tree will help cool a home or patio in summer. Some trees also provide delicious fruit.

Most container trees can be planted any time of the year. But a tree planted now will have time to develop a strong root system before hot weather arrives. Spring is the best time to plant citrus and other subtropical fruit trees. Winter is the best time to plant deciduous fruit trees including peach, nectarine, plum, persimmon, fig and apple. Young field grown trees dug during the dormant season are sold "bare root" in January and early February. The best selection and quality can be found at a full service nursery like Walter Andersen's in Poway.

To grow well, trees should be planted where they will receive direct sun most of the day. Trees tolerate a variety of soils but the soil must drain well or roots will rot. A new tree will die if the soil remains soggy or if a planting hole fills with water like a bathtub.

Doing a simple test to check soil drainage before you plant a tree will keep the new tree healthy. Dig a test hole about a foot wide and deep and fill it with water. When the water drains away, fill the hole a second time and measure how fast the water drains. Lay a stick across the hole and use a ruler to measure the distance from the stick to the surface of the water. After several hours, measure the distance again. Drainage is good if the water level drops at a rate of ¼ inch per hour or faster. If the water drains slower, a tree may still survive if it all drains out by the next day.

If water stands in a hole for more than a day, select a better planting site. Don't dig a larger or deeper hole since this will only create a bigger bathtub. If you need to plant a tree where soil drainage is poor, plant the tree in a raised bed or on a gently sloping mound of soil that is at least a foot higher than the native soil.

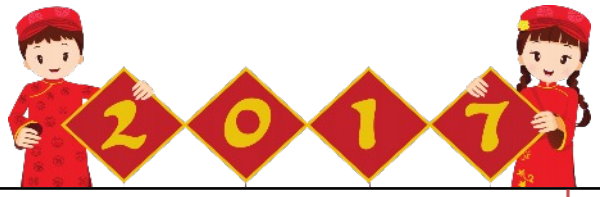
When a tree is planted, it's critical for the base of its trunk to be at the same level (or a bit higher but not lower) than the surface of the adjacent native soil. If a planting hole is dug too deep, the tree may sink after it's planted as loose soil settles. When planting a bare root tree, dig a hole wide enough for the roots to spread without bending but only deep enough so the trunk will be at the same depth as it grew in the field (look for a band of darker bark just above the roots).

For a container grown tree, dig a hole wider than the root ball but only as deep so it will sit on firm soil and not settle deeper. If there are circling roots on the side or bottom of the root ball, cut them off or spread them out before you plant the tree. Refill the hole with native soil and do not add manure or soluble fertilizer since this can burn young roots. Water thoroughly to settle the soil.

Above: The base of the trunk is set above the surrounding soil.

Left: An example of 'circling roots'.

Mr. Lazaneo is Urban Horticulture Advisor, Emeritus, University of California Cooperative Extension. His bi-monthly column on gardening also appears in Mira Mesa Living Magazine



Happy New Year 2017

狗 Dog: 2018

Pig: 2019 猪

鼠 Rat: 2020

Ox: 2021 牛

虎 Tiger: 2022

Rabbit: 2022 兔

龍 Dragon: 2023

Snake: 2024 蛇

马 Horse: 2025

Goat: 2026 羊

猴 Monkey: 2027

Vietnamese community comes full circle, celebrates completion of the zodiac

Awake from your slumber as the Vietnamese American Youth Alliance presents Spring to New Horizons, a free city-wide Tet festival of games, prizes, food, and entertainment.

This year's Tet festival falls on January 27-29, 2017, and marks the end of the first full Zodiac cycle since VAYA started 12 years ago. Stepping up this year, the festival is showcasing even more culture and new projects from arising young volunteers.

This year's theme, Spring to NEW Horizons, emphasizes new beginnings, igniting souls, and initiation. Start the new year with a bang! Get energized with the games, rides, food, and volunteer opportunities. Take pictures in the Cultural Village with volunteer-made replicas of historical buildings, boats, and even a giant rooster! The Tet festival will be a host of enough interactive fun and entertainment for everybody!

"VAYA was born from passion emerging in a group of young adults attempting to reconnect with their roots. Since VAYA started, more and more young adults are awakening and getting in touch with the traditions and culture Vietnam has to offer," said VAYA President Andy Nguyen. "As part of VAYA's mission, these enthusiastic leaders continue to spread their cultural and social awareness. Everything we do reflects this mission and the values that make it possible."

The festival, which attracts around 20,000 people each year, promises fun for the whole family with such activities as carnival rides and games, authentic Vietnamese food, lion dancing and firecrackers. Free entertainment programs, such as high quality musical acts, the Miss Vietnam of San Diego Pageant and a Cultural Village allows for direct immersion into Vietnamese culture.

Festival Dates and Hours are: Friday, Jan. 27, 2017 from 5 p.m. to 10 p.m.; Saturday, Jan. 28, 2017 from 11am to 10pm; Sunday, Jan. 29, 2016 from 11am to 5pm. Admission is free.

San Diego Environmental Services offers options for Christmas tree recycling

As the Holiday season winds down, residents face the annual task of bringing down decorations and disposing of their Christmas tree. The City of San Diego's Environmental Services provides a number of options for disposing of the trees from December 26 to January 23.

Drop off Locations: The City makes available 16 locations where trees can simply be dropped off. For Mira Mesa residents, the closest location is the Canyonside Recreation Center, 12350 Black Mountain Road. Signage will direct visitors entering the park to the proper drop off location.

Curbside Pickup: For residents with City-provided curbside trash pickup, trees can be left at the roadside. However, any tree taller than four feet must be cut in half. 'Flocked' may be left for pickup, but stands, lights, and ornaments must all be removed. Artificial trees are not accepted.

Miramar Landfill: Residents can transport their trees directly to the Miramar Landfill and dispose of them for free. Landfill staff will request to see a drivers license or some other proof of City residency. Signage will direct motorists in the landfill toward the proper dropoff area.

Tree recycling also provides raw materials for wood chips and compost. City residents who wish to obtain compost for their garden may self-load up to two cubic yards (a cube six feet high, six feet wide and six feet deep) of compost from the Miramar Landfill for free.

Recycling your Christmas tree both helps lengthen the service life of the Miramar Landfill and provides an ample supply of mulch and wood chips for gardens and landscaping.

Three easy, green New Year's resolutions

1. Never buy bottled water again

Trade your bottled water habit for an at-home filtering pitcher and you can help make a dent in the 17 million barrels of oil used to make plastic water bottles each year. Bonus: With bottled water no longer on your shopping list, you could save as much as $1,400 this year.

2. Brew your own Fair Trade coffee

Carrying your own coffee in an insulated travel mug helps you reduce waste from cardboard cups and carrying sleeves — which are thrown away at a staggering rate of 58 billion each year. For greener at-home brewing, choose a Fair Trade blend that supports farmers; and try a French press (instead of a traditional brewer) to save electricity.

3. Cut back on paper towels

If you're grabbing a paper towel for everything from wiping up spills and cleaning your counter to scrubbing the bathroom and keeping your hands clean at dinner, it's time to make a change. Using the cloth alternatives is just as easy as using the paper versions. You can help eliminate the 13 billion pounds of paper towels that end up landfills every day.

From "10 easy, green New Year's resolutions (even if you're a slacker)" at Mother Nature Network (www.mnn.com).

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Planning begins for July 4th Parade and Family Fun Day events.

Planning for the Mira Mesa Town Council July 4th Parade and Family Fun Day will begin this month, according to new committee chair John Horst. Previous parade and family fun day events were organized by Bari and Dave Vaz. While stepping down from this role, the Vaz's will remain available to help ensure all required tasks and milestones are identified.

Horst says the work will be organized online this year. "We will be using a very simple project management tool called Trello. Volunteers will be able to log in to the Trello Board and see "cards" representing tasks that need to be accomplished," Horst explained.

An on-site kickoff meeting will be held before the February Town Council meeting, after which subsequent meetings will likely be web conferences.

Community members who wish to volunteer to help organize the events should begin by creating an account at www.trello.com, then contacting Horst at john.h.horst@gmail.com to be added to the team.

– Photo by Brengel Productions

emergency

From Page 5

teries are often recommended, a solar powered cell phone charger (which run $20 - $50) is perhaps even more useful.

In addition to the above, a good kit will also have tools to turn off utilities like natural gas, important documents in a waterproof container, cash, matches or a lighter, blankets, clothing, and pet supplies if a pet is part of the family.

Remain Informed of developments and available emergency services. AlertSanDiego is a registry of phone numbers and email addresses. Landline phone numbers are already in the database. Residents can register their cell phones, VoIP phone numbers, and email addresses to receive updates in the event of an emergency. Also available for both iOS and Android is the "SD Emergency" app.

Both San Diego Police (@SanDiegoPD) and San Diego Fire (@SDFD) Departments are on Twitter and will be a source of valuable information in the event of an emergency.

Local radio stations AM 600 (KOGO) and AM 1360 (KLSD) are designated sources for emergency information.

Importantly, the 2-1-1 phone number is available for general information inquiries. It is important to keep 9-1-1 free for true emergencies.

2-1-1: INFORMATION
9-1-1: HELP!
Be Smart!
Plan Ahead!

San Diego Public Library - Mira Mesa Branch News

Children's Activities for the New Year

(See the February edition for upcoming teen activities.)

- **Arts & Crafts:** Discover your creative side on Mondays at 4pm.
- **Homework Helpers:** Kids can bring homework and get help on Wednesdays at 5:30pm
- **Love on a Leash:** Kids can read to therapy dogs on Thursdays at 4pm.
- **Bumblebee Story Time:** Various activities for kids 1-4, Fridays at 10:30am.
- **Kitchen Science:** Hands on projects teach the science of the kitchen on each 1st Friday at 3pm.
- **Codemakers Electronics Workshop:** Kids learn the basic electronics each 2nd Friday at 3pm. (Registration required.)
- **Science Rocks:** Local teens provide fun, educational science activities to kids ages 5-10 on every last Friday at 3pm. (Registration required.)

branch library hours

Mon:	**9:30am - 6pm**
Tue:	**11:30am - 8pm**
Wed:	**11:30am - 8pm**
Thu:	**9:30am - 6pm**
Fri:	**9:30am - 6pm**
Sat:	**9:30am - 6pm**
Sun:	**12:30pm - 5:00pm**

Bazzo

From Page 1

In November of 2016, Bazzo was nominated as the Mira Mesa Town Council Volunteer of the Year for her volunteer work at all levels of Mira Mesa schools. Among three other nominees, she was selected at the December Holiday meeting. Today Bazzo is the President of the Mira Mesa High School Foundation. As her girls (Mara, now 19, and Eliana, 17 and a Junior at Mira Mesa High School) grew up, Bazzo's volunteer activity followed.

She says she learned quickly that a school volunteer has to look out for all of the kids. "Some parents want to become involved to be part of what their children are doing," she says. "But there has to be more than that. You have to be there for all of the kids."

Bazzo was born and raised Sabrina Levy in the suburbs of Chicago. She met her husband David while he was in medical school, and the two moved to San Diego for his residency. Asked to compare her hometown in the Midwest to living in Mira Mesa, Bazzo finds people here to be more open to others.

"[People in the Midwest are] very down to earth and friendly, but if you didn't grow up in the Midwest, you were a bit of an outsider," she recalls. "They would still be friendly, but you weren't quite part of them. Here people are a little more accepting. There, if you're from a certain suburb it's assumed that you belong to certain ethnic group. Here we don't really seem to have that sort of thing."

From being the President of her high school Student Council, volunteering has always come natural to Sabrina.

"I tend to say yes more than I should," she notes. "But as the kids get older I have gotten better at deciding what I really want to do."

Her younger daughter Eliana, who enjoys singing and theater and recently won *Mira Mesa's Got Talent*, still keeps Sabrina busy with various groups. Each major activity and graduating class has a "Parent Booster Organizations." Sabrina currently leads the PBO for the class of 2018 (Eliana).

The Mira Mesa High School Foundation raises money from membership dues and the sales of discount cards, as well events such as their signature fund raiser, *The Taste of Mira Mesa.* They hold an annual golf tournament and run the Mira Mesa Farmers' Market on the school grounds. As the campus goes through renovation, they are pioneering a pavement sponsorship drive as the high school stadium is refurbished.

The Foundation provides scholarships to seniors to help them get started in college. Academics are part of the criteria, but the Foundation looks for well-rounded, community minded students. Grants are also provided to help teachers meet classroom needs such as supplies for Ceramics class and a new curriculum for AP Calculus.

Sabrina is married to Dr. David Bazzo, who splits his time between research and seeing patients through UCSD Health. Mara graduated from Mira Mesa High School in 2015 and is adjusting well to life at Drexel University in Philadelphia. Eliana is 17 and a Junior at MMHS.

Recently Sabrina enjoyed watching as Mara began to take up her own causes. "You think the kids don't notice, but my older daughter is now heading up a campus-wide fund raiser supporting the services for the blind. She asks me to look over their material and give advice. It makes me proud... that they picked up on the things I was doing."

LIONS INTERNATIONAL WE SERVE

Please consider donating old eyeglasses. Boxes are available at the Mira Mesa Library and the neraby Walgreens. More info on this opportunity can be obtained from Charlene Ellsworth at omaopa83@gmail.com.

Updated January Meeting Schedule

Due to the New Year holiday, we voted to move the January meeting from the first Tuesday (1/3) to the second Tuesday (1/10) at 6:30pm at Christ the Cornerstone Academy.

Meeting Survey Results

The results of our 2017 Meeting Survey are in. Here is what you have decided regarding our meeting day, time, and location for next year:

Meeting Day: Everyone who responded seems to like the current meeting date of the first Tuesday of the month.

Meeting Time: 75% of those who responded like the current start time of 6:30 p.m. The remaining responses were evenly divided between 6 and 7 p.m.

Meeting Location: 62.5% of those who responded like the current meeting location at Christ The Cornerstone Academy. 12.5% indicated they would like to alternate between CTCA and Cora Anderson Dance Studio, and the remainder indicated that either location was acceptable.

We may make the first 10-15 minutes a "social time" to allow those who have a more difficult trek through traffic to arrive.

business member directory

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CLUBS

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Charlene Ellsworth
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mmwomensclub@yahoo.com

'Spread' Ad: $600.00
½ Page: $125.00
'Full Page': $250.00
¼ Page: $65.00
Advertise With Us!
newsletter@miramesatowncouncil.org
Graphics Support Provided Free
1/8 page: $35.00
Business Card: $20.00

Mira Mesa Youth Baseball
P.O. Box 261344 San Diego, CA 92126.
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EDUCATION

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San Diego CA 92126
(800) 804-6852
John Horst

Membership Application

Name (primary) _____ Companion Name(s) _____

Corporation Name _____ Email Address _____

Address _____ Phone _____

City/State/ZIP _____ Date _____

- ☐ Individual ($20)
- ☐ Companion ($10)
- ☐ Senior/Military/Student ($10)
- ☐ Corporate/Business ($50)
- ☐ Non-Profit + MMCC ($90)
- ☐ Business + MMCC ($150)

Annual membership runs from July 1st to June 30th. Any resident, business, or non-profit with an address in the community of Mira Mesa as shown in the Mira Mesa Community Plan map may join as a voting member. Members with addresses outside the community will be non-voting members. Dues are used to support the mission of advocating for the public welfare of the community of Mira Mesa.

Amount $_____ Cash / Check # _____ ($25 fee for returned items)

Postage

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

The Mira Mesa Town Council thanks the Mira Mesa Shopping Center, LLC for their continuing Support in providing postage for *the mecca*.