

HIDDEN MEADOWS

APRIL 2023

NEWS

ISSUE NO. 76

THEY'RE HERE!

**By: Hidden Meadows
Community Foundation**

As promised in last month's paper, the donation envelopes for this year's Hidden Meadows Community Foundation's fundraising drive are included in this edition. To reduce paper consumption, we are only distributing the inserts once, in April, instead of over three consecutive months as we had in prior years. So, those of you who prefer to donate by check, make sure to grab and save the enclosed envelope.

2023 is going to be a great year for the Foundation. We have a full slate of community events scheduled and the celebrations promise to be bigger and better than ever. Early interest indicates record submission levels for scholarship applications, and once the rains subside, we will kick off spring maintenance activities on the median.

The Foundation does not ask for annual dues but rather conducts this donation appeal, relying on you, the residents of Hidden Meadows and Rimrock to support our mission of serving and enhancing the community via four primary areas of focus:

- **College Scholarships:** Our annual scholarship program makes an investment in the future by giving scholarships of \$1,000 to qualified college bound students currently living in Hidden Meadows
- **Community Programs and Events:** Foundation sponsored family-oriented events and more, including the Community Independence Day Parade, Halloween Trunk or Treat, Holiday Toys for Tots Breakfast, Seller's Faire, Welcome Committee visits, and again this year, the Spring Festival
- **Beautification:** Completed major projects include the media re-landscaping and pine tree removal/trimming with ongoing efforts focused on median maintenance and repair
- **Families in Crisis:** The Foundation's Neighbors Helping Neighbors program steps in to help if one of our neighbors has a serious emergency

Please take a moment to make your contribution today using the envelope in today's paper. Those who prefer to donate by credit card or PayPal can go to <https://hiddenmeadows.news> anytime and click on the "donate" button in the upper right corner. We also accept contributions via Zelle. Use HMCDFDonate@yahoo.com for Zelle payments.

The Hidden Meadows Community Foundation is a 501(c)(3) organization. Your gift to the Foundation is tax deductible and will be used to support people and projects within our community. Thank you, in advance, for helping to keep Hidden Meadows the unique, wonderful place it is to live.

2nd annual Green Transpo Expo will be April 22 at mall

The Greater Escondido Chamber of Commerce's second annual Green Transpo Expo will be held at North County Mall on Saturday, April 22 – Earth Day – from 9 a.m. to 3 p.m.

Attendees will learn about everything from electric cars, bikes and school buses to EV trends, alternative fuels, and home solar & battery storage. Our entire transportation system is rapidly changing, and this event will help educate guests on what it is all about...and what is coming next!

The event starts with the "Cars & Coffee" meet-up at 9 a.m. Car enthusiasts and car clubs are invited to attend for an inclusive car mashup to merge the past and the future of transportation.

The Mayor of Escondido Dane White and James Rowten (JR), Greater Escondido Chamber CEO, will kick off the Expo with a ribbon cutting at 11:30 a.m. The main event will include an education forum, exhibits, robotics demonstrations and vendors throughout the day. The mayor and Rowten will be joined by Congressman Scott Peters, 5th District Supervisor Jim Desmond and other city, county, and state officials to kick-off the event.

Like last year, an extended educational forum with Q&A will coincide with the event throughout the day, with expert presenters from EVinfo.net, SDG&E, California State University San Marcos (CSUSM), Electric Vehicle Association of San Diego, ALIVE Solar, and more. Electric bikes will also be on hand to test ride.

"People throughout the community, and state, are seeing energy price spikes," said Rowten. "Now more than ever, people are looking for alternatives to help their wallet and the environment. It can be overwhelming to determine where to start – the Green Transpo Expo can help educate and guide local consumers as to what's available and how to implement the alternatives."

A full agenda of the day's activities, a list of the speakers and topics, online registration, and a comprehensive list of sponsors can be found on the Chamber's webpage at:

scondidochamber.org/green-transpo-expo.

Online registration is encouraged, but not necessary to attend the event. Interested attendees are encouraged to follow @greentranspoexpo on Instagram.



Danielle Milliken, Shannon Antekeier, Linda Collins, EV Trivoli, Vickey Ciarlanti, Pat Buntin, Lynn Wheeler, Vicky Long and Michelle Zipse.
Not pictured: Kathy Moore and Rochelle Rubin

Welcome to Hidden Meadows!

By Michelle Zipse / Resident

Welcome to Hidden Meadows! Please meet the group of ladies who will be delivering packets of information and coupons to try our local businesses. These packets are full of really useful stuff and they will be delivered to your door. Hopefully the welcomers will catch you at home and give you a hearty welcome.

The Welcome Committee is a sub committee of the Hidden Meadows Foundation. The Foundation takes care of the entry median, beautification of some common areas of the neighborhood, the wilderness park and scholarships for our local high schoolers who are heading off to college.

Are you interested in new Interest groups for 2023? Here are some ideas but we are open to more. Please let us know how you'd like to get together and meet your neighbors.

Here are some ideas from our group:

- Do you speak another language and would like to practice?
- Would you like to get more involved and volunteer your time in our local community?
- Do you have a toddler? Would you like to see a play group?
- Are you single and would like to meet other single neighbors?
- Are you a baker and would like to share your skills?
- Would you like to have a regular coffee group or other group type environment to hang out with your friends?
- Are you a foodie? How about a dinner group?
- A monthly poker night?
- Other ideas?

Please let us know by leaving an email at welcome.hiddenmeadows@gmail.com
We want you to be happy here and love Hidden Meadows as much as we do!

UPCOMING Events

APRIL HIDDEN MEADOWS EVENTS

SELLER'S FAIRE
Sunday, April 16, 10 am – 2 pm
{NOTE NEW HOURS}

Lower Parking Lot
Golf Club House

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Lotus Pond Adventure 3-10-23

By Idalia Rewar

What is the Hidden Meadows Garden Club doing at Lotus Pond? We are there to visit a spot of Hidden Meadows that I have heard of, but have never seen. Lotus Pond is a man-made reservoir that is seasonally replenished by the Reidy Creek watershed. We are there to walk around (hike) and enjoy the scenery.

Our event started out by meeting at the entrance of Lotus Pond where everyone parked their cars. Mike Quadrozzi, our fantastic event leader gathered the crowd of 24 people who signed in for this adventure. The day was very cloudy and rain was predicted, but hey, rain sleet, snow, or tsunamis - nothing stops these hearty Garden Club members to go out and explore.

(The truth is, I had nothing exciting planned for today.)

Some walked, others car-pooled, past a wide large gate, a short distance where our guide, Geoffrey Bonneycastle, a Lotus pond owner, was waiting. We gathered around while he gave us a little lecture of the terrain telling us that the grounds are not maintained – they are in their natural habitat, lots of gopher holes, tall grass, etc., so watch your step! The ground is soft so when you step - your feet go down on the ground a bit. Many of us had walking sticks which helps when walking around and maintain balance. We all walked very carefully tippy-tippy without sticks. We found the pond, irregular in shape, in a very peaceful beautiful setting.

Something about the water that calms the beast in us. As we walked, we found streams from it that divert here and there with water running and making little waterfalls that are formed with gathered rocks. We were allowed to explore the area on our own, but most of us stayed in small groups. I was afraid a woo-woo would come out and jump to scare us. But, in a group you are safe, no woo-woos.

The guide did tell us that there are turtles, frogs, bobcats and deer in the area, owls, herons, but no lotus. Did you expect to find Lotus in the Lotus Pond? Mon Dieu!

We managed to hike all around the pond with no casualties, took some photos, and headed back to our cars. Geoffrey invited our group to come to his house where we can enjoy tea and dessert at his tea pavilion.

We drove over and what a sight! The house is located on top of a mountain with beautiful gardens, panoramic views, great landscaping, the place was like the expansive spas you see in travel brochures! We had hot tea (very welcomed) and carrot cake served by Mike. What a day!

Many thanks to the people that made this event a success: Geoffrey Bonneycastle, who acted as our tour guide, and made it possible to be there, and hosted the tea gathering and allowed us to view his beautiful resident grounds, and to Mike Quadrozzi – our event coordinator who also guided us, made sure that everyone was safe and with his good humor made everyone welcome and happy that we all had a good day. Yeah! Mike!! And thank you to all members for participating in this event.



Alleviating rising energy costs

By JIM DESMOND

Electricity prices are out of control in California, most notably in San Diego County. A few weeks ago, I discussed the many reasons behind the dramatic increase in our bills, but the fact remains that California's utility rates are consistently 30% higher than the national average. All of this comes as San Diego Gas & Electric (SDG&E) is set to increase their rates yet again. This isn't right, and something needs to be done.

Last week, I wrote a letter to the California Public Utilities Commission (CPUC) urging them to minimize San Diego Gas and Electric's rate increase. I am also calling on the State of California to implement measures to alleviate rising energy costs, providing relief to the ratepayers of San Diego.

For many San Diegans, the recent 24.6% jump in gas rates and 7.8% increase in electricity rates is more than they can afford ... in an already expensive California.

In order to make change, I need your help. The California Public Utilities Commission (CPUC) will hold several public forums to provide an opportunity for customers of San Diego Gas & Electric (SDG&E) to offer perspective and input about the company's rate requests.

On March 23, at 2:30 p.m. SDG&E will hold a meeting at the Sherman Heights Community Center, Multipurpose Room, 2nd Floor 2258 Island Ave., San Diego, CA 92102.

The public forum will begin with a brief overview of SDG&E's requests, then public comments will be heard. At least one representative from the utility company will be available to customers during the public forum for individual service, including billing issues.

If you can't make the forums, then I encourage you to take action by leaving a public comment. Here is a link to SDG&E's General Rate Case: <https://apps.cpuc.ca.gov/p/a2205016>.

I will do all I can to help lower the costs of electricity bills in San Diego, but CPUC needs to hear from you too. Together we can make a change and make San Diego more affordable.

Jim Desmond is a member of the San Diego County Board of Supervisors. He represents the 5th District, which includes Escondido, Valley Center, Palomar Mountain and much of the Backcountry.

Kids vie for recycling poster prize

The City of Escondido's Recycling Division is hosting its 30th annual Earth Day Poster Contest. The ceremony/art gala for winners will take place on Friday, April 21 at 5 p.m. at the Escondido Arts Partnership Gallery.

The contest, which is well underway, is open to all students in both private and public schools in Escondido in grades Kindergarten to 8th grade. The division has already collected all of the posters. According to Lisete Hurst of the Recycling Division, "The division is selecting the top 30 finalists and then they will have our City employees vote to select the top 3 in each age division."

The young artists create 3D posters out of trash/recycling. This year's theme is 'Your Escondido.' Students were asked to create art that represents what they love about their hometown. The top 30 finalists will have their art on display at the Escondido Arts Partnership Gallery from April 6 through May 6.

The event culminates on April 21 with an awards ceremony/gala at the Escondido Arts Partnership Gallery on the corner of Grand & Juniper. Mayor Dane White will be there to present the 30 finalists with certificates and the top winners in each age group will also be announced.

DBA to sponsor 'Small Business Shopping Spree' April 15

The Downtown Business Association is bringing back a fun idea to attract people downtown to do some shopping, eating and have some fun: The Small Business Shopping Spree. It will be held Saturday, April 15.

Similar to "Small Business Saturday," with a purchase, the customer will receive a Scratch-Off Card. Each card will contain the name of another participating merchant where customers will be directed to visit and present the scratch off card and redeem their free gift. Customers must come to the business to redeem their free gift and must redeem them no later than April 22. Shoppers are encouraged to visit another business downtown for a free gift.

The DBA will supply the scratch off cards, flyers and posters to members.

The list of participating businesses, including store hours will be posted at www.downtownescondido.com/

New franchise provides personalized senior care

Senior Helpers, a provider of personalized in-home senior care, has announced the official opening of its Escondido, California location to be managed and operated by Cort Peters.

The new franchise will serve senior citizens and their families in Escondido, Oceanside, Carlsbad, San Marcos, Vista, La Costa and San Diego. It hopes to bring more than 75 new jobs to the region over the next year. Senior Helpers' professionally trained caregivers will help local seniors continue to enjoy the comfort of their own home despite age-related illnesses and mobility challenges.

"I've always been passionate about making a difference in people's lives, which is why I decided to open a Senior Helpers in the community I know and love," said Peters. "Seniors are an incredibly important resource—not only to us, but to future generations as well—and I look forward to providing compassionate, high-quality care to our clients and helping alleviate the stresses of caregiving for families. My children and I know how difficult it is to lose someone you love, and this is a driving force in my life for supporting others through tough times."

A very involved member of the Escondido community, Peters plays an active role in local foundations that

support people with disabilities, youth athletes, hospital patients and immigrants.

Senior Helpers caregivers are trained to offer the highest level of care possible based on the company's Senior Gems Alzheimer's and Dementia care program. Providing personalized in-home senior care, the program was developed in conjunction with nationally recognized dementia care expert Teepa Snow, Positive Approach,

SENIOR CARE / See Page 8

NATIONAL REPLACEMENTS

Super Crossword

<p>ACROSS</p> <p>1 Flynn of old films</p> <p>6 Hardly subtle</p> <p>13 Census datum</p> <p>16 Actor Belushi</p> <p>19 Primed</p> <p>20 Its capital is Bucharest</p> <p>21 Install, as tile</p> <p>22 Prefix with polar</p> <p>23 Old directory-assistance request, in Belmopan?</p> <p>26 Pan coverer</p> <p>27 Vitamins, e.g.</p> <p>28 "... -hawl!"</p> <p>29 Ale barrels</p> <p>30 Caesar of 1950s TV</p> <p>31 Add an inducement, in Stockholm?</p> <p>36 Rock band staple, in Doha?</p> <p>42 Galaxy unit</p> <p>43 Steelmaking places</p> <p>44 Divided-skirt garment</p> <p>46 Really anger</p> <p>50 — facto</p> <p>51 In the vicinity</p>	<p>53 Early TV comic Louis</p> <p>55 Contemptible</p> <p>56 Alternative to GPS</p> <p>58 Tart pie topping, in Sanaa?</p> <p>64 "Break —!" ("Do well!")</p> <p>66 Duo quadrupled</p> <p>67 Gets close to</p> <p>68 Dependents expecting meals, in Budapest?</p> <p>74 Mortise's counterpart</p> <p>75 Full-speed, archaically</p> <p>76 Place to live</p> <p>77 Really tough puzzle, in Manama?</p> <p>81 Like Bach's music</p> <p>86 Paul's "Exodus" role</p> <p>87 RR building</p> <p>88 Less effectual</p> <p>90 — lang syne</p> <p>91 Hip-hop artist</p> <p>94 Bona fide</p> <p>98 Radiate</p> <p>99 Jai —</p>	<p>101 Hand over a duty, in Thimphu?</p> <p>104 Beach Boys hit, in Kigali?</p> <p>108 Will be now?</p> <p>109 Locality</p> <p>110 Lav. in Bath</p> <p>111 Promise</p> <p>117 Deli salmon in Port-au-Prince?</p> <p>118 Orwell novel, in Port-au-Prince?</p> <p>123 Sch. URL ender</p> <p>124 Sporty truck, briefly</p> <p>125 Norm</p> <p>126 Ornamental ruffle</p> <p>127 "You're right"</p> <p>128 Actor Wass</p> <p>129 Argue in too much detail</p> <p>130 Long suit</p> <p>DOWN</p> <p>1 Land o' leprechauns</p> <p>2 Bausch & Lomb brand</p> <p>3 Balsa floater</p> <p>4 Sign of rot</p> <p>5 Greek harp players of old</p> <p>6 Chastain of women's soccer</p> <p>7 Pol Trent</p> <p>8 Gallic pals</p>	<p>9 Lao-tzu's universal</p> <p>10 Journalist Curry</p> <p>11 Pen tip</p> <p>12 — kwon do</p> <p>13 Vulcans, e.g.</p> <p>14 Dictionary of geography</p> <p>15 Needle hole</p> <p>16 Kentucky Derby drink</p> <p>17 — Montoya ("The Princess Bride" swordsman)</p> <p>18 Center</p> <p>24 Israeli leader</p> <p>25 Soap stuff</p> <p>29 Deborah of "The King and I"</p> <p>31 La — (Philadelphia university)</p> <p>32 Intl. commerce group</p> <p>33 Munch on</p> <p>34 Richard Gere title</p> <p>35 Fictional Solo</p> <p>36 Arabian ruler</p> <p>37 Lead-in to suction</p> <p>38 Snow queen in "Frozen"</p>	<p>39 Blockhead</p> <p>40 300, to Livy</p> <p>41 Pier</p> <p>45 Tangle up</p> <p>47 Pond flora</p> <p>48 Melon, e.g.</p> <p>49 Lea females</p> <p>51 "Tra" follower</p> <p>52 Producing an effect</p> <p>54 So-far nonexistent</p> <p>57 Carta lead-in</p> <p>59 Everest, e.g.</p> <p>60 Outer: Prefix</p> <p>61 High degree</p> <p>62 Conclude</p> <p>63 Premaritally named</p> <p>65 Duffel with workout gear, maybe</p> <p>68 "You could — pin drop"</p> <p>69 Far from cool</p> <p>70 "— any drop to drink"</p> <p>71 Egyptian — (spotted cat breed)</p> <p>72 Grafton's "— for Outlaw"</p> <p>73 Sharif of film</p> <p>74 Ski lift type</p> <p>78 Manna eater</p> <p>79 Donovan of "Clueless"</p> <p>80 Speak wildly</p>	<p>82 Waikiki site</p> <p>83 Cease</p> <p>84 Arm bone</p> <p>85 Early utopia</p> <p>89 "I'm not impressed"</p> <p>92 The old man</p> <p>93 Samara-dropping tree</p> <p>95 Green gp.</p> <p>96 Indian bread</p> <p>97 Amer. money</p> <p>98 County officer</p> <p>100 Pressed</p> <p>102 Less difficult</p> <p>103 Very dry, as champagne</p> <p>104 Bill — and His Comets</p> <p>105 Whittle away</p> <p>106 Infinity rival</p> <p>107 Adversity</p> <p>111 Starbuck's captain</p> <p>112 Pudding starch</p> <p>113 '60s hairdo</p> <p>114 Dark genre</p> <p>115 Unorthodox sect</p> <p>116 — Stanley Gardner</p> <p>118 Brazil —</p> <p>119 Bistro check</p> <p>120 Cain raiser</p> <p>121 Slithery fish</p> <p>122 Pro-gun gp.</p>
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SUBMIT CONTENT

Deadline for local article submission: 20th of the month for the next issue. Photographs submitted for publication should be hi-resolution (300DPI), unmodified originals, jpeg format. We cannot accept photos taken from social media sites such as Facebook. Email content and photos to Patricia Fox
LocalEditor@HiddenMeadows.news

Advertising
Joshua Sibelius
Advertising@HiddenMeadows.news

HIDDEN MEADOWS COMMUNITY FOUNDATION

SCHEDULED PRIVATE EVENTS FOR Hidden Meadows and Rim Rock Residents ONLY.

For College Scholarship Application Information
Please contact Bonnie via email at bonnie.metzger@icloud.com
College Scholarship Awards Night – Side Yard Public House
May 17th – 6pm ~ 9pm



Spring Festival ~ Saturday, April 22nd- Lower Parking Lot at the
Golf Course - 10am - 2pm

The event will be a huge success thanks to everyone in our Community. The HMCF WILL PROVIDE COMPLIMENTARY CARNIVAL GAMES. The kids can win tickets and redeem them at the prize booth. Thank you to our local businesses and our community organizations for participating in the festival. Along with the carnival games, there will be numerous activities this year which will include a Succulent Transplant Activity Table, A Hula Hoop/Hawaiian Dance station, Sweet Cheeks Cup Cake Walk, Sean The Dinosaur, Alexander the Balloon Twister 🎈, photo booth, SLIME Activity Booth, Roping Activity, Line Dancing with DJ RUIZ, \$1 slice pizza, BBQ, Cotton Candy, Soft Drink Station, The Doyle Whipped Guy and A HMCF \$5 fundraiser(Corn Dog, Popcorn and a water). Don't miss out on a special Hawaiian/Tahitian Dance performance by our very own Meadows resident Carly Harris. We are in for a treat!

Meet and Great with Community Members – The Market
June 10th – 8am ~ 11am

Luau Volunteer/Donor Appreciation Night – Side Yard Public House
June 14th - 6pm ~ 10pm

Fourth of July Parade – Lower Parking lot at the Golf Course
Sock Hop/Car Show • Trunk or Treat • Turkey Trot • Toys for Tots



NEW EVENTS ARE BEING PLANNED AS WELL!!!
Fundraisers, Beautification Projects and
Neighbors Helping Neighbors

Watch for details on these upcoming events in the Hidden Meadows News (Our Local Paper) And our Social media sites.

These events can't happen without your help. Please contact me at vickeyciarlanti@gmail.com to add your name to our list of volunteers or to make a donation. Donations can be made via Zelle at

HMCFDonate@yahoo.com or
www.HiddenMeadows.news/donate

5-Day Summer Adventure Camp For Kids

By Linda Collins / Resident

Escondido Creek Adventure Camp is a wildly engaging 5-day outdoor summer day camp. Campers explore the enchanting Elfin Forest Recreational Reserve, where they discover the natural world by hiking, playing, and conducting hands-on science! The wide variety of activities includes guided exploration, arts and crafts, games, science experiments, story time, visits from special live animal ambassadors, and more! Each of the five days at camp will have a different theme, including Exploration and Discovery, Plants and Pollinators, Amazing Animal Adaptations, Watershed Wonders, and Pollution & the Solution.

Each day begins and ends at Grape Day Park in downtown Escondido, allowing the campers the opportunity to observe the connection between the urban portion of the creek upstream and the more natural section of the creek downstream, plus it allows them the chance to use the playground and socialize with their fellow campers. We provide transportation from Grape Day Park to Elfin Forest and back.

Last year, this camp cost \$275 per child. 2023 costs have not yet been set.

For more information, see the Escondido Creek Conservancy website, escondidocreek.org, or email information@escondidocreek.org.



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Upcoming Events - Escondido Creek Conservancy

By Linda Collins / Resident

Don't miss these great events offered by the Escondido Creek Conservancy!

4/15 Shrub Club - Come get your hands dirty and help with a project on one of the Conservancy's sites here in North County. Meet some great people who also love being out in nature and making a difference. Sign up today! <https://www.eventbrite.com/o/the-escondido-creek-conservancy-35925539663>

4/20 Conservation Conversations at the Elfin Forest Interpretive Center. Watch Eventbrite for details. <https://www.eventbrite.com/o/the-escondido-creek-conservancy-35925539663>

5/6 - Hike Harmony Heights:

Harmony Heights Preserve is the Conservancy's hidden gem, located high above San Marcos, Harmony Grove, and Elfin Forest. Throughout the hike you will experience one of the most beautiful views in all of San Diego County, which on a clear day could include the ocean and islands. We promise this will be an adventure you will long remember! This hike will require participants to be

capable of hiking 2 total miles on a dirt road down a moderately steep grade and back. Children of all ages who love to hike are welcome!

Sign up here: <https://www.eventbrite.com/o/the-escondido-creek-conservancy-35925539663>

5/20 Shrub Club - this one is tentatively planned for the Mountain Meadows Preserve, which is right here in Hidden Meadows. Come check out the Preserve, help us with a project, and learn how we can help protect native plants and animals.

Wednesday Weed Team, Mountain Meadows Preserve. Do you like to dig in, get your hands dirty, and make a difference? The Wednesday Weed Team meets every Wednesday at 9am (weather permitting) to work on a land project. We've weeded and prepped the slope behind the new office building to plant with native succulents. We've repotted seedlings in the nursery, and we've cleaned up recently restored areas in the preserve. There is ALWAYS plenty to do! Want to help? Let me know and I will keep you posted on our activities.

linda_j_collins@sbcglobal.net

REDUCE YOUR TAXES BY UP TO 100%

Taxable Income	Customary Taxes	The Taxes You Are Required to Pay	Money Earned on The Unpaid Taxes Over 20 Years	Tax Rate You Pay on the Money You Saved Over 20 Years
\$500,000	\$153,718	\$0	\$622,669	.02
\$1,000,000	\$400,128	\$0	\$1,245,339	.02
\$2,000,000	\$1,000,961	\$0	\$2,490,678	.09

The above example is a simplification. It does not take into account factors such as compound interest, fees and costs of investments, changes in your income or in tax rates from year to year, performance of the stocks you invest in, or your personal/corporate tax situation

Estate Planning • Asset Protection • Medi-Cal Qualifying • Charitable Gifting

The IRS allows you to hold on to your income taxes instead of paying them to the federal government. You are allowed to use those unpaid taxes to generate additional income for yourself while the feds agree to not collect those unpaid taxes.

The income you earn from those unpaid taxes grows **tax-free**, and, when disbursed to you, are generally taxed at less than 10%. Often, the disbursement is taxed at only 3-4%.

As with all things permitted by the tax code, there are hoops to jump through and pitfalls if you don't follow the law.

MY NAME IS MICHAEL BUSTILLOS. I am an attorney with over thirty years of experience in Estate Planning and Asset Protection.

I live down the street from you, here in Hidden Meadows.



Luis Michael Bustillos
Attorney and Counselor-at-Law
Call me at 760-705-6062,
or email me at
Michael@LMBustillos.com
for a complimentary consultation.

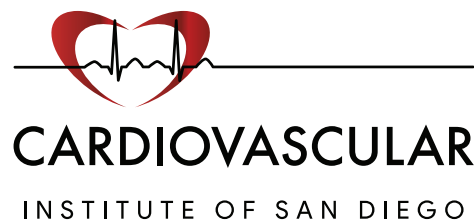
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PATIENT TESTIMONIALS

- ♥ "I had a heart attack. Dr. Moussavian came to my rescue and saved my life." - **Cameron**
- ♥ "My son had some chest discomfort. We brought him to CVISD and Dr. Moussavian and his team were amazing, very professional. They made us feel calm and safe." - **Sergio**
- ♥ "I like the service that I get at this office. They are always very friendly and attentive." - **Arturo**

SAN MARCOS LOCATION: 955 Boardwalk #100 • San Marcos, CA 92078
ESCONDIDO LOCATION: 488 E Valley Pkwy #107 • Escondido, CA 92025



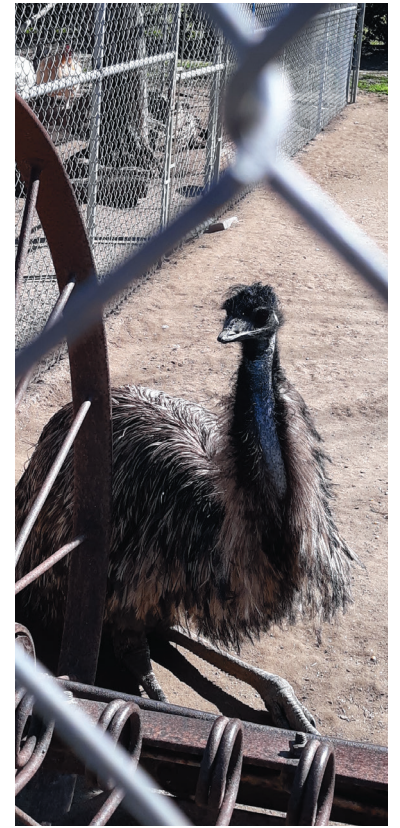
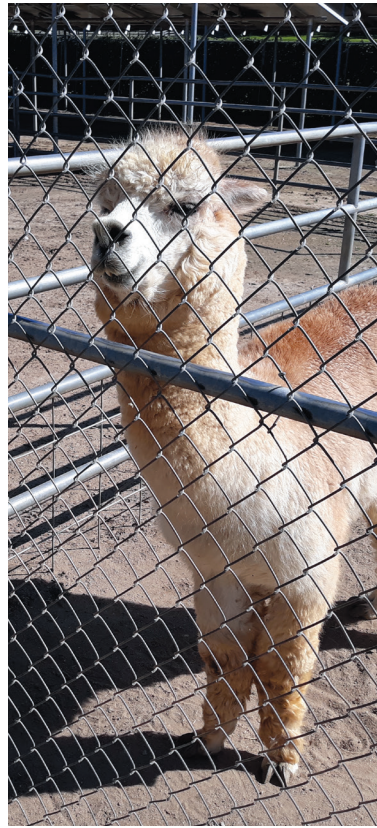
Mehran Moussavian, DO • Burhan Mohamedali, MD • Steven K. Carlson, MD • Milind D. Parikh, DO
Meena Narayanan, MD • Deepthi Sudhakar, MD • Abhishek Shah, MD • Hulbert Do, MD

I Am Going Nuts

By Idalia Rewar

After being sequestered for 2 years with the COVID epidemic, aargh! I was ready to smell the roses, breathe the fresh air and socialize. A good way to do this is going on day trips with like-minded seniors. Since being alone all that time – going a little nuts - I signed up at the Vista Senior Center for a trip to the Bates Nut Farm in Valley Center. The day was a little cool so it was perfect for the outing. We met at the Vista Senior Center, checked in, and off we went on a small bus. There were 20 or so seniors. I sat next to a very interesting lady who shares my love of painting and travel. So it was pleasant to chat about common interests. At our arrival to the farm we were greeted by our guide. After the introduction, she gave us a short history of the Farm.

A gentleman named Gilbert Bates and his family purchased the Walnut Slope Ranch in Valley Center in 1921 which now consists of 8 acres. The farm is now manned by 4th and 5th generation Bates family members. Although it started as a walnut farm, it evolved and now the Bates purchase and sell nuts from all over the world. The variety of nuts include almonds, pistachios, pecans, peanuts, macadamia, etc. Due to the Farm's popularity, the Farm is visited by hundreds of people annually. The Farm is surrounded by mountains and trees and lots of greenery. Very peaceful. I was surprised to find that they hold many



BATES / See Page 10



I-15 PAVEMENT REPLACEMENT in Escondido and Unincorporated San Diego County



UPDATE:

On February 16, 2023,

temporary concrete barriers were placed to close the outside lane and shoulder on SB I-15 between Deer Springs Road and SR-78.

This closure will be in effect 24 hours per day for 8 months. When the work is complete, crews will reopen the newly paved SB lane and shoulder and immediately switch to closing the NB outside lane and shoulder with concrete barrier. This closure will be in effect for 24 hours per day for 8 months on NB I-15 between SR-78 and Deer Springs Road.



Improving the Freeway

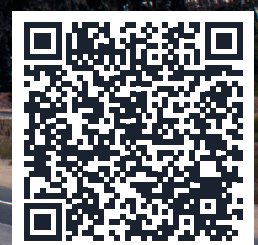
The project will provide a superior, long-lasting roadway that improves driving comfort and reduces future maintenance and construction efforts. Less maintenance and construction in turn reduces traffic impacts for the traveling public and improves safety for both highway workers and motorists.

What to Expect

Construction began late Summer 2022 and should be completed by early 2025. The public will be notified of any weekend ramp closures. At the conclusion of the work, motorists will see and feel an improvement in ride quality and benefit from the increased service life of the roadway.



Scan the QR code for more information



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 ct.public.information.d11@dot.ca.gov

The SELLER'S FAIRE returns!

By Michelle Zipse and EV Trivoli / Residents

Make a calendar note right now ... the first Seller's Faire of 2023 is coming on Sunday, April 16 from 10 am to 2 pm in the lower parking lot of the Golf Clubhouse, with 60+ vendors expected. Please note the new time.

Come check out the variety of crafts, jewelry, homemade pens, creatively sewn items, cookies and more. The always-popular bake sale will be in full swing for this first date, so be sure and stop there. Our local volunteer bakers will be show casing all your favorites. Proceeds from the bake sale benefit the Hidden Meadows Foundation, so be sure and pick up a yummy treat!

We also welcome back Dale, the knife sharpener from Blade Wright Sharpening. Bring your knives, garden tools or anything with a blade. Dale will sharpen it up and get it ready to go. And don't miss the safety-related booths! Come talk to the Fire Safe Council. They'll be on site to educate our residents about what to do in case of a wildfire (still - always - a concern even with the storms that have pounded the region). CERT (Community Emergency Response Team) will be there too, to get to know the neighbors and give us tips about how to handle emergency situations. If you're interested in volunteering with either of these groups, now's a great time to chat with them.

And... hungry? Before or after the Seller's Faire, grab some breakfast or lunch items at our local small businesses.

Now that the storms are (hopefully) over, we hope to see you back outside, at the Seller's Faire. It's a great opportunity to support The Foundation, chat with your neighbors and make some new friends. We ALWAYS welcome helpers (there is plenty to do and we have a great time), so if you'd like to get involved with the Seller's Faire, you're most welcome.

Please reach out at hmsellersfaire@gmail.com



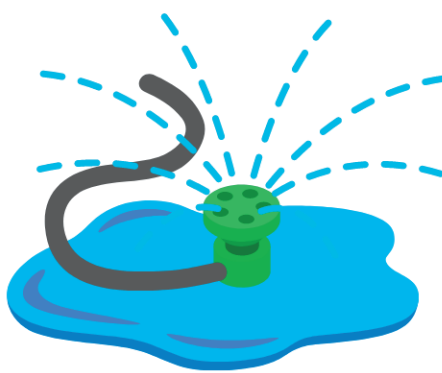
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SENIOR CARE / From Page 3

LLC. The company's Parkinson's Care Program is a specialized training program for their caregivers created in conjunction with leading experts from the Parkinson's Foundation's Centers of Excellence network.

The newest Senior Helpers franchise office is located at 111 North Broadway, Escondido, CA 92025. For general inquiries, please visit www.seniorhelpers.com/ca/san-diego-north/ or contact Cort Peters at (442) 777-7437 and email cpeters@seniorhelpers.com. For information about available caregiver positions, please email apply@seniorhelpers.com.

Escondido Rotary Foundation to host 19th Annual Coeur De Cuisine

The Escondido Rotary Foundation is hosting its gala, the 19th annual Coeur De Cuisine, on April 23, at the California Center for the Arts, Escondido. This year's gala will feature a speakeasy theme, complete with prohibition-era decor. Guests will enjoy all-inclusive offerings from local restaurants, breweries, and wineries—as well as a silent auction with a wide range of items up for bid.

The event will begin with a sponsor reception at 3:30 p.m., followed by the gala at 5 p.m.

Attendees are encouraged to dress in 1920s-style attire to fully immerse themselves in the theme.

Proceeds from the gala will support local nonprofits, youth scholarships, and international projects. The Escondido Rotary Foundation has a long history of supporting the community

through various initiatives, and this event is no exception.

"We're thrilled to host this year's gala and provide an opportunity for the community to come together in support of our local nonprofits and youth scholarships," said Step Holden, trustee of the Escondido Rotary Foundation. "The speakeasy theme adds an extra level of excitement, and we're looking forward to seeing everyone dressed up and having a great time."

Tickets for the gala can be purchased online at www.coeurdecuisine.org/. Sponsorship opportunities are also available for businesses and organizations interested in supporting the cause.

For more information, contact Colleen MacKinnon at cdmescondido@gmail.com.

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Hidden Meadows Community Resources

Community Emergency Response Team (CERT)

Contact Marc Weissman at 760-525-5170 or marcweissman11@gmail.com.

Community Sponsor Group

Contact Chairman Jim Chagala, at 760 751-2691 for more information.

Hidden Meadows Neighborhood Watch

Please join our facebook group: Hidden Meadows Neighborhood Watch. We'll share neighborhood information, safety tips, and news of future events.
Contact Info: Erik Tyler 442-235-9060 erikdtyler@gmail.com

Deer Springs Fire Safe Council

Contact Steve Kerrin at 760-807-1141.

Emergency Communication System

To register, visit www.deerspringsfiresafecouncil.com.
An information hotline is updated during emergencies or noteworthy events and may be called 24/7 at 949-472-1407. Red flags are placed on the "Fire Danger Signs" during red flag warnings.

Homeowners Associations

The Meadows Homes Association (MHA) 760-749-7278
Rimrock Homeowners Association 760-749-4008
Hidden Meadows Ranch Homeowners Association 760-407-7575
Silverado Management Services
Oak Meadows Glen Homeowners Association 760-749-4796

Organizations

Garden Club

Contact Frances Munk at francesmunk17@gmail.com

Hidden Meadows Bridge Group

We play bridge at the MHA Pavilion every Wednesday from 10:00AM to 2:00PM. Please call Curt Bruce at 442-222-0821 if you'd like to join us.

Hidden Meadows Community Foundation (HMCF)

Contact Michele Zipse at HMCF2023@gmail.com.

Ladies Bible Study

Contact Debbie Hamer at 760-297-1278 or Stephanie Swadell, 619-993-4631.

Tennis Club

Contact Katy Freeze at 760-749-9722 or clarkfreese@gmail.com.

Women's Golf Club

Contact Ellen at 760-749-1190

Women's Social Group

email to hmwsg92026@gmail.com.

Yoga

Contact Joanne Boessow at 760-751-0261 or mljab33@cox.net for more information.

Answers

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BOOK REVIEW - By Lynn Clark

This is the fourth book written by Karen Cleveland. She is a former counterterrorism CIA analyst, and her background helps her come up with some really exciting books.

"The New Neighbor - by Karen Cleveland - political thriller

Beth Bradford loves her neighborhood. She lives on a cul-de-sac. She knows all of her neighbors because, like Beth, they are all government employees that work in different departments for the CIA.

The last of her three children has just entered college, and it is time to downsize to a condo with her husband. Her home life has been perfect, and her counterterrorism job is challenging; but things are about to change...and not for the better.

Her husband tells her he is moving out. He has found someone else, and their marriage is over. Her next shock comes when she goes to work, and finds out she has been seriously downgraded from her former position. She is now in another building and everything in her office has been removed. She is not hunting terrorists, she is now teaching new agents.

For years she has been trying to find Reza Karimi. He is an Iranian terrorist: a foreign agent that has been put in place to recruit employees, and infiltrate the government. She knows she is close, but apparently her time is up. Someone else has been put in her place. It's an insult to her because it is a female FBI agent, and she is moving into her old home with her family.

So in one short week Beth loses her husband, her home, and her job; but Beth is not a loser, and she sets out to prove it to "everyone". This ending is a little scary because Beth really doesn't know everything!

I love Karen Cleveland's books. They are "hard put down" books that I can demolish in 2 days time and I am never disappointed.

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BATES / From Page 6

different events throughout the year such as: birthday parties, weddings, country yard sales, Spring food festivals, craft fairs, car shows, dog shows, weekend family camping, and many other activities. They derive their main income mostly from their famous huge pumpkins that they sell to companies and organizations. Their pumpkin patch is the largest in San Diego. I took my grandkids there when they were small children to get 2 pumpkins. I remember riding them around in a huge wheelbarrow seeking for the best pumpkins to take home. And believe me, there were hundreds to pick from. The kids loved it and had a great time!

After our short lecture the guide diverted us to the buffet table for our lunch – consisting of BBQ roast beef (super delicious), ham, baked beans, cole slaw, butter rolls and drinks. All the food was good and tasty. Eating sitting on a picnic bench under the sun was ooh, so nice to warm up. On the table were packets of trail mix for each of us and a packet of corn to feed the animals. A lecture followed on the history of the nuts in their farm. I was surprised to find out that most of their nuts are grown elsewhere and that most nuts are grown on trees, but that peanuts are grown on the ground like a bean. An illustration followed on the correct way to crack a walnut. We then went on a tour of the premises to the roasting, packaging, and storage rooms. However, the nuts are local and from all over the world raw, (they roast the nuts in coconut oil, at 350 degrees for 5 minutes), package, and store them to be sold on their premises. I asked how long do they keep the nuts in storage – the guide said they will stay good for a year in cold storage and that the healthier nuts to eat are walnuts and almonds.

On to the shopping! They have a main store where they sell all kinds of



LAST CHANCE SURVIVAL SIMULATION WORKSHOP

DEER SPRINGS FIRE SAFE COUNCIL

The Last Chance Survival Simulation Workshop was developed to empower residents in high-risk, wildfire prone communities to prepare for evacuation and potential wildfire entrapments. Each year, it becomes more apparent that there is a need to enhance wildfire safety and evasion training for at-risk communities. That's why the Fire Safe Council of San Diego County is piloting the very first of its kind Last Chance Survival Simulation Workshop.



About the training:

- Free to local residents, this one day, in-depth course covers recognition primed decision-making, open-source fire intelligence, contingency planning, and other practices that may enhance the likelihood of surviving a fire entrapment scenario.
- This course expands upon "Ready Set Go", a widely accepted statewide standard for wildfire preparation, and builds on topics covered in the "Fire Operations in the WUI" workshop.
- In the afternoon, we'll take the case studies, planning models, and other information covered, and apply it to your community's unique landscape and challenges by simulating an evacuation and visiting "Temporary Refuge Areas".

Workshop Logistics:

When: Saturday, April 22nd, 2023

Time: Registration begins at 8:30am. The workshop will run from 9am-3pm.

Location: Hidden Meadows Community Pavilion, 28208 Meadow Glen Way West, Escondido, CA 92026

- Refreshments and lunch will be provided.
- [Register for this free workshop on our website here.](#)
- For more information, or support signing up, please contact Morgan Graves at the FSCSDC - morgan.graves@rcdsandiego.org or 619-562-0096.



This workshop is hosted by the Deer Springs FSC & administered by the Resource Conservation District of Greater San Diego County, in partnership with the Fire Safe Council of San Diego County. Funding for this project was provided by in part by a grant from the California Department of Forestry and Fire Protection as part of the California Climate Investments Program, through the California Fire Safe Council, and in part through funding provided by San Diego Gas and Electric. Special recognition is given to the workshops originators. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability.



nuts, dried fruits, candy (the best seller candy is taffy), chocolates, tea & accessories, gift packs, etc. Of course I bought something – chocolate covered almonds and trail mix for my son. Next

door the original barn became a small boutique store that has hats, some clothing, jewelry, and various souvenirs that tourists just can't do without! After the shopping we all headed over for a tractor/hay ride - a bit bumpitty-bump, but fun, and at the end of the ride the driver parked by the animal area where the animals were saying "hurry up slow pokes, give me my corn". There were: horses, sheep, some baby goats and some greedy large goats, chickens, turkeys, a huge hog, 2 llamas (one smiled as I took her photo – and winked at me - plans to be on American Idol), and a huge not so good-looking grey emu (he better have money, because with his looks, he will have a hard time finding a good looking emu (or emi, whatever). We then fed the corn to the animals. You put the corn in your stretched hand and they suck it to their mouth with their long tongue. I had never done that, it was weird, Yuk!! I was afraid of being bitten. I could not see any teeth. Looked it up on Goggle. "The goat does have teeth on the top and bottom of his jaw further back in his mouth." However, in another definition: "Goats lack upper incisors, instead, a hard dental pad on the frontal part of the upper jaw serves in place of teeth." So there you have it – a yes and no answer. A very nice person

gave me a wet disinfected paper towel to wash my goatee hand. Thank you. But there were a few gigantic goats who were super greedy and would rush and climb up the fence to get your attention to feed them. Not me... I felt the baby goats were growing and needed the nourishment –so I waited until the big goats were fed by someone else, then I rushed to feed the babies. You have to outsmart those goats (I read a book on how to do that) - not really. The area also has owls, racoons and other animals in their surroundings. We came to the end of our tour. All Aboard!! It was a great way to spend the day – eating, learning about real nuts (not the human kind, we know enough about those), and how to outsmart greedy goats that did not show their teeth. It is nice to know that there are places in our area like the Bates Nut Farm where you and the family can enjoy a day out with little fuss, inexpensive and not too far. However, do not go on weekends, the place is crowded, warned the tour guide – (she suggested to come late Sept. or late Oct.). Until we meet again. Baa, baa (it's contagious)!!

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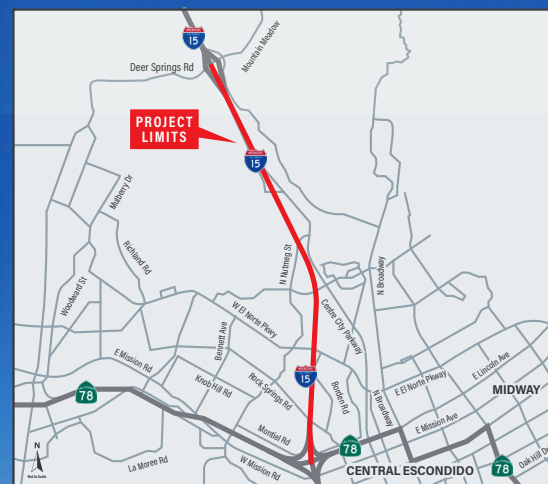
RESTAURACIÓN DEL PAVIMENTO DE LA I-15 en Escondido y la Zona No Incorporada del Condado de San Diego



ACTUALIZACIÓN

El 16 de febrero de 2023, se colocaron muros de contención temporales para cerrar el carril y acotamiento exteriores de la I-15 sur entre Deer Springs Road y SR-78.

Este cierre será efectivo las 24 horas del día durante 8 meses. Al finalizar la obra, las cuadrillas reabrirán el carril y arcén al sur recién pavimentados y procederán inmediatamente a cerrar el carril y acotamiento exteriores hacia el norte con un muro de contención. Este cierre estará en vigor 24 horas al día durante 8 meses en la I-15 en dirección norte entre la SR-78 y Deer Springs Road.



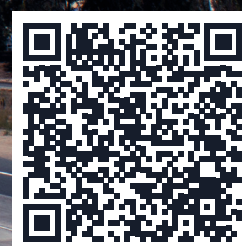
Lo que puede esperar

La construcción dio inicio a finales del verano de 2022 y deberá terminar a principios de 2025. Durante las obras, algunos tramos en ambos sentidos dentro de los límites del proyecto se reducirán temporalmente a tres carriles con el cierre a largo plazo del carril exterior y del acotamiento detrás de una valla de concreto. Al finalizar las obras, los automovilistas notarán una mejora en la calidad de la conducción y se verán beneficiados por la prolongación de la vida útil de la carretera.

Mejorando la carretera

Este proyecto proporcionará una superficie duradera y de gran calidad que hará el trayecto más cómodo y a su vez reducirá los esfuerzos de mantenimiento y construcción en el futuro, reduciendo así el impacto sobre los viajeros y la exposición de los trabajadores en la carretera.

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SPRING FLING AT JACQUIE'S PLACE

By Michelle Zipse and EV Trivoli / Residents

The Hidden Meadows Women's Social Group met at Jacquie Hughes' home on an unusually cold and rainy evening in March. Jacquie and her family moved to Hidden Meadows at the end of 2021. They've got a lovely home in the cul-de-sac of Par View Court, with large picture windows that offer up a wonderful view of the golf course and surrounding scenery. There's also an expansive patio out back that would have made a great place to socialize... but not this time! So... inside, we were.

Despite the weather, about 25 women came out to meet, catch up, connect, and share delicious food and desserts. Everyone brought something to share. There was eggplant parmesan, a shrimp jambalaya courtesy of Karla Fernandez; Irish soda bread, more shrimp, gourmet cheeses and crackers and more. EV Trivoli's salad was a hit (But really it was just a couple of pre-bagged salads from Trader Joes, with dressing and mix-ins!). The desserts were especially impressive. Gwen Dana brought some friends with her, and a really yummy berry trifle. I didn't realize how good it was until I was on my third helping. Larysa Bueschel made a German chocolate cake that everyone was talking about. The vanilla loaf cake looked almost too good to eat (but we managed). Other tasties included brownies and cinnamon rolls.

Jacquie - besides being a wonderful hostess - is also an artist, author

and illustrator. She set up a crafts table with creative supplies, so you could decorate a (wooden) Easter egg. This was NOT the "dip the egg in the vinegar and food coloring mix" experience we grew up with, not at all. This was amazing. There was an egg-spinning device that turned the eggs, and then you added colors, rhinestones and little puffy dots. I think everyone was surprised at the masterpieces they created! Really fun.

Jacquie showed everyone her garage-based artistic area where she recently illustrated her new children's book, *Lizzy & Snart*. It's got an inspiring message for young readers about what brings authentic value in life. It's featured for sale at the Hidden Meadows Market; check it out!

With so much great food, drink, conversation and arts and crafts time, it went by too quickly. Thank you Jacquie (and family) for your hospitality!

The Hidden Meadows Women's Social Group does a bunch of different activities every month. Our evening social takes place at a different member's home each month; it's really nice to get out to different parts of the community. There's also a monthly luncheon, and game nights like Mahjong, Mexican Train and Bunco.

Getting together with other women in Hidden Meadows helps us have fun and stay connected.

Want to join? Please email: HMWSG92026@gmail.com and we'll add you to the list!



Mommy, how is the market?

MARKET TRENDS
Average Sold Price: \$946,470

MARKET TRENDS
Average Days on Market: 25

Simona told me on 3/24 there are only 10 properties for sale in HM!

Oh, that is why marketing time is so low and most properties are getting multiple offers again!

MARKET TRENDS
Average Sold vs List Price: 100%

What is happening in HIDDEN MEADOWS

Market Report

APRIL | 2023

► Address ► BD/BA/SF ► Listing/Selling Price

ACTIVE		
Sage Hill Way	4/3/2,910	\$1,275,000
PENDING		
Faircrest Way	3/3.5/2,819	\$950,000
CONTINGENT		
Gladstone Court	3/4/3,111	\$1,499,000
SOLD		
28315 W Meadow Glen Way	3/2.5/1,775	\$744,000
10126 Lake Meadow Lane	3/2.5/2,431	\$849,000
28357 Cavalier Court	3/2.5/3,870	\$1,400,000

JUST SOLD!

10126 Lake Meadow Lane • 3/2.5/2431 • \$845,000
Days on Market: 0

Simona Giuffrida, Relocation Specialist, CIPS (Certified International Properties Specialist) and VA certified REALTOR®

619.370.4257

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