

HIDDEN MEADOWS



FEBRUARY 2024

NEWS

Vol 8 No 2



Ladies of the HMWSG

Women's Social Group Throws a Festive Mardi Gras Bash

By Michelle Zipse / Resident

Hidden Meadows, a picturesque community, recently witnessed a vibrant celebration as the Women's Social Group came together for their monthly gathering. This month's theme was none other than the lively and colorful Mardi Gras, turning Dannielle Milliken's home into a dazzling display of gold, emerald green, and royal purple.

Dannielle, originally from New Orleans, took charge of the festivities, bringing a touch of authentic Mardi Gras spirit to the gathering.

The venue was adorned with Mardi Gras masks, beads, and boas, setting the stage for an evening filled with joy and camaraderie.

Approximately 35 ladies attended the event, showcasing the strong sense of community within Hidden Meadows. Each participant contributed to the potluck-style feast, offering a wide array of delectable dishes that left everyone spoiled for choice.

The highlight of the culinary delights was the assortment of gumbo dishes, fitting perfectly with the Mardi Gras theme. Attendees savored three different kinds of gumbo, each a testament to the diverse culinary skills within the group.

The red beans and rice, prepared to perfection, added an extra layer of flavor to the feast.

Karen Soriano's au gratin potatoes, crafted from scratch, brought a nostalgic touch, reminiscent of grandmothers' comforting recipes. The dish was described as cheesy, creamy, and a true crowd-pleaser. As the night progressed, attention turned to the dessert table, where the group was treated to an array of sweet delights. Gwen Dana, renowned for her baking prowess,

presented a decadent chocolate mousse cake that left taste buds yearning for more. Vida's pistachio pudding was hailed as a heavenly creation, living up to its name with every spoonful.

Sima contributed a sweet nougat, adding a delightful texture to the dessert spread. However, the pièce de résistance was Bonnie Metzger's King Cake, a must-have for any Mardi Gras celebration. Complete with the traditional hidden baby,

BASH / See Page 11

WINTER FOOD DRIVE

By Nancy Ogrod / Resident

Please mark your calendars NOW!!

Saturday, February 17, 2024, from 9 am to 2 pm at the Boulder Oaks Golf Course – Clubhouse, 10333 Meadow Glen Way East

Now that the holiday season has passed, the shelves at Interfaith are beginning to have blank spots. Mr. Kim will again allow us to be in front of the Golf Clubhouse for the winter food drive.

Please bring your non-perishable, UNEXPIRED, canned, bagged, or boxed food items or fresh fruits or vegetables to the clubhouse between the hours of 9:00 am and 2:00 pm on Saturday, February 17th. You can stay in your car; I will be happy to take your donation out of your back seat or trunk, especially if the weather is not sunny and bright.

Your generosity in the past has helped many families by filling Interfaith's cupboards. Please, help again. Some food items that are always needed are:

Mac & Cheese (Box or Individual Serving) • Spaghetti Sauce & Pasta (Dried) • Pasta Meals, Spaghetti O's (Canned Only) • Hearty Soups, Stew, Cup of Noodles • Canned Meat, Beans, Chili & Tuna • Canned Fruits or Vegetables (Corn or Green Beans) • Rice & Beans (Dried) • Peanut Butter & Jelly (or Jam) • Cereal — Family-sized Boxes • Microwavable Foods & Meals (Packaged to heat and serve.) • Pop-lid Canned Foods • Nuts, Raisins, Cheese 'n Crackers, Granola Bars. Often not thought of, but greatly needed are canned or dry milk & Can Openers. Other items that are always needed are diapers, baby food, & toiletry items.

If you would like to help, or if you are unable to deliver your donations to the drop site, please contact Nancy Ogrod by calling at 760-749-7023 or e-mail at n.ogrod@yahoo.com before February 16th.



Nancy Ogrod, Valerie Spearman

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LIGHTS! CAMERAS! ACTION!

By Daisy Tanner / Resident

Hello fellow neighbors,

Are you 50 or older? Looking for a fun new hobby that impacts both you and the community?

PACE-TV (Public Access Communication by Elders) is an award-winning nonprofit community television production company that has produced over 1000 shows in 45 years. Our goal is to inform, educate and/or entertain through the productions of shows that focus on non-profit organizations as well as inspiring stories of the people within our greater San Diego communities. These shows are aired not only throughout San Diego County on Spectrum, Cox and U-Verse, but also throughout the country on Roku and YouTube.

We are an all-volunteer, public benefit 501(c)(3) organization of seniors who provide a unique perspective that only comes from living life over half a century.

Whether you're a beginner or a seasoned pro, come join PACE-TV and discover the art of television production. As a member you will be taught all the various positions involved in producing one-half hour television shows. How to operate the camera, lighting and audio equipment. Become a director or producer. Host and interview guests. You may share your ideas for a show or a series. No television or video experience is necessary.

PACE-TV meets on Tuesdays at our Escondido studio. I've been a member at PACE-TV for 13 years and Love it!

Please visit our Website to read more about us and watch some shows on YouTube. Hope to hear from you soon and join the fun!

To view our website, please visit: www.PACE-TV.ORG

Our YouTube channel is:
www.youtube.com/pacetyproductions (click on "Videos")

For more information about membership, please contact:
info@PACE-TV.org



Members of PACE: Marlene, Raj, Ginny, Ernie, Lori, Daisy, and Kevin

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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.

27854 Dogwood Glen • Hidden Meadows, CA

LAKE WOHLFORD

Rainbow trout planting this week

Park hours: 6 a.m. – 5:30 p.m. (Open seven days a week)
 Dock closes: 5 p.m.
 Last Plant: 1,200 lbs. of rainbow trout the week of January 14-20.
 Next Plant: 1,200 lbs. of rainbow trout the week of January 28 – February 3.
 Water temperature: At surface 54.68 f., 11.83 D.O. @ 15' 53.06 f., 10.91 D.O.
 Water level: Lowlevel, private watercraft are currently banned.

Permits and boat rentals are sold at the Ranger Station. The rangers can take credit/debit only, no cash transactions. They do not sell fishing licenses, so anglers must obtain them elsewhere prior to their visit. The all-day motor boats are \$25 for seniors on Tuesday and Thursdays and to active military every Saturday.

In order to protect Wohlford from invasive exotic Quagga mussels there is a ban on private watercraft and equipment that could have been exposed to mussels. Restricted equipment includes; private boats, canoes, kayaks, float tubes, trolling motors, fish finders, anchors, and other equipment that contacts the water.

The trout bite slowed this week with the water being stained from the rain and then some wind as well, said Ranger Specialist George Scalo. "The water is starting to clear up and there is a plant scheduled for this coming week so things should pick up before the next rains set in. In murky conditions having some scent on your bait can make all the difference," he said.

Largemouth bass can be found lurking around structure. Bass are hitting swim-baits, crawdads, or dark colored plastics.

Catfish can be found throughout the lake, but bite best at either end. Lake Wohlford cats prefer cut mackerel, shrimp, or chicken liver.

Each month Whopper Contest winners in four categories are awarded a free fishing and boating permit. Contest winners must legally catch their fish at Lake Wohlford and have it weighed in by a Wohlford ranger on the lake's scale. For information on the contest or fishing conditions, contact the Ranger Station at (760) 839-4346.

To view current fish photos, visit: <http://www.wohlfordlake.com>

Public art project invites applications

The Escondido Community Foundation (ECF), a regional affiliate of San Diego Foundation (SDF), this week announced a new grant cycle. ECF is inviting qualified artists or nonprofit arts organizations to submit their qualifications to create public artwork that offers broad community benefits such as fostering a sense of place, enhancing Escondido's image and identity, and heightening community exposure to and appreciation of the arts.

"This is the second phase of our Arts and Beautification Initiative, which will work with the City of Escondido, California Center for the Arts, Escondido and local artists," said Lisa Ruder, ECF member and chairman of the foundation's Special Projects Operations Team. "Our goals are to enhance the image of Escondido, increase community pride while supporting underrepresented artists, and encourage community-based, interactive designs that will engage the public in meaningful ways."

ECF is hosting a grant seekers forum at 4 p.m. on February 12 on Zoom. During the forum, SDF, California Center for the Arts, Escondido, and city of Escondido staff, along with ECF volunteers, will be available to answer questions about the grant process for "Art Speaks: Escondido" and help artists who are considering whether to submit a proposal, also known as a Request for Qualification (RFQ). If you are interested in attending the forum, RSVP to Eve Childs at echilds@sdfoundation.org by February 11.

The RFQ is the first step in a two-step process, which will facilitate the allocation of funding for Escondido-centered projects. RFQ submissions must be submitted by 5 p.m. on February 20, 2024. RFQ guidelines, including directions on how to register and apply, can be accessed at www.escondidocommunityfoundation.org.

Organizations and artists that are moved forward through the RFQ process will be invited to submit a full proposal for art projects ranging from \$15,000 to \$50,000 by May 15, 2024, and will be provided a small stipend for their time. All artwork is to be placed in the city of Escondido.

To become an ECF member, visit the website or contact Trudy Armstrong at trudy@sdfoundation.org.

Highland Way to perform Celtic music at CCAE March 14

The California Center for the Arts, Escondido will host Highland Way on March 14 at 7 p.m. in the Center Theater. This evening promises the rich sounds of Celtic music, featuring a blend of traditional tunes and contemporary favorites.

Highland Way, composed of seasoned studio session musicians, has a reputation for delivering exceptional performances across a diverse range of venues. From high energy festivals to performing arts theaters, and from Scotland to California, Highland Way's music resonates with audiences worldwide. The band's extensive repertoire allows them to tailor their show to the unique preferences of each audience.

Led by the native Scot with a charming Glasgow accent, Brian Caldwell, Highland Way brings together a talented ensemble of musicians. Paul Graham Castellanos on fiddle, mandolin, guitar, and banjo, Sharon Whyte on accordion and keyboards, Bob Sale on percussion and drums, Glen Fisher on bass, and the master of guitars, Jim Soldi, collectively create an unforgettable musical experience.

The performance will take place at the Center Theater. Tickets are available at artcenter.org and range of \$20-\$35. The show is presented in partnership with Escondido's O'Sullivan's Irish Pub. Attendees who visit O'Sullivan's before or after the show with their ticket will receive an exclusive 10% discount.

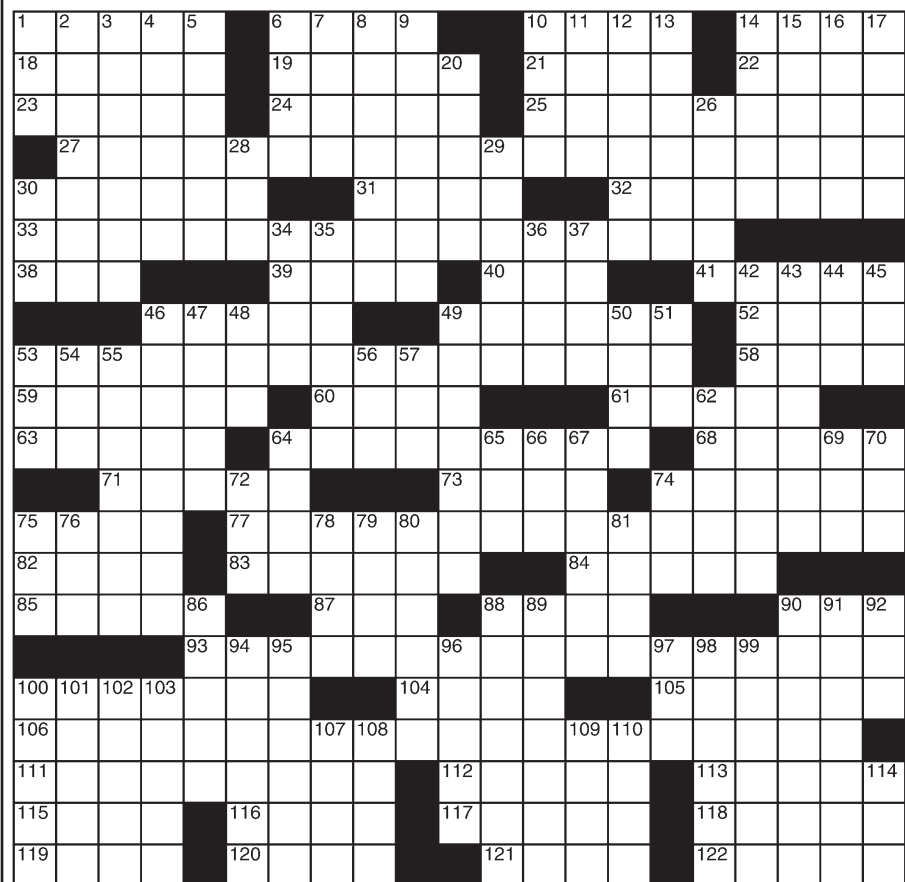
"We are delighted to bring Highland Way to our audience for a night of enchanting Celtic music. The band's ability to seamlessly blend traditional tunes with contemporary flair is truly a treat for music enthusiasts," said Benjamin Mann, Director of Event Operations at the California Center for the Arts, Escondido Foundation.

For ticket information and to reserve your seats, visit artcenter.org or contact the California Center for the Arts, Escondido Foundation box office at 800-988-4253.

Super Crossword

UNSPOKEN BEVERAGE OF CHOICE

- | | | | | | |
|----------------------------------|-----------------------------------|-------------------------------------|--|---|-------------------------------|
| ACROSS | 52 Trivial lies | 100 Devotee | 7 1993 siege site in Texas | 45 "Tut" relative | 74 CAT scan relative |
| 1 Out on — (in potential danger) | 53 Riddle, part 3 | 104 Tombstone lawman | 8 1952 Walt Kelly comic strip collection | 46 Flees from flower petals | 75 Three, in Milan |
| 6 "I'm just sayin'," in a text | 58 Cozy spot | 105 Theater area | 9 "The Misfits" actor Eli | 47 Perfume from flower petals | 76 — -been |
| 10 Letters after chis | 59 Publishes | 106 Riddle's answer | 10 Swank Houston | 48 — my fault" | 78 "Judge not, lest — judged" |
| 14 Apple variety | 60 Morales of Hollywood | 111 Sent by plane, as a letter | 11 "Flee, fly!" | 49 Singer | 79 Roe, e.g. |
| 18 — de Mayo | 61 Citrate, e.g. | 112 Ghostly | 12 Off the coast | 50 Stocking tips | 80 Spouts forth |
| 19 Indian melodies | 63 Burrito topper | 113 Pop singer Lopez | 13 Evening do | 51 168 in a wk. | 81 Biblical kingdom |
| 21 "Don't say it!" | 64 Riddle, part 4 | 115 Word after a noun, often | 14 Out of place | 53 Car navig. aid | 86 "Yes and no" |
| 22 Famed flood figure | 68 Like a king | 116 Snow glider | 15 Silk pattern | 54 Man-mouse link | 88 Mink cousins |
| 23 Challenges | 71 Pupa-to-be | 117 "Fear Street" author R.L. — | 17 The mating game? | 55 Old indoor light source | 89 Pain-relief pill |
| 24 School, in France | 73 Microwave, informally | 118 Perfect spots | 20 Catches sight of, biblically | 56 "Go back" PC key | 90 More clouded |
| 25 Card game for one | 74 Islamic holy city | 119 Big ice cream brand | 26 Josh | 57 "... we'll — a cup o' kindness ..." | 91 Insect feeler |
| 27 Start of a riddle | 75 Turn liquid | 120 Old fast jets, for short | 28 —Ops (CIA mind games) | 58 Burns | 92 Conceit |
| 30 Popular Eli Lilly brand | 77 Riddle, part 5 | 121 Finger sound | 29 — ya up to?" | 62 Deuce | 94 Careless |
| 31 Sacred vow | 82 — Lama Ding Dong" (1961 hit) | 122 TV "explorer" and others | 30 Curious pet | 63 Lyricist Sammy | 95 Boring tools |
| 32 Tidies | 83 Like a scornful villain's face | DOWN | 34 See 70-Down | 64 Neighbor of Switz. | 96 Devil's place |
| 33 Riddle, part 2 | 84 "Für —" (piano classic) | 1 Have a role on stage | 35 "Taboo" cable chan. | 65 34th prez | 97 Notable time |
| 38 Fit — bill | 85 Annual sports awards | 2 Depend upon, as a decision | 36 Copy a tiger | 66 Lowest tier of a parking garage, perhaps | 98 Leaning |
| 39 Sodium hydroxide, chemically | 87 TV actress Arthur | 3 Physically fit | 37 "Keep dreaming!" | 67 Further ..." | 99 Afro, e.g. |
| 40 Lean — (shacks) | 88 Roosevelt's terrier | 4 "Blind Willie —" (Bob Dylan song) | 42 Assuming it's necessary | 70 With 34-Down, chew out | 100 Tequila plant |
| 41 Octet count | 90 — West (life jacket) | 5 Partner of Herzegovina | 43 Fashion's Armani | 72 Beetles, e.g., briefly | 101 Dehydrated |
| 46 "You Got It" singer Bonnie | 93 End of the riddle | 6 At no charge | 44 "Veep" cable channel | | 102 Cheerful |
| 49 Ghostly spirit | | | | | 103 Feet, in verse |



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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
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 Joshua Sibelius
Advertising@HiddenMeadows.news

Mardi Gras- a cultural celebration of diversity

By GINA LOPEZ

Few events rival the exuberance and vibrancy of Mardi Gras, the jubilant carnival celebrated predominantly in areas with French cultural roots, notably New Orleans, Louisiana. At its heart lies Fat Tuesday, the culmination of indulgence before the solemn season of Lent. However, the essence of Mardi Gras extends far beyond mere revelry; it's about diversity, commonality and equity.

The origins of Mardi Gras trace back centuries, with elements of pagan rituals, Christian traditions, and cultural assimilation. Upon researching its origin, I found that the festival's roots can be traced to the ancient Roman celebrations of Saturnalia and Lupercalia, where social norms were inverted, and indulgence reigned supreme. As Christianity spread, these festivities merged with the pre-Lenten observances, leading to the development of Carnival, from the Latin "carne vale," meaning "farewell to meat."

The cultural significance of Mardi Gras deepened as it journeyed across continents, taking root in France before blossoming in the French colonies of the New World. The first Mardi Gras in North America is believed to have been celebrated in 1699, when French explorers landed near present-day New Orleans and held a small revelry to mark the occasion.

In the melting pot of Louisiana, Mardi Gras evolved into a spectacular amalgamation of European, African, and Native American influences. The vibrant parades, elaborate costumes, and pulsating rhythms reflect the diverse heritage of the region, embodying a spirit of inclusivity and celebration. Even the traditional masks worn during Mardi Gras are a symbol of equity as, during early Carnivals, people put on masks to be able to mingle outside their class and keep their reputation untarnished.

Central to the Mardi Gras experience is the concept of "krewes," social organizations responsible for orchestrating the elaborate parades and balls that define the festivities. These krewes, many of which have centuries-old traditions, serve as custodians of Mardi Gras culture, upholding rituals and pageantry passed down through generations.

The music of Mardi Gras gathered influences from the sounds of the Caribbean, Africa, France, and Spain, while incorporating Native American chanting. When brass instruments entered the mix, the fusion between percussion-driven African folk music and horn-heavy military sound created the definitive sound we now associate with Mardi Gras.

For the people of New Orleans and beyond, Mardi Gras is more than just a day on the calendar; it's a way of life—a testament to resilience and community spirit. In the aftermath of Hurricane Katrina, Mardi Gras emerged as a beacon of hope, signaling the city's revival and reaffirming its cultural identity in the face of adversity.

At its core, Mardi Gras embodies the ethos of *joie de vivre*—the joy of life—a philosophy that transcends boundaries of race, religion, and creed. It's a time to cast aside inhibitions, embrace spontaneity, and revel in the richness of human connection, standing as a testament to the power of unity and shared experience. It's a reminder that, despite our differences, we are bound together by a common humanity.

Celebrate Mardi Gras at the California Center for the Arts, Escondido on Saturday, February 10 at 7:30 p.m. with Mardi Gras Mambo featuring The Dirty Dozen Brass Band and Nathan & the Zydeco Cha Cha's.

Gina Lopez is CEO at the California Center for the Arts, Escondido. To learn more about California Center for the Arts, Escondido go to artcenter.org.

Book Review

by Lynn Clark

This is a small hard back book about the size of a paperback, but it was large enough to convey the author's message. This book has an unusual narrator: a persona called "truth". The setting of the story is in a city called Salonika in Greece that was occupied by German soldiers during WWII.

"The Little Liar" - by Mitch Albom

The Jewish townspeople are being rounded up to be transported to Auschwitz. They have been told they are being resettled in a new town. The railway station is chaotic, and a young boy named Nico gets separated from his parents and his siblings. A German officer named Udo Graf sees him and sensing that the situation at the station is getting out of hand, he convinces the boy that if he helps him get the other residents on the train his family, at the end of their journey, would be returned to Salonika. Nico, believing the officer, moves up and down the platform telling people that they will have new homes and better jobs if they board. After the train leaves the officer reveals the truth: that Nico's family will not be returning. Nico realizes he has lied and endangered his family, and everyone else that has boarded the train. One lie leads to another, and another, and becomes basis of how Nico's lives his life, and how he makes it through the war.

His brother Sebastian and his childhood friend Fannie survive the internment camp. They marry and have a child, but later divorce because Sebastian becomes obsessed with finding the Nazi soldiers that committed the atrocities at the death camps. Then fate has them reunite with Nico again many years later at a ceremony in Salonika where "truth" ends their story with a scene of atonement, revenge, and last of all forgiveness.

Mitch Albom writes that for some time he has wanted to produce a book about the Holocaust, but didn't want to duplicate what had already been written. He found in his research that of all the places the Nazis invaded, the town of Salonika in Greece had the highest concentration of residents that were Jewish. Their aim was to destroy the town and the people, and they succeeded.

Patio Playhouse to present 'The Island of Anyplace'

Patio Playhouse Youth Theater will present the magical world of "The Island of Anyplace" by Charles Marz, music by Barry Rocklin, March 1-10 at Patio Playhouse, 116 S. Kalmia St. The show is directed by Geoffrey A. Cox, and produced by Jennifer Guttiere.

Jennifer's father has dragged her to the theater when she'd much rather be at home or at a movie. But when she runs up on stage and starts to make up her own play, her father becomes a magician and helps her bring it to life on the stage!

Jennifer's story is full of interesting people, creatures and adventure. It starts when a poor shipwrecked boy washes up onto the shore of a beautiful but lonely island – how will he find his parents and get home? Along the way, "The Island of Anyplace" introduces all aspects of theater, including acting, directing, sets, lighting, costumes, makeup, sound effects and much more.

"The Island of Anyplace," loosely based on Shakespeare's "The Tempest," had its first performance in 1990 at the American Repertory Theatre in Cambridge. Thousands have been enthralled by this fantasy that introduces children to the magic of live theatre with a yarn about a fantastic journey and mythical creatures.

The cast of 15 youth and one adult (Frank Guttiere as Father/Prospero) bring this fantastical play about the magic of the theatre to Patio's intimate stage.

Performances run from Friday, March 1 through Sunday, March 10 with shows on Fridays and Saturdays at 7 p.m. and Sundays at 2 p.m. Tickets are \$14 for Adults, \$10 for seniors, military, and students, and \$10 for youth 16 and under. Group rates are available for groups of 10 or more. For reservations, contact the Patio Playhouse box office at 760-746-6669, via email at boxoffice@patioplayhouse.com or via the website at: <https://patioplayhouse.com/the-island-of-anyplace/>

To find out more about Patio Playhouse, visit patioplayhouse.com or find them on social media.

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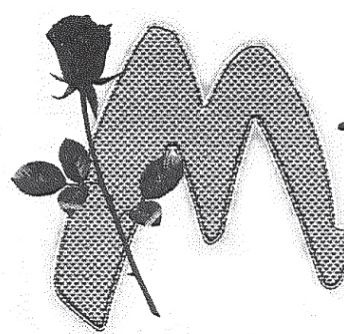
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Teen dating violence prevention tips:

By JOHN BALOGH, Sheriff's Dept. crime prevention specialist

For many teenagers, their first relationship brings excitement, nervousness, questions, and new pressures. It's a start to figuring out what they like and dislike, as well as, what feels right and wrong. Some of these experiences are good, but unfortunately, some are bad.

According to reports, 1 in 3 teens are victims of sexual, physical, or emotional abuse while dating. Another study reports, 1.5 million high school boys and girls admit to being in a physically harming romantic relationship. Dating violence can occur in person, online, or some other means of technology. Abuse happens across all social, economic, ethnic, and sexual preference groups.

Teens often think behaviors like teasing or name-calling are "normal" or "OK" in a relationship, but these behaviors can become abusive and develop into serious forms of violence. Unfortunately, many teens do not report unhealthy behaviors because they are afraid or embarrassed to tell friends and family. Parents, teachers, coaches, peers, spiritual leaders, and law enforcement are great resources to teach the skills needed to understand and get away from an abusive relationship.

Helpful websites: Dating Matters (by the CDC), www.loveisrespect.org, www.nationalsafeplace.org, www.d21.org, www.thehotline.org, www.sdsheriff.gov, www.rainn.org

Here are some parent strategies for safe dating:

- Have and enforce a curfew
- Meet your child's date
- Give your child a way out and be available to pick them up
- Check up with your child after they get home and ask them how the date went
- Build trust
- Teach them safety precautions
- Get to know your child's friend group (be on the lookout for drug use)
- Build your child's self-confidence in healthy ways

- Strategies for teens:
 - Go on group dates or at least be around other people
 - Know (at least) basic self-defense techniques
 - Notify your parents, friends, (in serious situations the police) if you need help
 - Be cautious of people pushing drugs or alcohol
 - Don't meet up with someone you've only talked to online
 - Listen to your "gut or the little voice." If it doesn't feel right, it's probably not
 - Learn how to say NO!
 - If your date hits, slaps, pushes you, or tries to control you, tell someone. And leave the relationship (it won't get better if you stay with the person.)



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The Irish Stew Cook-off is always a popular event that packs the house!

Calling all Irish cooks for 28th annual Irish Stew Cook-off

By **KATHLEEN MCKEWAN**, founder of *Irish Stew Cook-off*

The 28th annual Irish Stew Cook-off will be held Thursday, March 14, 5-7 p.m. at St. Stephen Catholic Church.

Time to dust off your kettles and dig out Grandma Kate's best Irish Stew recipe and pull out the box with all your emerald green finery to get ready for Valley Center's 28th Annual Irish Stew Cook-off.

Do you have to be Irish to enter the Irish Stew Cook-off? No, because everyone is Irish on St. Patrick's Day or around that time. We all cannot agree on who is going to win the Super Bowl, or who should be President this year. But everyone agrees that the Irish know how to have fun, love a good Irish Stew, can spin a good tale full of blarney and are known to have a wee bit of mischief in their hearts.

New to Valley Center and don't know about the Irish Stew Cook-off or how it came to be and how it works?

I am Kathleen McKewan, the founder of the Irish Stew Cook-off, a grand champion Irish Stew Cook. Our family has won many Irish Stew Cook-offs.

When I moved to Valley Center 34 years ago, there was only one street light and no Irish Pub to celebrate St. Patrick's Day. I was a wee bit sad.

So, 28 years ago, I started the very first Irish Stew Cook-off with the help of some of my friends, service clubs, businesses and individuals who—some being Irish and most of them not—agreed to have people cook at home a couple of pots of their best version of Irish Stew and bring them to VC Community Hall to share with the folks of Valley Center and celebrate St. Patrick's day. The event grew and grew and now is held at St. Stephen's community hall.

We set up a panel of six qualified judges of dubious qualifications—but they can judge the stew's appearance, smell the aroma and taste the stews. From those categories, the judges give the stew points from 5, 4, 3, 2, 1.

Five points is the highest rating ranging down to one point, where surely an Irish person made this stew; best give it to the sheep to eat. If you get the highest points in your entry category, you are awarded the best Irish Stew.

There are 3 entry categories; Business, Service Clubs and Individual.

The other way to win at the Irish Stew cook-off: assemble a Best Bribes for the Judges and create the Best Table Decorations

After the judges finish tasting and judging the stews, they visit each stew cook's table and ask for bribes. Then the judges inspect their table decorations to determine which

VALLEY CENTER HIGH SCHOOL FOUNDATION
25TH ANNIVERSARY
JAG AUCTION

\$10 PRESALE TICKETS AVAILABLE AT THE VALLEY ROADRUNNER 29115 VC ROAD

SAVE THE DATE!
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LIVE & SILENT AUCTIONS

For more info, visit www.VCHSJagFoundation.org or call Julie Stroh 760-390-9277 or Jolyn Duff 760-212-2270

\$10 presale or \$15 at the door

cook's table has the best Irish festive look.

Winners of the Best Irish Stews in their category and Best Bribes and Best Table Decoration come back the following year as judges.

This event is open to the public. Folks from the community come to the Irish Stew Cook-off in their finest shades of 40 greens and for a small ticket price can try all the Irish Stews they can eat, meet the judges and enjoy the evening with friends and neighbors and purchase a pint and be Irish for the evening.

St. Stephen Catholic Church is located at 31020 Cole Grade Rd., just south of Valley Center High School.

To get an application, go to VCIrishstew.com.

Questions about the event call Kathleen McKewan 760-497-7007 or call *The Valley Roadrunner* at 760-749-1112.

Valley ROADRUNNER PRESENTS
28TH ANNUAL
VALLEY CENTER IRISH STEW COOK OFF

THURSDAY, MARCH 14
5:00-7:30PM

ST. STEPHEN'S CATHOLIC CHURCH HALL
31020 COLE GRADE ROAD, VALLEY CENTER

SPONSORED BY
Rotary
VCBA VALLEY CENTER BUSINESS ASSOCIATION

- SAMPLE SAVORY STEWS COOKED BY VALLEY CENTER BUSINESSES, INDIVIDUALS, SERVICE CLUBS & YOUTH ORGANIZATIONS
- IRISH PUB
- \$1,000 POT OF GOLD
- VC HONORARY MAYOR RACE "KICK-OFF"
- BEST IRISH LASS & LEPRECHAUN COSTUME CONTEST
- MEET MISS VALLEY CENTER CONTESTANTS BEFORE 4/06/24 PAGEANT

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BRUNCH IN THE MEADOWS

Every Saturday and Sunday 9:00 - 12:00

Enjoy Bottomless Mimosas and Micheladas!



If you want to relax in your Jammie's, call your order in and pick it up or order through DoorDash!



Side Yard Public House Brunch Menu

EGGS & OMELETTES

Two Eggs Any Style

Served with house potatoes or hashbrowns & your choice of bread: sourdough, wheat or housemade biscuit.

Craft Your Own Omelette
(2) Cage-Free eggs served with house potatoes or hashbrowns & your choice of 3 ingredients.

Proteins: Applewood Smoked Bacon, Pork sausage, Black Forest Ham
Veggies: Spinach, Bell Peppers, Onions, Tomato, Mushroom, Jalapeno, Avocado
Cheeses: Cheddar, Feta, Cotija, Mozzarella

BENEDICTS

*Poached eggs with any style below & your choice of house potatoes or hash browns *

Traditional

Canadian bacon, english muffin, housemade hollandaise & chives

California

Canadian bacon, avocado, tomato, housemade hollandaise, english muffin & chives

Country

Pork sausage, housemade biscuit & gravy

PANCAKES

* All orders come with (3) pancakes of your style below served with maple syrup, whipped butter & your choice of applewood smoked bacon or pork sausage *

Buttermilk Chocolate Chip Blueberry

SIDE DISHES

-SINGLE PANCAKE ANY STYLE

-SINGLE EGG ANY STYLE

-APPLEWOOD SMOKED BACON - PORK SAUSAGE

-SOURDOUGH TOAST

-WHEAT TOAST

-HOUSEMADE BISCUIT

-SAUSAGE GRAVY

-HOUSE POTATOES

-HASH BROWNS

FAVORITES

Biscuits & Gravy

(2) Housemade jumbo biscuits topped with our savory sausage gravy.

Breakfast Burrito

Eggs, house potatoes, shredded cheddar cheese, pico de gallo & your choice of applewood smoked bacon or pork sausage

Add avocado, sour cream or refried beans for additional charge

Huevos Rancheros

(2) Eggs any-style served with ranchero sauce, refried beans, cotija cheese & corn tortillas

Chilaquiles

(2) Eggs any-style, tortilla chips, refried beans, pico de gallo, guacamole, sour cream & your choice of rojo or verde sauce

Coffee Cake

February will bring several new and highly anticipated dishes to our Menu we can't wait to share.

February 14th

Bring your Valentine to Side Yard for a Special Pasta Dinner

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By **JOSHUA SIBELIUS**

Few things are as contentious as statins. These drugs have gotten a bad rap for many reasons.

Mainly people not wanting to take a pill, or not trusting the pharmaceutical industry for example.

Trust has been shattered by odious pharmaceutical companies behaving poorly in the past, and that is understandable. So how does one decide if they need to be on a statin? Depends on multiple factors. First and foremost is a simple blood test. They call cholesterol one of the silent killers because people don't have symptoms of high cholesterol. It simply lurks in your blood stream.

Most people are blind-sighted and caught off guard. The good news is it's very treatable and there are options you and your doctor can consider. It's also important to know that cholesterol is vital to life and maintaining healthy cells—so it's not a nefarious culprit. Like many things as we age it just needs to be watched, and under control.

A friend of mine named Ron just happened to go for a checkup and was told he had high cholesterol. His fasting total cholesterol was high as was his "bad" cholesterol. This is called LDL (Low-Density Lipoprotein). The good cholesterol, HDL (High-Density Lipoprotein) of course, was low. He had known he had high cholesterol but had tried diet and exercise to help control it.

Diet can only help so much. Estimates are about 25% of your cholesterol can be controlled that way. For some it works and is enough to get your numbers in order. For others, like Ron, not so much. One can't fight one's genetics.

He was on the fence for a while. His whole family on both sides had cardiac problems. A lot had already passed. He is considered high risk because a lot of his family had known heart issues and he remembered them all saying their cholesterol was too high. He had to go with science on this one. He had tried for months working out, watching his diet, and living a healthy lifestyle. Yet his numbers didn't improve. Cholesterol levels as high as his were known to be detrimental if left unchecked for many years. Which could lead to a premature death. He didn't want to risk it. His doctor was very empathetic and helped him explore his options. He felt ultimately it came down to a choice.

His doctor placed him on a statin with a mediocre dose. She stated she had many patients on them and tolerated them well. That they received a lot of bad press from rumor mills but there are some who can't tolerate them. Statins decrease the body's production of cholesterol and increase removal of cholesterol by the liver, so they reduce LDL cholesterol levels by as much as 25 to 55%. Statins may also reduce inflammation and may prevent heart attacks and strokes through this mechanism. Given his unique situation of familial hyperlipidemia (elevated lipids in the blood) it was a no brainer— even though at first, he was highly reluctant. Now his cholesterol levels are to a healthy level.

Everyone is unique when it comes to their situation. Making an informed decision based on your circumstances is an individual experience. Some people can't tolerate "statins" for many reasons but for most they are a viable option to offsetting heart disease and a detrimental inflammatory process that can ultimately take your life.

Santa Margarita Ecological Reserve Temecula Gorge Hike



Sunday, February 4th, 2024

This hike begins promptly at 9:00 am

The Temecula Gorge Hike is 6½ miles with a 1,400 feet elevation gain and loss, from the Reserve's South Field Station to the Temecula Gorge and back.

This moderate hike, on a dirt road with several challenging hills, winds through an avocado orchard, shady oak woodlands, chaparral and finally down into the riparian area of the Santa Margarita river. Dogs are not permitted on this hike.

To sign-up for this hike, please email Hannah Engholm at infovcta@gmail.com

For questions about this hike, email Beth Cobb at smerdocenthikes@gmail.com.

Please visit the SDSU Field Stations website at fsp.sdsu.edu for additional information about the reserve.

These exclusive docent-led hikes are a fun way to visit this special place which is not open to the public. In addition to protecting local flora and fauna, the reserve provides environmental research opportunities for students and researchers worldwide.

SDG&E urges caution around downed power lines

With the current rainstorm over San Diego County, SDG&E is urging the public to exercise caution around downed power lines.

During rainstorms, power lines may become damaged or fall, potentially posing a threat to those nearby. It is crucial for customers to stay safe, be vigilant and take necessary precautions to avoid potential dangers associated

with downed power lines.

SDG&E recommends customers follow the following safety measures:

Stay Away: Always assume that downed power lines are energized. Keep a safe distance and do not attempt to approach or touch the downed line.

SDG&E / See Page 10

County of San Diego



Program

Preserving Local San Diego Agriculture

Apply Today

The County of San Diego's Purchase of Agricultural Conservation Easement (PACE) Program supports local agriculture by preventing agricultural lands from being developed for other uses.

Agricultural property owners receive a one-time payment from the County for voluntarily placing an easement on their property. As a result, the agricultural land is preserved for continued agricultural use for future generations.



To learn more, visit us at www.sandiegocounty.gov/pds/advance/PACE

HIDDEN MEADOWS COMMUNITY FOUNDATION

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Private Events for Hidden Meadows and Rim Rock Residents Only
and
Public Events for all communities near and far

Watch for details on upcoming events in our local newspaper: *The Hidden Meadows News* and our Social Media sites.

Check out our website at www.hiddenmeadowsfoundation.org

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

.....
PRIVATE EVENTS

for Hidden Meadows and Rim Rock Residents Only
Spring Festival – Saturday, April 27th • 10am - 1pm • Pavilion – Location Pending
Scholarship Fundraiser Event – Wednesday, March 20th • 6pm - 9pm
Location: SideYard Public House. A portion of Food Proceeds Go directly to the HMCF Scholarship Program
For College Scholarship Application Information, Please contact Bonnie via email at BonnieJmetzger@outlook.com
2024 Scholarship Awards Night • Tuesday, May 21st • 6pm - 9pm
Location : SideYard Public House
Volunteer Appreciation Night – Date and Location to be announced
Vintage Car Show - Date and Location to be announced
Fourth of July Parade •Trunk or Treat •Turkey Trot •Toys for Tots

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PUBLIC EVENTS

Hidden Meadows Community Foundation Sellers' Faire 10am - 2pm
Location: Lower Lot Boulder Oaks Golf Course
Sunday • April 28th with Bake Sale Fundraiser (Date Pending)
Sunday • June 9th with Bake Sale Fundraiser
Sunday • September 22nd with Bake Sale Fundraiser
Sunday • October 27th with Bake Sale Fundraiser
Sunday • November 17th – No Bake Sale
Vendor information, please email requests to HMSellersFaire@gmail.com
To Donate Baked Goods for the bake sales contact Vickey Ciarlanti at vickeyciarlanti@gmail.com or
Bonnie Metzger at BonnieJmetzger@outlook.com

Golf Tournament Scholarship Fundraiser: May 2024
Location: Boulder Oaks Golf Course

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

Museum makes surprising historic discovery



Harry Heard, 68, of Valley Center was among delegates to the Paris Peace Conference in 1919.

**By ROBERT LERNER, Historian
and SUSAN THOMPSON, Archivist
Valley Center History Museum**

Researchers at the Valley Center History Museum and Historical Society have uncovered scores of important and significant milestones in the history of this rural community, but they were not prepared to accidentally uncover the local link to one of the world's most significant events, one that occurred more than a century ago.

Tucked away inside a folder that had not been accessed in decades was documentation that a Valley Center man was among the few who were invited to sit at the table in Paris that created the League of Nations at the end of the First World War. Twenty-six years later, the League morphed into the United Nations.

The previously unknown diplomat was Harry Heard. His name and his remarkable background was discovered in a History Museum file for Sherrard Chapel, the first church in Valley Center, which held its initial service in 1885. Heard and his wife, Martha Ellen Heard, were members of that congregation—which eventually became the present-day Valley Center Community Church.

At the time of his invitation to Paris, Captain Heard had been a commandant of the U. S. Naval Academy.

Still to be uncovered is how Heard received the invitation to Paris to join selected world leaders in talks which would establish an organization to avoid future war. It is likely that Heard was chosen by then U. S. President Woodrow Wilson, who was the leading architect of the League of Nations. Reports from the era say that only six men in uniform attended the meetings at the Trianon Palace and Versailles, although official photos show all delegates in civilian attire.

Additionally, it was learned that Harry & Martha Ellen Heard either sponsored or were honored by a stained-glass window in the former sanctuary of Valley Center Community Church on Valley Center Road. Most of the windows were disposed of before the sale of the property in 2021 to Community Pharmacy of Valley Center. It is not known who claimed the window for the Heards. A history and photos of those stained-glass windows is maintained by the local Historical Society.

Captain Heard appears to have attended several meetings in Paris between January 18, 1919, and January 20, 1920. History Museum president Faith Much said it was remarkable that the discovery was made on the anniversary date of the formation of the League.

Created to achieve the main goal of world peace, the League of Nations ultimately was incapable of preventing aggression by the Axis powers (Germany, Japan and Italy) at the onset of the Second World War in 1939. After 26 years of trying to maintain world peace, the League was dissolved and its utopian mission was replaced in 1946 by the United Nations.

To honor the memory of Captain Heard, a profile of his accomplishments has been incorporated into the Wall of Honor at the Valley Center History Museum. Which brings to 59 the number of men and women who have already been cited for accomplishments. They are among more than 100 persons on a larger Who's Who roster recognizing persons of celebrity and fame from Valley Center and Pauma Valley.

The History Museum at 29200 Cole Grade Road is open Tuesday through Saturday from noon to 4 p.m. The museum can be reached via email at museum@vchistory.org or by calling 760-749-2993. The museum web site is vchistory.org.

SDG&E / From Page 8

Call SDG&E and 9-1-1: If you come across a downed power line, call 9-1-1 and SDG&E at 1 (800) 411-7343. Do not attempt to handle the situation yourself.
 If In Your Car: Remain inside and do not attempt to leave your vehicle. Call 9-1-1 and SDG&E at 1 (800) 411-7343.
 SDG&E has crews on standby ready to report to any downed power lines or power outages. If you see SDG&E crews working in the field, slow down and move over a lane, if possible.
 For more information, visit *SDGEnews.com* or connect with SDG&E on X (formerly Twitter) (@SDGE), Instagram (@SDGE) and Facebook.

SUBMIT CONTENT FOR HMN

Deadline for local article submission: 17th of the month for the next issue. Photographs submitted for publication should be hi-resolution, unmodified originals, hi-res/300dpi. We cannot accept photos taken from social media sites such as Facebook. Send drafts and photos to Patricia Fox to **LocalEditor@HiddenMeadows.news**

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COMMUNITY FOUNDATION**

HMCF2023@gmail.com

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HELPFUL PHONE NUMBERS

911: Immediate Emergency Assistance

211: Emergency and non-emergency county information hotline

Animal Services: 619-299-7012

CAL FIRE/Fire Information hotline: 619-590-3160

California Highway Patrol: 858-637-3800

Deer Springs Fire Protection District
 Station 1 Headquarters: 760-749-8001
 Station 2 Deer Springs: 760-741-5512
 Station 3 Hidden Meadows: 760-751-0820
 Burn Permits: 760-749-8001

Road Conditions/ Closures:
 Cal Trans 800-427-7623 or www.traffic.com

Hidden Meadows Community Resources and Organizations

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 Kim Marin (kimgroggmarin@gmail.com) or Melisa Mitchell (melisamitchell6@hotmail.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 Sue Shepard at 760-213-0325

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.

Super Crossword

Answers

A	L	I	M	B		F	W	I	W		P	S	I	S		I	M	A	C		
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Veggies, Veggies, Veggies

By Idalia Rewar

This month the Hidden Meadows Garden Club hosted their meeting at the beautiful modern home of Faraj and Yasuko Tavangari. After a bit of socializing, the meeting began with Melisa Mitchell calling the meeting to order and giving an overview of some of the events we have planned: a fund raising event at the Seller's Faire in the Spring, an event at Wilma Roberts' "barn", vegetable gardening lecture, and many other future events.

Melisa introduced our speaker for the event - Kathryn Blankenship, from the Master Garden Bureau. Kathryn spoke on vegetable gardening, how San Diego has a Mediterranean climate, and how the soil is important in the growth of vegetable. Vegetables need acidic soil and organic matter which can consist of compost, peat moss, and coffee grounds. Vegetable gardens need 6 - 8 hours of sun and veggies should be planted 1 inch from top of soil. She warned not to use vinegar in the soil. She commented that tomatoes should be planted deep in the soil and to use

mulch to retain the water, and to use NPK, N = Nitrogen for green leaves, P = phosphorous for flowers and fruit, and K = Potassium for roots. Watch for when leaves turn yellow which is a sign of needing nitrogen, and when leaves turn down, it is a sign of needing potassium. Kathryn also suggested not to water the tomato leaves! That's a no-no. She went on to discuss pest management. And for citrus trees, to be sure to check for disease which can spread and to report citrus disease by calling 800-491-1899.

The speaker was well informed on her subject matter and we learned a lot. It does help to listen to master gardeners for their vast knowledge of plants which in turn helps us deal with our gardening problems as we become more adept at growing good healthy plants. So, join our group and learn better ways to grow delicious, healthy and nutritious veggies for your family and friends.

If you are interested in joining the Hidden Meadows Garden Club you may contact Kim Marin at:

kimgroggmarin@gmail.com



Speaker: Kathryn Blankenship, from the Master Garden Bureau



Members of the Hidden Meadows Garden Club

**74th Annual
VALLEY CENTER WESTERN DAYS 2024**
Friday, May 31 & Saturday, June 1
Registration Now Open for: Vendors • Car Show • Parade
www.WesternDays.org

BASH / From Page 1

Dannielle Milliken was bestowed the honor of hosting the next party, a tradition upheld with laughter and excitement.

The night was not just about the food; it was a celebration of friendship and conversation that flowed seamlessly throughout the event. Laughter echoed through the rooms, and the bonds among the women of Hidden Meadows Women's Social Group were strengthened.

As the Mardi Gras masks were set aside and the beads were collected as mementos, the women left Dannielle Milliken's home with hearts full of joy and a promise of more unforgettable gatherings to come. The Hidden Meadows Women's Social Group continues to be a beacon of community spirit, bringing together women for laughter, shared meals, and lasting friendships. If you'd like to join these events, please contact us at hmwsg92026@gmail.com so you can be added to the list.



Vickey Ciarlanti, Lynn Wheeler, Melisa Mitchell and Michelle Zipse



Lisa Saget, Judith, Nancy



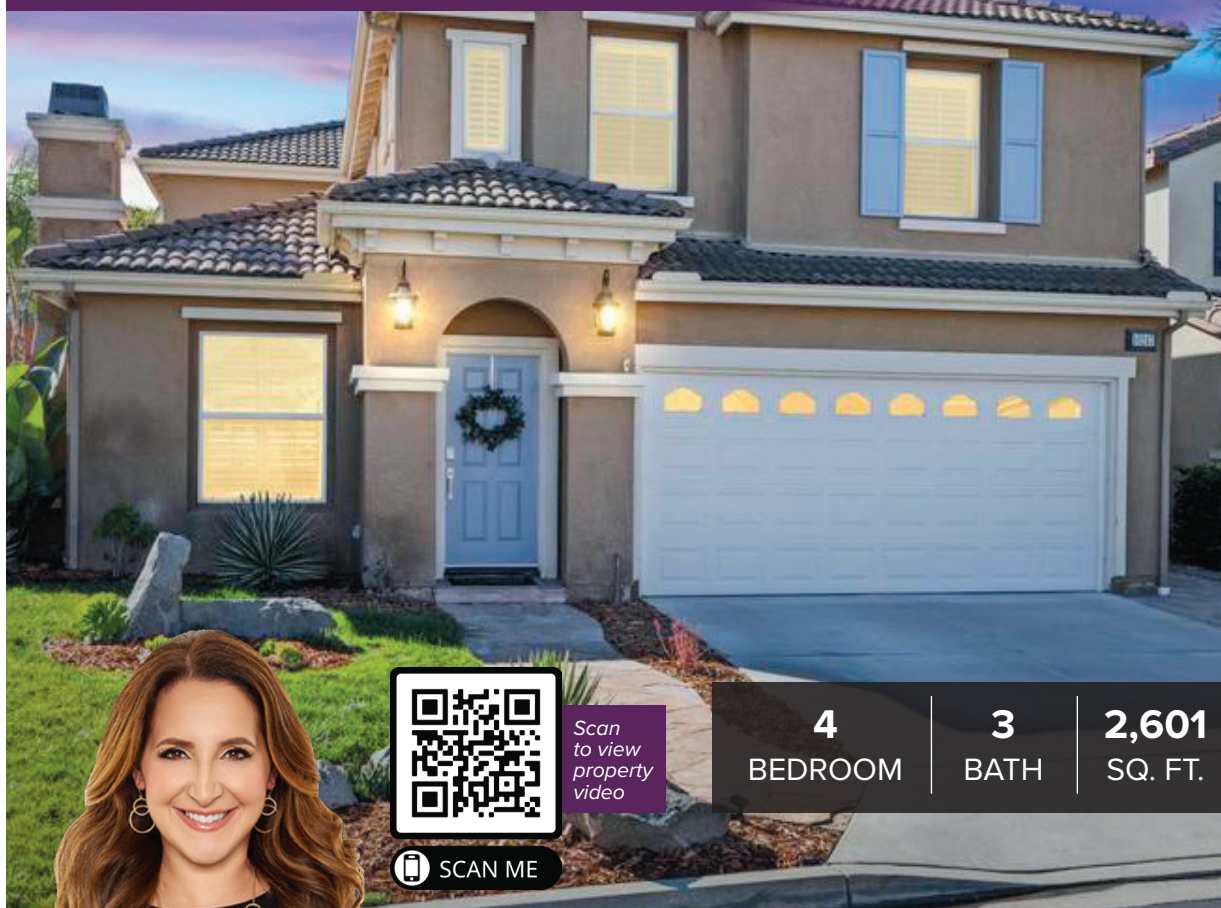
Svitlana Bailey, Dannielle Milliken, Gwen Dana, Renate



Meredith, Vicky Long

PENDING!

10247 Spruce Woodlands Way
HIDDEN MEADOWS



Scan to view property video

SCAN ME

4 BEDROOM | **3** BATH | **2,601** SQ. FT.

PROPERTY DETAILS:

- 4 beds
- 3 baths
- 2,601 SqFt
- Solar Panels
- Back-Up Battery
- EV charging station
- Smart Home
- Extensively remodeled in 2023
- Optional Room and Full Bath in lower level

Price: \$975,000

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With VCMWD's **FREE** self-service web portal you can get email, text, or phone **ALERTS** about potential water **LEAKS** in your system. You'll also have the capability to set **CUSTOMIZED** water use and bill amount **THRESHOLDS**.

For more information, contact the Valley Center Municipal Water District at 760-735-4500