August 2024

July 4th in the Meadows: Our Salute to the USA

By Tom Fragala / Resident

The 2024 HMCF 4th of July Parade/Event took place on the holiday from 10 am – 1 pm in the golf course parking lot.

Kids, adults and fur babies were dressed up for the event. There were several decorated golf carts and bicycles too. There were free goodies bags for the kids, free water, and lots of kids activities.

The national anthem was played. Emma Gutierrez signed the words for the hearing impaired.

There was a parade at 11am with three loops around the parking lot. Leading the parade were firefighter Joe Gutierrez as flag bearer and Lt. Chris Rassio, U.S. Navy. Both local dads! Lots of families, golf carts, and bikes joined in. Deer Springs Fire station #3 brought their engine over. Thanks guys!

After the parade we have several patriotic contests. Our judges were Jamie Gutierrez, Eric Amos, Gina Marjanovic and Ashley Mazzarese.

Most patriotic ride: Logan & friends, "Clap off kid cart".

Most patriotic family: McDaniel family, "the tie die family." Most patriotic girl under 4: Teo Austin, "classic tri."

Most patriotic boy under 4: Logan Vlasec, "spiderman kid."

Most patriotic fur baby: "Auggie" the Brecht family poodle.

The event was organized and emceed by Vickey Ciarlanti, with help from her husband Jeff, and many others. HMCF greeters for the event were Paul Schoos and Jack Weber.

The HMCF booth had volunteers Heather Davila and Dina Davis. There was a patriotic tattoo station with Kiska Alba, Thea Crook and CC Rossio. The kids' arts and crafts table was provided by Lynn Wheeler and Lisa Saget with Mountain Meadow Equine Rescue and rehab. The kids' zone had cornhole with





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By Tom Fragala / Resident

The Hidden Meadows Community Foundation Vintage Car Show was Saturday June 22 from 10am – 1pm in the Sideyard/ Market parking lot.

We had the parking lot nearly filled with cars. It was a hot day, but the cars were hotter!

One standout was Fred Stahl's 1966 Shelby GT

350 Fastback Coupe with a stock 289 engine. It was restored in 1997 and he bought it in 2002 from the original owner. Fred told me this incredible story. He's known this car since it was new, and he was a teenager! When he was 18, he went to buy a new car and saw the Shelby on the showroom floor but he couldn't afford it. He bought another lower cost Ford. Not long after, his brother's best friend drove up to their house with that same Shelby. That fellow had bought the car shortly after Fred had seen it in

the showroom. Fred told his brother and his friend "I'm going to own this car someday." They laughed. Many years later, Fred now owns it. And he bought it from the same guy! The Shelby once won Concourse Gold at

The National Shelby American Auto Club event.

There was a Blue 1970 Dodge Charger R/T with a Bill Mitchell alu-

VINTAGE / See Page 2

AUGUST HIDDEN MEADOWS EVENTS

Summer Food Drive

Saturday, August 17, 2024, 9am to 2pm Boulder Oaks Golf Course Clubhouse 10333 Meadow Glen Way East





VINTAGE / From Page 1

minum block 528 Hemi "elephant motor" and an 871 Littlefield supercharger. The owner Ron Stahr of Drifters Garage in Escondido told me this beast has at least 1200 horsepower! He's been working on it for ten years and still has some work to do. It looked great and when he started the engine it really roared, making everything shake nearby.

We also had a contest.

1st place went to Joe LaPorte's amazing blue 1932 Ford Sedan, with a Boss 302 and 5 speed manual transmission.

2nd place was John Wilkinson's gorgeous 1965 red convertible Pontiac GTO with a tri-power 389 engine.

3rd place was awarded to Dave Breher's sweet 1972 Chevy El Camino custom. It has a 2018 LS3 Corvette 540 horsepower engine. The color is a stunning Chevy factory color called "red addiction." It was a total tear down restoration with the body and paint by Everett Brothers.

There were three honorable mentions. Jordan Quintal's cool 1930 lime green Ford Model A with a 462 Pontiac engine. Jim Urbina's fantastic 1937 Ford Woody. And a black 1934 Ford 3 window coupe owned by Ken & Merleen Magers.

Another cool car was a 1969 Chevy Chevelle 442. Its new paint job is rally yellow, a 2010 Corvette color. Showing it were local residents Randy and Arnie Huntington.

Milo Jensen had his blue 1966 Ford F100 truck with the original 352 engine. Brian Henderson brought his 1976 Triumph TR6. And Bob Riha showed his 1951 Willys jeep.

I didn't get to talk to every owner because it was so hot, a few left early and most of the rest were sitting in the shade.

The HMCF had a booth and tattoo station with free press-on tattoos, water and goodies for the kids. We always take care of the kids, so bring yours to the next event! The volunteers were Dina Davis, Kiska Alba, Lynn Wheeler and Simone Orona.

The foundation also had a photo booth.

Sean Wickstrom was the dinosaur and out on the street getting the attention of passersbys.

The Coop had its doors open for some pinball and arcade game fun.

Thank you to our Event Director Vickey Ciarlanti, event Chair Dawn Salazar, and Co-chair Lynn Wheeler.

Thank you to all our other volunteers, including HMCF President Michelle Zipse, Paul Schoos, and Jeff Ciarlanti.

Please consider a donation to the HMCF. Go to HiddenMeadows. News

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SUMMER FOOD DRIVE

By Nancy Ogrod / Resident

Please Mark your calendars NOW!!

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

The communities of Hidden Meadows and RimRock have traditionally been very generous in supporting the food drives for Interfaith Community Services. In the past, we collected between 500 and 1000 pounds of food for those who count on Interfaith Community Services in Escondido for food and assistance.

I would like to issue a challenge for this summer drive – let's donate 1000 pounds of food again! I believe it can be done if every household brings just one pound of food to the Meadow Lake Golf Clubhouse on August 17th.

The food pantry accepts fresh vegetables in addition to the non-perishable, unexpired, canned, bagged, or boxed food items. Toiletries and baby products are also needed. Please bring your items to the front of the Boulder Oaks Golf Course between the hours of 9:00 am and 2:00 pm on

Saturday, August 17, 2024. Your generosity in the past has helped many families by filling Interfaith's cupboards - please, help again.

Volunteers to help collect the food as it is dropped off are always needed and appreciated; community service credit papers can be signed also. 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.

Things winding down at Waldron's office

By DAVID ROSS

Things are winding down for veteran legislator Marie Waldron.

August is the last month of the legislative session at the California Legislature. Which is a bittersweet thing at the offices of the 75th District Assemblywoman, who will be completing 12 years in office.

Waldron is terming out, and will be replaced next year by either Andrew Hayes or Carl DeMaio, who are both Republicans on the November ballot. That person will take be sworn in December 2 at noon, when the new legislative session begins.

Although the assemblywoman won't be participating in any more legislative sessions after August, her office will remain open until about Thanksgiving at 9820 Willow Creek Rd., Ste 240, San Diego 92131, near Carrol Canyon Road & I-15.

She has a staff of three full time employees and one paid intern in the Capitol office and two full time and one part time in the district office.

BOOK REVIEW by Lynn Clark

It's no secret that my favorite books are stories that have plots of mystery and crime. I have read all the books that have been written by the three "C's": Connelly, Coben, and Child, but I am always looking for new authors. I have found a few. My best find has been a very original and talented writer called Michael Koryta. Most of his books are standalone crime novels, and several have been made into movies. He also writes supernatural fiction under the name of Scott Carson. I have to admit I am not a fan of supernatural novels, but for some reason when this one came out I read it. I liked it because he combined a good story with the spooky side of the supernatural. Yes, once in awhile it's good to get out of a rut and try something new.

"Lost Man's Lane" - by Scott Carson

Marshall Miller is 16 years old and lives in Bloomington, Indiana. He is being raised by his single mother who works nights as a weather announcer for a local news station. Marshall is really excited because he has just passed the test for his driver's license, and the first thing he wants to do is to take the old Olds 98 out for a drive after his mother leaves for work.

As he is cruising along in his car blasting his stereo, he sees blue lights flashing in his mirror. In a panic he crosses the highway to pull over on the other side of the street instead of pulling over to the right immediately. The police officer is big and muscular and introduces himself as Corporal Maddox. He doesn't waste much time before he gives Marshall a lecture and a list of his offenses. He asks for his license and registration and tells him to wait in his car. When Maddox opens his cruiser, Marshall looks through his mirror and sees a girl sitting in the the back seat of the cruiser crying. When Maddox hands Marshall a copy of the ticket he says he might take his time before filing the original copy. This gives Marshall hope that Maddox is giving him a second chance.

The next day a young woman goes missing in town. When Marshall realizes that this is the girl that was sitting in the back seat of the police car, he goes to the police station and gives the police his copy of the ticket. The problem is that there is no policeman named Maddox, and the thumb print on the copy is not really a thumb print but a smear of ashes. This is only the beginning of Marshall's troubles because now his credibility is gone with both his classmates and the police. So who is Maddox?

Update on battery energy storage facilities

By JIM DESMOND

I wanted to share an important update from our recent Board of Supervisors meeting that directly impacts our community's safety and well-being.

Our county has experienced two separate fires at battery energy storage facilities in the past few months. These incidents posed significant safety risks and led to temporary road closures and evacuation orders for nearby homes. Understandably, there is growing public concern about these facilities' health, safety, and environmental risks.

In response, I introduced legislation at our last meeting to pause all new battery storage facility projects until we can thoroughly assess and address these concerns. I am pleased to report that this legislation was unanimously approved. The vote directs our chief administrative officer to develop comprehensive guidelines and options, which could be presented to the Board of Supervisors for a vote as early as late August.

Our staff will be gathering input from community members living near proposed sites, industry experts, and other stakeholders to ensure that any future projects prioritize public safety and environmental responsibility.

It's alarming that two of the three battery storage projects approved in our county's unincorporated areas have already caught fire. This record clearly indicates that more work is needed to ensure these facilities are safe and reliable.

I want to thank everyone who has voiced their concerns and participated in this process. Your input is invaluable as we work to protect our community from unnecessary risks.

Please feel free to contact my office if you have any questions or would like to provide further feedback on this issue. Together, we can ensure that our community remains a safe and healthy place

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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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Coyote perched on a rock

All about Coyotes

Published with permission from the Coyote Project brochure

Submitted by Linda Collins / Resident

Part 1:

Coyote Ecology: Two hundred years of costly persecution has not eliminated the resilient coyote from our landscape. In fact, coyotes have expanded their range two to threefold since the 1850s, largely in response to human changes to the environment and the eradication of wolves. Coyotes have adapted to living close to people and now inhabit even the most densely populated metropolitan cities from Boston to San Francisco, Austin, and Seattle. Estimates are that 2,000 coyotes are on selfappointed "rat patrol" in the Chicago metropolitan area!

At least 19 subspecies of covote roam North and Central America, from California to Newfoundland and Alaska to Panama, occupying a broad range of habitats. Coyotes play an important ecological role helping to maintain healthy ecosystems and species diversity. As the top carnivore in some ecosystems, coyotes help regulate the number of mesocarnivores (such as skunks, raccoons, and foxes) which helps to boost biodiversity.

Western coyotes typically weigh 18-30 pounds and look similar to a small Shepherd or collie-type dog but have a longer, denser fur and pointed, erect ears. They have a long, bushy, black-tipped tail that is usually carried pointed down.

Part 2:

Coyote Management: Historically, our society has

attempted to solve humancoyote conflicts through killing. However, despite decades of poisoning, trapping, and shooting coyotes, there are more coyotes in North America today. Why?

The coyote's remarkable success appears to be closely related to human attempts to control their populations. As with many wild species, coyote populations are naturally regulated by available food and habitat. Lethal control, however, can disrupt the group hierarchy, allowing more coyotes to reproduce, encouraging larger litter sizes because of decreased competition for food and habitat, and increasing pup survival rates. It is also highly likely that lethal control favors the survival of the most resilient and genetically robust coyotes.

At least a million coyotes are killed each year - one per minute-by federal, state, and local governments and private individuals in North America. The U.S. Department of Agriculture's Wildlife Serice program kills approximately 90,000 coyotes each year. Most of this killing is carried out in the name of "livestock protection" and is a taxpayer subsidy for agribusiness/ranchers.

Despite scientific evidence suggesting this approach is misguided and ultimately ineffective, the emphasis on lethal coyote control persists. Coyotes are also killed for their fur, for "sport", and in "body-count" contests where prizes are awarded for killing the most coyotes. Most states set no limit on the number of coyotes that may be killed, nor do they

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.

www.hiddenmeadowsfoundation.org

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 <u>clarkfreese@gmail.com</u>.

Women's Golf Club

Contact Ellen at 760-749-1190

Women's Social Group

email to hmwsg92026@gmail.com.

regulate the killing methods.

For more information on coyotes, see the Coyote Project website at projectcoyote.org.

Project Coyote is a North American coalition of wildlife scientists and educators promoting active coexistence between people and wildlife, and compassionate conservation through education, science, and advocacy.



Volunteers Needed to play in the Dirt!

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By Linda Collins / Resident

Do you like to garden? Do you want to make a difference? Then, please join us Wednesday mornings at the Mountain Meadow Preserve to plant and maintain a native plant restoration area!

The Mountain Meadow Preserve in Hidden Meadows is one of the properties maintained by the Escondido Creek Conservancy with the goal to preserve and restore the Escondido Creek Watershed and provide a corridor for wildlife to move safely through the watershed.

On Wednesdays and occasional Saturdays, a small team of volunteers lead a habitat restoration effort to turn a former avocado grove into a dynamic native habitat that support the local fauna. We plant. We water. We Weed.

We need more hands! More people who like to play in the dirt, help nature, and hang out with other likeminded individuals.

Last year we planted nearly 1000 plants. It is a big job to maintain that alone. And we plan to plant a bunch more this fall. We currently have about 500 plants in the nursery sweating out the summer for fall planting.

Wanna come play with us? Email linda_J_collins@sbcglobal.net or text 760-212-2601

The 693-acre Mountain Meadows Preserve, here in Hidden Meadows, is home to The Escondido Creek Conservancy headquarters. The office is the home base for all Conservancy staff, including those who are in the field a lot of the time taking care of nature and providing outdoor education programs for Escondido students.

This preserve was acquired in partnership with San Diego County Parks and Recreation and the Navy/Camp Pendleton. It is part of a larger effort by the conservation partners to preserve natural open spaces in the Escondido Creek watershed and North County. Escondido Creek begins in Bear Valley (east of Lake Wohlford), then travels 26 miles west emptying into the San Elijo Lagoon.

SALUTE / From Page 1

volunteers Ben and Andi Ruiz. Bean bag toss games provided by the Foundation with volunteers Vanessa Cruz and Dina Davis. There was also a hula hoop contest which was fun to see.

Local resident Christina Stendall of Sweet Cheeks Homestead had a booth with her amazing baked goods and sweets.

Thank you to all volunteers!

Please consider a donation to the HMCF. Visit: www. HiddenMeadows.News.

Photos by Tom and Jake Fragala: All event photos are on my Linktree page linktr.ee/thetomsocial.











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A Gathering of the Hidden Meadows Women's Social Group in June

Hidden Meadows Women's Social Group – June 2024

By: Evelyn "EV" Trivoli (with a little help from my friends)

It's officially summer! This month, we met up for a Happy Hour Soiree at the home of Laure Laprais. It was another warm day in a string of them, but as people started arriving, the day was settling into a comfortable temperature.

Laure just moved here 6 months ago and really jumped right in! Her home is perfectly situated to take advantage of the boulder-strewn views of North County inland.

For our gatherings, guests bring food to share, and tonight's offerings included several nice salads such as a tabouli-rotini pasta salad (a big hit!); cold jumbo shrimp & cocktail sauce, pigs-n-blankets with a brown sugar pecan twist, chips & hummus, and some amazing gluten-free meatballs. I also spied a decadent looking chocolate-zucchini cake, courtesy of Gwen. Plenty of beverages, too... featuring a "hostess-made" sangria in a pretty etched bowl.

Here's something unique: Chickens in the living room? According to

Laure, they are hand-knitted "comfort chickens". Lisa said they were soft and cuddly. (unlike the chickens I know) and I'll take her word for it.

Beyond the food, drinks and cuddly chickens, the best part is the everevolving camaraderie that happens within our group. It's so nice to get to know people better at these smaller events. We shared a lot of stories about what brought us to Hidden Meadows – what and who we left behind – our first impressions and how wonderful it's been to discover new friendships. As EV says... we're (likely) not going

to raise kids together, we're not going to join the PTA, or be Little League moms. When we meet new people now, we have like "3 hours to catch up!" and hopefully make a new friend in the process. Maybe that's an exaggeration, but you get the idea.

Remember: whether you're new, or have been in our community a long time, you're always welcome in the Hidden Meadows Women's Social Group.

For more information, just email: hmwsg92026@gmail.com and we'll see you around!



Oregon Trip June 6-9, 2024

By Idalia Rewar / Resident

Great Gift!! For my birthday - my wonderful son Aras decided to give me a round trip ticket to visit him in Eugene, Oregon. He moved there for a better job offer. I was all excited and packed up and found a driver to take me to the airport.

Airport adventure: I always like to get to the airport 2 hours earlier so I can browse the stores, go to the loo, read and relax before the flight. There was no room to park in front of the Alaska Terminal, so the driver dropped me off at the American Airlines entry. I asked two workers where the Alaska desk was. but they didn't know. I found a security guard who pointed which direction to go. At the Alaska area I saw many lines. I found one to check baggage and figured that would be the one. I had no baggage – just a carry on. They told me I needed to get to another line a few feet away. I did, when I reached the entry they told me I needed to go to the priority line a few lines to the side. I got into that line and when it was my turn to enter they let me in. By then a good hour had gone by. I went on to Gate 24 and sat with the other people waiting to board. We were supposed to board at 1:37 p.m. When it was 1:15 I figure something is wrong. I

asked a lady who was using her phone to track all that information. (I don't know how to do that on my phone.) I asked her what was going on and she said that our plane was near San Diego and should land soon. Time passed and I hear over the loudspeaker that our gate

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to Eugene, Oregon is changed to Gate 22. Wait, Wait, I asked the lady again what was going on, and she said there's a little delay. One half hour later I heard over the loudspeakers that those going to Eugene, OR go to Gate 33. So we all trekked to that Gate, and finally after 15

was an announcement to board. We boarded at 4 pm. I did email my son about the delays. I'm sure I did not have to, because like the lady, he also tracks everything by his phone. We landed 2 hours later, and voila, there was my son waiting for me.

We arrived at his home in Eugene and he gave me a tour of his place. Ohh, beautiful - he is renting a house that has mostly glass all around with ceiling sky lights in all rooms, located in a forestry area. Being a bachelor, his place is immaculate and in good taste. I was delighted to see many of my paintings hanging on his walls. He suggested we go out to eat and took me to a very nice bistro. I opted for a mushroom and vegetable flat bread sandwich - It was delicious, huge portion, took ½ home. I was tired so we headed back to the house.

Eugene is the second largest city in the state of Oregon with a population of 175,000. It is located in the Willamette Valley and a river which meanders thru the city, between the Cascade Mountains and the Oregon Coast Range. The University of Oregon is located there, with a Community College and 3 private colleges. It has a reputation as the "track

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town" where some of the fastest athletes in the world train at Track Hayward Field where the world-class track and field facility hosts Olympic trials.

Eugene is an urban/suburban city with restaurants, coffee shops, parks, trails and young professional residents. The population tends to lean conservative. Eugene is abundant with outdoors recreation, with 300 miles of bicycling, hiking trails, with a mild climate, and an engaged citizenry committed to the arts. Located in Eugene is also Hendricks Park – a 12-acre garden that contains more than 6,000 rhododendrons, azaleas, magnolias and other plants. Unfortunately, we did not go there.

After breakfast the next morning we went on a 3-hour hike thru the forest. The weather was perfect. Low 70s and sunny like Vista. It was so serene walking around – every so often they would have a bench for those that needed a break. Last winter they had a mild storm and some trees fell. Examining the bark of the fallen trees they had a cover of soft white moss – felt like velvet. I was surprised about the trails - they are well kept by the city so no need to get pinched by pesky plants as you are walking. After the trek we drove to Florence – not to Italy, but Florence, Oregon.

Florence is located on the Coast of Oregon. It's a beautiful ride to Florence on the way looking at millions of trees on both sides of the road. Florence has been a logging and fishing village and active port with Historic Old Town surrounded by Victorian buildings that takes you back in time for a relaxing experience. Unfortunately, it was late afternoon and we did not tour the city. Instead, we opted to have lunch at a restaurant (Mo's) by the water, known for its great clam chowder. So clam chowder was it - with onion rings for an appetizer. The soup was topped with small shrimp. Never had that before, it was simply delicious! The clam chowder was thick and they serve it in a huge plate accompanied with parmesan French bread. Needless to say, we ended up taking half home.

Back to Eugene: Next morning we

headed early to the Saturday Farmer's Market in town. One of kind, it was the largest I've seen!! They divided the market into the food section and the craft section. The fruits were super fresh and huge – but I must say, expensive. My son says that is one of the few indulgences that he's addicted to since arriving and he goes to the market every Saturday for his fruits and veggies. While there, he bought fruits and veggies, and 2 fruit mini pies that just melt in your mouth. So I know that my son is keeping a healthy diet.

Walking around town I noticed that almost all the structures in Eugene are one story. I guess the Los Angeles developers have not discovered Eugene for their multiple story condos. But I did notice the only tall building in town – I asked Aras what it was – and he says elderly people are housed there. Holy cow, who wants to live up in a tall building with so much beauty down below? Who knows?

We then drove to the University of Oregon with its 295 acres of pristine grass fields, trees, and 80 buildings. It ranks in the top 25 universities in such fields as: education, special education, sports, business and creative writing. Its mascot is a Walt Disney Duck. There is a well-kept cemetery adjacent to the

Aras gave me a tour of the different neighborhoods nearby. For dinner he made a great salad. I have asked him for the recipe and I'm still waiting. Sunday morning, we went for a short hike thru the neighborhood. Another surprise is that they have hiking paths between houses for people to enjoy the neighborhood. Of course the houses are far apart and the owners do not mind.

The only negative I've read is that Eugene has a large problem with the 3,000 homeless population. I imagine it must be in certain neighborhoods because in all the touring we did, I only saw one homeless individual.

Well, that's the end of my visit to Oregon. Loved it, loved it, loved it. Many thanks to my wonderful son for giving me such a tremendous enjoyable gift!

I love you – Mom!

Super Crossword 95 End of the **90** Aged, 7 "That's -48 Code--brainer!" cracking org. 49 City south of quaintly riddle 91 Inert gas 52 Lie in the 104 One lacking 8 Actor Gilliam pigment 105 Slangy suffix 9 Quiet "Hev!" San Diego 92 Coin producers 56 Places to 50 Alda or 10 Very many Rean with switch 11 Wolf down 95 "Blue" beer 106 See or smell 57 Feed holder 12 Wolfed down 51 Debate need brewer 58 Activate, as 13 Dog cry 52 Cold one 96 Sainted king a light switch 110 Ump's call 14 Flower anew 53 Comment of Norway 97 Flattened at 60 Silent assent halfway to a 15 Eye ring on, as in a margin **54** Plato was 16 Became the poles 112 "Falling **98** Out of irate

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<u>OPINION</u>

Online safety for kids

By MARIE WALDRON, 75th Assembly District

Summer is here, and kids have time on their hands. That could mean hours of unsupervised internet use while parents are working. It's been estimated that 95% of teens aged 13 to 17 use social media, and that can include younger children as well. 40% of children ages 8 to 12 report they use social media despite age restrictions.

Adolescence is a critical period of development, which is why safety measures and guidelines are so important. The California Department of Justice has an extensive list of measures families can take to protect their children online. Their common sense recommendations include viewing the internet with your kids, especially at first, explaining to your children that they should never give personal information on a website without parental approval, including names, phone numbers, their address, birth dates, etc. For more information visit here: bit.ly/3yi4pIK

The San Diego County DA's office has an extensive list of online safety tips for parents and kids online. Suggestions include never letting children access private chat rooms, putting accounts in the parent's name, knowing your children's passwords, never allowing face-to-face meetings with someone met online, and many others. For more information, please visit Protecting Children Online: bit.ly/3y5mZE8

At the federal level, a Kids Online Health and Safety Task force was created last year to advance the privacy, health and safety of children and youth using the internet. Recommendations include knowing your child's temperament and the type of media your child is drawn to, knowing the content and quality of the media your child is using, making sure online media is not crowding out or preventing emotional interactions with others, including family members, and maintaining open communications between adults and children regarding social media use. More information about the task force's findings and recommendations are available here: bit. ly/4fyOSVY

For parents, protecting their children is the top concern. Knowing more about social media and the very real hazards that lurk online is a must.

Assemblymember Marie Waldron, R- Valley Center, represents the 75th Assembly District in the California Legislature, which includes the cities of Poway, Santee, portions of the City of San Diego, and most of rural eastern and northern San Diego County.

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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Forensic Lab in Santa Ana

By Idalia Rewar / Resident

I have always been interested in law enforcement and found a day trip to the (Forensic) Orange County Crime Lab (OCCL) located in Santa Ana. It was a beautiful sunny day going by bus accompanied by 40 other ladies that were very excited about the trip just clucking away like a bunch of hens. It was super loud in the bus, but I found a tissue and stuck a piece in each ear. It helped a little, but what the heck we all need a little suffering now and then. It took the driver approximately 1 ½ hours driving time and the traffic was light which made it all the more pleasant.

Prior to the trip we were given the following instructions: Leave purse in car/bus, including phones – no photos to be taken, do not wear sandals, only closed shoes, and bring photo ID (driver's license). As we entered the building a person behind a closed glass window with a slot asked for your id - he took the driver's license, made a sticky copy for you to put on your front lapel, and gave back the license. (At the end of the tour we are to give back the sticky copy.) Why?? We then were led to a large room - with a screen - where we were given a lecture and screen presentations about the facility and its responsibilities.

OCCL provides law enforcement agencies in Orange County with forensic evidence examination and crime response services to recognize, collect, and evaluate the physical evidence from criminal investigations. Such evidence is crucial in criminal cases by helping lawyers, and juries understand the physical evidence of a crime scene. —

Google defines forensics as: "the application of scientific knowledge to legal problems

and analysis of physical evidence from a crime scene." At crime scenes, forensic science technicians typically do the following: analyze crime scenes to determine what evidence should be collected and how; take photographs and make sketches of the crime scene; record observations and findings, such as the location and position of evidence.

OCCL is housed in an 8 story building, founded in 1948, has 160 personnel, and is equipped with current technological tools, equipment, and instrumentations. OCCL is divided into 5 Bureaus. 1) Cal-ID Bureau, 2) Criminalistics Bureau, 3) DNA Bureau, 4) Forensic Chemistry Bureau and 5) Identification Bureau.

Within these bureaus are special units with related areas such as the Forensic Chemistry Bureau has a special unit – Forensic Alcohol; and another unit Toxicology that provides the detection and quantification of drugs and chemical compounds in blood, urine, tissues and other biological samples.

We moved around different floors of the building to visit each bureau. At each bureau a technician was usually available to give us a short lecture on his particular work such as a technician in the Criminalist Bureau's unit of Firearms describing how a bullet enters its casing and the evidence left behind, in another unit how fingerprinting is detected and where. Of course, the computer is one of the main tools used to organize and evaluate the findings.

They even use robotic processing procedures for their DNA analysis. It is quite amazing looking at these pristine areas involved in such work – you must have very keen vision since most of the work requires close visual focus. I observed

many machines that looked like glass boxes but did not ask what they do. Information is stored in databases and often share their findings with the District Attorney, and state and federal agencies. The building was almost

empty. They conduct tours only once a month and I have a feeling that they try and do tours when there are minimal persons present due to possible human contamination of the evidence. The last place to visit was a huge garage where autos, motorcycles, etc. involved in a crime scene are brought in for examining evidence.

It was quite an experience to visit such an impressive crime laboratory. It gives you a better understanding of what lengths law enforcement go to solve a crime!

After the tour we went to a family-run restaurant – Roma D'Italia. We ordered from a menu and I ordered eggplant parmigiana It was delicious, and was accompanied with a salad, and a side dish of pasta with sauce, the softest dinner rolls ever, and a large dish of ice cream as dessert. The service was great!

On a personal note: My son bought me a book that I should read before visiting the crime lab entitled "American Sherlock" by Kate Winkler Dawson. It is about a scientist/forensic criminalist expert named Edward Oscar Heinrich from the 1920's. He was the pioneer of a myriad of new forensic tools that police use today such as: blood stain analysis, ballistics, lie-detector tests, and fingerprinting. The book is divided into the compelling cases that he was involved in. The book is interesting, educational and absorbing reading. I recommend it.

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Part of the group attending the HMGC July meeting



Sima Kashani, Yasuko Tavangari, Maggie Adkins-Ingram



Judith Jennings and Pat Tanabe

Orchids and Succulents

By Idalia Rewar / Resident

The Hidden Meadows Garden Club met at Faraj and Yasuko Tavangari's lovely home for our July meeting. There were 27 members all waiting to hear the magic words that would enable us to better care for our plants.

The meeting commenced with Kim Marin welcoming everyone. She introduced two new members – Katy Freese and Marlene Tusing – Welcome! Kim then discussed club business and announced that in August we'll meet for our special annual pot luck lunch at Wilma Roger's Barn. Looking forward to that event – it should be lots of fun. Kim then introduced our speaker Master Gardener Lynn Walker Beveridge. Lynn gave us a short bio on her background and said she would be discussing the care of succulents and orchids.

Succulents: There are many succulents to choose from, but the most popular is the genus Kalanchoe which includes more than 100 different plants. Succulents are easy to grow from cuttings and require little care. Lynn gave us some tips on the caring of succulents: Allow soil to dry out between waterings for overwatering can cause rot, and may even kill the plant; avoid misting which can cause bacteria; and they require plenty of sunlight, but careful for too much sun may burn the leaves. She bought some samples to show us how we can plant them

anywhere – even on a seashell – and with proper care will be a great centerpiece for any room in your home.

Orchids: There many varieties – she had a handout that stated 10 species of orchids. Some were cattleya alliance, oncidium alliance, zygopetalum, etc. - very exotic names that are hard to pronounce, so I'll stop there. The most popular are the epidendrum radicans and the cymbidiym orchids. The

epidendrum and cymbidium orchids are easy to grow and Lynn spoke on when to water, when to fertilize, and most important how to have a good drainage.

Most orchids need moderate to high exposure, average water, with a wide range of temperatures (cool, intermediate, or warm). The potting medium may be fine to medium, coarse, fine or semi-terrestrial. Some may be repotted when they finish blooming, or as new growth begins. Orchids thrive on humidity. So it's good to know what you are buying and its care. I had bought a couple of orchids in a pot for her to examine because they were sick and burnt. She said I had overwatered them and left them too long in the sun. She was right. I now set mine on a ledge in the bathroom and my bathroom now looks like the rainforest in Puerto Rico. Lynn bought along some cuttings of succulents and orchids for us to take home. I was hesitant, should I, should I not take one, oh what the heck, if I don't water them that often and not too much sun - follow her instructions - maybe I will have a beautiful orchid so I took a cutting. Lots of luck Idalia.

In all, the lecture was very educational and thanks to Master Gardener Lynn for parting with her knowledge of orchids and succulents. Many thanks to the present members, to Faraj and Yasuko for hosting. And most of all, thank Yasuko for the wonderful cake she made especially for this occasion. On one corner she decorated it with sweet little "succulent" icing. It was moist and delicious. And thanks to Kim and Melisa for their help of putting it altogether.

If you are interested in joining this educational and fun club, e-mail Kim Marin at kimgroggmarin@gmail.com

Hey, see you all at the barn!!

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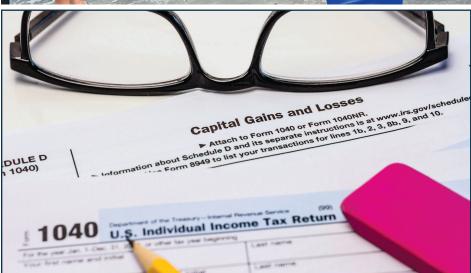
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Clockwise, beginning at front left: Karla Fernandez, Meredith Kifer, Frances Munk, Rochelle Weber, Karen Soriano, Lisa Saget, Vicki Long, Jana Moorehead, Susan Sciacca, Pia Courser, Sherry Horton, Laure Laprais, Jacquie Hughes, Dannielle Milliken, Bonnie Metzger, Vickey Ciarlanti, Cindy Payne, Pat Buntin, Pat Tanabe, Carly Harris and Sima Kashani.





On March 29, 2023, the IRS issued Revenue Ruling 2023-2, which generally states that appreciated property transferred through an irrevocable trust does not receive a step-up in basis when the Grantor dies.

That means the Grantor's children, or other loved ones, have to pay the capital gains tax on property they receive. There has been a great deal of chatter among tax experts and estate planners about this ruling. My clients and I are not bothered by this sea-change, however, as we use Charitable Remainder Trusts, and other techniques, to get around the Capital Gains Tax.

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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Hula Dancing Demonstration:

Front Center – Carly Harris, professional polynesian dancer L-R Frances Munk, Pat Buntin, Susan Sciacca, Pia Courser, Sherry Horton, Jana Moorehead, Karen Soriano,

Vickey Ciarlanti, Laure Laprais, Jacquie Hughes, Rochelle Weber, Meredith Kifer and Lisa Saget.

HMWSG Hawaiian Luau

By Pat Tanabe/Resident

In July, Vickey Ciarlanti hosted a Hawaiian Luau at her home. When we entered Vickey's patio, we were transported to a Hawaiian island - Aloha signs greeted us, the furniture was bedecked in grass-skirts, tropical flowers and other tropical objects decorated the backyard. We were all lei'd as we came in! What does it mean to be lei'd? It means to be given a flower lei, as a welcome and a symbol of love, affection and respect.

Many of the guests wore their best Hawaiian/tropical gear for the luau. In addition, many guests brought Hawaiian food. Some of the offerings included Hawaiian meatballs and ginger rice, glass noodle salad, musubi, macaroni salad and pineapple upside down cake. We enjoyed the wonderful feast in the magical tropical setting.

The highlight of the evening was a performance by Carly Harris, Hidden Meadows professional Polynesian Dancer. After her performance, she invited the HMWSG to learn to do hula. Admidst much laughter, we attempted to learn the correct posture, steps, hip movement and arm placement. Regardless of whether we were executing the proper hula moves, we all had a lot of fun trying and hopefully burned off a few calories from the sumptuous dinner.

Some of us took the opportunity to visit Vickey's menagerie. Oreo, the goat, and Charger, the mini horse, both eagerly came over to say hello! A flock of chickens were also in the yard, including a beautiful black and white Silkie. Vickey generously gave us some of her colorful "Easter" eggs from her brood. At the end of the evening, Vickey's dog Gino, came out to greet the guests.

We all enjoyed our evening in paradise at Vickey's Tiki Hut Hidden Meadows Women's Social Group meets monthly for a potluck dinner. It's a great opportunity to meet new people or connect with old neighbors and friends.

If interested in joining, please contact us at hmwsg92026@gmail.com