



2019-2020 Garden & Nutrition Program at JPS

Happy New Year to All and Congratulations! Many of you resolve to Improve your Health and your family's Health.

Guess what? JES has a program for all classes that started in October that helps to accomplish just that. Mrs. Cass Crain and Mrs. Sarah Leon received a grant to establish a full school year two-part program that supports garden-based curriculum to provide a lifetime of optimal health.

Part 1 is learning the basics of gardening, with an emphasis on vegetable & fruit gardening. The classes take place in the school garden. In October, classes learned:

- How to plant seeds, tubers, rhizomes, and "pups" in amended soil.
- How to weed the school vegetable garden
- How to water the seedlings and gardens
- How to compost

At the Fall Festival, Mrs. Leon set up a table with the herbs and plants the classes cultivated. We took donations in support of the longevity of this meaningful program.

November meant moving indoors to Part 2 and the "Nutrition Lab". In November, classes learned to *safely cut* fruits and vegetables, make pumpkin seeds, mashed potatoes, and especially to **EAT THE RAINBOW**. Special emphasis was made on choosing foods of all colors to grow a healthy body. Their assignment? Talk to their parents about the foods they ate, and help them to **EAT THE RAINBOW** every day if possible.

We're encouraging our students to make healthy choices in their food and understand the relationship between our gardens and our bodies. What can you do to help? We need volunteers Tuesday, Wednesday, and Thursday mornings. We have two amazing volunteers from our community—Jean Strouf and Kristin Shelton. Their hard work and firm dedication to securing a successful outcome are so appreciated. Our community always provides the cornerstone for a positive future. Contributions are very welcome!



In Memoriam

Jacqueline "Jackie" Eleanor Hicks, age 92, who was born in San Francisco, went to meet the Lord peacefully at home on November 21, 2019. Her smile and loving ways will be missed by all who knew her, especially her husband of 74 years, Earl Hicks along with her 5 surviving children: Stephanie, Valerie, Jennifer, Paul and Jessica, preceding her in death were her three boys: Thomas, James, and Timothy. She is also survived by: 16 grandchildren, 20 great grandchildren, 2 great-great-grandchildren, and 2 Godchildren. Jackie, as most people called her, made friends everywhere, especially in San Diego's back country. When moving to Potrero with her husband and children over 40 years ago she immediately became a parishioner of St. Adelaide of the Burgundy Catholic Church in Campo. Throughout the years she gave of her time and talents to many activities and events while raising her large family.

History of Lake Cuyamaca

George Merz, who writes for our Jamul Shopper, lived in Jamul for many years and several years ago moved to Lake Cuyamaca. The following is a summary of the history of the lake.



The idea of constructing a reservoir above Boulder Creek in the Cuyamaca Mountains and transporting the water supply to the San Diego area was promoted and surveyed between 1881 and 1886. In May of 1886, the San Diego Flume Company was incorporated. Thus, the first San Diego project was started to bring water from the areas of relatively high rainfall to the semi-arid coastal region of San Diego.

The objective was to build a dam across the lower end of Cuyamaca Valley, store the abundant rainfall, control discharge downstream along Boulder Creek and convey the water via a wooden flume (37 miles) to the San Diego area for irrigation and domestic use. The flume followed the course of the San Diego River.

Construction of the Cuyamaca dam by the San Diego Flume Co. began in September, 1886 and the earth fill structure was completed in 1887. The flume had a clear width of 6 feet with side boards of 16 inches and was constructed of redwood lining on a pine substructure. The main flume was almost 35 miles in length. There were 315 trestles of varying sizes and 5 tunnels, the longest being 1850 feet. It is estimated that 9 million board feet of wood went into the construction of the flume. The flume was placed in operation in 1889 and water deliveries to the San Diego area commenced. The flume operated for over 21 years. Remains of the flume are evident today. When the flume was opened the Governor of the State came down and dedicated the project, and they gave him a ride in a raft down into the San Diego River.

History of Lake Cuyamaca Recreation and Park District

After 1910 Col. Ed Fletcher and his family spent considerable time at Lake Cuyamaca fishing, hunting and exploring the lake, meadows and mountains. It was his wish, before his death in the mid 50's, that a

Lake Cuyamaca Cont. Pg.11

Calendar

2nd & 4th Tuesday 7:30 pm

Jamul/Dulzura Planning Group, OGMS

4th Thursday - Kiwanis at Jamul Community Church 6:30 pm Dinner. (Kiwanis meets once a month)

January 15 Shopper Deadline. Call Tammy 619 669-1109

Third Tuesday - Jamul Dulzura School Board Meets, 6:30 JIS Library

Every Monday - Wil-Mat Project meeting Fillipi's 6 pm - 8:30 pm. Linda Wikstrom, 619-204-4890.

January 1 - Happy New Year

Classified

2018 Tiffin Phaeton Motor Home for sale - See Pg 6 for details

Book Mobile

On the first Thursday of the month:

10:30 am - 11:30 am

Barrett Lake Trailer Park

12:00 Noon - 1:15 pm

Dulzura Community Center

2:30 pm - 5:30 pm

Jamul Community General Store

On the third Thursday of the month:

9:45 am - 11:30 am

Deerhorn Valley Fire Station

12:00 Noon - 1:30 pm

Dulzura Cafe

2:30 pm - 5:30 pm

Jamul Community General Store

*Excluding Holidays, Info: call 660-6329



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Submit by 15TH OF THE MONTH

Have an interesting event or happening in your neighborhood? Announce it in the Jamul Shopper Calendar. Have an interesting story to tell? Share it with our community in the Jamul Shopper & News,-

Tammy 619 669-1109

Views expressed by contributors to this publication do not necessarily represent those of the Jamul Shopper and News.

The Antler

DEERHORN VALLEY —Kim Hamilton

To celebrate the New Year, I'm getting a brand new knee! So my wonderful husband, Rob, is writing the first column of the year. ¡Muchos abrazos!



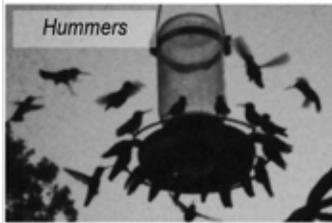
House Finches (red male, plain female) and Lark Sparrow. Snow? Yes!



Oregon Junco



Oak Titmouse



Hummers



Feisty Scrub Jay



Yearly; a Pair of Red-Tailed Hawks



Acorn Woodpecker



Morning-Sun-bathing Finches



Nuthatch



Western Bluebird



Bewick's Wren

Photos and text by Rob Deason

WINTER WINGS

—Rob Deason

Kim and I moved to Deerhorn more than thirty years ago. Two days after we moved in, early in the morning, Betty Love, the previous owner, called. With concern in her voice, she said, "Each morning, two little birds we named Samantha and Sam come to the kitchen-window sill to get their morning handout of sunflower seeds." With a touch of embarrassment, she added, "They've been around for years . . . would you mind feeding them?"

Kim and I, both bird lovers, said, "Of course, we would love to take care of them." The following morning, we scattered seeds along the sill. Immediately, two small titmice, Sam and Samantha, arrived for their handout. Kim and I still call the Titmouse, "Sam-birds."

So began our decades-long commitment to keeping our feathered friends plump, sassy, bathed, watched, counted, rescued, photographed, loved, and appreciated. To this day, every morning, I rise, make coffee, and while it gurgles and wafts the house awake, I feed the (my) birds. "Here, birds!" is there breakfast summons.

I've built many feeders, houses, baths, things-'n-stuff to make our property bird-friendly. I'm embarrassed to say how much I spend on feed. We installed a pond that attracts many, and our home qualifies as a Wildlife Sanctuary with the National Wildlife Federation.

Many of our birds are migratory—visitors for a month, then gone. Winter is here, now, and I show last year's photo of our snow-patched feeder with a host of local house finches and a hang-on lark sparrow. The little black-capped Oregon Juncos, often called "snowbirds," are arriving day by day—you can't miss their black heads and gray breasts.

Hummingbirds are up earliest; at times I'll hear them before it's light enough to see. Backlit by dawn light, they belly-up to the feeder—remodeled with a half-gallon jar—they'll empty it in a day!

Scrub Jays—here all year, blue over gray, this one in its typical cantankerous posture, tail high, a raspy squawk arrowed at a rival, or your cat. Their favorite food is a whole peanut in the shell. They fly off, stick it into soft soil, give it a couple of taps, then cover with a pebble or leaf – out of sight – go back for more. They can fill their mouths with ten sunflower seeds – which, after a rain, will grow a small cluster of sprouts.

Two Red-Tailed Hawks live in the meadow behind our place. Their nest is in an oak below their favorite power-pole perch where they sit and warm in the first sun. On camera, backlit by the sun, they're a beautiful, stately bird. They've fledged many an offspring.

At times, the red-topped Acorn Woodpecker will sometimes drink from the hummer feeder. They're a family bird, usually in groups of seven or more. Their squawk is unmistakable, and they don't take any guff from a Jay – usually our feeder's top-dog.

Winter doesn't chase the house finches away. We have them year round. At top, six perch at treetop, warming in the morning sun— waiting for me to get on the job. The three with scarlet-breasts are males.

Agile little gymnasts wearing white tuxedos are my favorite – the White Breasted Nuthatch. It can hop down, up, around, any direction— as though it's a magnet to the tree. One waits each morning for sunflower seeds.

We have bluebirds—delicate flyers; insect eaters. The one pictured sits on its front porch (*OK, perch.*). Lastly, the beautiful, small Bewick's Wren, not often seen, scurries around and under rocks and woodpiles for insects.

Apologies to those birds we've missed, we'll see you next fly-by.

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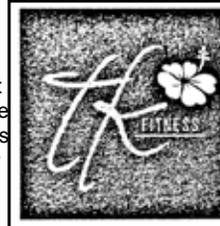
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**Tina Kaufman
Personal Trainer**



HAPPY 2020 As I write this I find it so hard to express ALL of what my heart feels. Never did I imagine I would become a Personal Trainer and use my own personal weaknesses, battles and achievements to help others with theirs. I've had the honor of working with many ages both men and women wanting to achieve goals. Some going through lots, including prediabetes, high blood pressure, open heart surgery recovery, PTSD, eating disorders, self esteem and continuous joint issues. In addition working with young athletes keeping them in shape during preseason.

Going into my fifth year as a Personal Trainer has been the most beautiful in so many ways. Next month I will celebrate my 54th birthday. I look back at my years that was never perfect, my life that included a four year battle with an eating disorder, anorexia, and I share with others my love and passion to be the best you can be no matter what. I now share with all of you two beautiful women, Christine and Taryn. May they inspire many with their heartfelt testimonies. My blessings for a happy and healthy new year. Tina



Tina Kaufman
NASM Certified Personal Trainer
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Jamul, CA 91935
619-889-7321
Tkfitness.aloha@gmail.com

Christine's Story: You don't have to have a crazy goal like going from a size 14 to a 4 in order to get yourself FIT and feel amazing...even just 10 pounds makes a huge difference in how you feel and look. And Tina Kaufman is the person to help get you to whatever your goal is.

For over 10 years I ping-ponged between crazy diets and comfort-eating. After the devastating loss of my Mom, I decided it was time to get back to ME – physically, mentally, emotionally. I knew I could not – WOULD NOT – be able to do it by myself. I needed someone in my corner. A champion. Someone who cared more about me and less about what she'd get out of it. Someone with the knowledge to guide me and the heart to inspire me.

Tina and I were Facebook friends, we went to high school together. I saw her fitness posts and the results she achieved with her clients. So I put my dream of getting my body into shape in her hands. Little did I know, not only would she cradle my dream like it was her own, she would inspire me to be the best version of me because she's always reaching for that within herself.

Tina is a master, with a lifetime of experience across several fitness platforms. She's also the most innovative trainer I've ever had. She tailors every single workout every single day to where I am and what I'm capable of on that day. She combines weights, cardio, and this awesome thing called Tabata to deliver the best results. Because she doesn't believe in hard-nosed shaming, no beating me up if I ate something wrong, no "push harder!" tough love, she allowed the commitment and determination to be born within me and then elevated it with her motivating inspiration.

In the first month I lost almost 12 pounds. The physically worst part of me, my "bat-wing" arms, are HALF of what they were in just 3 months. I'm on my way to achieving my goals! Understand, I could not have done this without Tina's expertise and inspiration. I could not and just simply would not have done this on my own.

As if that's not enough? Tina's bright, shining spirit is irresistible. Just by being herself, Tina spreads joy, love, kindness and peace. You can't help but feel it and adopt it. And it makes the workouts so enriching. Don't get me wrong – she'll work you hard! But it's always infused with genuine caring about you and sheer JOY for helping you to get where YOU want to be!

Tina is helping me to regain the fitness level I had lost and, as a result, reframing how I feel about myself. She believes in me. Inspires me. Motivates me. I knew I needed someone in my corner...I just didn't know I'd get an amazing friend in my heart too. Trust Tina with your goals. Your goals become hers. She's your Fitness Fairy Godmother.



Taryn's Story I began to workout with Tina in preparation for my wedding day like most brides do. Wanted to look my best on my big day! Not to mention the positive health side effects. My regime to start was consisted of a meal plan and weight training twice a week. As the weeks went by, I developed friendships. I began to get stronger, healthier. The big day came and I was happy with the results! I couldn't stop though. I loved how I felt. I liked the feeling of getting stronger. My physiology was changing. I was obsessed with all of the positive results and continued training with Tina after my wedding.

Training just became habit and my favorite part of the day. I looked forward to going those few days a week and seeing the changes in my body so much that I decided I wanted to compete. I had seen a few different transformations from bikini competitors and it was always something that I wanted to do but never thought that I could, but with Tina and the support of my workout partners, I gained the confidence to fully commit to it.

Once I made the commitment, I was all in! Training 5-6 days a week and full on meal prepping. It gave me focus and I liked being tied to a strict schedule. I went in with the mindset of just to be stage ready. I never really focused on "winning". Just enjoyed the process. The result was I placed top 5 in the novice category! I had such a great time that I now I have a goal to compete every 10 years.

When my husband and I decided to have our first baby I knew I would continue my training. I backed off on the heavy weights and dropped my days per week to one. It doesn't matter if your big day is coming up, you are training for a competition, or just want to get/stay in shape, Tina really know hows to get you prepared and feel confident. A healthy, safe, fun way to improve your quality of life. It was never completely about the results for me. It was enjoying myself along the way. Tina has helped me through all important stages in my life and I can't thank her enough.



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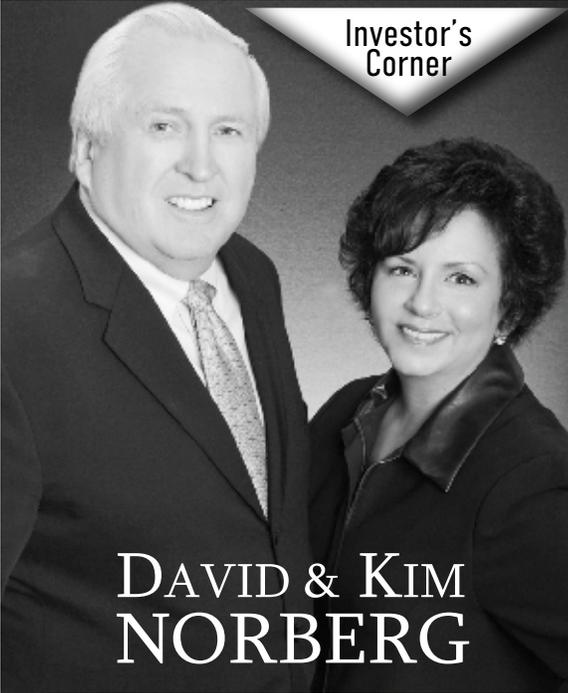
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What's In A Name?

By George Merz

I have been requested to devote an issue to the names in the Jamul area - many of the names were the names of the early settlers that moved into Jamul.

For example: **LOCKWOOD & HOLLENBECK** were two families that settled on Rancho Jamul thinking the United States Government would not recognize the Mexican Land Grants. They are characters in the book 'The Squatter and the Don' written about the Jamul Ranch at that time. When the United States Government forced them off Rancho Jamul Hollenbeck filed a homestead for 1160 acres in what is now known as Hollenbeck Canyon. The Lockwood's filed a homestead claim on the 160 acres that is now in the middle of Rancho Jamul Estates. Descendents now own the property.

BRATTON VALLEY, settled by the Bratton family in 1860's.

BARRETT LAKE named by the Spreckles Sugar Company after purchasing the land from the Baarrett Family that was flooded by Barrett Lake. The Barrett family then bought the land in Jamul now known as the Simpson property including former Simpson's Nursery.

DEERHORN VALLEY - named after the abundance of deer in the area. Originally the Walker family owned most of the area. One of the family members furnished venison to the Coronado and U.S. Grant Hotels for many years, until it became illegal to sell wild game.

LAWSON VALLEY - The first owner that I knew was named Steele. I will always remember him because when I started working at the Jamul Service Station in 1938, he was one of the few that would give me a tip for washing his windshield. He was a stock broker and would often be a speaker about business methods and practices at local meetings like the Fire Bureau, etc. He impressed the locals by saying, "Nobody wins in a lawsuit, avoid them if you can".

HARPER RANCH - located in the upper end of Hollenbeck Canyon, owned by Harper who was the son-in-law of Cecil B. DeMile, the movie magnate of the 1930's. It was used as a retreat for many of the movie stars at that time. It was also a thrill to recognize them when they would stop at the Jamul Service Station.

KIMBALLGRADE - Named after the contractor that built the new Lyons Valley Road from East of the Mormon Church to Lee Valley.

JAMACHA - Now known as Rancho San Diego. The school house and community center was between the Ivanhoe Ranch Road and Jamul Drive. It was named for the wild gourds that grew in the area.

DULZURA - East of Jamul on SH 94, the Spanish translation is sweetness, gentleness or mildness.

SAN YSIDRO MOUNTAIN - The mountain South of Rancho Jamul and just North of the border with Mexico. Recently known as Otay Mountain. Named for the Saint of farms and ranches.

SAN MIGUEL MOUNTAIN - Between Jamul and San Diego named after arc"Angel" Saint Michael. Currently there are many radio and television towers on the top. A gas fired beacon light was installed on top of the mountain at the beginning of the United States Air Mail Service, to help the pilots locate San Diego. Later the original beacon was replaced with an electric beacon that rotated with a red light and a white beam. The beam would cross our porch in Proctor Valley Road every rotation. The beacon was turned off the day after the attack on Pearl Harbor, as far as I know it was never returned to service.

HONEY SPRINGS - Named for the good spring water and the apiaries that were located in the area. Honey was the best "cash" crop for many of the early settlers. Bees did very well due to the abundance of flowers and flowering shrubs located in the area. The Honey Springs Ranch has not been successful in recent years. After World War I an attempt was made to make it into a retreat or sanitorium. Buildings were built with sleeping rooms and a main dining room and activities room. This was not successful and then became a "nude ranch" in the 1930's. Another attempt at success in the late 1930s was to make cheese from the milk from the many goats that grazed on the ranch. In the 1970s was to make cheese from the milk from the many goats that grazed on the ranch. In the 1970s a major attempt was made to develop a ranch into estate type property. A few of the local residents had enough political power to stop the development, after millions of dollars had been spent on planning, engineering, and other requirements imposed by the State of California and the County of San Diego. Eventually, the ranch was purchased by one of the "so-called" Environmental Protection agencies. I try to avoid Honey Springs Road whenever possible because it is so depressing to me to see the ranch in the current condition after remembering the cultivated fields and cattle grazing land.

PROCTOR VALLEY - Located at the Southerly end of Proctor Valley Road - named for one of the early settlers in the area. During the 1860s and 1870s this was part of the grazing land for the Geary family. Supposedly they had 3000 head of sheep freeze in the canyons on the West site of Jamul Mountain during the great freeze of 1873.



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DIANNE'S DESK

NEWS & NOTES FROM
COUNTY SUPERVISOR
DIANNE JACOB

Scenic Showcase: I was so honored and pleased to take part in the recent grand opening of the Santa Ysabel Nature Center. The 6000 square foot attraction showcases our beautiful backcountry and ties together the county's efforts to preserve more open space and make it accessible to the public. It's the first attraction of its type in the region and I think it will be a huge magnet for residents and tourists. It has a lot to offer--- educational displays, interactive touch screens, Wi-Fi, electric vehicle charging stations and a new trail that links to a broader network of paths. It is at 22135 Highway 79, on the Santa Ysabel Preserve.

Helping Seniors: Great news on the health front—Every single major healthcare system in our region recently pledged to create senior-friendly emergency departments. Providing accredited, improved geriatric care in local ERs would be a huge step forward in making sure our oldest San Diegans get the right kind of help they need, when they need it most. Thank you West Health, UCSD Health, Sharp Healthcare, Scripps Health, Alvarado Hospital Medical Center and others for teaming up on this critical issue.

Horse Play: Thanks to a recent Board of Supervisors vote, the Lakeside Equestrian Center is big step closer to saddling up. The board approved 4.5 million in initial funding to build the equestrian park on a 13 acre site at Willow Road and Moreno Avenue. It is expected to open in 2021. After years of discussion and planning, the community is finally getting an equestrian facility, and it's going to be a good one.

For more District 2 news, go to www.diannejacob.com or follow me on Facebook and Twitter. If I can assist with a county issue, please call my office at 619-531-5522 or email dianne.jacob@sdcounty.ca.gov Have a great East County day!
Dianne

Lake Cuyamaca Cont. from Pg 2

recreation program be established at Lake Cuyamaca. The leader in this effort was Willis Fletcher, one of his sons. Other assistance came from Helix Water district staff, the California Wildlife Conservation Board, along with other Fletcher family members, and in 1961, Senate Bill 1218 created Lake Cuyamaca Recreation and Park District. Throughout the operational history of Lake Cuyamaca, the governing body, a seven person board, has provided farsighted guideline policies and administrated structure for quality growth and responsive program innovations.

Presently, the District offers a wide range of recreational opportunities. In addition to sport fishing, and seasonal duck hunting. Included are RV and tent camping facilities, recreational boating, shoreline hiking trail and lake view rental cabins and condos. There is also a family restaurant and store. Lake Cuyamaca today is truly a multipurpose public recreation area catering to family needs. This 110 acre lake is situated at an elevation of 4600 feet in an oak and pine forest and surrounded on three sides by the Cuyamaca Rancho State Park, 50 miles from San Diego near Julian. Interested in visiting or contributing to the foundation, contact the Lake Cuyamaca Foundation, P O Box 991, Julian, CA 92036 or call 760-765-3455.

Churches

Jamul Community Church, 14058 Jamul Dr., Jamul, CA 91935, Church, Office: 619 669-7203, 14866 Lyons Valley Rd., Jamul, Sunday 8:30 am, 10:30 am. Children's Services/programs 0-12 yrs.

St. Pius X Church, 14107 Lyons Valley Rd., Jamul, **619 669-0085** Mass: Sat. 5 pm, Sun. 8:30 am & 11 am in English, 12:30 pm Spanish., Daily Mass Tues. - Fri. 7:30 am except first Fri. 7 pm Adoration of the Blessed Sacrament every Wed. from 8:30 am - 5pm. Healing Mass every 3rd Tues. of month in English and every 3rd Wed. of month in Spanish.

Church on the Rock, La Mesa Adventist Community Church, 4207 Spring Garden Dr., La Mesa, CA 91941 John Casto, Pastor, 5 Sun: 9:30 am Bible Study; Sun.: 10:30 am Worship Service; Mon: 6-7 pm Prayer Meeting

Saint Gregory of Nyssa Greek Orthodox Church, Office: 1454 Jamacha Rd., El Cajon, CA 92019, **619 593-0707**, Services at site of our church at 1454 Jamacha Rd. El Cajon, North of Chase Ave. 8:45 am Orthros, 10 am Divine Liturgy

Church of Jesus Christ of Latter Day Saints, 14808 Lyons Valley Rd. Bishop Garth Isom, 619 971-8472 or garthisom@gmail.com, Sun: Sacrament Meeting 10 - 11:15am, Scripture classes (All ages) 11:15am to 12. Women's Relief Society and Men's Priesthood Meetings: 12:15 - 1 pm Wed.: Boy Scout & Youth Meeting: 7 - 9 pm. Family History Center Open Wed. 7-9 pm and Sun 11:15-1 pm, Cathy 887-7002

Way of Life Church 3200 Star Acres Dr., Spring Valley 91978 (2 blks from SCHS off Old Campo Rd). Pastor Bruce Balcombe, 619 504-7467 Sunday 10 AM, Worship, Sun. School, Wed. Services (all ages) 7 PM, & Youth (Jr./Sr.)

Dulzura Seventh Day Adventist Church, 17880 Hwy 94, Dulzura, CA 91917, 9:30 AM Saturday, Sabbath School, 11 AM Sat. Worship Service Info: call 619 468-3280. 7 PM Wednesday Bible Study

Summit Church at Steele Canyon High School 12440 Campo Rd., Spring Valley, CA 91978. Sundays at 10 am, performing arts auditorium. A non-denominational Christian Church. visit our website at www.summitchurchsandiego.org.

San Diego Grace Fellowship, 13910 Lyons Valley Rd., Ste. A, Jamul Sunday 10:30 AM; Wednesday 6:30 PM. Come hear the Gospel of God's free grace in Christ. Phone: 888 602-3456, www.sandiegograce.com; www.freegraceradio.com.

Shepherd of the Valley Lutheran Church, 10842 Fury Ln. La Mesa, CA 91941, Sunday worship: 8:15 & 10:30*am. Sunday School for PreK thru Grade 5. *Nursery care available. Visit www.svlc.org.

Dulzura Community Church, 1136 Community Building Rd., Dulzura, CA 91917, Pastor Howard Kischassey (619) 440-7396, Sunday, 10 AM Non-denominational Christian Church.

Foothills United Methodist Church, 4031 Avocado Blvd., La Mesa, CA 91941, North of Hwy 94, 619-670-4009, Sun. 8:30am traditional, 10:30am contemporary services.

The Way Lutheran Church, Rancho San Diego Library, 11555 Via Rancho San Diego, El Cajon, CA 92019 Sunday 10:30 am. Pastor Aaron Boehm. Shepherd of the Hills Lutheran Church, 9191 Fletcher Parkway, La Mesa, (619-469-4197) Sunday 9 am. Pastor Aaron Boehm..

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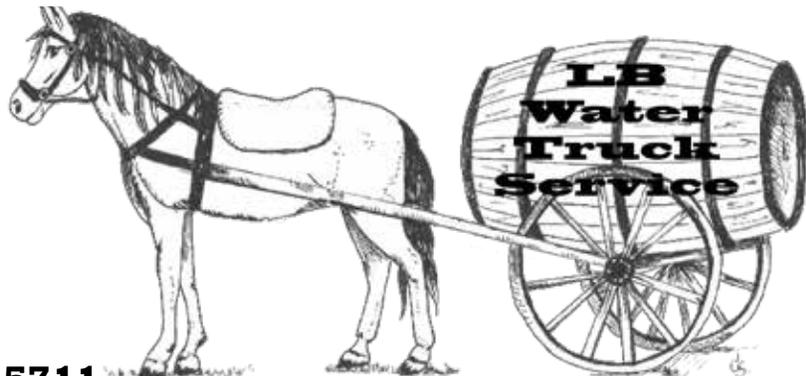
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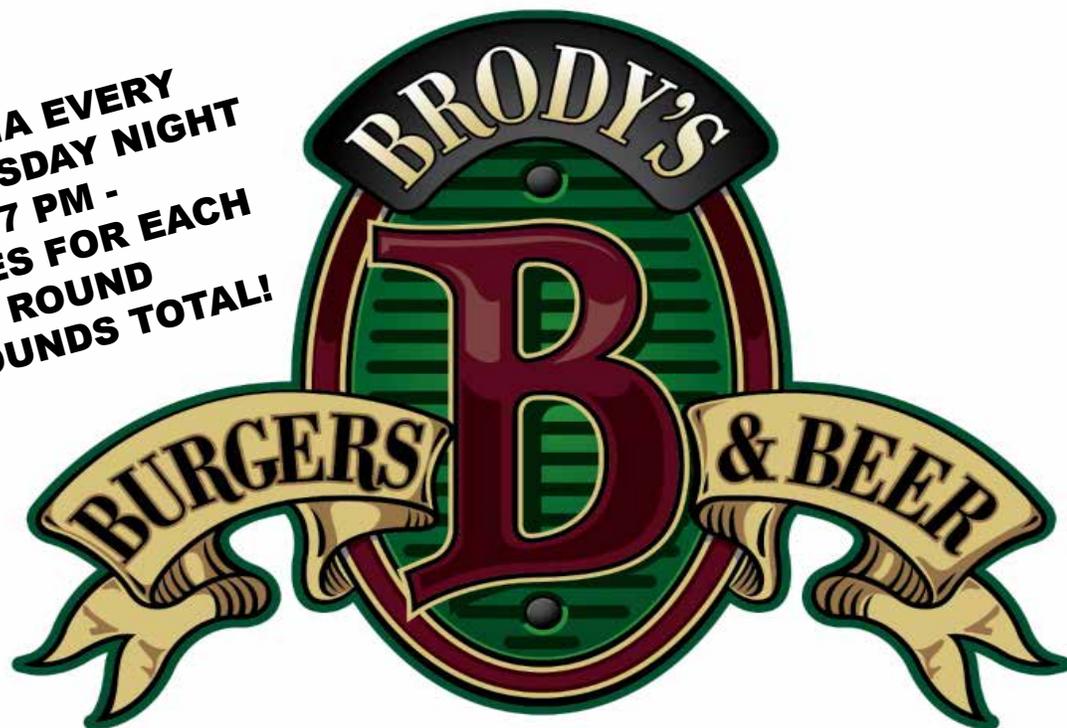
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CERT REPORT FOR JANUARY 2020 By Teresa Greenhalgh

SDCFA CERT - So. Division - 562 family, friends and neighbors, from Jamul to Jacumba, have learned important life-saving skills and emergency preparedness tips since June 14, 2019. The Governor's Emergency Preparedness Campaign Grant has had a positive effect on hundreds of residents in the rural communities served by the San Diego County Fire Authority CERT Program.

Let's keep working together to ensure that more of our family, friends and neighbors are prepared for an emergency in 2020! To request FREE emergency preparedness training, kids or seniors' activities please contact Teresa Greenhalgh, Program Manager at (619) 206-2358.

Basic CERT Academy: February 2020 - Registration is open for the Annual Basic CERT Academy. The Basic CERT Academy is FREE emergency preparedness and response training taught over the course of three full days. CERT members learn disaster psychology, how to extinguish small fires, rescue victims from lightly damaged buildings, as well as how to triage and treat injuries.

Whether you choose to join our dynamic Team, or just want to become better prepared for yourself and family, we would love to have you complete the Basic CERT Academy in February 2020. Seating is limited to 15 participants and pre-registration is required. To register for the Academy, please visit the CERT Program's website at: <http://sdcfacert-sdiv.com> or contact Teresa Greenhalgh, Program Manager at (619) 206-2358.



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JAMUL/DULZURA SCHOOL DISTRICT

Elizabeth Bystedt Superintendent

Happy 2020!!! We hope you had a wonderful holiday season with your family and friends. JDUSD is a proud member of our community. Over the break we had new roofs installed at the elementary school while deep cleaning occurred across the district. Teachers and principals planned from either their office/classroom or the comfort of their home. The District Office spent time on year end reports, setting up professional developments, working on our next ERATE project, supporting the roof project, and so much more.

Our big push for 2020 is a focus on Chronic Absenteeism. Did you know that the state considers a child chronically absent if they miss 18 days in an entire school year? That's only 2 days a month. This includes excused and unexcused absences. If you sign-in to your Parent Vue account, you can see how many days your child has been absent this year. "Teacher effectiveness is the strongest school-related determinant of student success, but chronic student absence reduces even the best teacher's ability to provide learning opportunities. Students who attend school regularly have been shown to achieve at higher levels than students who do not have regular attendance. This relationship between attendance and achievement may appear early in



a child's school career. A recent study looking at young children found that absenteeism in kindergarten was associated with negative first grade outcomes such as greater absenteeism in subsequent years and lower achievement in reading, math, and general knowledge." (National Center for Education Statistics, Every School Day Counts) We are working to ensure that we are offering engaging curriculum and supports for children when they are here and a permanent transportation solution. If you need help getting your child to school every day, please reach out to your school office. The staff would love to help you.

A Note from the Jamul Elementary School Office

Happy New Year from the Jamul Mustangs!! We had a wonderful time celebrating the holiday season with our first annual Winter Holiday Program. Each class entertained their families performing songs and showcasing their adorable talents! Thank you to all who attended and cheered them on. Students were also recognized at our Principals Achievement Assembly where they received a certificate if they tested proficient or advanced at their grade level in Language Arts and/or Math. At Jamul Elementary

we are excited for what is in store for 2020 at our school! We are looking forward to our Great Kindness Challenge week where we focus on what it means to be kind to others and show kindness every day in different ways. Students have fun dressing up on different themed days which encourage acts of kindness. We are still in need of volunteers for our Everyone A Reader Program. This is such a wonderful program and if you or anyone you know has a few hours that they can donate to help kids with their reading each week, we would love to have you on board! Please contact our school office for more information at 619-669-7850.



A Note from the Oak Grove Middle School Office

We are making learning relevant and fun at Oak Grove Middle School!!!

The Science Splash Lab from the SDCOE came to visit Oak Grove students! Lessons on water conservation were insightful and engaging for all of our 6th and 7th grade students. They participated in a variety of hands-on labs to learn about watersheds, pollution prevention and sewer vs. storm drain systems. Additional lessons will continue in our science classrooms.



Thanks to the NAWIC SD Future Construction Leaders Foundation, Oak Grove is providing a program that introduces our students to the joy of working with their hands and contribute to our community. Students are constructing "Little Libraries" that will promote reading by providing books throughout 10 different locations around our community, as well as an awareness of engineering. Our little libraries will be installed by January 14th.

School Cont. See Pg 17

Community News

School Cont. from Pg 16



On behalf of the entire Oak Grove Middle School staff we want to wish the Jamul-Dulzura community a wonderful holiday season! We are truly grateful for your continued support!

A Note from the Greater San Diego Academy Office

Each month, we school administrators sit down and write about the wonderful things happening at our schools. We sing our own praises and highlight our best moments. But what do the students say about their school? They are the purpose for all we do. Their opinion matters. So, this month, 6th grader Samantha, is going to tell you about GSDA.

"There are many reasons that I am thankful for GSDA. But I've narrowed it down to a few. Firstly, being homeschooled really opens up my daily schedule. I have flexibility. Although, I do attend a lot of outings, classes, and adventures with the school, the schedule allows for more free time with my family. Secondly, I adore the entire staff and student body. I love how the school is very inclusive. I never feel left out of anything. And, we are not completely segregated by grade. I even have a kindergarten "buddy". The teachers are incredible. They are very encouraging. I feel like not only am I thriving, but I can see my classmates are as well. They are dedicated and accepting to all learning types and experiences."

"I like how the school is involved in community projects. I have warm feelings being a part in helping people in need or who are going through a difficult time. I appreciate the teachers and the entire staff tremendously. Lastly, I am just in general, a happier person. I genuinely look forward to

going to school, rather than feeling fear and dread. I have friends now that are not bullies, mean-spirited, or in cliques. Everyone is friends with everyone. I'm more open and I smile all the time because I feel happy on the inside. GSDA is not just a homeschool. It's a place where kids like me can go to get a second chance to be themselves and not worry about getting bullied and mistreated. I love Greater San Diego Academy!"

Thank you, Samantha, for your kind words. There is a saying that educators have: "Teachers aren't in it for the income, but for the outcome." We are proud of the outcome Samantha and her peers have achieved.



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Thanksgiving and Christmas Stories

On Thanksgiving I had not heard from an elderly friend for some time and every time I called his "land line" was "off hook" (busy). So, I finally, at the urging of friends, called the Sheriff's Non-emergency number and gave pertinent information to "Dispatch" to do a "Welfare Check." Mind you, this elderly (like me) person lives in our back country on a dirt road out near Alpine but not accessible from Alpine...and I did not know his address as I have never been there. Lo and behold!! A lady sheriff deputy calls me within an hour or so and says my friend is OK and has just gotten a new cell phone and will be calling me...And he did! What a relief that was. My hats off to the San Diego Sheriff Department and their dedicated Deputies for making my Thanksgiving Day,

Well folks, it happens every year at the hardware store where I have worked for the past 18 years, that is, when people are hanging up their outdoor Christmas lights and run into trouble making a simple electrical connection: A customer comes in last week looking for a "double male-ended extension cord.

I saw it coming when I overheard a nice lady explaining to one of our newer clerks what she needed so I just let the scenario play out as she continued to befuddle the clerk, who had shown the customer all the extension cords we had, to no avail.

By and by the clerk enlisted my help and I had to reiterate the story to her I have been telling to customers who have unwittingly installed their Christmas light strings up on their eves only to discover that they could not connect them as both ends of the cord were "female".

To make a long story short. There is no such thing as a double male extension cord. Imagine the risk of electrical shock if one was to inadvertently touch the "hot" end of the cord while up on a ladder, not to mention the loss of Cheer and Goodwill as the customer recovered in the hospital - if they were lucky enough to survive.

From a customer service point of view we must point out to the customer, while not insulting them, that the lack of such an item in our inventory is due to the fact no reputable company makes them due to the danger of electrical shock, law suits, etc.etc. Luckily the nice lady accepted this explanation and went home to re-arrange her lights. That's my story and I'm stickn" to it.

Happy New Year, Dave B.

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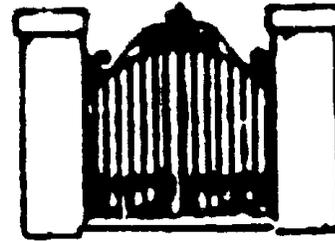
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2020

The Jamul Action Committee wishes all the Jamul Dulzura Communities a safe and prosperous New Year and a New Decade. JAC will continue to work for our rural area on road safety issues, growth management, and with the County and Calfire. *We have a very special area that needs to be protected and preserved for all to enjoy.* Thank all of you for your support through the years.

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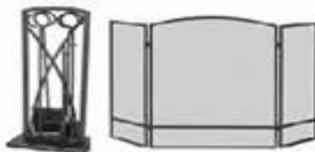
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