

HILLTOPPER

MARCH 2024

PALOMAR ESTATES WEST



Onsite Management

Maintenance: Felipe Diaz

Office: Lisa Hamernick

Office Hours:

Monday thru Friday

9:30 a.m. – 12:00 p.m.

1 p.m. – 4:00 p.m.

Office Staff

Gayle Plant

Weekend Relief

Doug Tickner

Security Patrol

Hidden Valley Security

(760) 744-1061

Office: (760) 727-5453

Fax: (760) 727-3054

After hours - emergencies only: (888) 518-6064

E-mail: Palomarestateswest@gmail.com

Resident website: Pewresidents.com

Offsite Management

PROPERTY MANAGEMENT

HAVEN MANAGEMENT SERVICES

3491 Concours Street, Suite 204

Ontario, CA 91764

Property Supervisor: Katie Davis

(909) 930-9750 Ext. 3005

Fax: (909) 481-7260

kdavis@havenms.com

MILLENNIUM HOUSING

611 Anton Blvd., Suite 890

Costa Mesa, CA 92626

Phone: (949) 515-5100

Fax: (949) 515-5101

<http://millenniumhousing.com>

President: George Turk

COO / Vice President: Lori Carraway

Director of Asset Services: Diana Welsh

SPARC Director: Stacey Kazmierski

MILLENNIUM MEMO

April 30 is the deadline for us to turn in a draft Budget for the July 1 Fiscal Year. Before starting on the new Budget, we like to review our progress on the current year's projects, to see if any changes are needed.

The news is a bit mixed on that front. We've spent about \$150K so far on various projects, but the Storm Drain problem has set us back on our timelines. As I'm typing this (on Feb. 7), it's already cost \$51K just for preliminary studies and early work.

The City has selected a contractor to do the repairs – at Palomar's cost – but we haven't seen the bid yet. In the meantime, if you see a torrent of water streaming down the street, our temporary measures are working. I hope to have an update next month.

There are always projects to work on in Palomar, but if you have any ideas, let Lisa know, contact a PEWRA Member or drop me a line. After all, it's your rent dollars.

In Less Expensive News

- SPARC, our resident services partner, will once again be sponsoring FREE tax prep – on March 14 over at Rancho Vallecitos--but this year only 10 slots were available for Palomar West. Unfortunately, if you haven't signed up already, you are too late. Those spaces sure filled up quickly!
- Lisa is awarding this month's Kudo to "our Social Connection, for everything they do for our residents and PEW Staff. Social Connection is a big part of our Community." That about covers it. Thanks to all our volunteers.

One more Kudo: to our own Jorge Martinez Mandragon. "Jorge is fun, creative, has the ability to identify a problem and solve it quickly. He contributes 100% to the team." We appreciate your dedication, Jorge!

- A reminder: if you have a question about any of the Park Rules, Lisa is happy to help. She'll answer your question and, if needed, give you another copy of the Rules. That's better than relying on what a neighbor might tell you.

That item about Jorge reminded me of something the prior owner told me 22 years ago, when we were in escrow to buy Palomar. I asked him: "How many people work at Palomar West." His answer: "About half." That's not true anymore!

I Feel Better Now

A couple months ago, I mentioned that I recently turned 70.

"Don't feel bad," one resident wrote to me. "Studies have shown that people who have the most birthdays live the longest." Do you think that's true? I'd love to think so.

Have a fun Easter!

George Turk

Dear PEW Residents,

- As many of you know, we have a wonderful popcorn machine that all **PEW groups or clubs** are welcome to use. The directions on how to operate it are on the machine. You'll need to purchase your own 12 oz. bags of popcorn with oil which can be found on Amazon. *The machine is not available to private parties.*
- Several museums at Balboa Park offer free general admission to their permanent collections on a rotating basis throughout each month to residents of San Diego County. Check the Balboa Park site for museum information. For a FUN and FREE day out, grab some friends, pack a picnic and go for it!
- We will have another dumpster coming in April for PEW residents to use. We are asking for a \$5 donation to use the dumpster. When the date and details are finalized, more info will come to you via robo call.
- As a reminder, the YEARLY association dues of \$10 helps support all the great activities and clubs we have in the park AND gives you the right to vote on park matters. Please drop your dues into the PEWRA Board box located in the cardroom by March 1st.
- Do you have ideas for items for our park or improvements to our park that would benefit ALL PEW residents? If so, PEWRA would like to hear about them! **Simply complete the form below and put it in the PEWRA BOARD box that is in the cardroom. For your idea to be considered, the form is due no later than March 10th.**

Thank you,

Cathie Byrd

YOUR NAME:

YOUR SPACE # :

DESCRIBE YOUR IDEA FOR AN IMPROVEMENT TO THE PARK. IF YOU HAVE AN IDEA OF WHAT THIS MIGHT COST, PLEASE INCLUDE THAT INFO:

DESCRIBE AN ITEM FOR THE PARK THAT WILL BENEFIT ALL PARK RESIDENTS. IT WOULD BE HELPFUL IF YOU COULD INCLUDE COST OF ITEM AND WHERE IT CAN BE PURCHASED:

RESIDENTS ASSOCIATION BOARD

President: Garry Larson; Vice President: Cathie Byrd
Secretary: Jo Gehringer; Treasurer: Simon Spears

Members

Katie Rodriguez, Jesse Nieto, Larry Jones

Board Meeting: 1st Tuesday of the Month (6:30) in the Pavilion Room

SOCIAL CONNECTION

Merlin Chancellor and Simon Spears – Co-Chairs, Cindy Palermo – Treasurer,
Marilyn Ferri – Secretary, Cathy Bassett, Herlinda Mahler, Cathie Byrd,
Margaret Scotto, Rusty Bassett, Angela Sirota, Shevaun Teegarden

HILLTOPPER COMMITTEE

Delane Johnson, Fran Miller, Lynn Thomas, Mary Wallace, Becky Zane, Jansi Saur

READY ADVISORY PANEL

Bryan Cooper, Mary Wallace

Cindy Palermo, Debbie McQuillan, Lee Tydlaska, Robert Fierro, Ruthann Kirby, Fran Miller

BREAKFAST COMMITTEE

Mikkie Sawyer, LuAnn Foster, Kim Stevenson, Trish Coy,
Helen Lyon, Cathy Bassett, Diana Primeau, Karen King
Alternate: Sheila Miller, Marsha Brown, Denise Hickey

GYM COMMITTEE

Larry Brown, Rusty Bassett, Marie McElligott

**For Fire, Sheriff, or Emergency in progress, such as break-ins, health problems or a
life-threatening situation, call 911.**

**If you have a non-emergency question or to file a report,
please call the San Diego Sheriff Dept at 760-510-5200.**

ACTIVITIES DIRECTORY

<u>ACTIVITY</u>	<u>TIME & DAY</u>	<u>CONTACT</u>	<u>PHONE</u>
Aqua Exercise	9 am Tu, Th, Sat	Trish Coy	760-536-9338
Art Gallery	On Exhibit in Pavilion	Herlinda Mahler	949-395-0815
Billiards (Men)	9 am Tu	Stan Lindsay	760-598-0582
Billiards (Women)	1:30 pm M	Gerri Harper	760-500-8681
Bingo	6:50 Th	Delane Johnson	612-240-4049
Book Club	Fourth Friday 2:00 pm	Cynthia Towle	503-317-3544
Breakfast	1 st Sat 8:30 am	Mikkie Sawyer	760-690-7825
Bridge	Varies Call Ann	Ann Webb	702-449-9916
Cooking with Katie	Third Tuesday 4:00 pm	Katie Rodriguez	760-310-8623
Darts	6-8 pm Thurs Game Room	Chuck Thomas	707-799-6555
Dog Park	8 am- 8 pm Daily	Debora McQuillan	858-663-2822
Garden Club	1 st M 2 pm	Merlin Chancellor	661-670-1336
Let's Dine Out	Times vary	Linda Kerridge Cathie Byrd	858-776-6783 530-417-5186
Library	Open Daily	Susan Balog	916-759-2636
Mahjong	1 pm Th	Kim Stevenson	760-703-4872
Medical Rehab Lending Closet	Open as needed.	Rusty Bassett	619-301-9551
		Jesse Nieto	408-666-8088
Mexican Train	2 nd and 4 th Tu 4:30 pm	Margie Farrelly	760-855-8416
Movie Night/ Dinner & Dance Nights	Dates Vary	Simon Spears	760-583-1549
Pickleball	8:30 am-10:30 am M-W-F Pickleball Club Group play Beginners are welcome!	Margaret Scotto	714-501-4345
Ping Pong	Tu 10:30 am	Nejla Gharajedaghi	760-536-9583
R.E.A.D.Y. Panel Emergency Preparedness	3 rd Tuesday at 2 pm in Card Room	Mary Wallace	619-887-0700
		Bryan Cooper	858-342-3335
Shuffleboard	1:30 pm M	Rusty Bassett	619-301-9551
Live 2 B Healthy Strength & Balance	10 am M-W-F	Maria Barnabe	619-886-2779
Social Connection	Dates Vary	Merlin Chancellor	661-670-1336
		Simon Spears	760-583-1549
Tai Chi	9-10 am Th		
Tennis		Jim Catley	360-301-1566

Hilltopper submissions to pewhilltopper@gmail.com.

All submissions must be submitted by the 10th of the month.

Hilltopper Distribution- Jansi Sauer 509-421-7431

The Hilltopper may edit articles for publication and will not publish anything of a political, medical, religious nature or solicitations. The Hilltopper does not publish articles submitted anonymously.

THE HILLTOPPER DOES NOT ENDORSE ANY OF THE ADVERTISERS THAT APPEAR IN ANY ISSUE. USE AT YOUR OWN DISCRETION.

If you notice any errors or omissions, please contact the Hilltopper at pewhilltopper@gmail.com



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If you know of any birthdays throughout the year that we don't have on our list, please send an email to pewhilltopper@gmail.com so we can include those birthdays in the future.

MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Pickleball 8:30-10:30 am Live 2 B Healthy 10 am Game Night 6 pm	Breakfast 8:30 am Aqua Aerobic 9 AM
3	4	5	6	7	8	9
	Pickleball 8:30-10:30 am Live 2 B Healthy 10 am Shufflebrd 1:30pm Women's Billiards 1:30 Garden Club 2:00	Water Aerobic 9 am Men's Billiards 9 am Ping Pong 10:30 am Sunset Pickleball 6 pm Board Meeting 6:30	Pickleball 8:30-10:30 am Tennis 9 am Live 2 B Healthy 10 am	Water Aerobic 9 am Tai Chi 9 am Mahjong 1 pm Sunset Pcklball 6 pm Darts 6-8 pm 6:50 Bingo	Pickleball 8:30-10:30 am Live 2 B Healthy 10 am Game Night 6 pm	Water Aerobic 9 am
10	11	12 Recycle	13	14	15	16
Hilltopper submissions Due	Pickleball 8:30-10:30 am Live 2 B Healthy 10 am Shufflebrd 1:30pm Women's Billiards 1:30 pm Let's Dine Out 5 PM	Water Aerobic 9 am Men's Billiards 9 am Ping Pong 10:30 am Mexican Train 4:30 Sunset Pcklball 6 pm	Pickleball 8:30-10:30 Tennis 9 am Live 2 B Healthy 10 am Movie 6:00	Water Aerobic 9 am Tai Chi 9 am Mahjong 1 pm Sunset Pcklball 6 pm Darts 6-8 pm 6:50 Bingo	Pickleball 8:30-10:30 am Live 2 B Healthy 10 am Social Hour 5 pm	Pickleball 8:30-10:30 am Water Aerobic 9 am
17	18	19	20	21	22	23
 Dinner & music at Pavilion at 5:00-9:00 See Page 12	Pickleball 8:30-10:30 Live 2 B Healthy 10 am Shufflebrd 1:30pm Women's Billiards 1:30 pm	Water Aerobic 9 am Men's Billiards 9 am Ping Pong 10:30 am READY 2 pm Cooking with Katie 4-5:30 pm Sunset Pcklball 6 pm	Pickleball 8:30-10:30 Tennis 9 am Live 2 B Healthy 10 am	Water Aerobic 9 am Tai Chi 9 am Mahjong 1 pm Sunset Pcklball 6 pm Darts 6-8 pm 6:50 Bingo	Pickleball 8:30-10:30 am Live 2 B Healthy 10 am Book Club 2 pm Game Night 6 pm	Water Aerobic 9 am
24/31	25	26 Recycle	27	28	29	30
	Pickleball 8:30-10:30 Live 2 B Healthy 10 am Shufflebrd 1:30pm Women's Billiards 1:30 pm	Water Aerobic 9 am Men's Billiards 9 am Ping Pong 10:30 am Mexican Train 4:30 Sunset Pcklball 6 pm	Pickleball 8:30-10:30 Tennis 9 am Live 2 B Healthy 10 am	Water Aerobic 9 am Tai Chi 9 am Mahjong 1 pm Sunset Pcklball 6 pm Darts 6-8 pm 6:50 Bingo	Pickleball 8:30-10:30 am Live 2 B Healthy 10 am Game Night 6 pm	Water Aerobic 9 am



BREAKFAST

March is definitely an example of how beautiful
“new beginnings” can be.

Let’s treat every month the same way....

By Simply.... attending the monthly breakfast,
with neighbors and perhaps “new found” friendships

March 2nd – 8:30 am

We’re looking forward to your smiling faces,
and laughter aplenty.

Hope to see you then!

Mikkie

Movie
The Blues Brothers

March 13th 6:00 PM

Please sign-up as spaces are limited to 30 – Thank you

Popcorn and Soda



A Social Connection Event

\$15.00

St. Patrick's Day



Party

SUNDAY March 17th 5pm-9pm - Pavilion

DINNER – Corned Beef, potatoes, carrots, cabbage, bread and butter, dessert

Live music and singing with DJ Rob featuring IRISH MUSIC and Dancing



SIGN UP AND PAY BETWEEN 2/11 AND 3/11 IN THE CLUBHOUSE. YOUR PAYMENT CONFIRMS YOUR SEAT! CANCELLATIONS AFTER 3/15 CANNOT BE REFUNDED MAKE CHECKS PAYABLE TO "SOCIAL CONNECTION"

Social Connection

Concert Movie and Potluck

Tina Turner

April 6th 5:00 PM Potluck 6:00 PM Concert Movie
A Social Connection Event – Please sign up

Tina Turner
Live in Amsterdam
WILDEST DREAMS TOUR 1996



Let's Dine Out



Enjoy a variety of steaks, seafood, pastas, burgers, sandwiches and salads with friends and neighbors at The Mining Company.

Where: The Mining Company

579 Grand Ave (in WinCo Shopping Center, the old Phil's)
San Marcos, 92069

When: Monday, March 11th at 5 pm

Enjoy open menu and separate checks.

Please call or text Linda Kerridge at 858-776-6783 to make your reservation.
Let me know if you would like transportation provided.

Come One and All

Come to the clubhouse on Friday nights
Bring your neighbors or come meet your neighbors

EVERYONE IS WELCOME

Social Hour on the 3rd Friday, starting at 5 PM

For March, it will be March 15th

Bring something to share – appetizer, main course, dessert, et cetera

Bring your own beverage

Game Night on the other Fridays, starting at 6 PM

Come play cards or domino games

Or bring a game you want to share/teach (Yahtzee, Uno, Scrabble, ??)

Bring your own beverage. If you would like to bring a snack to share, that is great also.

Submitted by Linda Kerridge and the Social Connection



Cooking With Katie

Come join us to learn about ways you can cook healthy and delicious meals on a reasonable budget!

Date: Tuesday March 19th

Time: 4pm-5:30pm

Location: Palomar West Clubhouse

Demo: Mexican Food

Sign up at the clubhouse to get a spot for this free, tasty class! Sign-up List goes up on 1st of each month. Class max of 25

RECIPE FROM THE PREVIOUS CLASS

Mediterranean Orzo Soup

- 1 Box Chicken Broth
- 1 Container Mediterranean Orzo Pasta Salad
- 1 Container grilled Lemon Pepper Chicken (chopped into bite size pieces)
- 1 bag organic spinach 6 ounces, chopped
- Juice of 1 lemon
- Feta Cheese

- In a saucepan, heat broth.
- Add salad contents, spinach and chicken.
- Heat thoroughly until spinach is wilted.
- Add lemon juice.
- Sprinkle feta cheese on top before serving.

Items available at Trader Joes.

PEW LIBRARY

No news this month.
But remember, we are up in the clubhouse!

Susan Balog
hdestiny@msn.com



MISSING FROM THE CARD ROOM

There are some items missing from the Card Room at the Clubhouse.

- Two maroon Mahjong bags
- One red tablecloth

The Mahjong Club has stored these items in the Card Room for ten years without incident. The Mahjong Club needs these items returned ASAP.

If the person who removed the items intended to bring them right back, you need to do so today. If you cannot return them, then provide \$85 to the PEW Residents Board so that the items can be replaced.

If anyone knows anything about the whereabouts of these items, the Mahjong Club would like to hear from you.

Submitted by Kim Stevenson & the Mahjong Club

PEW Book Club

Greetings from the Book Club!

In February, we read "The 100-Year Old Man Who Climbed Out the Window and Disappeared" by Jonas Johnson.

The Book Club is choosing the books we read differently this year. Each member will have the chance to pick the book we read for his/her designated month. We have already gotten our choices in, all the way to May!

- March: "West With Giraffes"
 - by Linda Rutledge
- April: "Bee Sting"
 - by Paul Murray
- May: "Remarkably Bright Creatures"
 - by Shelby Van Pelt



The Book Club meets the 4th Friday of every month in the Multi-Purpose room at 2 pm. We would love you to join us!

Happy Reading!
Cynthia (Cindy) Towle
503-317-3544
towlecandr@gmail.com

"I cannot live without books..." Thomas Jefferson to John Adams June 10, 1815

PALOMAR WEST FRUIT PICKING PROGRAM



Sign up in the clubhouse to be added to our fruit picking day with Senior Gleaners! Only citrus fruits, kumquats or apples can be picked! Deadline to sign up April 3rd

Fruit Picking Date: April 9th

Time: 8:30am-3:00pm

The volunteers will be coming during this time frame window!



Garden Club

We had a very educational February meeting. Our resident Master Gardeners and a couple of our seasoned gardeners took questions from attendees ranging from plant selection, irrigation, mulching, and fertilizing. The use of native plants and plant nutrients were hot topics. The application of the appropriate fertilizer depends on the time of year, type of plant, and desired results. Thank you to our knowledgeable panel.

February had some fun activities. The whole month was free entry to persons 65+ to the Wild Animal Park in Escondido. Our field trip to Bird Rock Tropicals in Encinitas was very memorable and mind blowing.

March and April have some great activities planned. Mark your calendar and save the dates.

1. **Monday March 4th at 2pm**, at our next meeting, Master Gardener Lucy Warren will speak, specializing in Native plants.
2. **Sat. March 9** – Free mulch at San Pasqual Valley Soils on Saturday March 9. Go to their website for details
3. **Saturday April 6th** is the seedling event at the home of Herb Field in Lake San Marcos.
4. **Saturday April 20th** we will be given a private tour of Herb's gardens.

I want to extend a hardy thank you to Herlinda for helping me set up the Valentines day themed refreshments. We enjoyed dark chocolate covered nuts, brownies, blondies, and lemon bars. To wash it all down we had Arnold Palmers and hot chocolate. The hot chocolate was soothing on such a rainy and cold day.

Check out the Community Garden and take in Ann Kreile's latest art creation, Orange Poppies. She said it is one of the largest pieces she has ever created. We have been loving her artwork on the current and past PEW park directory covers.

Novice gardeners should allow themselves from the outset the freedom to be as wayward as they want and to follow their instincts."
Mirabel Osler

Until next time, keep on planting,
Merlin Chancellor



GARDEN TO DO LIST

- For some new ideas, check out straw bale gardening
- Another thought is growing your garden vertically for space savings as well as a new look.

Featured Plant **Showy Penstemon (*Penstemon spectabilis*)**

is native to Baja California and can be found growing in chaparral, scrub and woodlands in southern California and to central California including the National Forest and nearly back to Joshua Tree National Park. It produces wide-mouth, tubular flowers of lavender with nearly white throats, and it begins flowering the first year. This beautiful plant needs full sun, rocky to loamy soil and will tolerate clay. A perennial, it maintains an erect form with long thin leaves. It will produce flower clusters of wide-mouthed tubular purple blue flowers which may be over an inch long. It will often self seed and grows well in disturbed areas. If you are planting from seed, this plant needs a little extra care. Essentially, it wants to experience winter and our winters are not as cold as it needs, so plant it in soil inside a container and cover it tightly with plastic to keep it from drying out and put it in the refrigerator. This is called stratification. Check on it often and when it shows signs of leaf growth, take it out and plant it outside. Great for bird gardens, it is pollinated by wasps as well as hummingbirds. Fast growing and easy, it likes full sun if planted in rocky, loamy or clay soils that hold moisture in. If planted in drier or sandier soils it wants a bit of shade and some additional moisture. They do very well planted on a slight slope which gives good drainage; if planted on flat ground, the soil should drain at least moderately well. Bearing purple to blue flowers, it mostly does not need additional summer water if planted but will flower more abundantly with the extra waterings.



It is a member of the plant family Plantaginaceae. A three-inch layer of rock mulch. Use organic fertilizer as inorganic may promote too much growth.

This plant is fairly short lived even under the best of circumstances, surviving around five to ten years so it is good that it begins flowering so early.

Penstemons are a western flower and can be found in many different locations in the western states. Most are at least moderately drought tolerant with many providing xeriscape gardeners with wonderful and colorful material for their planting areas.

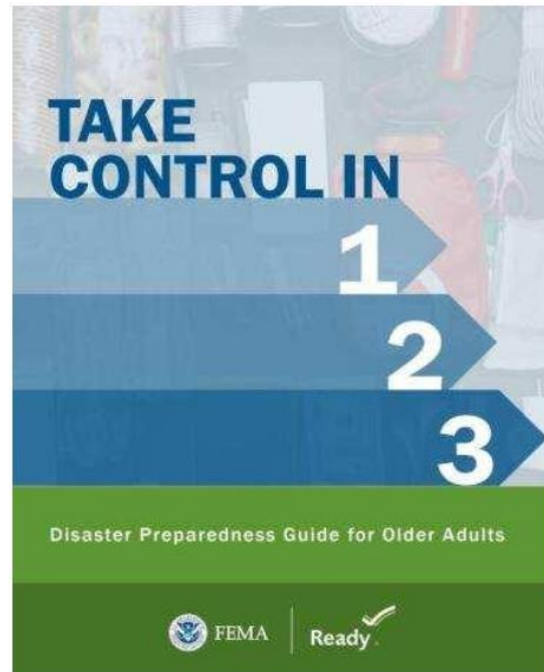
Submitted by Marilyn Chambers

Take Control in 1, 2, 3

Disaster Preparedness Guide for Older Adults

https://www.ready.gov/sites/default/files/2023-09/ready-gov_disaster-preparedness-guide-for-older-adults.pdf

or go to your Internet browser and type in [READY.GOV/OLDER-ADULTS](https://www.ready.gov/older-adults)



PLAN AHEAD

- Plan how you will communicate if you have a communications need.
- Plan for food, water and essentials for you and pets or service animals. Research pet-friendly evacuation centers.
- Include items that meet your individual needs, such as medicines, medical supplies, batteries and chargers in your emergency supply kit.
- Plan for your transportation if you need help evacuating. Plan how you will have your assistive devices with you during an evacuation. Make copies of Medicaid, Medicare, and other insurance cards.
- Know what disasters could affect your area, which could call for an evacuation, and when to shelter in place, and plan what you need to do in both cases.

Other things to do:

- You may want to install the following mobile applications:
 - SD Emergency (Also called Ready San Diego) In addition to warnings, this app provides information on evacuations and shelters
 - American Red Cross Weather app / Emergency: Severe Weather
 - The FEMA app and get weather alerts from the National Weather Service for up to five different locations anywhere in the United States. (Go to your Apple or Google Play Store. Search for FEMA. The application should be labeled Federal Emergency Management Agency.)

Submitted by the Palomar Estates West READY Team

Once a month, after Dean Kelsey's popular (MWF) class, the Live 2B Healthy Strength & Balance exercise class have a get together!



Submitted by Herlinda Mahler

GOT STUFF TO GET RID OF?

Try EDCO Certified Recycling Center – San Marcos

Recycling Redemption

- Aluminum cans
- CRV glass beverage containers
- CRV plastic beverage containers

Recycling Drop-Off – Most drop-offs are FREE.

Donation-value items accepted including paper, cardboard, and non-CRV household containers.

- E-waste drop-off location
- Household battery drop-off location
- Home-generated sharps drop-off location
- Fat, Oil, Grease (FOG) drop-off location

GOT E-WASTE?

Call EDCO at (760) 744-2700 for information about recycling unwanted electronic devices. Programs available for residential collection at a reasonable cost, or **drop off e-waste, such as computer and television monitors, central processing units (CPUs), laptop computers, miscellaneous computer components, printers, scanners, fax machines, VCRs and radios, for free** at our Certified Buyback Recycling Center.

Recycle your cardboard boxes and Styrofoam in large bins adjacent to recycle center. No need to cut them down to fit into your “Blue Bins.

HOURS OF OPERATION

Monday – Saturday: CLOSED

Open Sunday only: 8:00 a.m. – 4:00 p.m.

Accepted forms of payment: cash or check

ADDRESS & DIRECTIONS

Only on Sundays, enter from Grand Avenue, between Airgas Store and Meadiocrity Mead.

Phone: (760) 744-2700

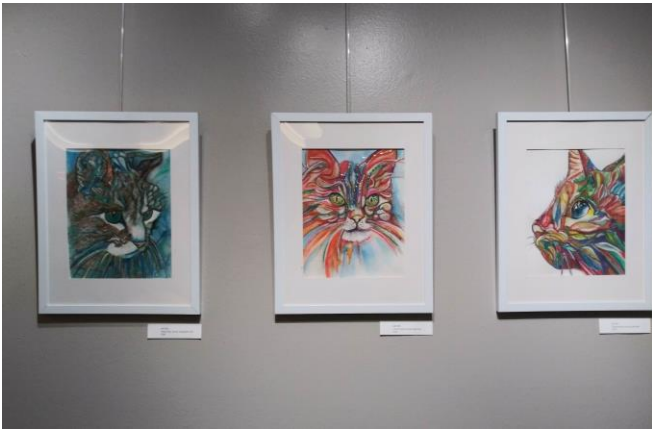
Weekday Office Address: 224 S. Las Posas Rd.

Submitted by Mary Wallace

GALLERY IN THE PAVILION

CHECK OUT THE ONE-WOMAN SHOW AT OUR PEW CLUBHOUSE GALLERY

Kylee McDowell, is a Fine Artist and Teacher. She has a Bachelor of Fine Arts and a Designated Subjects Teaching Credential in Multimedia and Design. She has taught Web Design, Photoshop, Graphic Design for Escondido Adult Ed for over 20-years and is currently the Boehm Gallery Art Gallery Coordinator.



Submitted by Herlinda Mahler