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Valley Center: Organic farm teaches healthy food habits

By: CHARLES CARR - For the North County Times

Before we begin, the newspaper has asked me to convey its apologies for unintentionally excluding last week's Valley Center column from its pages, although the column did run on the paper's Web site.

The column's featured item was a preview of Tuesday's performance by the middle school drama club of the anti-drug play "That's How I Died."

Fortunately for the kids, the play (written and directed by my daughter, Sammi Carr) was a smash, attended by about 500 students, parents and administrators. If you missed it, a video of the complete performance will be posted to www.carrkidsvids.com.

Thought for food: Charlene Orszag, director of the Tierra Miguel Foundation, tells us, "This coming Saturday, Pauma Valley's Tierra Miguel Foundation Farm will be hosting a day to think about farms and food as part of a Thanksgiving plan for health."

The foundation's executive director, Beth Ann Levendoski, adds, "Rather than starting with New Year's resolutions, we're asking folks to give Thanksgiving a new look by appreciating San Diego's amazing food bounty and committing to healthy fruits and vegetables over the coming holidays."

The program will run from 10 a.m. to 1 p.m. with games; music donated by my band Skylark, skits by Pauma School students and lots of wholesome organic food. All your questions about food, healthy eating, diabetes and exercise will be answered by health care professionals. Admission is free and everyone is invited.

Tierra Miguel Foundation Farm is located at 14910 Pauma Valley Drive in Pauma Valley (at the corner of Cole Grade Road and Pauma Valley Drive). A map can be found at www.tierramiguel.org. Call (760) 742-4213 to learn more.

To the Max!: Also on Saturday is, of course, the premiere of the Maxine Theater, a joint-use facility to be shared by area schools and the general community, an event that aims to honor the facility's donors and design team.

Music will be provided by the Crazy Rhythm Hot Society Orchestra and the Mike Henebry Orchestra, playing music of the 1920s and '30s. The bands will perform first inside the theater and then, weather permitting, take it outside for dancing.

The evening begins at 7 p.m. Tickets are \$30. The Maxine is located at 31322 Cole Grade Road in Valley Center.

For information about the premiere and future Maxine events, as well as online tickets, call (760) 749-7390 or visit http://maxine.vcpusd.net on the Web.

Band-Aid: I received a call last week from Philip Moody, of the San Diego Jazz Party (www.sdjp.org). For the past 18 years the group has been putting on an annual jazz concert at the Del Mar Hilton, an event that attracts some of the biggest names in the business.

Philip said he read a recent piece of mine lauding the VC Middle School Jazz Band and hoped the kids could perform at their next event to be held Feb. 24 to 26. It sounded like an incredible opportunity to me, so I put Moody in touch with the band's director, Jeff Beck.

A few days later Jeff told me he had gotten a call from Philip and that they were working out whether the kids will be able to

perform at the concert.

Let's keep our fingers crossed.

They're baaaack: VC Optimist, Bill Paulson, reminds us that the Valley Center Optimist Club will again be smoking and selling Thanksgiving turkeys and hams in front of Fat Ivor's Restaurant, 27961 Valley Center Road, beginning Friday until Wednesday of next week. "Proceeds will be used to help support youth activities in our community," Bill said. "Come see us, and help support our youth here in Valley Center."

For information, call John McGlynn at (760) 390-4173 or (760) 751-2218.

That's all he wrote. Hope to see you at Tierra Miguel Farm or the Maxine premiere this weekend.

Contact Charles Carr with comments or column items at his Web site, [www.charlescarr.com](http://www.charlescarr.com).