



Celebrate Completion of our New Post Office Murals!

We are very excited to invite you to an official "grand opening" event on Saturday, April 26th, 3 to 5 p.m. at the Solana Beach Post Office, 153 S. Sierra Ave. Mayor Lesa Heebner, City Council members, Postmaster Richard Zamora and artist Kevin Anderson will join us to snip a ribbon and formally dedicate nine new murals adorning the interior walls.

Your Board of Directors voted to commission the murals after the Post Office interior was repainted. As you know, for more than 70 years, our organization's mission has been to support civic education and the beautification of our community, so the freshly painted walls provided a canvas for furthering those goals.



The artist at work. Photo by Mark Mennie

After Postmaster Richard Zamora agreed to partner on the project, Kevin was the obvious artist for the job. He is a Solana Beach native whose works already are prominent throughout San Diego County and Southern California, including at the Gateway Business Center at the northwest corner of I-5 and Lomas Santa Fe Drive.

Together, we chose a selection of iconic Solana Beach sites for the paintings. Kevin knows them all, having grown up on Glenmont Drive and as a regular among the surfers at Pillbox, aka Fletcher Cove. The scenes include beach and bluff-side views, as well as underwater sea-life based on Kevin's memories of his many hours in the ocean. There also are depictions of Fletcher Cove Park, the downtown Plaza area, and this montage of images honoring the city's founding neighborhood of La Colonia de Eden Gardens.

We'll offer refreshments and snacks, as well as tours by our SeaWeeders, whose volunteers keep the sculpture garden thriving.

Please come and join the celebration -- bring a friend or neighbor! All are invited!

We hosted four classes of Solana Vista third graders at our Heritage Museum in March. Thanks to all who helped with their education about our history, supervised games, baked cookies or donated lemons for the Living History sessions. Learn more and see some fun photos from the visits on page 4.

REMINDER: Annual membership dues are due for 2025. If you haven't already, please use the form on page 3 to renew your membership with the Society by mailing a check, or renew by PayPal or credit card [online at our website](#), where current 2025 and Lifetime members are listed.

Thursday, April 10, 5 p.m., La Colonia Community Center

Trash Talk with EDCO -- Learn How to Recycle Right

Confused about what goes into which bin? Wondering how to take the "ick" factor out of storing organic kitchen waste? You're not alone! Get answers to your household trash head-scratchers -- and learn how EDCO has adapted to changing market demand for recycled materials.

At our April 10 general meeting, Logan Betz, EDCO Account Representative for Solana Beach, will provide an overview of the family-owned company, founded in 1967, and its nearly 60-year commitment to recycling innovations. These include the state-of-the-art Anaerobic Digester facility in Escondido that turns your green and organic waste into mulch, compost and liquid fertilizer.

Organic waste includes food scraps, food-soiled paper and cardboard boxes (such as those used for take-out meals), as well as landscape trimmings and grass. "Anaerobic digestion" (AD) happens in huge, closed tanks deprived of oxygen. Microbial breakdown heats your green-bin yard and food waste to 131 degrees. Inside the tank, giant stirrers constantly agitate the decaying matter to speed processing.

The methane gas produced during "digestion" is contained and converted onsite at the EDCO facility

into Renewable Natural Gas (RNG), which EDCO uses to fuel its more than 200-truck fleet.

The first Escondido AD opened in 2021 and operates around the clock, processing 1.5 million pounds of green yard and organic waste daily. In fact, the digester needs constant "feeding" or the microbes die off and the decomposition process fails. A second digester now is operational and two more are being constructed on site. When completed, EDCO says the AD plants will be able to handle all of the food waste generated in North County and most of the rest of the region.

EDCO also processes recyclable materials at its Escondido plant — one of five it operates in

the county. In the 70,000-square-foot Escondido Resource Recovery (ERR) facility, your blue-bin contents get fed into labyrinth of varied conveyer and magnetic belts — and past a small army of human sorters.

Recyclables such as plastic bottles and containers, cans and paper are separated, processed and baled (aluminum, paper, plastics and tin) or crushed (glass) and then sold for repurposing. Clear milk jugs can be turned into colored plastic containers. Stiffer, colored plastic jugs might become paint containers or plastic pipe. Aluminum cans become cans again. Baled paper is processed into pulp. The company estimates that its ERR facility keeps 250,000 tons of recyclables out of landfills yearly.

EDCO reports that 95% of its recyclable plastics are made into new products by U.S. companies; only 5% now are shipped overseas. Before 2018, nearly 60% of recyclable materials generated in California were exported to China and other Asian markets, but that year China said it would no longer accept 26 types of recyclable materials due to contamination by non-recyclable debris. Processing mills worldwide now demand that recycling facilities ship only materials *with less than 1% contamination*.



Continued on next page

Trash Talk, continued...

One of the most common contaminants are plastic bags, so it's important to keep *all* plastic bags -- trash bags, grocery bags, storage bags, etc. -- out of both your blue and your green bins. Those so-called "compostable" bags are a no-no, too. Betz will explain why and provide examples of better alternatives for storing kitchen scraps -- including a free Kitchen Caddie you can order from EDCO. We'll have samples on hand! Also:

- Remove stickers, labels and plastic packaging from produce.
- Take off twist ties and rubber bands from vegetables; those go in the gray trash bin.
- Put food-soiled cardboard (e.g., pizza boxes) and paper in the green bin.
- Make sure cans, bottles, jars and plastic containers are empty before tossing into your blue bin.
- Never toss household hazardous waste (HHW) into ANY EDCO collection bin. [Learn how to handle HHW here.](#)

To help us prepare for a lively and informative session, please email your recycling questions (or personal tips) in advance to solanabeachhistoricalsociety@gmail.com.



The City of Solana Beach has partnered with [Relic Sustainability](#) and EDCO to launch a new Beach Cleanup Station at Fletcher Cove.

Inspired by the [DMVA Shoresaver Program](#), the station will be located near the trash cans and equipped with six reusable baskets for beachgoers to use during their visit. The process is simple: grab a basket on your way in, collect any litter you see, empty the contents in a trash bin when you leave, and return the basket to the post.

The station will officially launch on Friday, April 26th as part of the [I Love a Clean San Diego Annual Creek to Bay Cleanup](#). We invite community members to join us for this event and take part in the collective effort to protect our coastline. Register to volunteer [here!](#)

Renew your SBC&HS Membership for 2025

If you haven't already, it's time to pay your annual membership dues. Select your member level and return this form with a check to P.O. Box 504, Solana Beach, CA 92075.

Or renew online at www.sb-chs.org by PayPal or credit card.

___ \$25 individual ___ \$30 family ___ \$100 Business ___ \$500 Lifetime

Name(s) _____

Email address: _____



About 80 Solana Vista Elementary School students visited the Heritage Museum in March for our annual Living History Program. This season, rather than churning ice cream, we invited the students to help squeeze lemons (some gleaned from nearby trees) for

student-made lemonade they enjoyed with our home-baked chocolate-chip cookies.

Three students discovered their great grandfather/great uncle in our [new video](#).

What else did they learn?

"It was cool to see how people lived in their homes in Solana Beach without electricity. We got to use old timey kitchen stuff . . . I used the old toaster that you put on the stove," said Lucia Carlin.

2025 Meetings and Events

General Meetings start at 5 p.m. at La Colonia Community Center, 715 Valley Ave.

April 8: SeaWeeders Garden Club meets at 10:30 a.m. at the cottage behind the Boys & Girls Club, 533 Lomas Santa Fe Dr.

April 10 General Meeting: Trash Talk with EDCO! Get answers to your organic waste and recycling questions. Learn why EDCO considers Solana Beach to be one of its finest recycling customers -- and how we could be even better.

April 22: Crafts Workshop, 1 to 3 p.m. at La Colonia Community Center.

April 26: Celebrate our new Post Office Murals! 3 to 5 p.m. at the Post Office, 153 S. Sierra Ave.

April 30: Deadline to submit an application for one of three \$3,000 SBC&HS scholarship awards for 2025! [Here's the application form](#), also on page 6.

May 8 General Meeting: City Manager Alyssa Muto provides an update on our City's many initiatives.

June 12: Scholarship awards dinner and installation of 2025-26 Executive Board at Tony's Jacal.

Solana Beach Civic & Historical Society a 501(c)(3) organization

2024-25 Executive Board

President.....Jolene Dodson Bogard
 Vice President.....Michele Stribling
 Treasurer.....Holly Smith Jones
 Recording Secretary.....Karen Grossman
 Corresponding Secretary.....Cindi Clemons

Committee Chairs

Civic Affairs.....Cindi Clemons
 Communication, Education.....Pat Coad
 Crafts.....Kathryn Schmiedeberg, Stephanie Wilde
 Hospitality.....**Vacant**
 Membership.....Lori Wolf
 Historian, Museum Curator.....Lisa Montes
 Newsletter, Website.....Kathleen Drummond
 Nominations.....**Vacant**
 Parliamentarian, Programs.....Carol Childs
 SeaWeeders.....Kathleen Drummond

Research HistorianRichard Moore Ph.D



CARTON CONTAINERS:

Aseptic cartons, including milk cartons and juice boxes, half-gallon juice cartons, soup/broth cartons, and wine cartons.



MIXED PAPER:

Mixed paper, including junk mail, catalogs, telephone books, magazines, newspaper, and paper used for computer printing.



STYROFOAM:

Clean foam cups, meat trays, plates, egg cartons, block packaging, rigid polystyrene, and carry-out containers.

RECYCLE

These items go inside EDCO's blue commingled recycling carts!



ALUMINUM:

Clean aluminum foil, clean aluminum trays, and pie tins.



GLASS CONTAINERS:

Glass containers including food jars and beverage bottles.



SHREDDED PAPER:

Shredded paper (placed in a clear bag is okay for easy identifying).



PAPERBOARD:

Paperboard boxes such as cereal boxes, tissue boxes, refrigerated food boxes, boxes from toiletries, and soda/beer cases.



ALUMINUM:

Aluminum, steel & tin cans, such as food and beverage cans for soda, soup, beer, beans, fruit, and vegetables.

**All food and beverage containers should be EMPTY: no/minimal food residue and no liquids remaining.*



CARDBOARD:

Cardboard, including boxes used for moving and shipping or any other box or packaging made of corrugated cardboard.



#1 - #7 PLASTICS:

All plastic containers, lids, and packaging with a recycling symbol of #1-7 (all containers accepted with caps and lids): water and soda bottles, peanut butter and other food jars, mouthwash bottles, vegetable oil containers, ovenable food trays, milk jugs, juice bottles, shampoo and conditioner bottles, detergent & bleach containers, condiment bottles, medicine bottles, bottle caps, butter and yogurt tubs, CD cases, baby bottles, 3-gallon water bottles, CDs, medical storage containers, and rigid plastics such as 5-gallon buckets.

Did you know? Residential customers can receive additional blue recycling carts at **NO ADDITIONAL COST!** Call our office or *order fast and easy* online by clicking on the **Contact EDCO** tab above.

FREE Mulch and Wood Chips for Solana Beach Residents!



Mulch and wood chips are now available at Ramona Disposal, 324 Maple Street, Ramona, CA, 92065. Pickup hours are Monday-Saturday, 7 a.m.- 4:30 p.m. CLOSED: Sunday

This is a self-serve, self-loading and self-haul service, so please bring your own cans/bags, gloves and shovel. If you plan to haul your material in an open truck or trailer, please remember to bring a tarp to cover your material.

For additional information, send a text message to EDCO at (760) 201-1578, email csrm@edcodisposal.com or call 760.744.2700.



Solana Beach Civic & Historical Society 2025 Scholarship Application

Welcome! We encourage students to apply for our scholarship of \$3,000.00 to assist in financing college, graduate school or technical school tuition. We are offering three awards in 2025.

Please note the following:

- This Scholarship is available *only* to applicants who are current residents with home addresses in Solana Beach, CA.
- You must complete and submit all required documentation listed below.
- You must have a grade point average of at least 2.5 on a 4-point scale or equivalent.
- When submitting your application, please check the box to the right of each item noting that the information is attached (or will be submitted*). *Incomplete applications will not be considered.*

Item	Attached
1. Your Name, Home Address, Telephone, Email Address and current school.	<input type="checkbox"/>
2. A copy of one of your college application essays that you believe best represents your personality and accomplishments.	<input type="checkbox"/>
3. A copy of your academic transcript for the last two years.	<input type="checkbox"/>
4. A list of your extracurricular activities or awards that demonstrate your commitment to community involvement and volunteering.	<input type="checkbox"/>
5. A brief statement of what this scholarship would mean to you (100 words or less).	<input type="checkbox"/>
6. A list of all the schools to which you are applying.	<input type="checkbox"/>
7. A letter of recommendation from one of your current teachers or your guidance counselor. *	<input type="checkbox"/>
*This recommendation should be submitted directly to us from your teacher or counselor at the address below.	

Your Signature _____ Date _____

Please submit this coversheet and required information via email to zzcoad@gmail.com OR mail to Solana Beach Civic & Historical Society at P.O. Box 504, Solana Beach, CA 92075.

Applications must be emailed or postmarked by April 30, 2025

Standing Stronger

**FREE
EVENT**

Fall Prevention Workshop

Friday, April 11, 2025
Noon – 4:30 p.m.

Scripps Encinitas Rehabilitation Center
1092 N. El Camino Real
Encinitas, CA 92024



Stay Safe, Stay Independent: FREE Community Fall Prevention Event!

Falls are preventable, yet they remain a leading cause of ER visits for older adults. Join the trauma injury prevention team at Scripps for a FREE community event focused on protecting your health and independence.

Attendees can take part in fall risk assessments, balance and gait classes, blood pressure and stroke screenings, and medication reviews by a clinical pharmacist. Explore community resources, tour our facility, and learn how to stay mobile and drive safely for longer. Don't miss this opportunity to safeguard your health and independence — bring a friend or caregiver and take control of your fall prevention journey!

Agenda

11:30 a.m. - Noon

Noon - 12:55 p.m.

1 - 1:30 p.m.

1:30 - 2 p.m.

2:15 - 2:30 p.m.

2:30 - 3:30 p.m.

3:30 - 3:45 p.m.

3:45 - 4:30 p.m.

Event Check-in

Safe Driving Through the Ages; Tips from the Driving Experts

Balance Exercise Class

Fall Risk Assessments by Physical Therapy Experts

Stroke Risk: Take Action to Learn Your Personal Risk Factors

Physical Therapists Share How to Reduce Your Risk of Falling

Bone Health and How Working with Your Pharmacist Can Reduce Your Fall Risk

Blood Pressure, Medication, Stroke Risk Checks and Resource Fair



*Registration is not required, however, we strongly recommend doing so to ensure your spot.
Register by emailing InjuryPrevention@ScrippsHealth.org or call **619-686-3644**.