



©1991 MTRP

Publication of Mission Trails Regional Park Foundation

# Mission Trails Regional Park News

Volume 17 Number 3

Summer/Fall 2006

## SENSITIVE PLANTS OF MISSION TRAILS

Plants that may need protection to avoid the threat of extinction are often designated as "Sensitive Plants." Within Mission Trails Regional Park, the plants listed in Table 1 meet this definition. With a few notable exceptions, Sensitive Plants are not likely to be observed on casual walks in the park. Nonetheless, as stewards of the park, we should be familiar with Sensitive Plants.

San Diego Thornmint (*Acanthomintha ilicifolia*) is one of the plants found in MTRP that is identified as a Sensitive Plant. It was designated in 1982 as "endangered" under the California Endangered Species Act ("CESA") and in 1998 as "threatened" under

the Federal Endangered Species Act ("FESA"). The California Native Plant Society ("CNPS") has listed San Diego Thornmint on its "List 1B" and the plant is "covered" by the Multiple Species Conservation Plan for San Diego County ("MSCP"). The purpose of this article is to explain the meaning of these designations and provide information regarding San Diego Thornmint.

For purposes of the FESA, an "endangered" plant (designated "E" in Table 1, p. 4) is in danger of extinction throughout all or a significant portion of its range. A "threatened" plant (designated "T" in Table 1) is likely to become en-

*Thornmint, continued on p.4*

## People's Choice



Giannandrea Boiani - Travels

## Featured Park Fauna

### Ticks and Chiggers

Trackers [and hikers] beware – hitchhikers exist on our wonderful trails! Imagine strolling between coastal sage scrub and chaparral early in the morning when the temperature is all of 39 degrees and discovering that a deer tick has warmed up enough to catch a ride home with you. That happened to me not too long ago, and the little critter managed to sink its torso into mine. Unable to extract it on my own, I made an appointment at Kaiser that very same day. Lyme disease has been reported in many areas of the country, including most counties in California, so I sought professional help. Lyme disease is a bacterial disease spread by the bite of a Western Black-legged Tick, and the effects of the disease may persist in the human body for several years.

Just in case this happens to you, the Western Black-legged Tick is most common in the coastal regions and along the western slope of the Sierra Nevada range. The adult female is reddish-brown with black legs, about 1/8 inch long. Males are smaller and all brownish-black. The Western Black-legged Tick is a three-host tick that primarily feeds on lizards and small rodents during its sub-adult life stages, and as an adult feeds on large mammals, commonly deer, canids, horses and humans.

*Ticks, continued on p.3.*

## A Message From Councilmember Jim Madaffer



Well before being elected to office in 2000, I've focused on ways to im-

prove Mission Trails Regional Park as well as District 7. Improving our quality of life remains a top priority. Recently I've been working with other leaders on citywide and regional issues in order to improve our quality of life. One recent milestone comes to mind: the passage of the smoking ban.

San Diego's new Beach and Park smoking ban will soon take affect and this affects Mission Trails Regional Park. The Council voted unanimously at the June 19th meeting of the San Diego City Council to ban smoking at City owned parks and beaches. That means at beaches such as La Jolla Shores and Pacific Beach from the sidewalk or board walk to the water line and all areas in parks such as MTRP and Balboa Park smoking will be prohibited. Signs announcing the new policy will soon be in place and

the ban is expected to begin sometime in late summer. Fines start at \$250.

Councilmember Scott Peters and I first proposed the idea in February in order to prevent litter, improve air quality and promote safety by preventing fire hazards. San Diego joins about 30 other California cities in banning smoking in various public places. We are catching up to other progressive cities that have passed such a law. This law sends a message that we are trying to set an example.

As always, it is an honor to serve you. Time and again I see outstanding, dedicated volunteers who help improve our wonderful park. I feel fortunate to be your partner and appreciate all that you do.

I welcome hearing your comments regarding Mission Trails Regional Park or any other issue. Call me at (619) 236-6677 or send an email to [jmadaffer@sandiego.gov](mailto:jmadaffer@sandiego.gov). I invite you to visit my Web site at [JimMadaffer.com](http://JimMadaffer.com)

### First Place - Black & White



Cheryl Old - Sheer Glory

#### Mission Trails Regional Park Foundation Board of Directors

**Joseph C. Morse**  
*President*

**Nancy Acevedo**  
*Vice President*

**Dorothy Leonard**  
*Secretary Treasurer*

**Jim Austin**  
**Marjorie Ferrante**  
**Gene Hatton**  
**Gary Krueger, O.D.**  
**Walter Odening, Ph.D.**  
**J. Carlton Morse II**  
**Betty Ogilvie**  
**Johnnie Perkins**  
**William L. Sperling, M.D.**  
**Donald E. Steele**  
**Connie Wood**

#### Advisors

**Patrick Abbott, Ph.D.**  
*Professor, Department of Geological Sciences*

*San Diego State University*  
**Hon. Sue Braun**  
*San Diego City Schools Board Member, retired*

**Hon. Jim Ellis**  
*California State Senator, retired*  
**Hon. Barry Jantz**  
*Council Member, City of La Mesa*

**Hon. Lucy Killea**  
*President and CEO*  
*International Community Foundation, retired*

*California State Senator retired*

**Hon. Jim Madaffer**  
*Council Member, City of San Diego*  
**Hon. Judy McCarty**  
*Council Member, City of San Diego, retired*

**Hon. Dick Murphy**  
*Mayor, City of San Diego, retired*  
*Superior Court Judge, retired*

**Michael R. Pent**  
*Past Chair Mission Trails Citizens' Advisory Committee*  
*Citizens' Advisory Committee*  
*Past President Mission Trails Regional Park Foundation*

**Hon. Larry Stirling**  
*Superior Court Judge, retired*  
*California State Senator, retired*

**Recycle your glass,  
plastic and aluminum  
at Kumeyaay Lake  
Campground. Containers  
are located in the  
day-use parking lot.**

## First Place - Youth Division



Helen Rosenbaum - Sting

## Art Exhibits

### Maurjo Reser

From July 1, 2006 through August 11, 2006

A native San Diegan, Ms. Reser works in water-color, oils and pastels and has been exhibited both locally and in galleries in Arizona. Throughout her years as a painter, she has participated in many juried exhibitions and has received numerous awards.

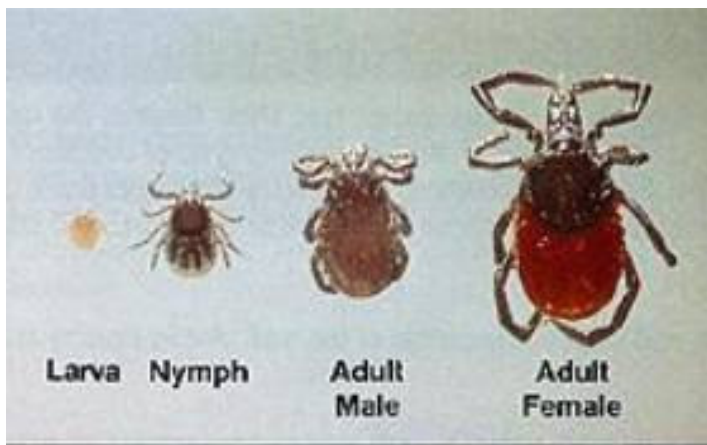
### Ken Roberts

August 12, 2006 through September 22, 2006

The Visitor Center has ongoing exhibitions of local area artists' works which can be purchased, with a percentage of the proceeds going to the MTRP Foundation.

### Ticks, continued from pg. 1

Humans bitten by these ticks may notice intense inflammation at the site of the bite, which may be slow to heal. These sores do not necessarily indicate pathogen transmission by the tick (i.e., a Lyme disease "bull's-eye" rash), but are frequently



Life stages of a tick

due to irritation from tick salivary products injected into the bite site.

Once extracted (tweezers don't work due to the barbs on the tick), the common treatment for a tick bite is a 3 to 6 week dosage of tetracycline or similar antibiotic. A blood titer for Lyme disease is recommended approximately a month

after the series of antibiotics has concluded. More information about Lyme disease can be found on many web sites, including <http://sdnhm.org/fieldguide/zoonoses/lyme.html>.

Chiggers? Yes, chiggers. Here in San Diego County, chiggers are particularly troublesome in coastal chaparral after a wet season, which explains how I came in contact with them last spring and again last week! Adult harvest mites will lay a nest of up to 400 eggs. The hatched larvae (chiggers) then find a host – and people, emitting the most carbon dioxide, seem to be popular. Adult chiggers are barely

visible and the larvae are 1/50 inch in size. You won't know the larvae has arrived until the annoying itching on the skin begins, usually 4-8 hours after exposure. The itch is created by a toxin the larva injects into its host. This will dissolve cells to create a food source. Red bumps or papules are also a clue for diagnosis. Appar-

ently, we don't provide the right nutrients, so the critter eventually dies off.

In the meantime, the resulting symptoms can be quite a problem. Treatment recommendations vary from topically arresting the itch with corticosteroid creams or Campho-Phenique, to orally taking antihistamines or steroids. Another suggestion is to apply Rid Lice Shampoo to the bite sites, in order to speed up the chigger's demise. I have tried them all and realize I'll just have to wait out the 2-6 weeks for true relief. Find additional information on: <http://science.howstuffworks.com/question488.htm> and <http://www.nlm.nih.gov>.

Bottom line here – use bug repellent when heading out to brushy areas! A high concentration, 98% DEET, is the most effective. Then, shower as soon as possible to remove those tick or chigger hitchhikers! Side Note: Karen says the best way to avoid getting ticks and chiggers is to "Stay on the trails!"

by Karen Larsen Gordon  
[Reprinted with permission from the San Diego Tracking Team's newsletter, The Clear Print]

**Thornmint**, continued from pg. 1

dangered within the foreseeable future throughout all or a significant portion of its range. The factors that are considered in judging whether a plant qualifies for listing under federal law include the present or threatened destruction, modification, or curtailment of the species' habitat or range; overutili-

zation for commercial, recreational, scientific, or educational purposes; disease or predation; the inadequacy of existing regulatory mechanisms; and other natural or manmade factors affecting the species' continued existence.

The California Department of Fish and Game administers the CESA and the Native Plant Protection Act. The DFG produces the Threatened, Endangered, and Rare

Plants List and the Special Plants List. For purposes of the CESA, "endangered" means a plant is in serious danger of becoming extinct throughout all, or a significant portion, of its range due to one or more causes, including loss of habitat, change in habitat, overexploitation, predation, competition, or disease. "Threatened" means a plant that, although not presently threatened with extinction, is likely to become

Table 1: Sensitive Plants of MTRP

Compiled by Fred Kramer

Latin Name	Common Name	FESA	CESA	CNPS List	MSCP
<i>Acanthomintha ilicifolia</i>	San Diego Thornmint	T	E	1B	C
<i>Ambrosia pumila</i>	San Diego Ambrosia	E		1B	C
<i>Artemisia palmeri</i>	Palmer's Sagewort			4	
<i>Brodiaea orcuttii</i>	Orcutt's Brodiaea			1B	C
<i>Ceanothus verrucosus</i>	Wart-Stem-Lilac			2	C
<i>Chorizanthe polygonoides</i> var. <i>longispina</i>	Knotweed Spineflower			1B	
<i>Clarkia delicate</i>	Delicate/Campo Clarkia			1B	
<i>Comarostaphylis diversifolia</i> ssp. <i>diversifolia</i>	Summer-Holly			1B	
<i>Dichondra occidentalis</i>	Western Dichondra, Ponyfoot			4	
<i>Dudleya variegata</i>	Variegated Dudleya			1B	C
<i>Ferocactus viridescens</i> var. <i>viridescens</i>	Coast Barrel Cactus			2	C
<i>Harpagonella palmeri</i>	Palmer's Grappling-Hook			4	
<i>Holocarpha virgata</i> ssp. <i>elongata</i>	Graceful Tarplant			4	
<i>Iva hayesiana</i>	San Diego Marsh-Elder			2	
<i>Juncus acutus</i> ssp. <i>leopoldii</i>	Southwestern Spiny Rush			4	
<i>Machaeranthera juncea</i>	Rush-Like Bristleweed			4	
<i>Ophioglossum californicum</i> (fern)	California Adder's Tongue			4	
<i>Quercus dumosa</i>	Nuttall's Scrub Oak			1B	
<i>Quercus engelmannii</i>	Engelmann Oak, Mesa Blue Oak			4	
<i>Viguiera laciniata</i>	San Diego Sunflower			4	

endangered in the foreseeable future in the absence of the special protection required by CESA. "Rare" means a plant, although not presently threatened with extinction, is in such small numbers throughout its range that it may become endangered if its present environment worsens.

The CNPS Rare Plant Program maintains information on all sensitive plant species in California; provides management recommendations to the resource protection agencies that implement the laws; and works with CNPS Chapters and others to propose imperiled plants for protection under the CESA and the FESA. CNPS promulgates lists of plants as follows:

- List 1A – Plants That Are Presumed Extinct in California
- List 1B – Plants That Are Rare, Threatened or Endangered in California and Elsewhere
- List 2 – Plants That Are Rare, Threatened, or Endangered in California, But More Common Elsewhere
- List 3 – Plants For Which We Need More Information (A Review List)
- List 4 – Plants That Have A Limited Distribution (A Watch List)

The MSCP is a comprehensive, long-term conservation plan for southwestern San Diego County



San Diego Thornmint

## First Place - Color (People, Flora & Fauna)



Lee Kirchhevel - Humminbird Feeding Baby

developed under the California Natural Community Conservation Planning Act. A plant is either covered by the plan or it is not. San Diego Thornmint is a covered plant (designated "C" in Table 1).

San Diego Thornmint is in the Lamiaceae or Mint Family. Its scientific name, *Acanthomintha ilicifolia*, is derived from the words "acantha" meaning thorn, and "menthe" meaning mint. The specific name, *ilicifolia*, means having leaves like holly, or the *Ilex* genus. The scientific name appropriately describes the plant as a thorny mint



Thornmint Flower

with leaves like holly.

San Diego Thornmint is an annual, low-growing aromatic herb. Its leaves are rounded with serrate margins. Below the flowers is a pair of leaves and several sharply-spined bracts. The flowers are tubular, two-lipped and are generally white with rose or lavender tinges on the lower lip. The fruit is a schizocarp with several smooth, egg-shaped nutlets. Thornmint prefers to grow in clay depressions on mesas and slopes, in or near vernal pools, and can be found in coastal sage scrub and chaparral at elevations below 3,000 feet. It blooms in April to May and is pollinated by bees and beetles. The plants die after the seeds set in July.

Although its common name suggests that it is endemic to San Diego, the plant at one time was found in central California and is presently found in Baja California as well as in San Diego. Historical reports of the plant suggest that the total populations have never exceeded 35 to 50 known populations. Of that total, at least

*Thornmint*, continued on pg. 6

**Photo**, continued from back page.

Color – People, Flora & Fauna: Lee Kirchhevel, 1st place; Mark Jacobson, 2nd Place; Brian Wright, 3rd place; Rick Wiley, Honorable Mention.

Color – Scenic Views: Brian Wright, 1st place; Erik Hepler, 2nd place; Yong "Andy" Kho, 3rd place; Bob Bardin, Honorable Mention.

The photography contest, reception and awards ceremony are an annual event sponsored by Mission Trails Regional Park Foundation in cooperation with the City of San Diego Park & Recreation Department. We wish to give special thanks to Kaiser Permanente for being this year's corporate sponsor.

Thank you to our Photography Contest Committee members: Betty Ogilvie, chair; Don Steele, Connie Wood & Roland Roberge. All contest entries will be on display at the Visitor & Interpretive Center through July. This year's winning photographs as well as those of previous contests can be viewed by going to [mtrp.org/photo\\_contest.asp](http://mtrp.org/photo_contest.asp).

**Thornmint**, continued from pg. 5

15 populations have been lost to residential or commercial development. Off-road vehicle activity and trampling by cattle and humans have also contributed to the decline of Thornmint. Of the populations that remain, most are on private land. A handful of Thornmint populations exists on protected lands in the San Diego area, including in MTRP, Penasquitos Canyon, McGinty Mountain, and the Cleveland National Forest (Viejas Mountain and Poser Mountain).

In MTRP, Thornmint grows in the West Fortuna area, near the Clairemont Mesa Boulevard entrance. The site has been monitored by Mike Kelly and other volunteers, including several Trail Guides. The site has been weeded for four years and it burned in the 2003 Cedar Fire. In 2001, a total of 354 plants were counted. In 2003, the number dropped to 296 plants and in 2005, to 120 plants. Whether the decline in Thornmint numbers will continue or not remains to be seen.

There are continuing threats that decrease the chances of a thriving population of Thornmint in MTRP and elsewhere. These threats in general include

destruction of habitat by development and other human activity; possibly herbivory by rabbits; unauthorized grazing, dumping and hunting on federal lands; and competitive pressure from native and non-native plant species. Non-native grasses, mustard, Common Tarplant (*Deinandra fasciculata*), and Tocalote (*Centaurea melitensis*) are thought to be significant threats to Thornmint in MTRP.

We can contribute to the potential success of Thornmint and other Sensitive Plants by staying on trail and keeping dogs on leash.

By Millie Basden, MTRP Trail Guide

[Reprinted with permission from the MTRP Trail Guides' newsletter, Trail Talk]

#### Photo Credits

San Diego Thornmint (pg. 5)  
Photo Copyright © Gary A. Monroe - USDA-NRCS Plants Database. Used with permission.

Thornmint Flower (pg. 5)  
Copyright © 1999-2006 by Kenneth L. Bowles. All Rights Reserved. Used with permission.

#### Notable Donations

April – June 2006

**Benefactor** - \$25,000 - \$50,000  
City of San Diego Special Promotional Programs

**Patron** – \$2,500 - \$5,000  
Adventure 16  
Edmund and Ruth Gibbs –  
*In memory of Kathleen Gibbs*  
Sycuan Band of the Kumeyaay Nation

**Founder** - \$1,000 - \$2,500  
Citigroup Foundation –  
*In recognition of volunteer service of Joseph C. Morse and J. Carlton Morse to Mission Trails Regional Park*  
Virginia Dull – *In Memory of Frederick A. Dall*  
Marilyn Lauer – *In Memory of Frank Lauer*  
Joe and Rosemarie Morse

**Trailblazer** - \$500 - \$1,000  
A to Z Plumbing  
Chipotle  
Lawrence and Suzanne Hess

**Path Finder** - \$100-\$500  
Nancy and Joe Acevedo  
Curtis Carlson  
Elsie May Cary  
Internet Crusade  
Dorothy Dundore  
Mr. and Mrs. Larry Fox  
Stephen and Mary Jane Harris  
Dr. and Mrs. Thomas Hayes  
Helen D. Malone  
David McLaren and Diane Nelson  
Rob's Glass  
Jacqueline Roisman  
Mr. and Mrs. Arthur Savage  
William Simmons  
Bill and Barbara Sperling  
Harold Stone  
Trail Guide Class of 2006 –  
*In honor of the Volunteer Trail Guide Class Instructors*  
Rose Van Hook  
Art and Connie Wood

# Support Mission Trails Regional Park

## Volunteer Opportunities

There are numerous volunteer opportunities available. No prior experience needed. We provide any training necessary.

**At the Visitor Center**  
Front Desk  
Gift Shop

**Within the park**  
Trail Guide  
Park Patrol  
Work Crews



**The easiest way yet to support Mission Trails**

\*  
Simply go to [www.escrip.com](http://www.escrip.com) access the "sign up" link near the top of the page and follow the simple instructions. All it takes is five minutes.

## Ways you can donate to Mission Trails Regional Park Foundation

The Mission Trails Regional Park Foundation Board of Directors extends sincere thanks to our many donors. It is because of your continuing support that we are able to fulfill our Mission - *In partnership with the City of San Diego, to preserve and protect the natural environment of Mission Trails Regional Park and to provide and promote educational and recreational opportunities.*

In addition to traditional cash donations, there are other ways you can provide short and long-term financial support for park programs and projects.

**Memorial or In Honor Of gifts**  
Honor a friend or family member with a donation.

**Matching Funds**  
Identify Mission Trails Regional Park Foundation for a matching funds contribution if your employer

has a policy of matching charitable gifts.

### Wills

Remember Mission Trails Regional Park Foundation in your will.

### Gifts of Securities

In order to allow donors to realize full tax deductions for appreciated stock, Mission Trails Regional Park Foundation accepts gifts of stock. Please call (619) 668-3280 for further details.

### Charitable Remainder Trusts

With a CRT, highly appreciated assets are placed in an irrevocable trust. Those asset proceeds provide income to the donor and/or to his/her beneficiaries for life. Contact your financial advisor for information.

The Foundation's Special Funds include education and library funds, trail and tree/habitat maintenance funds, education and library endowment funds. Call (619) 668-3280 for further information. - MTRP Foundation Federal Tax ID number 33-0285093.

## Mission Trails Regional Park Donor Opportunities

Mission Trails Regional Park Foundation provides opportunities for individuals, businesses, community organizations and foundations to support a variety of programs and projects within Mission Trails Regional Park. Thank you to our many friends who make annual contributions to Friends of Mission Trails Regional Park. A variety of donor opportunities are available as indicated below. All contributions are tax deductible. Persons donating \$100 or more will be given a certificate of contribution. Names of contributors of \$1,000 or more will be engraved on a plaque permanently displayed at the park Visitor and Interpretive Center. Donations of \$100 and above will accumulate from year-to-year for contributor recognition purposes.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Home Phone \_\_\_\_\_ E-mail \_\_\_\_\_

### Donor Levels

\$25 Individual _____	\$1,000 Founder _____	\$25,000 Benefactor _____
\$50 Family _____	\$2,500 Patron _____	\$50,000 Trustee _____
\$100 Path Finder _____	\$5,000 Steward _____	\$100,000 Director _____
\$500 Trailblazer _____	\$10,000 Sponsor _____	Other _____

### Special Funds

Please check fund(s) for which you wish your donation to be used.

General Park Support	_____
Library Fund	_____
Library Endowment	_____
Education Program Fund	_____
Education Program Endowment	_____
Tree & Habitat Maintenance	_____
Trail Maintenance	_____
Lake Murray	_____

Make check payable to MTRP Foundation and send to:  
Mission Trails Regional Park Foundation, Attention Secretary/Treasurer  
One Father Junipero Serra Trail, San Diego, CA 92119-1008

Charge my donation to VISA \_\_\_\_\_ MC \_\_\_\_\_  
Card No. \_\_\_\_\_  
Expiration date \_\_\_\_\_ Signature \_\_\_\_\_

### Office Use Only

Check Date \_\_\_\_\_ No \_\_\_\_\_ Amount \_\_\_\_\_  
Data Base \_\_\_\_\_ Letter \_\_\_\_\_ Donor Book \_\_\_\_\_  
\$100+ Certificate \_\_\_\_\_ Newsletter \_\_\_\_\_  
Web \_\_\_\_\_ \$1000+ Donor Board \_\_\_\_\_



**Mission Trails  
Regional Park Foundation**

One Father Junipero Serra Trail, San Diego, CA 92119-1008  
 Visitor & Interpretive Center: (619) 668-3275  
 MTRP Foundation: (619) 668-3280  
 E-mail: mtrp@mtrp.org  
 Web Site: www.mtrp.org

Non-Profit  
 Organization  
 U.S. POSTAGE  
 PAID  
 San Diego, CA  
 Permit No. 658

**Address Service Requested**

Volume 17 Number 3      Summer/Fall 2006  
**Mission Trails Regional Park News**

*Mission Trails Regional Park Foundation, Inc., established in January 1988, is a non-profit public benefit corporation organized for the purpose of preserving, improving and maintaining Mission Trails Regional Park.*

*Mission Trails Regional Park News is a publication of Mission Trails Regional Park Foundation, Inc., published four times a year.*

*Editor: Roland Roberge  
 Distribution: Marjorie Ferrante*

*Printed on Recycled Paper*

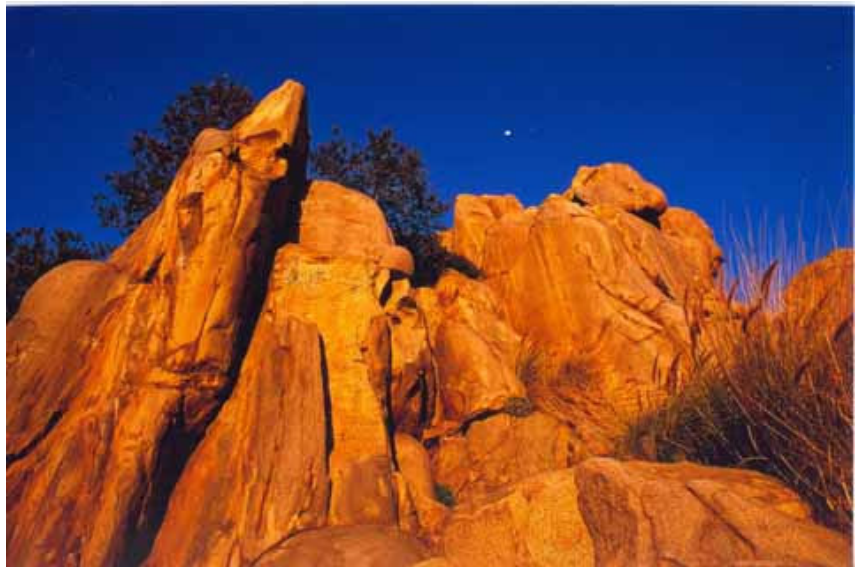
# Fourteenth Annual Photo Contest Winners

## Best of Show and First Place - Color (Scenic Views)

Awards for the Fourteenth Annual Mission Trails Regional Park Photography contest were presented at a reception held at the park's Visitor & Interpretive Center on Sunday, June 25th. The Leonard Butterman Best of Show Award was presented to Brian Wright for his "Moonrise" photograph. Giannandrea Boiani received the People's Choice Award for "Travels."

Other winners include -  
 Black and White: Cheryl Old, 1st place; Gianandrea Boianil, 2nd place; John Godden, 3rd place; Bill Howell, Honorable Mention.

Youth Division: Helen Rosenbaum, 1st place; Helen Rosenbaum, 2nd place; Vincente Tellez, 3rd place; Helen Rosenbaum, Honorable Mention.



Brian Wright - Moonrise

*Photo, continued on pg. 6*