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# Mission Trails Regional Park News

Volume 16 Number 2

Winter/Spring 2005

## Cigarette Butts as Litter



It is hard to understand how anyone can litter anywhere, let alone in a special place like Mission Trails Regional Park. Even after the fires of October, we still find cigarette butts on the ground. Here is some interesting information about the implications of cigarette butt littering.

Cigarettes butts are the most littered item in The United States and the world. Over two billion cigarette butts get tossed everyday. That's an average of two cigarette butts daily from each of earth's 1.2 billion smokers. It is estimated that Americans toss more than 175 million pounds of cigarette butts out every year.

These butts are frequently cast onto the sidewalk and streets and then pushed into storm drains that flow to streams, rivers, bays, lagoons and ultimately the ocean. At beach

cleanups, cigarettes butts are the most common item of trash found, typically accounting for one in every five items collected.

Smokers incorrectly believe that cigarette filters are made of biodegradable cotton. In fact, 95% of cigarette filters are made of plastic cellulose acetate and can take 15 years to decompose. Cellulose acetate fibers are thinner than sewing thread, white, and packed tightly together to create a filter; they can look like cotton.

Cigarette filters are specifically designed to absorb vapors and to accumulate particulate smoke components before they enter the smoker's body. When submerged in water, the toxic chemicals trapped in the filter leak out into aquatic ecosystems, threatening the quality of the water and many forms of aquatic life. Cigarette butts may

*Butts, continued on pg. 4*

## Featured Park Flora

### Dodder!

What the heck is dodder?

Of the family Convolvulaceae and genus Cuscuta, dodder also goes by the common names: angel's hair, devil's hair, devil's guts, devil's ringlet, goldthread, hailplant, hairweed, hell bind, hellweed, love vine, pull down, scaldweed, strangle tare, stranglevine, strangleweed, tangle gut, and witches' shoelaces, among others. What is this thing that can be found in every country of the world except the more extreme cold climates and has spawned such a broad array of names? Basically, it is an annual, parasitic climbing vine.

You may have seen it on many occasions during your sojourns around Mission Trails. It often sits on the tops of other plants looking very much like a

*Dodder, continued on pg. 5*

## Volunteer Awards

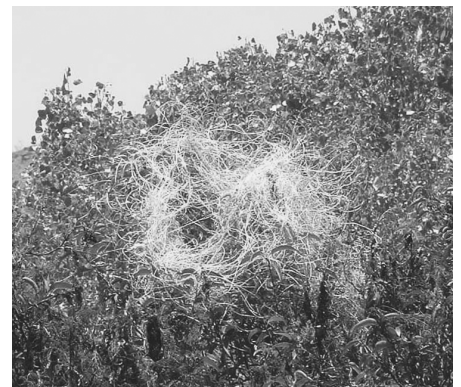
Saturday, February 5th, Mission Trails Regional Park celebrated our volunteers in an annual awards ceremony. Please offer congratulations to these fantastic volunteers. Without these dedicated people, the park would not be what it is today.

The following individuals received a recognition plaque provided by Mission Trails Regional Park Foundation and a certificate

of recognition from San Diego City Councilmember Jim Madaffer.

Volunteer of the Year for 2004 -  
Clark Rasmussen  
Trail Crew - Terry Gaughen  
Habitat Improvement Team - Gardner Grady  
Trail Guide - Ann Sixtus  
Volunteer Patrol - Myrna Bateman & Judy Lemon

*Awards, continued on pg. 3*



Dodder



## A Message From Councilmember Jim Madaffer

I want to tell you about two upcoming events that you won't want to miss. Both of them are coming up soon at Mission Trails Regional Park; so mark your calendar.

The first one is the District 7 Community Forum that takes place Wednesday, April 27<sup>th</sup> from 6:00 p.m. until 8:00 p.m. at the Visitor Center. City Manager Lamont Ewell will give a presentation about the proposed FY '06 budget for the City of San Diego. The upcoming budget is the most important issue in light of the City's pressing financial situation. There will be plenty of time for questions about the budget and other City issues. I will give an update on projects and issues affecting District 7. I hope that you will join us. It is a perfect opportunity for residents to participate in the local government process.

The second event is Saturday, May 21 when the third annual Explore Mission Trails Day takes place. My family and I can assure you that it is unlike any other event. MTRP is unique; it is only natural that its special event is also one-of-a-kind. It is a fun day filled with activities your family will enjoy.

Welcome – again – to Senior Ranger Tracey Walker. As you know, Tracey served in this position several years ago before leaving for northern California. He's back, and we are delighted that he's returned. The park is in good hands with Tracey in charge. There is more good news – the park has two new rangers. We were short on staff and now having Ranger Heidi Gutknecht and Ranger Joel Tracey on board really makes a difference. Congratulations and welcome aboard. All the staff at the park deserves kudos for the outstanding job that they do

As always, 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) where you may sign up to receive my electronic newsletter.

## Notable Donations

January – March 2005

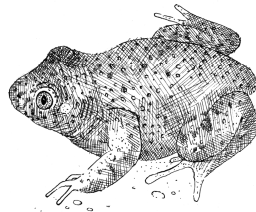
**Sponsor** – \$10,000 – \$25,000  
City of San Diego Special  
Promotional Programs

**Patron** – \$2,500-\$5,000  
San Diego City Firefighters

**Founder** – \$1,000 - \$2,500  
Marie Tuthill  
San Diego National Bank  
Joy Ann Walsh –  
*In Memory of George O. Morrison and Dawn Morrison*

**Trailblazer** - \$500-\$1,000  
Women's Environmental Council

**Path Finder** - \$100-\$500  
Scott Braden  
Sally and Einar Gall  
Bobbi Hammack  
Jack and Grace Hawkes  
Rev. Henry and Shirley Mann  
David McLaren and  
Diane Nelson  
Charles and Ann Nickel  
Lyn and Ola Olsson  
Dianne Onstad  
Peter Gordon Phillips –  
*In honor of Bob Landis  
on his retirement*  
Doris Regan  
Ann and Mike Sixtus  
Walt and Marian Turner  
Nathan Workman



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

**Proceeds go to MTRP Foundation.**

### Mission Trails Regional Park Foundation Board of Directors

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# Welcome Aboard



**Ranger  
Heidi  
Gutknecht**

Heidi recently transferred to Mission Trails from Chollas Lake Park, where she was a Park Ranger for the past four years. Prior to working for the City of San Diego, Heidi worked as a Ranger for Arizona State Parks, at both Tonto Natural Bridge and Kartchner Caverns State Parks, as well as for L.A. County Natural Areas, at Charmlee and Placerita Canyon Parks. She graduated from Cal State Northridge in 1993, with a B.S. in Outdoor Recreation, and completed a summer internship in Alaska for Kenai Fjords National Park.



**Ranger  
Joel Tracey**

Joel comes to Mission Trails with a diverse educational and outdoor background. Graduating from SDSU with a B.S. in Biology and an emphasis on Evolution, Systematics and Genetics. Joel has conducted specialized work on the distribution of Southern Mule Deer within the Mission Trails Park. Over the past 18 years Joel has honed outdoor skills and interests as a member of Mountain Search and Rescue, National Ski Patrol, and as a professional climbing instructor, as well as maintaining a current Wilderness Emergency Medical Technician certification.



**Grounds  
Maintenance  
Personnel  
Carmelo  
Esquer**

A native of California, Carmelo graduated from SDSU with a BA in art with emphasis in sculpture. He has worked in landscaping and has been a managing supervisor of office furniture installation. Prior to becoming a grounds maintenance worker, Carmelo volunteered at Mission Trails for three years as patrol, and trail guide and worked on both Trail Improvement and Park Beautification teams. His hobbies include painting, ceramics, restoring old cars, fishing and hiking.

## *Awards, continued from pg. 1*

Visitor Center - Jean Tomcavage  
Gift Shop - Dolores Sniegowski  
Bird Box Project - Linda Gilbreath  
The following individuals were recognized for having the most number of volunteer hours in 2004: Betty Neill, Bill Goldshneider, Winona Sollock

Ten year service awards were presented to Wayne Browning, John DeWitt, Terry Gaughen, Bill Goldschneider, Sue Griffith, Mary Harris, Bill Howell, Richard Johnson, Fred Kramer, Linda Kramer, Shawn McCarty, Bob McLewin, Kay Moreno, Pat Oliver, Del Overton, Paul Singer, Gordon Seaburg, Dolores Sniegowski, Jean Tomcavage, George Varga, Tom Walters, Bill White, Connie Wood and Fred Zacharias

Five Year Service Awards were presented to Sandy Kuntz, Clark Rasmussen, Coral Rood-Crandall and Howard Runk.

Mission Trails Regional Park Foundation thanks the following businesses who made donations for the volunteer awards event: MTRP Visitor Center Gift Shop  
Birch Aquarium at Scripps  
Blossoming Buds Floral Design, Inc.  
Cheers Deli  
Chula Vista Nature Center  
Einstein Bros. Bagels  
Emiliano's Mexican Restaurant  
The Fish Merchant  
Megan's Cafe  
Mission Trails Market and Deli  
O'Hungry's  
The Omelette Factory  
The Original Golden Bagel Cafe  
San Carlos Creamery  
Souplantation and Sweet Tomatoes  
Stan Chu  
Tivoli Italian Restaurant  
Viejas Enterprises

The annual volunteer awards event is sponsored by Mission Trails Regional Park Foundation and the City of San Diego Park and Recreation Department.

## **VOLUNTEER OPPORTUNITIES AT MISSION TRAILS**

Looking for an excellent volunteer experience with the greatest view in San Diego? Mission Trails offers a variety of opportunities to fit everyone's interests and capabilities. This can be a great way to learn about nature and meet interesting people.

Indoor opportunities include working in our award winning Visitor Center, either at the front desk welcoming and aiding visitors or at the Gift Shop.

If you prefer spending time out of doors, you may sign up for a variety of activities. Park Patrol, Trail Guide, Habitat Protection Team, Trail Improvement Team, Park Beautification Team are all excellent volunteer opportunities.

If interested, please call Center Director, Debbie Waddell at (619) 668-3278



# Art Exhibits



## Thirteenth Annual Mission Trails Regional Park Photography Contest

All entries will be on display at the Visitor & Interpretive Center during June and July. Monetary awards will be presented to the winners of this juried event at a reception and awards ceremony on

June 26, 2005

**To acquire a contest entry form,  
go to [mtrp.org/photo\\_contest.asp](http://mtrp.org/photo_contest.asp),  
visit the Mission Trails Visitor Center,  
or call 668-3280 and we will send one to you.**

## Art Exhibits

### Different Strokes Goup

April 16th through March 27th

Four local artists exhibit work in mixed-media, acrylic, pastel and water-color.

Barbara Siegal - Alice Rathbone - Carole Patton  
Carol McClure



### Special Two Day Exhibit Explore Mission Trails Day

May 21st & 22nd

Six artists in varying media

Richard Johnson - Bill Goldschneider - Betsy Brown  
Jean Silver - Mary Lou Holmberg - Doris Regan

## Butts, continued from pg. 1

seem small, but with an estimated 4.5 trillion butts (worldwide) littered every year, the toxic chemicals add up!

A series of bioassays, tests which use the response of a living organism to determine the effective level of a chemical in the environment, were conducted. One of the organisms most studied in aquatic bioassays is the planktonic animal *Daphnia magna*, often called a water flea. The evidence indicates that the toxic chemicals leached from discarded cigarette butts present a biohazard to the water flea at concentrations of more than 0.125 butts per liter, or about one butt per two gallons of water. The leachate from the remnant tobacco portion of a cigarette butt is deadlier at smaller concentrations than are the chemicals that leach out of the filter portion of a butt. To read more about this study go to the

website at end of this article.

Studies indicate that, since we have enacted indoor smoking bans, over 99% of cigarettes are now smoked outside. This means more cigarette butts are being tossed directly into the environment. Unfortunately, this means that higher ecosystems have a chance of being affected by cigarette butts. Eighteen percent of all litter dropped to the ground is washed into streams, rivers, lakes and the ocean by storm water runoff. Cigarette butts are small, lightweight and are the first to get carried away into our waterways. Biologists have found butts in the stomachs of young birds, sea turtles and other marine creatures.

Cigarette butts can cause other environmental problems, such as fires. For example, a cigarette butt was the possible cause of an 11,000-acre fire in San Diego in January 2001.

The Surfrider Foundation

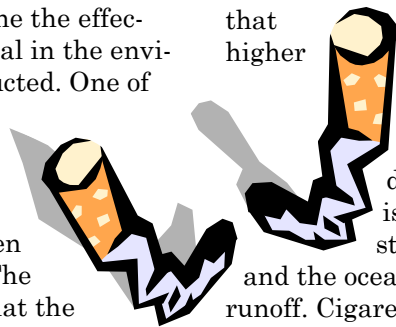
is calling for better enforcement of laws against cigarette butt littering, additional taxes on tobacco products specifically earmarked for clean-up efforts, more effort on the part of tobacco companies to improve the biodegradability of filters, reduction of packaging waste and, education of consumers about the impacts of tobacco waste on the environment. They also recommend more local involvement from governments and businesses to reduce cigarette littering by supplying ashtrays and other "disposal mechanisms" at building entrances.

Ann Sixtus, Trail Guide

Sources of information for this article were:

1. Surfrider Foundation- San Diego Chapter [www.surfrider.org](http://www.surfrider.org)
2. Cigarette Butts as Litter—Toxic as Well as Ugly by Kathleen M. Register

This article first appeared in the publication "Underwater Naturalist" Bulletin of the American Littoral Society, Volume 25, Number 2, August 2000.



## Work Crews

### HABITAT RESTORATION - Second Saturday of the month

Ranger Seiley 619-668-2747 and/or Ranger Gutknecht 619-668-2746

### TRAIL RESTORATION - Third Saturday of the month

Ranger Tracey 619-668-2757 and/or Ranger Naidas 619-668-3277

### PARK BEAUTIFICATION - Fourth Saturday and/or Sunday of the month

GMW Folk 619-668-2757 and/or GMW Esquer 619-668-2757

Meet at the Visitor Center Parking lot at 8:00 a.m.

Please feel free to contact appropriate staff listed above, if you are interested in joining one of our park crews.



### *Dodder, continued from pg. 1*

blond wig. On closer examination, it may have seemed as if someone came by and dumped a pot of spaghetti on some plant and shook it around in order to get it all tangled up in the leaves and branches. Well, the reality is that this spaghetti is feeding on its host plant. Having no roots in its mature stage and also having no leaves or chlorophyll, dodder must get its food from sources other than photosynthesis.

Growing from seed, the dodder shoot will develop a slender root, which supports it during the first few days of its life while it searches for a host plant. This plant must be within 3 to 4 inches from the seedling or the young dodder will not be able to attach itself and it will die within ten days. If the dodder does find a suitable host it will proceed to entwine itself tightly in a counter-clockwise direction around the host's stem. A secondary stimulus encourages root-like branches, called haustoria, to form and penetrate the stem, and then proceed to extract water, carbohydrates and other soluble nutrients from the host. This will cause the dodder's original root system to die and lose all contact with soil. Once nourished by its

host, it will continue to grow attaching more haustoria until it is firmly established on the host. This process rarely kills the host plant, but it will slow its growth. The color of dodder ranges from off-white to pale yellow. Remnants of dead dodder will dry out, remain on the plant and look brown in color. At the end of its life cycle, it will produce many very tiny white flowers that eventually produce fruit no larger than an eighth of an



inch. Having a thin papery skin, this fruit, containing one to four seeds, breaks very easily to spill the seeds onto the ground below.

Most dodder will attach to almost any wild or cultivated plant it comes in contact with, while a few varieties of dodder are plant specific, liking only one or two types of plants. Although, in the

wild, it may not cause much damage, it can become a serious pest in gardens and cultivated fields. So much so, many states, including California, have listed it as a pest to be eradicated. The seeds are so small they can get mixed into and contaminate seed stock. Trying to remove dodder after it has firmly established itself on its host is futile because removal will damage the plant even further. To control dodder found in cultivation, it is recommended the host plant be completely removed before the dodder has a chance to develop seed. But dodder also attacks weeds and other invasive plants and can be used to control the infestation of unwanted plants.

There is worldwide folkloric evidence that dodder has also been used medicinally. Dodder, either plant or seed, has been processed for use in baths, as poultices and for use internally to cure ailments as varied as tuberculosis, bruises, urinary complaints, insect stings, spleen and liver diseases and jaundice. The plant, being very bitter, can also act as a purgative or laxative.

The next time you are in the park, keep your eye out for the bane of many other plants' existence and marvel at nature's ingenuity.

Roland Roberge

## Events at MTRP

### Summer Twilight Walks from Kumeyaay Lake Campground

Join MTRP Trail Guides for free special interpretive walks at twilight this summer. Walks start from the Kumeyaay Lake Campground entry station and last approximately one and a half hours. Come and enjoy an evening walk in the park and learn about the changes that occur during dusk and evenings. Participation in these very popular walks will be limited to maximize your enjoyment. Sign up by phone or in person at the Kumeyaay Lake Campground Entry Station, 619-668-2748.

#### Saturdays:

June 18, 7:30 p.m.

July 16, 7:30 p.m.

August 20, 7:00 p.m.

September 17, 6:15 p.m.



### Tracking Team

Join members of the Mission Trails Tracking Team for a nature walk focusing on the discovery and identification of track and sign from some of the many animals that inhabit Mission Trails.

*Meet at the Visitor Center front kiosk on the second Sunday of every month at 8:30am. Canceled if raining.*

June 12

July 10

August 14

## Star Gazing

*Star Parties are cancelled during overcast conditions.*

*For the comfort of those whose eyes are night adapted, please, no white flashlights, lanterns and spot lights around the telescope.*



### Star Party with George Varga

14 May, 7:30 to 9:30 p.m.

Waxing Crescent Moon and Saturn to the West with Jupiter almost overhead and somewhat to the South. Hercules Cluster rising in the East.

*There will be no Star Party in June, July and August.*

### Stars at Mission Trails with the San Diego Astronomy Association

Second Friday of every month starting at dusk.

*For both star gazing events, meet at the day-use parking lot of the Kumeyaay Lake Campground. Telescopes are provided or you may bring your own.*

## Bird Walks

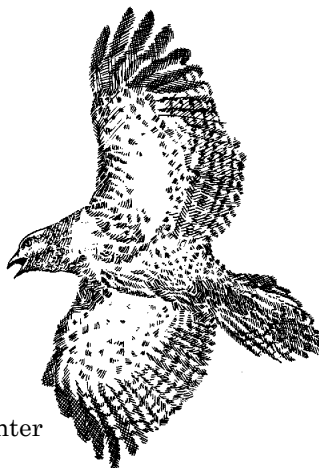
With David Kisner, Kerry Kenwood and Jay Rourke. All walks are the third Saturday of the month, 8:00-10:30 a.m.

May 21 - Kumeyaay Lake

June 18 - Visitor Center Loop

July 16 - East Fortuna Staging Area

August 20, 7:30 p.m. - Owl Prowl from Visitor Center



**For current and updated news and schedule of events, visit the Mission Trails Regional Park web site at [mtrp.org](http://mtrp.org).**

# 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 \* 33-028509.

## 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 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 \_\_\_\_\_  
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**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](mailto:mtrp@mtrp.org)  
Web Site: [www.mtrp.org](http://www.mtrp.org)

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**Fall/Winter 2004 Issue  
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.*

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Distribution: Marjorie Ferrante*

*Printed on Recycled Paper*

# 3rd Annual Explore Mission Trails Day

**Saturday, May 21st, 2005**



Join park staff and volunteers for an all day celebration highlighting everything Mission Trails Regional Park has to offer. We will host free interpretive walks, talks and programs throughout the park, including music, art exhibits and craft demonstrations. There will be Indian Storytelling at the Visitor Center and Campground, free pony rides for children and an opportunity to meet and greet the SDPD Mounted Enforcement unit at the Equestrian Staging Area, sun-spot viewing at the Visitor Center, and much more. This year will also mark the 10th anniversary of the Visitor & Interpretive Center. Most activities will be between 9:00 a.m and 5:00 p.m., however, the day starts with a bird walk at 8:00 a.m. and ends with a Full Moon Hike beginning at 7:00 p.m., both from the Kumeyaay Lake Campground.

For a full schedule of events, pick one up at the Visitor Center or visit [mtrp.org](http://mtrp.org), click on the blue "Explore MTRP Days" link then download the PDF.