

# Our Dictionary Hill

DHOSA

Dictionary Hill Open Space Advocates

Western Fence Lizard



## March 2020

[www.dictionaryhill.info](http://www.dictionaryhill.info)

### So Where Do I Start My Dictionary Hill Adventure?

Many San Diego County folk have seen our hill from a distance but are unsure where they can start their exploration. Here is a list of the locations of access points we recommend.

- ◆ 1711 Buena Vista Avenue, Spring Valley
- ◆ 2036 South Barcelona Street, Spring Valley
- ◆ 1711 San Bernadino Avenue, Spring Valley
- ◆ 2162 La Mesa Court, Spring Valley

Dictionary Hill is an area of outstanding natural beauty as well as being a county designated conservation area. The local community rightly takes great pride in the amazingly varied wild life. We ask you to not just respect that wild life, but we invite you to stop and look and appreciate everything from the smallest ant to the tallest tree.

California Gnatcatcher



### Audubon Society Bird App

If you want help in identifying birds, Audubon has a first class app detailing every bird in the country. Each bird has photos, distribution map, identification details and even recordings of the bird's songs. On your cell or Kindle app store.

### March 22nd Dictionary Hill Hike

Our leisurely hikes up Dictionary Hill are becoming a local attraction.

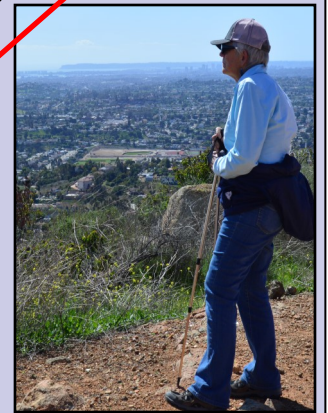
It's a chance to blow the cobwebs and join family and friends in a hike up the hill. This is not strenuous, but there are even and rocky paths.

We start at 9:30 am but please be walking at 10

at 9:30 there is a registration. The meeting place is at the top of Buena Vista Avenue on the south side of the hill.

- ◆ Wear comfortable walking shoes and bring water.
- ◆ We walk rain or shine.
- ◆ No dogs please.
- ◆ The trail is uneven and rocky in places.

**Cancelled in accordance with coronavirus guidelines**



### Protect Dictionary Hill

If you see people being unruly or vandalizing the wild life don't tackle them yourself. Get your phone out and call our park ranger Craig Newson 619 323 6075. Urgent danger call 911.

Please also report any motorized vehicles on the hill. They are all destructive and illegal.

Follow us on Facebook.

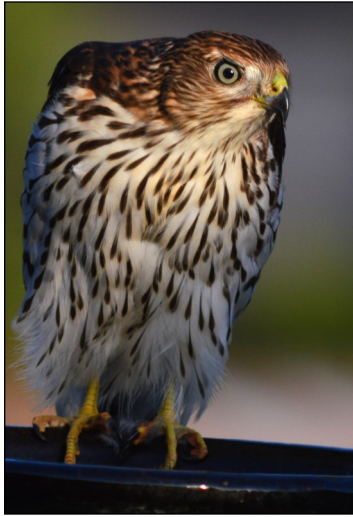
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## Cooper's Hawk

Dictionary Hill is a wonderful spot to get to know different kinds of hawks seen in Southern California. You will see Red-tailed Hawks, Red-shouldered Hawks and Cooper's Hawks and occasional Sharp-shinned Hawks.

Cooper's Hawks are seen in the more wooded areas of the hill. They are slightly smaller than the Red-tailed and Red-shouldered, although distinctly larger than the Sharp-shinned



The distinguishing feature you may spot is the long horizontally striped tail. Look too for the dark steely back and beautiful speckled brown chest. In flight overhead that tail can be a spectacular striped fan. The Sharp-shinned tail is definitely more of a square end.

Our Cooper's Hawks are spectacular hunters. They catch smaller birds, sometimes in flight. They will swoop low in the woodland like a jet fighter and snatch the bird with a flurry of feathers. Food for young hawks in the nest. They also take small rodents squirrels and even lizards.

Northern Harriers are seen on the hill. You may recognize the male by his steely grey plumage and distinctive white patch at the base of the tail. Their hunting flight is low sometimes fast flight. They can hover to drive prey into the open.

## DHOSA Meetings

We meet 9:30 am on the third Saturday of each month at The Club House, Hatfield Park at 10050 Austin Drive.

Our opportunity to show you how we are working to preserve Dictionary Hill.

## Nature Makes You Nicer

Just our walking or hiking tell us that nature can help keep you healthier. But it can also help make you *nicer*. Yes, spending time hugging trees and gazing at mountain views could turn you into a kinder human being. That's according to a study by the University of California published in the Journal of Environmental Psychology. They found that people exposed to nature exhibited more positive social behaviors such as being generous, helpful, and trusting.

Here's the really interesting part, though. The more beautiful participants perceived the nature to be, the more positive social behaviors they exhibited. So the prettier the scenery, the nicer you become. That's a reason to seek out the prettiest views you can find. And that obviously means Dictionary Hill.

Why does nature have this effect on us? It might have something to do with its stress-relieving capabilities. Another study in the Journal of Environmental Psychology found that even a short amount of time spent in a natural setting helps decrease stress hormones. It didn't matter if the natural setting was in an urban or rural environment, either. That means getting out to the park on your lunch break is good, but getting out to the top of a mountain gives exercise and a sense of achievement. Find your own corner of nature on Dictionary Hill and feel the stress melt away.



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