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A physics experiment from last year's event (Courtesy San Diego Festival of Science and Engineering)

## Science festival features East County youth events

KC Stanfield

The San Diego Festival of Science and Engineering will be in full swing this March with a series of events designed to get youth of all ages excited about science, technology, engineering and math (also known by the acronym — STEM). This is the seventh year for the festival. Last year, more than 60,000 people attended the events that preceded EXPO day, which is the grand finale of the festival at Petco Park. According to Sara Pagano, the managing director of the San Diego Festival of Science and Engineering, most of the events are free in order to be as inclusive to all families.

"Our festival is a catalyst to transfer that knowledge and collaboration to show students and their parents how science trans-



(Courtesy San Diego Festival of Science and Engineering)

lates into careers and further fuels our economy in San Diego County," Pagano said in a press release. "Our commitment to helping kids pursue degree programs in STEM fields is evident through our new STEM College

Connections Fair this year. Science is truly all around us and is a foundation of what we do, experience and use every day."

Though none of the events are

See **SCIENCE** page 13 —————>

## City approves new plan for Collier Park

Jeremy Ogul  
Editor

Three times a week, Anita Bookhart brings her five-year-old daughter to play at Collier Park on Palm Avenue. Bookhart has fond memories of her own childhood experiences at the park. Sometimes, though, it just doesn't feel safe.



Collier Park (Photo by Jeremy Ogul)

"Sometimes it'll be a certain crowd down here and I won't even come," she said.

Bookhart, who lives just up the hill, said she has occasionally witnessed people drinking, doing drugs or engaging in other illegal behavior.

"It's not a comfortable feeling, especially when you have your child and want them to be able to run around," she said.

See **PARK** page 12 —————>

## Poetry of motion Pilates training fosters enduring health

B.J. Coleman

The one sure thing that can be said about aging is that it beats the alternative. But can human bodies remain fit and healthy, even as their bones and muscles grow older across the years?

Cathleen Frank answers with a hearty yes. Frank is a longtime Pilates instructor based in La Mesa. She herself is testimonial to that affirmation. She admits to a calendar-years age of 57, and she is as trim and healthy as an adult decades younger. She brings her extensive experience and exercise training to what

she terms the "forgotten niche" of seniors at The Pilates Club, which hosts regular classes at 8241 La Mesa Blvd.

"Things must be done very differently with older joints and older bodies," Frank explains. Frank cites, as an example, the real reasons why elderly persons are liable to fall. They fail to maintain consistent movement, becoming habituated to inactivity, and they increase in size as they gain weight, which makes their bodies even more difficult to move. Fat replaces muscle. Moreover, seniors also lose practice in proprioception, the mental sense of one's body in relation to environmental surroundings. All of that translates



Cathleen Frank, wearing a violet shirt, leads a Pilates class at her La Mesa studio. (Photo by B.J. Coleman)

into further negative effects on balance, flexibility, strength and physical capabilities.

The various exercise forms of Pilates are based on smooth-flowing movements, gradual transitions between body posi-

tions and slow building of strength and range of motion. According to Frank, though, conventional Pilates exercises are too harsh for those advanc-

See **PILATES** page 11 —————>





The advertisement features a collage of images. The top row shows a blurred background of trees and a girl in a white tank top. The middle row shows a dog in a field and a girl in a field. The bottom row shows a lake, a boat, and strawberries. The text is centered in a purple box.

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# Bingo! | Gen-X in a Millennial World

Genevieve Suzuki



If you're craving the intensity of Las Vegas gaming and want to stay in La Mesa, check out St. Martin of Tours' bingo nights on Wednesdays from 6 to 10 p.m. in the parish hall.

I didn't believe how serious the whole thing was until I witnessed it from the confines of the kitchen one night.

Before you draw the wrong conclusion that St. Martin is operating a gambling establishment within its hallowed halls, let me first explain that bingo on Wednesdays was created, and still exists, to help with tuition costs at St. Martin of Tours Academy.

The energetic Chris and Kathy Connors help ensure the fundraising operation goes off without a hitch. Kathy will happily tell you her parents founded bingo nights to make sure their children could get a good education. It is heartwarming to know the family continues their good work for young students. You'd be hard-pressed these days to find a family as devoted to a cause as the Connors.

But before you take on the task of volunteering at the kitchen, or even joining the game one Wednesday night, let me warn you: Bingo at St. Martin ain't for yellow-bellied cowards (or for someone like me who sometimes lacks the ability to keep the volume down).

The day before I volunteered to help in the kitchen, a friend told me to be ready for some solemn play. "Pssssh," I thought, already planning my special "bingo!!!" yell. "Bingo is fun! I bet I could fit in a round or two myself."

Ho, ho, ho, was I ever wrong. My friend was right. Bingo at St. Martin is serious business.

When I first arrived at the kitchen, I cheerfully greeted another volunteer. Minutes later we were asked to keep our voices down, not unlike children being shushed at a church service. (The irony was not lost on us.)

Bingo, at least at St. Martin, is a reverent event.

During one break, a fellow volunteer convinced me to go out into the hall and collect empty dishes. As I walked aisle to aisle, I could see tchotchkes everywhere. There was a mini Buddha, some lucky stuffed animals and a few random unidentifiable items.

Players sat intently staring

at their game cards, daubers in hand, ready to mark that last necessary number. As I reached for the only empty dish I could find, a voice from below said, "No!" I pulled my hand back quickly and walked quietly back to the kitchen.

"People have their superstitions," a friend said. "Some don't want you to clear the dish until a break, some don't speak until the end of the night, and some wear the same thing every week."

They actually sounded kind of like my 6-year-old.

Still, I had to give these players credit. I don't think there's anything I am quite that committed to, outside of family and work.

As we earnestly cleaned the kitchen at the end of the night, I whispered to my husband that I thought we should come back one Wednesday to play. He agreed with me on one condition: I sit far away from him so that he wouldn't incur the wrath of the regular players as his wife shouts "Bingo!!!"

—Genevieve A. Suzuki lives in La Mesa and is an editor emerita of this newspaper. She practices family law and can be reached through her website, [sdlawyer-suzuki.com](http://sdlawyer-suzuki.com). ■

## How Owners Lose Thousands When Selling Their Homes

La Mesa – A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of this matter is that fully three quarters of homesellers don't get what they want for their homes and become disillusioned and worse financially disadvantaged when they put their homes on the market.

As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get your Home Sold Fast and For Top Dollar". To order your FREE copy of this report, call toll-free 1-800-270-1494 and enter 1000. You can call anytime, 24 hours a day, 7 days a week.

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(l to r) Aaron Wooten and Andre Jones share a laugh during a recent interview. (Photo courtesy KPBS)

## La Mesa man honored for leadership among African-American fathers

Monica Medina **KPBS**

*Editor's note: This story first  
appeared on KPBS.org. Andre  
Jones is a La Mesa resident.*

**A**ndre Jones and Aaron Wooten know firsthand the important role fathers play in the lives of their children. Jones grew up with his father, Wooten did not, and though their lives took different paths because of it, the two have come together to run Father2Child. The program has one goal: to strengthen the bonds between African-American fathers and their children.

Honored this month as 2015 Black History Month Local Heroes, Jones and Wooten share a deep commitment to improving the well-being of children by ensuring their fathers take part in their upbringing.

Jones, who earned a master's degree in education with a concentration in counseling from San Diego State University, is grateful he grew up with his father in his life. What he learned from his father he is now passing on to his 2-year-old son, Kamari.

"I was fortunate enough to have my mom and my dad, though I would say 75 percent of my friends didn't have a father around," says the 31-year-old. "For me, there was love and a stressing of education and staying out of trouble, and because he was able to role model for me what a man should do, it made a difference. In most cases, when kids grow up with both parents, especially for young boys of color, they have a better chance at life."

Wooten had a different experience.

"I didn't have my father in my life, and the lack of male influence in my life had an impact on me," he says. "It resulted in many mishaps along the way. When I became a father to Jelani late in life—knowing the effect my father's absence had on me—I was committed to being a father to him."

Wooten, 63, raised his 19-year-old son, Jelani, on his own. Wooten explains how his son's mother was a substance abuser, as he had once been before he cleaned up.

"My son came out toxic in the hospital," he admits. "His mother cleaned up for about two months and then decided she was going to go back out and use. So my son and I have been together for his entire life. I've been his anchor and one of my things is make sure this boy, who suffers from what is called 'attachment disorder' (the lack of having a deep connection between a child and a parent or caregiver), is able to compensate for it."

The reality is that close to 70 percent of African-American children are being raised in a single-parent household, largely with the father being the absentee parent.

"According to the National Fatherhood Initiative, one in three kids across the nation live without their biological father in the home," notes Wooten. "In the African-American community that figure jumps to two out of three children have not spent time with their biological father. As a result, there's a void in the child's life that leads to attachment disorder, which can show up in a wide range of ways—from educational achievement to incarceration and suicide. The question becomes, how will the positive engagement of fathers with their children (through our program) impact those domains? We believe they will in a positive way."

One of the challenges Jones and Wooten face, however, is changing the mindset among African-American men, and convincing them that learning positive parenting skills is, well, cool.

"My feeling is that as men we don't hold each other accountable enough," observes Jones. "Me and my friends would make fun of what kind of shoes we'd be wearing, what kind of car we drive, or what kind of girl we have. But I've never heard any friends talk about what kind of fathers we are to our children. That is such a huge relevant issue to the prob-

lems we face, and we talk a lot about it in our group. Our style is that we are like family. We are mentors for the fathers who come through our program."

One graduate of the Father2Child program, who once served in the military and retired from the sheriff's department, puts it this way: "I was telling some men about the program. You can't say, 'Hey man, you want to come to a father-child program?' That don't work for dudes. Ain't nothing wrong with my fathering skill. I've been a daddy for 24 years, but guess what? I found out I did some messed-up stuff. Y'all can laugh, but anyway (through Father2Child) I found out about me. I thank God for this program... I found out that fathering never stops."

The Father2Child program, which is a service of Mental Health America of San Diego, offers workshops for fathers, no matter what stage of the parenting experience the men are at.

"Andre and I have developed a program that allows the men to feel valued, and take ownership of the program," explains Wooten. "To me, Father2Child is the men we serve, not Andre and I. They are vested and willing to make an extraordinary contribution to the program, and they become our best ambassadors."

Wooten, a former Marine, has served as a counselor for Donovan State Prison's Amity Therapeutic Community and for the Veterans Village of San Diego. He recognizes that some men in the military need help understanding the concept of disciplining children.

"Going through [military] training, you're learning discipline—but it's not what discipline means to a parent," he explains. "We teach men that disciplining their children means teaching them, not dictating to them. We have them think about what does the discipline feel like to a child and ask them to put themselves in the child's place. They realize then that being dictated to doesn't feel very good."

See **LEADERSHIP** page 8 →



# He's 'all in'

## New school board member brings unique perspective

Morgan M. Hurley  
Contributing Editor

When Bill Baber got elected to La Mesa City Council last November, he left behind a seat on the La Mesa-Spring Valley School District (LMSVSD) board. The district soon announced a call for applications to fill the position for the remainder of Baber's term and set forth guidelines and preclusions for the provisional appointment. Those interested were required to be registered voters and residents of the LMSVSD. The appointee would hold office until the next statewide general election, on Nov. 1, 2016.

A total of six people — Jerry Anderson, Stephen Babbitt, John Greenwell, John Hilton, Rebecca Pollack-Rude, and Jay Steiger — applied for the position.

Applicants answered questions regarding their qualifications, including educational, work and public service backgrounds; their philosophy of public education; the major issues they see confronting the district; how they'd determine priorities and what they hoped to accomplish in the role.

After a review and vetting process, the existing four-member board — Rick Winet, Bob Duff, Emma Turner and David Chong — selected Spring Valley resident Stephen Babbitt to complete Baber's term.

Babbitt is no stranger to the district and has been volunteering at elementary and middle schools within LMSVSD for more than 14 years. He and his wife Tammie, a longtime schoolteacher within the district, have three children, one with special needs, who also attend schools within the district.

In addition to the educational volunteering he's done, Babbitt's list of other public service positions is just as long. This visibility no doubt helped cement his selection. "[Steve Babbitt] has volunteered in the district before, was currently serving as president of the Citizen's Bond Oversight committee, and also attended some of our board meetings occasionally," said Turner, a board member since 2006, a past president and currently serving as board clerk. "His interest in the district prior to applying for the seat helped make him stand out, along with his dedication to children."

Babbitt, who received a bachelor's degree in literature, journalism and modern language from Point Loma Nazarene University and a master's in theology at Bethel Theological Seminary in San Diego, is lead pastor of Spring Valley Community Church. To make ends meet, Babbitt runs his own web development business during the week and attends to ministerial duties in the evenings and on weekends.



Stephen Babbitt (Courtesy photo)

One has to wonder where he finds the time to do all that he's gathered on his plate. "One, people who are busy tend to get things done," Babbitt said, referring to his constant schedule. "Plus, I have a great desire to make a difference with my life and make my life count for something."

Babbitt's 12-year-old son has an advanced case of cystic fibrosis, a genetic and life-shortening disorder that has created both challenges and lifetime lessons for the family.

"In a very strange way, I wouldn't want to call it a good thing, but one of the good things that's come out of his disease is our family has learned to look at life totally differently," he said. "We have the perspective of the

idea that the clock is ticking and to make every moment count. So we volunteer a lot."

Babbitt pointed out that after his son left the hospital on a recent visit, his whole family went to Ronald McDonald House to help feed the families and the ill-stricken children there.

"We try to instill in our kids a sense that your life has a purpose and you should be doing something with it," he said. "And let's figure out what are you good at. From a pastoral point of view, God made you for a reason. What's the reason God wants you here? We try to encourage that with everyone we know."

The New Mexico native was raised Catholic in a small mining town. After Confirmation, he had almost given up on his belief in the existence of God when he began hanging out with a friend's youth group associated with the local Nazarene church. When planning for college, he said he saw the brochure for PLNU and never looked back. It was there he met his wife.

"The country bumpkin in me would love to live in the middle of nowhere — but I've grown to love San Diego, especially East County," he said, after admitting he and his wife lived at the beach for several years before making the move east. "What I've noticed is the sun is always shining out in East County — there's no June gloom."

Babbitt said he is well aware that his background may raise the eyebrows of some parents

See **BABBITT** page 8 —————>

# Ditch the mask. *Get Inspired.*

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## GUEST EDITORIALS

## Small changes add up to big water savings

By The San Diego County Water Authority

Check out these tips on ways to save water and help fight the drought.

### Save more by reducing water-related energy use

Activities such as pumping water to homes, heating water for showers and washing clothes, and treating wastewater account for approximately 20 percent of the state's energy use.

Given the statewide drought conditions, it's worth reviewing ways to save both water and power.

Take shorter showers. Every minute trimmed from your typical shower time saves about 2.5 gallons — plus it saves the energy needed to heat more water.

Wash only full loads of dishes, choose shorter wash cycles and activate the booster heater on dishwashers that have that feature.

Try cold water for laundry. With most washers, clothes will get just as clean in cold water as they do with hot water while using less energy.

### Calculate your home water use

An online water-use calculator, developed by the San Diego County Water Authority and its partners, helps homeowners analyze their water use and reduce water waste.

It takes just a few minutes on the computer for homeowners to follow prompts through a model home and answer questions about their appliances and water-use habits. The calculator then estimates each home's annual water consumption and compares it to average and water-efficient homes in their ZIP

code. It also provides tips and resources for trimming water use — for instance, by adding aerators to faucets.

### Limit losses by stopping water leaks quickly

Eight percent of the water used in a typical single-family California home is wasted due to leaks, according to a 2011 study. Look for leaks once a month to catch them quickly.

One easy way to identify leakage is to check the water meter before and after a two-hour period when no water is being used at the property. If the meter doesn't read exactly the same, there's probably a leak. Water meters also typically have a small "leak detector" that spins when water is being used. It is especially useful for quickly detecting small indoor leaks once all water sources are turned off.

### Use a bucket or broom in place of the hose

For cleaning driveways, sidewalks or patios, use a broom or air blower instead of a hose to minimize unnecessary water use. This not only eliminates water use, but also protects streams and the ocean by reducing runoff that may be tainted by pollutants.

If water is required for cleaning for health and safety reasons, fill a bucket with water rather than letting the hose run. If a hose is necessary, make sure to attach a nozzle with an automatic shut-off valve.

For some applications, consider a water broom, which uses air and water pressure to clean, thus saving water. A standard hose uses five to 20 gallons per minute (gpm), while a water broom can use as little as 2.8 gpm.

Find more ways to save water, save energy and save money at WaterSmartSD.org. ■

## News and notes from the county Board of Supervisors

Dianne Jacob

**Public safety:** Several major public safety improvements are under way across our district, including a new fire station opening this spring in Boulevard, on Ribbonwood Road near Interstate 8.

Other projects include a new fire station in Pine Valley and a new Sheriff's Department station at Parkside and River streets in Lakeside. The county is remodeling a building at that location to replace a smaller Sheriff's facility nearby.

Since 2003, the county has invested about \$320 million in fire protection improvements across the region. The threat of wildfire is always with us, but our region has never been better prepared.

**New library:** Construction will start this spring on a new library in the heart of Alpine. A groundbreaking ceremony will be held at 11 a.m. March 6 at 1830 Alpine Blvd. Since I joined the Board of Supervisors, eight county-run libraries in East County have undergone major remodeling, while a dozen others have been constructed.

**Fighting crime:** I recently joined Sheriff Bill Gore, District Attorney Bonnie Dumanis and other law enforcement leaders in announcing the creation of a special task force to tackle the scourge of human trafficking.

We need to double down in our efforts to end this horrendous crime.

**Helping our youth:** Students, teachers, community leaders and others recently celebrated the opening of a new track and field complex at Oak Grove Middle School in Jamul. The county contributed a \$200,000 Neighborhood Reinvestment grant to help pay for the project.

For more information on these projects and for other District 2 news, go to [diannejacob.com](http://diannejacob.com) or follow me on Facebook and Twitter. If I can assist with a county issue, please call my office at 619-531-5522 or email [dianne.jacob@sdcounty.ca.gov](mailto:dianne.jacob@sdcounty.ca.gov).

—Dianne Jacob represents La Mesa on the San Diego County Board of Supervisors. ■

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# Local Dems to hear from La Mesa mayor and social media guru

Linda  
Armacost



La Mesa Foothills Democratic Club, serving all of Grantville, San Carlos, Del Cerro, Allied Gardens, College Area, La Mesa, Mt. Helix, Santee and close-in East County, will extend their current streak of outstanding speakers with a talk by Internet expert John Loughlin on Wednesday, March 4 at 6:30 p.m.

John specializes in teaching the uninitiated about organizing their lives, worldview and communication skills through the use of Facebook, Twitter and other social media.

With nearly 50 percent of adults over 50 regularly using Facebook and other online blogs and publications, it's time we all learn how to maximize our Internet skills to keep abreast of all the latest developments, arguments and facts that corporations would rather we didn't know about. Electing not to use digital tools reduces our ability to engage, educate and persuade citizens with our ideas and values. Luckily, there are a lot of folks already online to help us learn the new tools, find alternative news sites and share



(l to r) Mark Arapostathis and John Loughlin (Courtesy of La Mesa Foothills Democratic Club)

ideas on building a more just and sustainable future.

Our meeting place, the very roomy La Mesa Community Center (4975 Memorial Drive, La Mesa, just off University Avenue) now has free Wi-Fi and will allow John, with just a short overview, to show us the shortcuts to posting pictures and opinion to Facebook, Twitter and LinkedIn, and how we can expand the reach of our club to Democrats and progressives everywhere. Please bring your laptop, smartphone, iPad or tablet, and participate in this unique opportunity. Our social hour begins at 6:30 p.m. and everyone is welcome.

Loughlin graduated in phys-



ics from Imperial College, London after exploding unconfined vapor clouds for British Gas. He moved to California in 1993 as head of product R&D at Counterpoint Electronic Systems in Carlsbad. He founded his own consultancy business in San Diego in 1996, managing the development of software, hardware and services for global communication, media and consumer electronics companies.

He professes to know something about technology prognostication, information services and progressive politics. He is a card-carrying member of

See **DEMS** page 18 —————>



Jason Roe of Revolvis (Courtesy of NCRWF)

## Navajo Canyon Republican Women Federated update

Local campaign strategist Jason Roe to share political insights at NCRWF meeting March 10

Judy  
McCarty



Campaign strategist Jason Roe has become a popular speaker at Navajo Canyon Republican Women Federated meetings, and he will return March 10 with his perceptions of current political goings-on locally, statewide and nationally. (We had a great debate about the upcoming county supervisor elections last meeting with both Supervisor Dianne Jacob and County Republican Party Chairman Tony Krvaric in attendance.) A Washington veteran, Jason returned to San Diego and co-founded Revolvis, Inc., a campaign consultancy. He's a frequent guest of "Fox News" — and of NCRWF! Check-in time begins at 10:30 a.m. for the 11

a.m. meeting. A full-course lunch will be served at noon with the speaker following at 12:30 p.m. Cost is \$20 and reservations are required. RSVP (with luncheon RSVP in the subject line) to NCRWF99@gmail.com or call Glenda at 619-284-9958.

To get to know our many new members, we have scheduled a get-acquainted potluck on Saturday, March 28. For details, call Glenda at 619-284-9958.

The Downtown Republican Club, our satellite club, will take up the subject of the new "Yes Means Yes" law (saying "No" is no longer enough), and Prop 47, the so-called Safe Neighborhoods Act, at their March 19 meeting at 5:30 p.m. at Athens Market on the corner of First and F streets Downtown. The discussion will be led by Deputy District Attorneys Trish Amador and

Tia L. Quick. The club meets on the third Thursday of every other month in a relaxed after-work setting; cost is \$15 for the amazing buffet and no-host bar. RSVP to dmcrsd@gmail.com. The club is also delighted to announce that former KUSI meteorologist and co-founder of The Weather Channel, John Coleman, will headline the May 21 meeting. His talk in January at the NCRWF meeting was so popular, space was not available for all those who wanted to attend. Now is your chance to get into the discussion and ask questions on this very timely and hot topic.

For more information, please visit [navajocanyonrnf.org](http://navajocanyonrnf.org).

—Judy McCarty is publicity chairman of the Navajo Canyon Republican Women Federated.■

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## ► Babbitt, from page 5

and he wants to set their minds at ease.

"I'm sure one of the concerns people may have about me, because I'm a minister, is that it might be this kind of idea of 'God and Country,'" he said. "But I know my history and I know my theology and I am a firm believer in separation of church and state. I don't think the state should be telling us what to believe, and it's not the schools' job to push religion — any religion.

"It's okay to believe, you should believe something, but the bottom line is, we have to respect each other for our beliefs," he said.

Over the years, Babbitt's experiences have given him a soft spot for the disadvantaged, families in the lower economic income brackets and kids at risk. A statement he made on his application addressed this.

"... the reality is that some students arrive each day ready to learn, while others arrive with deep emotional, physical, social and developmental challenges ... steps should continue to mitigate these challenges so that all students have the opportunity to learn to the best of their potential."

Expanding upon this idea in an interview, he pointed to a value system he's become aware of through working with kids and families within the region.

"There are pockets of not just temporary poverty but generational poverty in Spring Valley, La Mesa and even Mount Helix," he said. "It's not like dad lost his job and they are in between jobs for a couple years, but where it's a value system of poverty. Temporary poverty is definitely a challenge but people find ways to get out of that; generational poverty has real challenges."

While the school can provide a safe and neutral environment, he feels issues remain that can hamper education. He noted that while today's children seem to be more aware and accepting of people for who they are and overt aspects of discrimination are no longer tolerated by most children, he still sees kids coming to school with nutritional problems and lacking rules.

"Flaming Hot Cheetos are treated as a food group," he said. "These kids come to school eating poorly and for a lot of them, bed time is not even a concept. I know it sounds sort of 'polyanna-ish,' but if a kid is up until 2 a.m. every night, there is no way they are going to be ready for school at 8 a.m."

Another one of his concerns is the size of school classrooms since the budget crisis, but there are other cuts that need to be addressed.

"As funding comes back, I think the big challenge is to wisely say let's not restore it to the way it was, let's really be thoughtful," he said. "I think everybody agrees restoring smaller class sizes is a no brainer; but should we restore every program the way it was? Maybe some things need to be reconsidered. Sometimes pruning, even though it is a painful process, can be helpful."

Though politics is not even close to one of things he aspires to, Babbitt feels he was called to make a difference.

"I felt qualified for the opening and was encouraged by some people who I really trust and they felt that I could be helpful there," he said. "I'm a sucker if someone says I can be helpful."

"I have the rare perspective of being a parent, a member of a teaching family, a longtime volunteer — I've seen a lot of angles to the district, and while there may be a few things that need tightening up and some things that need some loosening up, overall I think we are really very fortunate to have a district that is as transparent as it is and really thoughtful as it is," he said.

"My goal really is to be listening and be a good servant, be attentive and watch," he continued. "To be available and speak when necessary, but most of the time, just champion our school district. We have a great district."

The final sentence of his application may sum it up best: "As a father of three LMSVSD students, the stakes for me could not be higher. I am all in."

—Reach Morgan M. Hurley at morgan@sdcnn.com.■

## ► Leadership, from page 4

Jones adds, "You can tell someone not to do something but unless you offer another way to approach it, they may wonder, what the hell am I supposed to do now? So we offer other techniques they can use."

"They're shocked that it works," observes Wooten. "If we can create a community where we are continuing to pass positive skill sets, care and concern, genu-

ine love for each other, does that make the community healthier and better functioning? That's what Father2Child is about."

Jones feels that he and Wooten make a good team.

"Aaron reminds me of my dad, who I lost a few years ago," Jones says. "They're both big hearts, but stubborn, too. I've got a lot of love for Aaron, a wonderful human being. He cares about the people he serves. We both care about what we're doing. We both want results and the best for the people that come through the program. Ultimately, my wish is that the community sees its value, and that they're willing to support it."

—Monica Medina is director of diversity, engagement and grants at KPBS. Write to her at mmedina@kpbs.org. This story was made possible through a partnership between KPBS and Union Bank.■

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# Deadline for Woman's Club college scholarship is March 27

Sally Hong

**L**a Mesa Woman's Club offers five deserving high school seniors within the Grossmont Union High School District an opportunity to receive a scholarship amount of \$1,000 each. Over the past few decades, La Mesa Woman's Club has been able to provide this scholarship to a generous number of upcoming college students and plans to continue serving its community in the future as well.

The deadline to submit applications is March 27. Applicants will be chosen from a pool of students based on their community service, types of courses taken, quality of essay, class ranking,



Marjoree Howard-Hartman (Courtesy photo)

extracurricular activities, SAT/ACT scores and future goals. Winners are chosen by three judges and their respective

counselors. Students with various experience apply for this prestigious and special scholarship.

Marjoree Howard-Hartman, who has served the past 39 years as education enrichment and literacy chairwoman of the La Mesa Woman's Club, is a passionate promoter of the scholarship. As a retired high school English teacher, she knows very well how hard students work to get into a good college. She also is aware of how expensive it can get to attend a four-year university. This is one of the reasons why she envisioned the scholarship program and made it available for students to utilize.

"We found that high school

seniors in the Grossmont Union High School District needed financial help in order to attend college," Howard-Hartman said. "We have been awarding scholarships for over 37 years."

She believes that the students are well-deserving of the scholarship and is appreciative of the recipients who, in turn, write thank you letters and visit whenever they get the chance to express their gratitude. State Sen. Joel Anderson has recognized La Mesa Woman's Club members for their dedication to serve the community through leadership, education, and volunteerism.

"The work that the La Mesa Woman's Club does to give opportunities for our youth to succeed is inspiring," Anderson said. "Organizations like the La

Mesa Woman's Club bring us together and make our community stronger."

Founded in 1902 by Mary Ferguson, the La Mesa Woman's Club has since expanded to provide civic, educational, health and charitable services in La Mesa and surrounding East County communities for 113 years. As the oldest social service organization in La Mesa, the club has actively worked on a wide range of projects and fundraisers.

For more information on how to apply for the scholarship, visit [LaMesaWomansClub.org](http://LaMesaWomansClub.org).

—Sally Hong is a student at UC San Diego and works as an intern in the office of state Sen. Joel Anderson, whose district includes La Mesa. ■

## La Mesa Courier welcomes new advertising representative

Ilka Weston joined San Diego Community News Network in February as the new advertising consultant for La Mesa Courier.

Weston's roots in La Mesa run deep. She grew up here — attending Northmont Elementary, Parkway Middle and Grossmont High School — and much of her family still lives here.

"I believe that what I bring is a community understanding. I think that's very important,"

Weston said. "I think La Mesa's really special because it just keeps being handed down from generation to generation. It is very community driven. You see a lot of the small businesses wanting to work together. The faces stay the same, and it really is about building relationships and building partnerships."

Having been a small business owner herself, Weston said she understands the myriad challenges small business owners face in their effort to survive. Her passion is helping them find the best ways to grow and prosper through effective marketing.

It's especially important for small businesses to differentiate themselves from each other and communicate to customers what makes them special, she said. But it's up to the business to provide that vision.

"They're the visionary," she said. "I'm just the guide opening up the door for them, and based on the questions I ask them, we're going to create their vision. Their ad is about them."

To reach Weston, call 619-840-8849 or send an email to [ILKA@sdCNN.com](mailto:ILKA@sdCNN.com).



Ilka Weston (Courtesy SDCNN)

## Register for art camp by March 27

Art in the Park is back at the Mt. Helix Park amphitheater for spring break, March 30 through April 3. Campers will take advantage of the scenic panoramas of Mt. Helix to practice their creative skills using oil pastels and watercolors.

The camp is led by Penelope Quirk, founder of Art Smarts, the after-school arts program that brings lessons to students in 21 schools throughout the San Diego region.

The half-day camp option runs from 9 a.m. to noon each day and costs \$150 per child. The full-day camp runs from 9 a.m. to 3 p.m. and costs \$275. The Mt. Helix Park Foundation is offering scholarships to students who need them.

Register by March 27 by calling Art Smarts at 619-944-3323 or 619-995-1186, or visit [MtHelixPark.org](http://MtHelixPark.org) to download the registration form.

## Discounts offered on city classes

Registration is now open for recreation, youth and aquatics classes through the La Mesa Community Services Department. The city is offering classes in Pilates, Tabata, boot camp, tennis, fencing, dance, gymnastics, music, art, dog obedience, babysitting safety, swimming and more.

The city is offering a registration discount of \$10 per class for anyone who registers online by March 8 for aquatics classes or by March 22 for other recreational classes.

Visit [CityofLaMesa.com/index.aspx?nid=549](http://CityofLaMesa.com/index.aspx?nid=549) for a full guide with dates, prices and class descriptions.

## New art at La Mesa health library

A new art exhibit is on display now through mid-March at the Dr. William C. Herrick Community Health Care Library in La Mesa.

"Ambient Visions" is a collection of 15 abstract oil paintings and nine felt art pieces by Corinne Latorre and other artists from Sophie's Art Gallery.

Sophie's Art Gallery is a program of St. Madeleine Sophie's Center, an El Cajon-based nonprofit, non-denominational organization for adults with developmental disabilities such as autism, epilepsy and cerebral palsy.

The Herrick Health Care Library is a free consumer resource that is open to the public from 9 a.m. to 8 p.m. on Tuesdays; 9 a.m. to 5:30 p.m. on Wednesdays through Fridays; and 8 a.m. to noon on Saturdays. The library is at 9001 Wakarusa St.

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## What's Cooking with Julie



(Courtesy Flickr user MealMakeoverMoms via Creative Commons)

### Roasted cauliflower

Julie Ann **White**

Step aside kale and Brussels sprouts — the lowly cauliflower is the new “it” vegetable. I know how nutritious it is, but I have never been a big fan of cauliflower. After trying it roasted, however, I love it! It is easy, inexpensive, and delicious.

#### Directions:

Place cauliflower on a baking sheet. Drizzle with the oil, salt and pepper and garlic powder. Toss and mix well. Roast for 30 minutes or until golden brown on the edges. Immediately after removing from oven, squeeze juice evenly over and sprinkle with the cheese. Serve hot.

#### Ingredients:

1 head of cauliflower, washed, cored and florets separated into bite-size pieces  
1/4 cup extra-virgin olive oil  
1/2 teaspoon salt  
1/2 teaspoon black pepper (If you like spicy food, you can use red pepper flakes)  
1/2 teaspoon garlic powder (fresh garlic seems to burn)  
Juice of one lemon  
1/4 cup grated Parmesan cheese  
Preheat oven to 400 degrees.

*Editor's note: There was an error in last month's recipe for flourless chocolate cake. While butter was included in the ingredient list, we forgot to mention that it should be melted with the chocolate in the first step of the recipe. Some experienced cooks may have figured this out despite our error, but we apologize for any inconvenience it may have caused. Please visit [LaMesaCourier.com](http://LaMesaCourier.com) for the full, corrected version of the recipe. ■*

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“It worked very well for me,” says Gabrielle Farrell, a 67-year old resident of Santa Barbara, California who has suffered from arthritis for over a decade. “It is such a gentle, easy treatment. It's just incredible.”

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Farrell says AVACEN improves her sense of well-being and helps her sleep. She uses it for 30 minutes, twice a day, usually in the evening. “When I do the machine in the evening, my sleep comes faster and it is definitely, definitely more restful,”



Farrell says she was skeptical about AVACEN when she started using it a year and a half ago. As a test, she stopped using it for a month and her pain returned.

“I stopped for awhile and the proof was that everything came back. A sharp pain in my fingers or stiffness. When I don't use the machine, my fingers become very stiff. And I don't play the piano well because I don't have mobility in my fingers,” she said.

AVACEN Medical is dedicated to the innovation and development of drug free alternatives to treat pain associated with diseases such as arthritis, fibromyalgia and migraines. For more information and video testimonials go to [AVACEN.com](http://AVACEN.com).



► Pilates, from page 1

ing in years.

This overall system of physical fitness was developed by German-born Joseph H. Pilates. After sickly early years, Pilates studied various types of exercise and animal movements to improve his own health, and ultimately to create his new fitness methods incorporating mat exercises, minimal equipment, focus on breathing techniques and emphasis on strengthening core torso muscles that provide support and alignment to the spine for posture and balance. The exercises' objectives were to improve flexibility, strength and stamina. Pilates first dubbed his system "Contrology" in Europe, but he refined his techniques during the 1920s and 1930s after moving to the United States, and his overall method became associated with his name, to distinguish the exercises he promoted from other controlled body movements.

Those original techniques survive in La Mesa. Another area Pilates instructor, Rebecca Pagdan, owner of Pilates Mind and Body, teaches Classical Pilates to students of all physical skill levels, ranging from their teen years through 89, some relying on walkers. Her small staff includes a couple of physical therapists, and she provides physical therapy consultations. (Her studio accepts no insurance, however.)

Pagdan says that hers was the first Pilates exercise studio in La Mesa, started in 2005 in the Village. Her classes have been offered over the past decade in conjunction with the La Mesa Community Center, some at that location's meeting rooms. Most are now conducted at her new studio, at 8803 La Mesa Blvd. Pagdan says that over 95 percent of her classes are private, taught individually for one, two or three students. Her studio also offers two or three group sessions each week, which she describes as more social and less expensive than individualized training. Pagdan has entertained thoughts of approaching the La Mesa Senior Center, to offer greater community service to older La Mesans there.

These systems are of lasting impact for younger people as well. Another studio, Club Pilates La Mesa, tells a tale that could have been a permanent tragedy for their client Carrie Angel. She has taken Reformer Pilates classes at the studio for almost two years. A small aircraft accident on Catalina Island in November 2013 broke Angel's third lumbar vertebra. She was bedridden for most of six months, returning to Pilates exercise classes in September. Her physicians advised her that she would certainly have been much more seriously injured, had Pilates not strengthened her core muscles that supported and protected her spine during the crash landing.

Cathleen Frank calls her revised methods of training, honed for older bodies, "restorative Pilates." The exercises are designed for persons in their late 50s and above. Frank "shortens the levers" of physical movement by having her students bend elbows and knees, so that their limbs are easier to move

and less of a load on the back. She has students lie on their sides to perform the exercises, rather than threatening injuries by lying flat on their backs. Many of her redesigned exercises are to be executed with students seated. And she uses no poses requiring a bend forward from the waist — again, too risky for older spines, in her judgment.

Pat Ryan has taken Frank's classes for nine years. She grows animated with praise for Frank while describing her personal experiences of better health from the exercises.

"This is almost like individual instruction," Ryan says. "Cathleen provides corrections and personal attention during the classes. There are fewer injuries. She teaches how to listen to your body, so you don't get hurt."

Ryan further notes that her former back pain from arthritis is gone and she can move her back more freely as needed during daily activities. She reports the astonishing fact that she is now taller than her twin sister.



Pilates focuses on slow, deliberate movements. (Photo by B.J. Coleman)

"This changes lives," Ryan says.

Another student, Patricia Baird, agrees. She has taken Frank's classes for several years and recounts that the training "has made quite a difference to me in how I approach simple tasks such as pulling weeds, putting away groceries, or making a bed as well as increasing my strength and flexibility. Her message about exercise is too good to keep a secret."

In a recent "Pilates Fusion" class open to multi-skill-level students, Frank led the group in 45 minutes of guided exercise. All of the students had surprisingly youthful appearances. Frank pointed out one student who is 69 and another who is 76.

Soothing music provided the background, as she assisted her class in prepping their bodies for motions. One minute of slow, deep breathing began the session, "long, luxurious breaths," as Frank called them.

"We love flow, transitions that are smooth," she reminded. "Smooth your way into transitions."

Throughout the class, Frank offered recommended modifications of exercise motions to individual students as she observed them.

Exercises that followed included leg rolls, hip twists, running in place, crisscross stretches and "climbing the mat." Frank

told students to "create your own resistance" with movements, and "put active stretch into it."

"You want to do this a million more times, until you're 85," she said.

Asked about the general philosophy of these exercises, Frank responded, "The goal is to keep the body activated, to become smaller in size and to surround the bones with active, supportive tissue."

For everybody, but especially for seniors, maintaining constant movement is vital. Core strength in the back and abdominal muscles aids with balance, moving forward, moving backward, lifting, twisting and all functional movements often considered problematic for older persons. Pilates exercises do not single out a muscle area for targeted intense workouts but instead integrate coordinated movements of eight to ten muscles working in conjunction, she said.

"Pilates is not necessarily a workout," Frank said. "This is awareness training in how to take care of your body, to experience joy with movement and joy with becoming healthy."

Her students not only gather for the exercise classes but also for hikes and such fun activities as walking tours to smell the blooms in Balboa Park. Frank believes she is creating a "health community" in partnership with her students.

And her counsel on selecting a Pilates instructor? She says to consider the decision to be as difficult and important as choosing a doctor, to check Pilates certifications, to review other students' results and to "find a good match for you."

Multiple Pilates exercise opportunities are available throughout La Mesa. Rebecca Pagdan's studio for Pilates Mind and Body, located at 8803 La Mesa Blvd., can be reached for more information at 619-203-7560. A series of five mat-class sessions there costs \$85, with a set of ten going for \$150. The three-student "Trio" classes are priced at \$215 for five, \$385 for ten. "Open Studio" option is for advanced students only, who are assessed as skilled enough to safely work out on their own without supervision.

West Coast Pilates Centre, 5316 Baltimore Drive, can be called at 619-701-9009. This group offers sets of Pilates classes specifically geared for seniors and others for expectant mothers. The price there is \$65 for five classes, \$96 for eight, ten classes for \$110 and 20 classes for \$200.

Club Pilates La Mesa, 5907 Severin Drive, 858-900-6517, prices access to their studio sessions at ten classes for \$135, with 20 classes going for \$250 and eight over one month at \$88.

And Cathleen Frank at The Pilates Club, 8241 La Mesa Boulevard, 619-462-7340, features the most affordable options per month, with eight sessions for beginners costing \$85, unlimited beginner classes at \$115, and advanced students paying \$133 for eight or choosing unlimited sessions for \$165.

—B.J. Coleman is a freelance writer. You can reach her at barshajo@aaim.com.■

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Spring water still flows through Collier Park next to the historic Spring House. (Photo by Jeremy Ogul)

## ► Park, from page 1

Collier Park has a reputation in the neighborhood for being a hangout for transients, drunks and drug users, but La Mesa's city leaders are hoping to change that with a new master plan to renovate and transform the park.

The City Council voted in February to approve the final environmental impact report that clears the way for major changes to the park.

The first phase of upgrades would include wheelchair-accessible pathways, three new playgrounds for different age groups, two gazebos, a new restroom building and a new park entry feature, said Bill Chopyk, the city's community development director.

The plan's second phase would renovate the park's underutilized hillsides. The city envisions removing the top of the hill on the north side of the park to make room for a clubhouse, parking lot and more amenities, such as space for an oversized chessboard. The hill on the east side of the park could be re-landscaped and graded to create an amphitheater space.

The city also plans to mothball the Spring House, a historic structure built by David C. Collier in 1907 as part of a business that bottled the natural spring water that flows through the park. The Spring House has been deteriorating for decades, but mothballing it will help preserve it until it can be rehabilitated, Chopyk said.

The city has not identified a funding source for any of the renovations in the new master plan, but Chopyk said the completed environmental documents should make it easier for the city to win grants that would provide funding for the renovations.

"I think everyone's going to be happy with what Collier Park has the potential to become," said Mayor Mark Arapostathis.

Kurt Stormberg, an orthodontist who owns the office building just south of the park, said the city's plans for the park will be a great for the neighborhood.

"I think it's a part of La Mesa that's been ignored for quite a while and it would be nice to have this done," he said.



Above: A new 60-unit apartment complex is under construction near the park; below: A playground and tennis court at the park (Photos by Jeremy Ogul)

In addition to bringing new amenities to the park, the renovations will also help raise property values for the owners of nearby homes and commercial buildings, he said.

"When you have a park that isn't infested with gangs and homeless people and drugs, as it has been in the past... you start seeing families coming back," Stormberg said.

One thing that has helped change the park already is the growing popularity of pickleball, a ball-and-paddle game that attracts players to the park on Monday, Wednesday and Friday mornings. The city recently resurfaced the tennis court, making it more palatable to both pickleball and tennis players. Nearby schools have also recently begun to bring children to play at the park in the mornings.

Across the street, a new 60-unit apartment complex called Palm Terrace is about to open. Already, it seems, the construction activity has had an impact on who feels comfortable hanging out at the park.

"Our development is helping the park from the standpoint that it has eyes on it," said Christopher D'Avignon, principal of Land & Design, the development company building the new complex.

Park fees the city collects from the new apartments could also contribute some of the money needed to renovate the park, D'Avignon.

Benjamin Baker, a construction superintendent who has been working on the apartment project, recently brought his two-year-old son to the playground. While he has seen people drinking at the park, Baker said it is not enough of a problem to deter him from visiting.

"I think [the park is] big enough that you don't get that feeling," he said.

For details on the city's plans, visit [cityoflamesa.com/index.aspx?NID=1234](http://cityoflamesa.com/index.aspx?NID=1234), or search the city's website for "Collier Park Renovations Project."

—Reach Jeremy Ogul by email at [jeremy@sdccnn.com](mailto:jeremy@sdccnn.com). ■

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► Science, from page 1

in La Mesa, there are several planned in the East County area.

**SDSU Science & Engineering Sampler**

This free event at San Diego State's College of Science and College of Engineering has exhibits for kids ages 5 – 18 and their families. Some of the exhibits include planetarium showings and laser demonstrations

"There's scientific industrial lasers, but it's not like a show where you walk into lab and see how they're using research," said Eric Ackerman. "They're visual. There's a lot of mirrors and they bounce around."

There are also plans to make ice cream with liquid nitrogen (which is perfectly safe to eat). But the goal is purely scientific. Balloons and flowers will also be frozen to demonstrate the effects of super freezing.

"I think every parent loves watching their kids engage in those science and engineering stuff, so yeah, the parents love it," Ackerman said.

The event will take place on March 14 from 9 a.m. – 2 p.m. For more information about the exact events at SDSU and their locations, visit sci.sdsu.edu/sampler.

**Girls' Day Out: Middle School Edition**

This meeting will also be held at SDSU. Students and parents will be split up into different workshops. Student workshops will have hands-on activities like coding a game, civil and structural engineering, 3D modeling and chemistry. Parents will learn about scholarship opportunities and STEM programs in San Diego.

"The way the field has grown in the past 10 or 20 years has been dominated by men," said Pagano. "I think that as we continue to grow as an industry and we have more women to showcase the amazing jobs that they do and get their word out there."

Registration is first come, first served and costs \$5 per student with a signed parent permission form beforehand. The event is recommended for middle school age students and takes place on March 15 from 8:30 – 11:30 a.m.

**Ms. Smarty-Plants field trip**

This free field trip recommended for elementary students and their teachers educates chil-



An experiment at the 2014 festival (Courtesy San Diego Festival of Science and Engineering)

dren on the journey of the water cycle from the Colorado River to their faucets.

"The lesson focuses on water conservation, and we introduce really interesting concepts using magic, music, fun, the kids engage in critical thinking, and there's such a good tie-in with nature and the skills needed for science and engineering," said Jillian Quint, the education specialist for Ms. Smarty-Plants.

Ms. Smarty-Plants, dressed in

a colorful outfit that goes along with what she's teaching, will use magic tricks and songs for the children's enjoyment. Each student will also take home a drought-resistant plant in a recycled pot.

They'll even learn a song in American Sign Language about changing the world with our own hands that goes along with Ms. Smarty-Plants' rap. Quint says this helps spread the message to those who can't hear.

The field trip will take place March 18 and 19 from 9:30 – 11 a.m. at the Water Conservation Garden in El Cajon.

**A-STEM Day**

Another free event recommended for middle school students and their families, this event at the San Diego Air & Space Museum at Gillespie Field will feature aerospace experts speaking about aerodynamics, aerospace materials, propulsion, space operations and aerospace careers. Students will have the opportunity to get an up-close look at real aircraft and equipment. Air Group One is putting together the event hoping to educate the potential aerospace engineers.

"What we're trying to do is encourage the kids to think about making sure they get good grades, so when they get to high school, they can qualify for college," said Air Group One Executive Officer John Telles. "We'll engage them in conversation and see if we can spark some imagination."

The day will take place at the San Diego Air & Space Museum at Gillespie Field on March 19 from 8:45 a.m. to 3:00 p.m.

"There's nothing like getting out of class," Telles said. "Think

back when you were a kid. Any kind of a field trip or something is always a lot more fun than staring at four walls. When they come to the annex, of course, it's jam packed with, both outdoors and indoors, as a museum full of aircraft eye candy."

**Expo Day at Petco Park**

The weeklong festival culminates in this huge, free event that brings together over 130 businesses and organizations to present interactive, hands-on activities that show off the wonders of science, technology, engineering and math. Last year's Expo Day drew an estimated 24,000 children, parents and friends.

Visit LoveSTEMsd.org for a detailed description of the 40 festival events planned throughout the county. The list of hosts for other events includes the Taylor Guitars factory, the San Diego River Park Foundation, the Reuben H. Fleet Science Center, Birch Aquarium, the Escondido Police Department and more.

—KC Stanfield is an intern with the San Diego Community News Network.■

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## Staying on top of pets' dental health

Sari  
Reis



Due to the prevalence of dental disease in dogs and cats, the American Veterinary Medical Association declared February as Pet Dental Health Care month. In fact, 80 percent of dogs and 70 percent of cats display some form of dental disease by age 3.

Veterinary Pet Insurance reported that, "periodontal disease, a condition that is caused by bacteria and tartar that build up around the teeth and gums, accounted for the most dental claims they received in 2014," a whopping 26,800. Just as in humans, periodontal disease can be very serious. Besides causing pain, bad breath, loose teeth, loss of teeth, and an inability to eat properly, the bacteria living in the oral cavity can easily travel through the bloodstream causing complications with the heart, liver and kidneys. Because cats and dogs are very skilled at covering up illness, oral disease is often not discovered until it is quite advanced and requires major treatment.

Unlike humans, cats experience a type of cavity known as tooth resorption, where the cells inside the tooth start eating it from the inside out. Up to 72 percent of cats suffer from this ailment. No one is quite sure what causes it but usually by the time it is diagnosed, the only option is to extract the affected tooth. One of my cats lost a tooth due to resorption so I am personally familiar with the problem.

As research in dental treatment continues to advance, providing more options than ever before, orthodontics has found its way

into the companion animal field. Dogs who suffer from displacement of their upper canine teeth, where the fangs are too close to the tongue and actually poke the roof of their mouth, can now have an orthodontic treatment to correct the condition. There is even an appliance called PetAlign, a version of Invisalign that can be used for dogs to correct their bite. Dogs can also have endodontic treatment to remove an infected nerve while saving the tooth, commonly known as a root canal.

So how do you know if your dog or cat has an oral disease? If they are experiencing any of the following symptoms, have them checked out. They include red, swollen gums, visible yellow tartar buildup, bad breath, bleeding from the mouth, frequent pawing at the mouth or rubbing at the face, or a reluctance to eating.

Of course, the best solution is prevention. And for those of you who think that giving your dog or cat dry food or treats designed to clean their teeth, or any of the other products sold to "prevent" oral disease, think again. Those products have very limited effectiveness. Instead, brush your dog or cat's teeth every day or at least a few times a week. There are special finger brushes and toothbrushes designed for pets as well as toothpastes. Ask your veterinarian for help or watch a "how to" video online. Also, be sure that your "furry kids" have an oral examination at least once a year with their wellness checkup. Early detection and treatment are critical and can add years to your pet's life.

—Sari Reis is a certified humane education specialist and the owner of Mission Valley Pet Sitting Services.■

## Caged critters, the other pet

Ann  
Eliopoulos

When most of us think of pets, we think of dogs and cats, and indeed, those are the domestic mammals most commonly kept as companions. However, there are multiple small mammals that serve as companions for people, and it's time for those animals to get their recognition.

For the record, most of these animals are not "starter pets." They are a lot of work to take care of at the level they need to thrive. As with any animal, these critters have specific habitat and dietary needs. Their environments require consistent routine maintenance and cleaning. They are not happy or healthy when kept continually in small cages or aquariums.

Just like any other animal, they need daily exercise, and because of their size, often need supervision when out and about. Electrical cords, cracks, crevices and holes all become potential sources of danger for little animals. Some of these little guys live only a few years, and some can live for 10 or more years, but they all need veterinary care when they are under the weather. The cost for their care may be significantly more than the original purchase price, which many people are not comfortable with.

So, if none of that has deterred you, and you still want a small animal to share your home with, let's look at some of the options out there. Because birds and reptiles are their own special category, I will save them for another time. Let's start with the animals that are illegal to keep in California: ferrets, gerbils, sugar gliders and hedgehogs. Yes, you may know someone who has one of these animals, and yes, they are cute, but they are not legal in this state. Enough said!

What's more appealing than a bunny? Those big ears and that wiggly nose? Precious! But are you prepared to have a large cage and room that has been rabbit-proofed to keep one of these as pets? Did you figure on having them spayed

or neutered? They need to be! Gone are the days when a rabbit hutch outside is considered an acceptable home for these pets. They are susceptible to heat stroke and as prey animals, startle easily and can sustain injury.

As crepuscular animals (most active at dusk and dawn), they will need exercise during this time period — at least an hour a day. They must have interaction and time with you every day to keep them socialized. Their cages require daily spruce ups and thorough cleaning once a week. In addition to Timothy hay, pellets and chew toys, daily fresh vegetables are part of their diet. Rabbits are prone to stomach and intestine problems with the wrong



diet. They can live 10 years or more and should be considered on par with a cat or dog in terms of time and care required. They are engaging and curious and can make loving, trainable pets.

I do not think that hamsters make good children's pets. They are nocturnal animals (active at night) that generally do not appreciate being woken up in the middle of the day to play, especially if it is without warning, and may bite. Don't underestimate their size when it comes to their bite. All I can say is, ouch!

Because of their nocturnal nature, it is not uncommon to hear the wheel or whatever other exercise paraphernalia they have squeaking away at midnight. Hamsters are solitary and will likely fight with another hamster. They should be housed separately.

Dwarf hamsters may tolerate others of their own kind, but not always. All hamsters can carry salmonella, which is something to consider with small children or people with compromised immune systems. Proper housing, bedding and nesting materials, diet, exercise and handling are critical to keeping these little ones healthy. With proper care, they will live two and a half to three years.

Guinea pigs are gentle, outgoing, funny little critters. They make squeaking and squealing sounds to communicate. As with rabbits, these guys need daily exercise and interaction. They also need to be groomed, especially the long-haired varieties. They require a large cage, a hiding box, pellets, Timothy hay and fresh fruits and vegetables. They need vitamin C in their diet, so nutritional balance is critical.

Because of their social nature, these guys do better with another pig to keep them company. Make sure you get the same sex! Guinea pigs live an average of five to seven years.

Rats are some of the most intelligent and engaging of the small mammals. If handled and kept socialized, they are less likely to startle or bite. Rats are even more social than guinea pigs, and should not be kept alone.

Opposite sex rats should not be kept together if the male is not neutered. Trust me, you'll know who the male is because proportionate to body size, he has some of the largest testicles in the animal kingdom.

Rats will have activity throughout the night because they are nocturnal by nature, but because of their social inclination, they will happily engage activity during the day. They groom themselves constantly and contrary to popular opinion, are fastidious little animals. Unfortunately, their lifespan is only two to two and a half years.

Again, all of these animals will likely require vet care in their lives. Veterinarians who specialize in these little guys are your best choice to help keep them healthy and a part of your life for as long as possible.

—Ann Eliopoulos is a veterinarian at Bodhi Animal Hospital in North Park.■

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PUZZLES | ANSWERS ON PAGE 19

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1	2	3	4	5		6	7	8	9		10	11	12	13
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By Charles Preston

ACROSS

- 1 '60s song, e.g.  
6 Organic-orchard no-no  
10 Pizza baker  
14 Charo's rope  
15 Group of badgers  
16 Exec's car  
17 Golden Horde member  
18 Surprise attack  
19 Water pipe  
20 Gypsy song  
22 Countertenor  
23 *Torn Paper* artist  
24 Sea swallow  
26 Gene Autry's horse  
31 Cared for  
35 Lord Byron poem  
36 Letter drop  
38 Carpenter's box  
39 Help a hood  
40 Mah-jongg pieces  
42 \_\_\_ Beach, FL  
43 Home on the range  
45 Stuff  
46 Fiendish  
47 Breathing disorder  
49 Theater feature, once

- 51 Garden pest  
53 Former NRC  
54 Bible book  
57 *Girl Crazy* song  
63 View  
64 Della's creator  
65 Basketry willow  
66 Stud's place  
67 Groovy!  
68 Henri's earth  
69 Pt. of VISTA  
70 Eye sore  
71 Cornered

DOWN

- 1 Food bits  
2 Novelist O'Flaherty  
3 Info  
4 Luigi's lang.  
5 Montero feature  
6 Greek hill  
7 Edward or Evelyn  
8 Slanted  
9 Embarrass  
10 *Show Boat* song  
11 Medicine bottle  
12 Radiate  
13 Forbidden fruit  
21 Sweatband's place  
25 Baba ingredient  
26 David Copperfield's

- mother  
27 Cantina beans  
28 \_\_\_ *We All*: 1929 song  
29 *Fiddler on the Roof* tune  
30 Golfer Henke  
32 Eydie's partner  
33 Preternatural  
34 Witty  
37 Private talk  
41 Dressmaker  
44 Clinic letters  
48 Sigourney sequel  
50 Marge, of the Reds  
52 Everglades bird  
54 Poet \_\_\_ Wheeler  
55 Kind of lens  
56 Kimono  
58 Oil of \_\_\_  
59 Crossword river  
60 Service-station item  
61 Roll-call reply  
62 Early TV sitcom

SUDOKU

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process elimination to solve the puzzle.

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6	9		7			4		8
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Jennifer Osborn

"When am I ever going to use this?" is a common lament of high school students. From geography to performing arts and more, bringing the concepts in the classroom to life is an important part of Helix's educational program. Helix students are finding out the power of education through real-world experience.

Students in Helix's Geographical Information Systems (GIS) class are working to help develop small trails in and around the La Mesa area through a partnership with Circulate San Diego. The organization's goal is to identify issues and problems with walking routes in school areas, then develop safe routes to school while teaching pedestrian laws and create awareness of pedestrian safety. The GIS students will serve as data miners and help geo-reference trail locations that are within walking distance of Helix. They will use GPS units to digitize the locations, then, during class, they will use a computer application to develop maps and help establish safe routes to school.

After using Lake Tahoe as an example over and over for his AP Environmental Science students, teacher Brennan Cassady is taking a field trip over Spring Break to allow students to see first hand what he has been talking about. The group will visit Mono Lake to discuss the impact of Los Angeles' water and power project, and the town of Bodie to discuss the impact of mining. At Lake Tahoe, they will meet with the Keep Tahoe Blue organization to learn how humans have impacted the clarity of Lake Tahoe. They will also meet with the U.S. Department of Forestry to discuss land management practices.

Twenty-two students from Helix's Instrumental Music

## Helix Highlights Real-world experiences for students



AP Environmental Science students will visit Mono Lake on an upcoming field trip. (Courtesy Pacheco Photography via Creative Commons)

Department were selected to participate in the Grossmont Union High School District Honor Band or Orchestra. Students audition for the position and are selected by a panel of the school district's music directors. Students from all over the GUHSD came together and performed as a group. The Helix students are Noelya Collon, Dean delaRessa, Monique Georgatos, Christopher Holmes, Sophia King, Kennan Langsford, Eric Loschen, Emily McDonald, Claire Montgomery, Fletcher Morrow, Kyle Phillips, Alexis Reynolds, Abigail Ramos, Alexander Russell, Elijah Shaw, Shelby Sindelar, Renee Stilwell, Anna Talamantes, Madahlia Taylor, Tristan Walsh, Carly Walsh and Molly Wells.

### Upcoming events:

On Friday, March 13 ("Friday the 13th"), the Helix Instrumental Music Department presents "A Concert to Die For" featuring the Helix Highlander Orchestra, Symphonic Band and Wind Symphony, with the San Diego State University Wind Symphony and Conductor Shannon Kittlinger appearing as special guests. Tickets are reserved seating

and can be purchased at <http://helixinstrumental.ticketleap.com/fridaythe13th>.

On Friday, April 10, students will present The Aspire Showgram from 6 - 7:30 p.m. in the Performing Arts Center. The student-organized event will feature performances by the Tap, Break Rhythm and Be the Voice programs. Other students will host booths in the foyer to show off the products they created in their programs. Tickets are free and can be requested by emailing [Gibson@Helixcharter.net](mailto:Gibson@Helixcharter.net). Helix's Aspire program provides after school activities for more than 300 students each day. Aspire offers academic support, like math and writing labs, as well as enrichment programs like robotics, yoga, athletics and more.

Helix is enrolling for the 2015-16 school year. The final opportunity to submit an intent-to-enroll form or a lottery card is March 4. Please visit the school website at [helixcharter.net](http://helixcharter.net) and access the "Entrance/Boundary/Lottery Info" page from the left column.

—Jennifer Osborn writes on behalf of Helix Charter High School. Reach her at [josborn@helixcharter.net](mailto:josborn@helixcharter.net).

## Telephone Directory

Police non-emergency line: 619-667-1400	EDCO: 619-287-7555
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Animal Control: 619-667-7536	Helix Water after hours emergency: 619-466-3234
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Weed abatement: 619-667-1465	U.S. Sen. Barbara Boxer: 619-239-3884
Traffic signal maintenance: 619-667-1166	U.S. Sen. Dianne Feinstein: 619-231-9712
Streetlight maintenance: 619-667-1450	U.S. Rep. Susan Davis: 619-280-5353
La Mesa Mayor: 619-667-1100	State Sen. Joel Anderson: 619-596-3136
City Councilmembers: 619-667-1106	State Assemblymember Shirley Weber: 619-531-7913



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Sports medicine students practice interview skills. (Courtesy GHS Museum)



# Foothiller Footsteps

## Sports medicine classes popular among students

Connie and Lynn Baer

Grossmont High School students have the opportunity to enroll in one of five Career Technical Education pathways offered on campus. This month's column will focus on the "Health Science and Medical Technology: Sports Medicine" pathway. Sports medicine is a two-year sequenced pathway, which emphasizes the prevention and care of sports-related injuries.

In the first year as juniors, the students discover the many careers available in sports medicine such as athletic trainer, physical therapist, medical technician and emergency medical technician. They also learn the skills needed to diagnose injuries. As seniors, the students utilize hands-on evaluation and recognition skills. As their final project, each senior creates a fictional patient and follows the patient's progress from injury through therapy and a return to competition.

The two-year sports medicine pathway has become so popular at Grossmont that last year there was a waiting list for the junior class. Sixty-one students requested the class, but after an application process to enroll, the class was limited to 40 students. Of last year's senior sports medicine class, 35 seniors successfully completed the sports medicine pathway.

Recently, the senior class participated in mock interviews. College juniors and seniors in the San Diego State University athletic training program visited Grossmont and interviewed the students during their class. These interviews helped the high school students learn through

personal experience the types of questions asked during employment interviews in the sports medicine field.

Then, the following week, the Grossmont senior class interviewed the junior class to share the expertise they learned from their interviews with SDSU students. All of the students felt the interviews gave them an authentic look at the job market and its expectations.

Later in the semester, on April 28, Grossmont sports medicine students will visit Petco Park and tour the athletic facilities that are available to the Padres. This "real life" experience will enable the students to see the variety of equipment and personnel essential to support athletics.

Grossmont's staff and student body are excited about the new opportunities for student learning and achievement which the Career Technical Education pathways, such as sports medicine, provide. For more information about the sports medicine pathway, please contact Chris Ray at [cray@guhsd.net](mailto:cray@guhsd.net).

Visit the GHS Museum to learn more about Foothillers past and present. The museum's regular public hours are noon to 4 p.m. on Wednesday, March 4 and April 1, or other Wednesdays by appointment. Call the museum at 619-668-6140, send an email to [ghsmuseum@guhsd.net](mailto:ghsmuseum@guhsd.net) or visit the website at [foothillermuseum.com](http://foothillermuseum.com).

—Connie and Lynn Baer are Foothiller alumni and coordinators of the GHS Museum. Contact the museum by phone at 619-668-6140, by email at [ghsmuseum@guhsd.net](mailto:ghsmuseum@guhsd.net) or visit the website at [foothillermuseum.com](http://foothillermuseum.com).



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► Dems, from page 7

the ACLU and longtime supporter of Amnesty International. For the Grassroots Organizing Team, he is a Precinct Leader and data coordinator for the Point Loma, Ocean Beach and Midway areas. John chairs the communications committee of the Pt. Loma Democratic Club, and works with other clubs throughout the county to improve their websites and social media channels. John is currently working with the La Mesa Foothills Democratic Club to upgrade our website. You can reach him at John@rubywhite.com.

We'll also have the pleasure of hearing the newly elected mayor of La Mesa, Mark Arapostathis, address the membership. He's willing to discuss any and all issues facing the community, so please come prepared to ask the mayor whatever is on your mind.

Mark Arapostathis has lived in La Mesa his entire life. He attended Lemon Avenue Elementary School, La Mesa Middle School, and graduated from Helix High School. Since 1992, he has taught in the La Mesa-Spring Valley School District at Murdock Elementary, Lemon Avenue Elementary and Rolando Elementary. He is currently the Director of Theatre Arts at La Mesa Arts Academy. "Dr. A," as he is known, was honored as one of San Diego County's Teachers of the Year.

Dr. Arapostathis served for eight years as a City Councilmember. Before joining the City Council, Dr. A served

on the La Mesa Community Services Commission. He was the president of the La Mesa Arts Alliance as well as a founding member of the "Sundays at Six" concert series, held each summer at Harry Griffen Park Amphitheater.

Folks are still buzzing about our February Speaker, Chris Yanov of Reality Changers. All Chris has done the last few years is provide nearly \$40 million of scholarships to local first generation college students, all from disadvantaged backgrounds. From a small midtown office and classroom complex, Mr. Yanov has tapped into the enormous synergy of connecting at-risk young teens with academic support, corporate sponsorship, financial assistance and most of all, their own realization of their leadership and scholastic potential. They will all become not just college graduates, but teachers, scientists and true contributors and examples to their peers. Check out realitychangers.org. Chris is on his way to Washington to meet with President Barack Obama and be honored for his work in San Diego.

Please check our calendar for future exciting speakers and events at lamesafoothillsdemocraticclub.com and like us on Facebook.

—Linda Armacost is president of the La Mesa Foothills Democratic Club.■

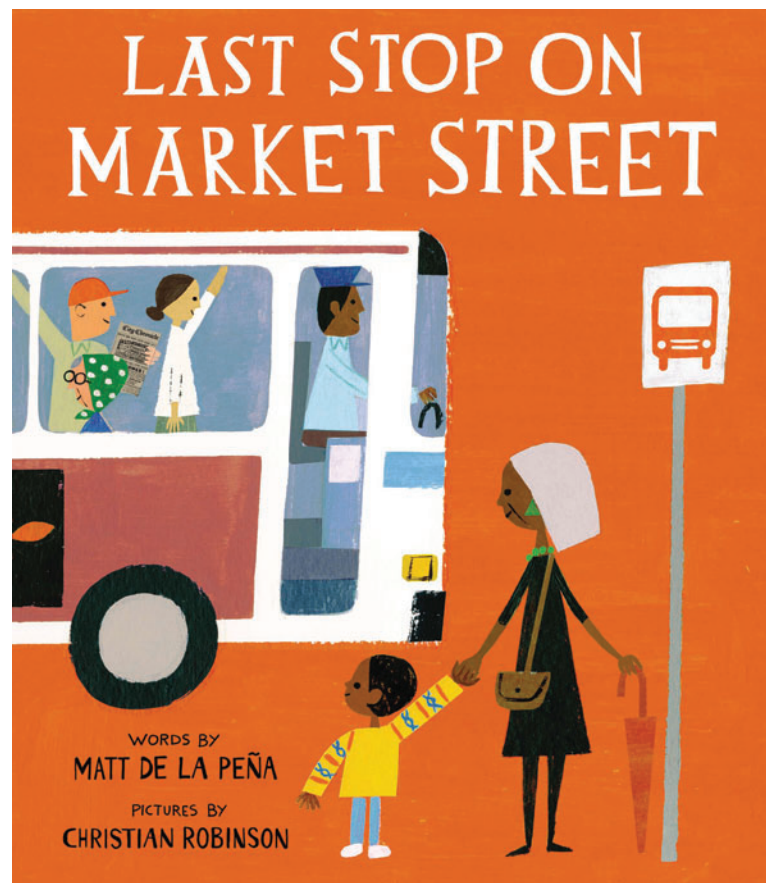
## La Mesa Reads

Heather Pisani-Kristl  
Librarian

### Keats' legacy

I was pleasantly surprised the other day when a colleague handed me a copy of the new picture book, "Last Stop on Market Street," written by Matt de la Peña and illustrated by Christian Robinson. With its colorful collages and clear narration, I thought I was looking at a book by Ezra Jack Keats, author of "The Snowy Day" (1962) and other stories about a boy named Peter and his friends in New York. The Library of Congress named "The Snowy Day" as one of the most influential 20th-century American books, and Keats is credited with introducing both multiculturalism and urban settings into children's literature.

Like Keats, de la Peña and Robinson illustrate another cityscape — San Francisco — where the rough edges of reality are softened by playfulness. "Last Stop on Market Street" explores questions of gratitude and giving from a child's point of view, providing answers through a loving dialogue between CJ and his grandmother as they ride the city bus together. If you would like to open up a kid-appropriate discussion about community and possessions, I highly recommend this book. Place your online request for this popular title at sdcl.org.



### Food for Thought Festival

La Mesa Library invites you to Food for Thought, our first annual festival celebrating food, culture and health in La Mesa. On the afternoon of Saturday, March 14, guest speakers will explore Moroccan cuisine and meals made easy with Trader Joe's. Free Spirit the Clown will entertain children outside, and teens will

learn how to make and decorate delicious onigiri (Japanese rice balls). For more details, call the library at 619-469-2151 or check our Facebook page.

### 1,000 Books Before Kindergarten

In this column last month, we mentioned our new program to get families and young children reading every day before the kids enter kindergarten. We had a great kickoff event in January with Mayor Mark Arapostathis and County Library Director José Aponte reading to our toddler storytime crowd; since then, several kids have passed the 250 mark, receiving a backpack and reading their way to the next level. Area preschools and child care centers are also joining the 1,000 Books Before Kindergarten program. If your child's school, Sunday school or day care center would like to enroll, give the library a call and ask to speak to one of the librarians. We'll supply each child with colorful reading logs and stamps to show them how much progress they're making.

### News from our Friends

With the help of generous year-end donations from our members, the Friends of La Mesa Library have funded several orders of new books and movies for the library's collection. Customers will find how-to titles and cookbooks for adults, as well as children's non-fiction books about animals (always a favorite). The library will also receive one hundred copies of movies nominated for the Oscars, Golden Globes and Independent Spirit awards. If you would like to become a member, forms are available in the library lobby and at friendsoflamesalibrary.org/membership.

—Heather Pisani-Kristl is librarian at the La Mesa branch of the San Diego County Library. Call the library at 619-469-2151, visit in person at 8074 Allison Ave. or get information online at sdcl.org.■

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FEB

27

MAR

27

Lenten Speaker Series

**Feb. 27 – March 27**

St. Martin of Tours Catholic Church (7710 El Cajon Blvd., La Mesa) is hosting this series each Friday for the remainder of Lent. The events will begin at 5 p.m. with a fish taco dinner, followed by a guest speaker in the church's Parish Hall at 6 p.m. After the presentations, attendees are invited to pray the Stations of the Cross in the church at 7 p.m. Feb. 27 will feature Susan Reeder, a licensed clinical social worker and assessment center program manager for St. Vincent de Paul, who will discuss St. Vincent's services and her work with the homeless. The speaker on March 6 will be Jorge Valerdi who will discuss the topic of assisting undocumented children. Champlain Robert Moscato will be the guest on March 13 discussing prison ministry and other topics. On March 20, Julianne and Chris North will present on their organization, Build a Miracle, which facilitates the building of homes in Mexico with the help of volunteers. The final installment on March 27 will feature a Taize Prayer Service with a simple meal served before the service. Note: Casanova Fish Tacos will provide the fish dinners and tickets for dinner will be sold at the door. For more information visit [StMartinOfToursParish.org](#) or call 619-466-3241.

EVERY

WED

Walking Wednesdays

**Wednesdays (ongoing)**

These weekly walks are a great chance to meet your neighbors, get active and support La Mesa businesses. The group meets at various locations to explore La Mesa's urban trail system. March 11 they'll meet at the La Mesa Community Center (4975 Memorial Drive) for a two-mile walk with some hills starting at 9 a.m.; March 25 they'll meet at Briercrest Park (9001 Wakarusa St.) for a 1.5-mile walk with some hills starting at 9 a.m. For more information contact Misty Thompson at 619-667-1319 or [SRTS@ci.la-mesa.ca.us](mailto:SRTS@ci.la-mesa.ca.us), and follow @LaMesaSRTS on Twitter.

Sudoku & Crossword puzzle answers from page 19

8	4	7	5	9	1	6	3	2
6	9	5	7	2	3	4	1	8
1	3	2	8	6	4	9	7	5
9	7	8	2	3	5	1	6	4
4	6	3	1	8	9	2	5	7
2	5	1	6	4	7	3	8	9
3	8	4	9	5	6	7	2	1
7	2	9	3	1	8	5	4	6
5	1	6	4	7	2	8	9	3

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TATAR	RAID	MAIN
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CHAMPION	NURSED	
LARA	SLOT	MITER
ABET	TILES	VERO
RANCH	SATE	EVIL
ASTHMA	NEWS	REEL
	MOLE	AEC
EZRA	IGOT	RHYTHM
LOOK	ERLE	OSIER
LOBE	NEAT	TERRE
AMER	STYE	TREED

MAR

1

La Mesa Beautiful annual meeting

**March 1**

This year's meeting titled "Highlighting the Value of Trees in Our Community" will be held from 4 – 5:30 p.m. at Nan Couts Cottage (5045 Memorial Drive). The topic for the event "Serving Family, City and Country – Secrets of our Community Trees" will cover the vital role of trees in our community and how "strong leadership could transform our urban communities." The guest speaker will be Robin Rivet, an ISA Certified Arborist, consulting horticulturist, and landscape designer, who lives in La Mesa. The 2015 proposed slate for board of directors and officers will also be announced by the nominating committee at the meeting and members in attendance will vote for those positions. The event is free and open to the public, and refreshments will be served. RSVP by email: [lamesabeautiful@gmail.com](mailto:lamesabeautiful@gmail.com) or by phone: 619-303-8300. Visit [LaMesaBeautiful.org](#) for more information.

MAR

6

MAR

20

APR

3

Transit use training

**March 6 and 20, April 3**

Three upcoming trainings are planned to help La Mesans learn how to utilize various transportation options, each starting at 10 a.m. The session on March 6 will focus on the trolley, meeting at the La Mesa Boulevard Trolley Station (near the intersection of Spring Street and La Mesa Boulevard) and offering hands-on experience riding the trolley. The March 20 installment will start at Starbucks (5416 Lake Murray Blvd.) on the corner of Lake Murray and Kiowa drives for bus training and hands-on experience riding the bus. The third session on April 3 will offer hands-on experience with both the bus and trolley starting at the Amaya Drive Trolley Station (on Amaya Drive between Severin Drive and Fletcher Parkway). Day transit passes and light refreshments will be provided. For more information or to RSVP, contact Misty Thompson at 619-667-1319 or [SRTS@ci.la-mesa.ca.us](mailto:SRTS@ci.la-mesa.ca.us).

MAR

11

Treating chronic shoulder pain seminar

**March 11**

This free seminar presented by Sharp Grossmont Hospital will be held from 6 – 7:30 p.m. in the Grossmont Healthcare District Conference Center (9001 Wakarusa St., La Mesa). Board-certified orthopedic surgeon Dr. Benjamin DuBois will discuss options for treating shoulder arthritis, torn rotator cuff and frozen shoulder ailments. DuBois will also discuss shoulder replacement surgery and field questions from attendees. For more information and to register for the event visit [Sharp.com/Health-Classes](#).

MAR

12

Live Well 2015: Community wellness series

**March 12**

This ongoing series at the La

Mesa Community Center (4975 Memorial Drive) takes place every other month on select dates. Each free workshop is held from 6 – 7 p.m. This month's installment celebrates National Nutrition Month with information on practicing "healthy choices from a rainbow of foods" with samples and recipes provided. The goal of the series is to create a healthier community with the help of experts. Future topics include "healthy snacking," "brain games" and more. For more information visit [CityOfLaMesa.com/LiveWell](#). To RSVP call 619-667-1300.

MAR

18

Spring Into Healthy Living

**March 18**

This annual event by East County Action Network for Older Adults and Adults with Disabilities (ECAN) will be held at the Cameron YMCA in Santee (10123 Riverwalk Drive). Admission is free and includes a healthy breakfast buffet offered by Lantern Crest Senior Living. Vendors will offer free health screenings including those for blood glucose, blood pressure, hearing and more. Lectures and demonstrations will be given on a variety of topics. The San Diego County Sheriff's Department Santee Station will be on hand to collect unwanted or expired prescription drugs for disposal. The event will be held from 9 a.m. – noon with opportunity drawings at the end. To RSVP call 1-877-926-8300 (the AARP Reservation Line) and follow the prompts. Visit [Facebook.com/ECANSanDiego](#) for more information.

MAR

18

Treating chronic hip pain seminar

**March 18**

This free seminar presented by Sharp Grossmont Hospital will be held from 6 – 7:30 p.m. in the Grossmont Healthcare District Conference Center (9001 Wakarusa St., La Mesa). Board-certified orthopedic surgeon Dr. Steven Allsing will be the presenter for this seminar. The presentation is geared towards those living with hip pain and will discuss joint replacement surgery, and care before and after surgery. For more information and to register for the event visit [Sharp.com/Health-Classes](#).

MAR

26

Advances in gynecological and reproductive surgery seminar

**March 26**

This free seminar presented by Sharp Grossmont Hospital will be held from 6 – 7:30 p.m. in the hospital's main auditorium (5555 Grossmont Center Drive, La Mesa). OBGYN Dr. Rebeca Sandoval will lead the presentation for women at all stages of life with conditions such as fibroids, endometriosis, pelvic pain or prolapse and their treatment options. For more information and to register for the event visit [Sharp.com/Health-Classes](#).

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MUSIC NOTES

Jazz

**Fridays:** Charlie Arbelaez Trio at The Rook. Free. 9 p.m. 7745 University Ave., La Mesa. [TheRookBar.com](#).

**Saturdays:** Jazz with George and Alan at Bistro Sixty. Free. 6:30 to 9:30 p.m. 5987 El Cajon Blvd., College Area. [BistroSixtySD.com](#).

**Sundays:** samdiego Jazz Trio at San Pasqual Winery Tasting Room. Free. 2 – 5 p.m. 8364 La Mesa Blvd., La Mesa. [SanPasqualWinery.com](#).

**March 8:** Justin Grinnell Jazz Ensemble at Grossmont College. \$10 general admission, \$8 seniors/faculty, \$5 students. 6:30 p.m. 8800 Grossmont College Drive, El Cajon. Visit [Grossmont.edu](#).

Pop

**Wednesdays:** Westside Inflection at Riviera Supper Club. Free. 8 p.m. 7777 University Ave., La Mesa. [RivieraSupperClub.com](#).

**March 21:** Sock Monkeys at San Pasqual Winery Tasting Room. Free. 7 – 10 p.m. 8364 La Mesa Blvd., La Mesa. [SanPasqualWinery.com](#).

**March 21:** Tolan Shaw at the El Cajon Library. Free. 2 p.m. 201 East Douglas Ave., El Cajon. [SDCL.org/locations\\_EC.html](#)

Classical

**March 10:** Grossmont College Band with Grossmont High School Band at Cuyamaca College Performing Arts Theater. Free. 7:30 p.m. 900 Rancho San Diego Parkway, El Cajon. Visit [Grossmont.edu](#).

**March 14:** "King of Instruments" orchestral performance at First United Methodist Church of San Diego. Suggested donation. 7 p.m. 2111 Camino Del Rio South, Mission Valley. Visit [Grossmont.edu](#).

**March 15:** "King of Instruments" orchestral performance at Paradise Valley Seventh-day Adventist Church. Suggested donation. 7 p.m. 2701 East Eighth St., National City. Visit [Grossmont.edu](#).

Alternative / Rock

**March 11:** Hills Like Elephants and Soft Lions at 'Til-Two Club. Price TBD. 9 p.m. 4746 El Cajon Blvd., City Heights. [TilTwoClub.com](#).

**March 19:** Erik Canzona and The Narrows at Riviera Supper Club. Free. 9 p.m. 7777 University Ave., La Mesa. [RivieraSupperClub.com](#).

**March 21:** Clapton Hook (Eric Clapton tribute band) at Chico Club. Free. 8:30 p.m. 7366 El Cajon Blvd., La Mesa. [ChicoClub1940.com](#).

Other

**March 7:** Country Rockin' Rebels at Hooley's. Free. 9 p.m. 5500 Grossmont Center Drive, La Mesa. [Hooleys.com](#).

**March 7:** The Waits at San Pasqual Winery Tasting Room. Free. 7 – 10 p.m. 8364 La Mesa Blvd., La Mesa. [SanPasqualWinery.com](#).

**March 12:** Genna and Jesse performing "Songs of '65" at Vision Center for Spiritual Living. \$15. 7 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. [FolkeyMonkey.com](#).

Bands, venues, and music-lovers: please submit listings for this calendar by emailing [Jen@sdCNN.com](mailto:Jen@sdCNN.com).



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LA MESA • \$599,000 - \$649,000\*

Gorgeous Mesa Del Sol home with a VIEW! Home features 4BR, 3BA, 2-car garage, an open floor plan, modern entertainer's kitchen with stainless appliances, laminate flooring, designer custom paint, and crown molding. Private backyard is very low maintenance with a fire pit and putting green! Home is only 3 years old and has been meticulously cared for by its current owners. HOA maintains the front yard landscaping.

JULIE BOYADJIAN 619.250.1129



ALPINE • \$849,000 - \$885,000\*

Drink from your own well! Sprawling 4BR, 2.5BA Alpine ranch w/ over 3,600 SF of meticulously restored main house, plus 800 SF detached building w/bath. 1.59 acres w/ multiple RV/ heavy equipment parking spots.

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LAKESIDE • \$229,000 & \$129,000

Vacant land for sale. 8.9 acres with 360-degree views. Be king of the mountain! One-of-a-kind property! Offered at \$229,000 Also available is a 5-acre lot in Wildcat Canyon with panoramic mountain views. Well on property. \$129,000. Looking for land, contact me today!

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NORMAL HEIGHTS • \$249,000 - \$279,000\*

Gorgeous 2BR, 2BA, w/laundry in unit, A/C, and a cozy fireplace! New windows, high quality carpet and laminate flooring w/ upgraded base moldings, and granite countertops.

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SPRING VALLEY • \$1,995,000

Looking for a redevelopment opportunity? Look no further. This property historically has been operated as a world-renowned tennis club but the real value is in the C-42 zoning and the incredible location just off the old 94 freeway. With just over 2 acres, this land could be redeveloped into mixed-use, eating & drinking establishments, retail, sports & entertainment just to name a few. Please call for a private tour and a full package on this opportunity!

ANDREA GILBERT 858.945.1312



EL CAJON • \$424,500

In a quiet enclave, no HOA fees. Close to Grossmont Ctr. and Parkway Plaza. Easy freeway access, close to everywhere in San Diego. Large fenced yard. Recently remodeled home has new laminate flooring, carpeting and upgraded master bath.

JIM STINNETT 619.654.0331