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La Mesa COURIER

Passion
for art
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San Diego Community News Network

When in drought, landscapes count



The flowers of the "New Gold" lantana plant attract an anise swallowtail butterfly at the Water Conservation Garden in Rancho San Diego. (Photo by Jeremy Ogul)

Jeremy Ogul
Editor

With Gov. Jerry Brown's recent emergency decree restricting water usage and no sign of the drought letting up, the pressure continues to mount on local homeowners to do what they can to conserve.

At the Water Conservation Garden on the campus of Cuyamaca College in Rancho San Diego, horticulture director Clayton Tschudy works to curate what is essentially a living museum of water-efficient plants and landscapes.

One of the most important messages Tschudy tries to convey to visitors is that the San Diego region has a xeric, or Mediterranean, climate. As hot as it may get in La Mesa in the summer, homeowners here have many more options beyond the traditional rock-and-cactus layout common in true



Horticulture director Clayton Tschudy points out the false esparto grass, which has a low need for water, at the Water Conservation Garden. (Photo by Jeremy Ogul)

desert areas such as Palm Springs or Yuma.

"It doesn't have to look like a desert," Tschudy said. "You can replicate any style of garden you want — there are no stylistic or aesthetic limitations."

See **DROUGHT** page 9



El Cajon Mayor Bill Wells speaks at a press conference to tout the recent drop in sales tax. (Photo by Jeremy Ogul)

Does sales tax shift change East County consumer economics?

Jeremy Ogul
Editor

The mayor of El Cajon was beaming with pride as he took to the lectern on a recent morning to proclaim the city was returning \$8.6 million a

year to the citizens of his city.

With the expiration of Proposition O, the city's 0.5 percent sales tax approved by voters in 2004, El Cajon was the only city in California this year to reduce its overall sales tax rate — from 9 percent to 8.5 percent.

The change in El Cajon means La Mesa now has the second-highest sales tax rate in San Diego County, at 8.75 percent. The only place with a higher sales tax is National City, at 9 percent. Vista matches El Cajon

See **SALES TAX** page 8

La Mesa legislator takes the lead on police body cameras

KC Stanfield

The California Assemblymember who represents La Mesa is working to make sure every police officer in the state puts on a body camera.

On April 14, the Assembly Committee on Public Safety passed Shirley Weber's Assembly Bill 66, which requires law enforcement officers to wear body cameras and to notify citizens when they are being recorded.

"I have about five law-enforcement agencies in my district," Weber said, referring to the police departments of La Mesa, San Diego and Chula Vista as well as the county Sheriff's Department and the California Highway Patrol.

"We need to establish consistency statewide for the use of body cameras so that citizens know where they stand and so that they aren't abused in a way that undermines their original



Shirley Weber
(File photo)

See **WEBER** page 7



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Local painter shares a world of art with children

Cynthia Robertson

Twelve years ago, San Carlos resident Penelope Quirk started offering after-school art lessons called Art Smarts, which continues today to be a success among local school children. She took several small and big steps to create her lessons that have children from ages 5 through 12 working in various art media, including pastels and pencils.

Quirk first started out as art docent coordinator at Murray Manor Elementary in La Mesa. She increased the annual budget for art supplies at Murray Manor. Originally, the art budget had been \$450 for over 500 students. Quirk attended PTA meetings and had that budget raised to \$1,200 per year.

Next, she volunteered to teach art in seven classrooms per week. The school had required only a one-hour art lesson per month, but often had no volunteers to teach it.

Then Quirk came up with a few more of her own ideas, including for the school to have an all-school art show during the annual open house. The principal agreed, with the stipulation that no art classes during school would be allowed for the upper grades, three through six, in order to concentrate on academics only.

Quirk got together a bunch of volunteers to have an after-school art workshop, free to the students who were unable to finish a piece of artwork during school hours.

“For one full week, the volunteers held free art workshops open to kids,” Quirk said. “Every day about 150 students came just so they could have a piece of artwork to display during our first annual art show during open house.”

When the principal saw the overwhelming thirst for art during these organized workshops, the after-school art program began at Murray Manor Elementary. It was originally called Art Enrichment. After two years, Quirk changed the name to Art Smarts.

Ever since its beginning, Art Smarts has been a popular after-school program at Murray Manor, with a full session of students to this day.

It’s no wonder. When Quirk walks into the classroom, the kids literally run up to her and smother her with hugs. She makes them feel comfortable with art and with each other, no matter the difference in ages. For instance, Hannah Hardenburger, 6, feels very much at home painting a picture of a Fennec Fox along with the kids around her, Jacob Starkey, 9 and his sister Carley.

“This is like an alphabet vacation,” Hardenburger said, drawing whiskers on the fox face. “This year in school I’m learning the alphabet, and it’s hard.”

Katelyn Collins, an Art Smarts instructor recently hired by Quirk, helps to pass around pieces



Above: Penelope Quirk leads a lesson on drawing a Fennec fox at Murray Manor Elementary. **Below:** Murray Manor Elementary students practice their illustration skills during a recent Art Smarts lesson. (Photos by Cynthia Robertson)

of paper for the kids’ drawings.

“Penny is bringing art back to the kids, it’s true, but it’s so much more than just drawing,” Collins said. “The kids are learning problem-solving, creative thinking and collaborating with others. They are learning, too, that the art world is unlimited.”

Rhaylene Mosso, whose daughter Mayalyn, 11, has been taking Art Smarts classes since she was 6 years old, agrees with Collins. Mosso said the classes taught her daughter to learn and experiment with different media while doing art with friends.

“I think the class inspired her to be an artist,” Mosso said. “She is constantly creating all different types of art and she has a great eye for unique color choices.”

Quirk brings a wealth of art education and background to her experience in the classroom. Armed with a bachelor’s degree in fine arts from the Philadelphia College of Art in 1981, with a major in printmaking, Quirk went to the San Francisco Art Institute where she took more printmaking classes. When she arrived in San Diego in 1984, she enrolled in graphics art classes at San Diego City College to learn graphics and computer skills.

“That was about 20 years ago when people who were my age learned the computer,” Quirk

said “It was a process we all learned together. This became essential to growing my business with Art Smarts.”

As Art Smarts developed over the years, Quirk used her own artwork to develop lesson plans for the company, doing samples for the approximately 165 lessons.

“I began painting a series of sea turtles, inspired after I was touched by one while swimming in Hawaii,” she said. “It became a passion of mine and I decided I was going to display them.”

Quirk has exhibited her art in several galleries, including at On the Edge gallery in La Mesa, where she was awarded the People’s Choice Award, earning a solo show this past January. An entire wall full of her sea turtle paintings as well as exhibits of artwork of her lesson plans for Art Smarts filled the gallery.

“Many kids from the schools came to see an actual art opening of a real artist,” Quirk said.

Her company now has plans to expand its art lessons to Mission Trails Regional Park.

For more information about Art Smarts, go to artsmarts.net.

—Cynthia Robertson is a San Diego-based freelance writer. Contact her by email at c1g2robertson@gmail.com. ■

How to Sell Your La Mesa Home Without an Agent

La Mesa - If you’ve tried to sell your home yourself, you know that the minute you put the “For Sale by Owner” sign up, the phone will start to ring off the hook. Unfortunately, most calls aren’t from prospective buyers, but rather from every real estate agent in town who will start to hound you for your listing.

Like other “For Sale by Owners”, you’ll be subjected to a hundred sales pitches from agents who will tell you how great they are and how you can’t possibly sell your home by yourself. After all, without the proper information, selling a home isn’t easy. Perhaps you’ve had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their homes themselves. But don’t give up until you’ve read a new report entitled “Sell Your Own Home” which has been prepared especially for homesellers like you. You’ll find that selling your home by yourself is entirely possible once you understand the process.

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District selects teacher of the year

The La Mesa-Spring Valley School District bestowed the honor of "Teacher of the Year" on Lemon Avenue Elementary teacher Laura Autio in April.

Autio, who has taught in the district for 20 years, teaches a combination class of second- and third-grade students. She will now represent La Mesa-Spring Valley teachers at the County Office of Education's upcoming County Teacher of the Year event.

"It's humbling, because we have such great, great teachers in our school and our school district," Autio said.

Her success as a teacher is only possible with the support she gets from her fellow teachers and volunteers, especially considering the challenges of teaching two grade-level curricula while at the same time adjusting to new Common Core standards, she said.

Ashleigh Yturralde, a parent volunteer who helps in the classroom once a week, said she has been impressed to watch how Autio tailors her lessons to the varying needs and proficiency levels of the students she teaches.

"She differentiates everything they do for each individual learner," Yturralde said. "That seems insurmountable to me."

Lemon Avenue Principal Natalie Martinez said that differentiation runs like clockwork in Autio's classroom.

"When I go in there, there are so many different learning activities going on simultaneously," Martinez said.



Laura Autio with third-grade students (l to r) Grant Yturralde, Jocelyn Purdue and Avery Zimmerman (Photo by Jeremy Ogul)

Autio said she manages the challenge of multiple grade levels in one classroom by giving the students time to teach and tutor each other, which fosters a sense of collaboration and community.

An important objective in Autio's classroom is for students to connect what they're learning to the world outside the classroom and practicing making a difference.

"Big ideas start with small steps," Autio said.

This often translates into lessons and activities in which students read nonfiction sources in the classroom and then apply what they've learned outside, such as recycling on campus or an upcoming Saturday morning field trip with I Love A Clean San Diego to help clean the banks of the San Diego River.

Autio said her struggle with breast cancer beginning nine years ago changed her perspective on life and showed her the power of a positive spirit and positive thinking — concepts she

works to model for her students. "Humor is so important," Autio said.

She often reaches into her "bag of tricks" — which includes items such as squeaky toys, a voice modifier and pompoms — to keep things light and energetic during lessons. The kids love it, said Stella Zimmerman, a parent who also volunteers in the classroom.

"She just really teaches with a personal touch, and as a parent, I really appreciate that," Zimmerman said.

Born and raised in San Diego, Autio honed a talent for golf at a young age, winning the Junior World Golf Tournament at age 12. Later, as a student at San Diego State University, she discovered another passion: elementary education.

She earned her bachelor's degree and teaching credential there and later attended National University for a master's degree and preliminary administrative credential. ■

Notes from the Boston Marathon

Deanne Ross, owner of the DACT II women's clothing resale store on La Mesa Boulevard, was one of more than 30,000 official participants in this year's Boston Marathon.

Ross finished the 26.2-mile race in 3 hours, 44 minutes and 38 seconds — an average pace of 8 minutes and 35 seconds per mile — according to the official results posted online.

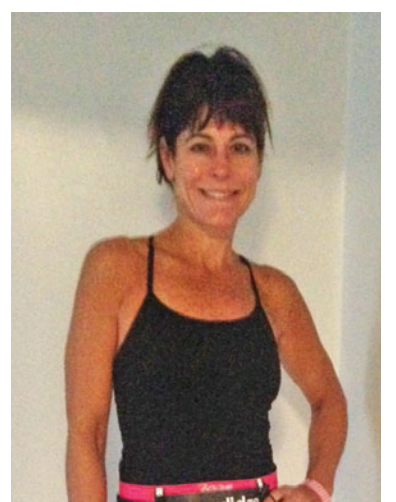
Ross, who qualified for Boston with her performance at the Carlsbad Half Marathon, was up against weather conditions much harsher than anything she was used to at home.

"It was super rainy and windy and freezing cold," she said. "I got a good time considering the weather."

Even for Boston, the rain was a rare event, but it didn't stop the thousands of spectators who lined up, sometimes 10 people deep, all along the course to cheer for the runners.

"It was incredible," Ross said. "Nothing could prepare you for this. You felt like you were in the Olympics for running."

Ross said any runner who has the opportunity to participate in the Boston Marathon should go for it. ■



Deanne Ross (Courtesy Deanne Ross)



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(l to r) Eighth-grade students Anna Hedberg, Emily Close and Catalina Vivanco (Courtesy St. Martin Academy)

St. Martin Academy students excel in robotics competition

Four teams of eight-graders from La Mesa’s St. Martin of Tours Academy participated in the SeaPerch underwater robotics competition at Grossmont College in April, vying against 36 teams from high schools and middle schools across Southern California and Arizona for a chance to advance to the national competition.

Students Anna Hedberg, Catalina Vivanco and Emily Close comprised the second-best team at the event, earning an invitation to the national competition at the University of Massachusetts Dartmouth in May. They will be joined in Massachusetts by their science teacher, Rosie Beck.

The SeaPerch program gives teachers and students the resources to build an underwater remotely operated vehicle from a kit of low-cost, easily accessible parts. The hands-on learning experience is accompanied by a curriculum of engineering, mathematics and science concepts with an emphasis on marine engineering.■

La Mesa woman is top student at Mesa College

Lina Heil

Sarah Taha, an Iraqi immigrant and honors student at San Diego Mesa College, was named one of the top community college students in America in April. It has been a remarkable journey for Taha, who 10 years ago as a 16-year-old in Iraq had already witnessed war and experienced the fear of bombing, kidnappings and death.

Taha, now 26 and a resident of La Mesa, is one of only 20 students to receive the All-USA Community College Academic Team honor, which comes with a \$5,000 scholarship. The awards were presented by the Phi Theta Kappa Honor Society in San Antonio, Texas, on April 20.

Taha was a high school senior in November 2006 when her father was shot and killed by terrorists in retribution for allowing her two brothers to work as interpreters for U.S. forces. Her family was displaced; her education came to a halt. She went into a deep depression. Eventually, the family found their way to America through a special immigration visa, and Sarah found her way to Mesa College.

“The community college experience can best be described as my ship to salvation,” Taha wrote in her application for the honor. “It



Sarah Taha (Courtesy Mesa College)

was my first glimpse of hope and my first step towards my next life. I used to view education in the United States as unattainable, but I would eventually get it. I overcame the death of my father and war in Iraq. Once I’ve done that, I can do anything.”

The Phi Theta Kappa awards program — considered one of the most prestigious in the country — recognizes two-year college students from across the U.S. who display an outstanding combination of academic achievement and community service. A panel of judges selected the 20 honorees from a pool of more than 1,700 students nominated by more than 1,000 community colleges.

“Sarah is a perfect example of the power of resilience and humility,” Mesa College President Pamela Luster said. “She is a model of Mesa College students

who succeed despite adversity and who challenge themselves to excel.”

Taha was recently named to Phi Theta Kappa’s All-California Team, where she earned the 2014 New Century Scholar award. She also won Phi Theta Kappa’s Guistwhite Scholarship and the Mesa College President’s Academic Excellence and Service Award.

Taha graduates this May as a valedictorian, with a perfect GPA of 4.0. She plans to pursue a bachelor’s degree in business administration, with hopes to achieve her doctorate in accounting and help those who are in the situation she was able to escape. She wants to become social entrepreneur and already has ideas for an international enterprise that imports tea grown in Iraq and other Persian Gulf countries to help bolster those communities. Locally, she has volunteered to raise money and awareness of the hungry and shelter-deprived.

This is the second year in a row a Mesa College student was named the top community college student in California. Sarah Farmer, a psychology major at UCLA, was California’s 2014 New Century Scholar.

— Lina Heil is an information officer for San Diego Mesa College. Write to her at LHeil@sdccd.edu.■



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GUEST EDITORIAL

Dianne's Corner News, notes from county board

Dianne
Jacob



Teaming up on trails: I'm working with Poway officials on plans to link the region's hiking and riding trails and other popular outdoor attractions.

The Board of Supervisors and the Poway City Council recently agreed to work together to seek grants and other funds to buy land that would connect Iron Mountain, Dos Picos Park, Mount Woodson and Lake Poway.

This is a tremendous opportunity to close a crucial gap in our trail system and open up more of our beautiful backcountry to the public.

Thanks to Poway Mayor Steve Vaus, Councilman Jim Cunningham, hiker and businessman Jim Hagey and others for their work on this issue.

Boosting public safety: At a recent gathering at Gillespie Field, I helped unveil the newest tool in the county's firefighting arsenal — a Bell 407GX helicopter.

Now part of the Sheriff's ASTREA fleet, the helicopter can carry out water drops and other crucial operations during a wildfire, rescue and other emergencies across our region.

The aircraft is part of our ongoing effort to bolster public safety, especially in our fire-prone backcountry. Since 2003, the county has invested \$320 million on fire and emergency preparedness improvements.

Help for families: Have a loved one who suffers from dementia and worried they may wander?

Families can now sign up a relative online for Take Me Home, a Sheriff's Department program that helps safeguard those with Alzheimer's disease, along with others who are prone to wandering.

Go to www.sdsheriff.net/tmh to register, and please pass the word.

For more District 2 news, go to www.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.

—Dianne Jacob represents District 2, which includes La Mesa, on the San Diego County Board of Supervisors. ■



WaterSmartSDlandscaping.org

Visit WaterSmart landscaping website before shopping for plants

Ashley Jenkins

If you are looking to upgrade your landscape or just love gardens, then the website WaterSmartSDlandscaping.org is for you.

The San Diego County Water Authority's WaterSmart landscaping website has thousands of pictures of plants and garden designs that are well-suited to our Mediterranean climate. Take visual tours of beautiful, water-efficient landscapes through photographs that include links to plant information pages.

Pictures are organized by landscape category to make them easy to find. Explore galleries of ideas for back yards, front yards, hillsides, patios, planters and other outdoor living areas.

Just looking for plants? The website offers more than 1,000 plants and search tools that make plants easy to find. Explore lawn alternatives, butterfly-attracting plants, plants for fire safety, California natives and more.

While you're exploring, save plant and garden images you like, then print reports about them before you shop.

—These tips are provided as a public service by the San Diego County Water Authority. For more information and ideas on water conservation, visit WaterSmartSD.org. ■

LETTER

Dear editor,

This Mother's Day, I'd like to thank all the expectant mothers who plan to donate their baby's umbilical cord blood to a public cord blood bank, such as San Diego Cord Blood Bank.

Your compassion means that someone with a life-threatening disease may get a second chance at life. Donated cord blood that meets the requirements can be listed on the "Be The Match" registry and made available to anyone who needs a blood stem cell transplant.

Cord blood, usually disposed of after birth, is rich in blood-forming cells and can be used to help treat more than 70 different diseases, including leukemia and other blood cancers. Cord blood donations are especially needed from African-American and Asian donors, as patients within these communities have difficulty finding donor matches.

There is no cost to donate to a public cord blood bank, and donation is safe for moms and babies. Cord blood is collected right after birth and does not change the labor or delivery.

There is no greater gift than the gift of life. Since its inception, the San Diego Cord Blood Bank has banked 2,100 cord blood units from generous moms in San Diego and surrounding areas and shipped 149 units for transplants, but more donations are needed to help save more lives. Visit BeTheMatch.org/cord to learn more.

Happy Mother's Day!

Robert J. Tressler
Vice President, Cell Biology
and Therapy
San Diego Blood Bank ■

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For breaking news and investigative story ideas contact the editor by phone or email.

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Local artist pursues artistic passion through study at Grossmont, Cuyamaca

Michael Botello

Success is often found where passion is backed by talent. When it comes to the artwork Barbara Gonzalez creates, passion and talent make her art both memorable and bold.

Barbara Gonzalez has always had a natural talent for art. From the tender age of 5, she started drawing for fun and soon realized that she had a knack for it. It wasn't until she won her first art award in the first grade that she realized she really enjoyed art.

"I felt really proud in that moment," said Gonzalez, a resident of Jamul.

Art was always just a hobby for Gonzalez, until her senior year in high school when she needed a plan for after graduation. She was originally planning on joining the Navy, believing the armed forces would satisfy her adventurous side, until her art teacher at Steele Canyon High School pulled her aside and encouraged her to consider art as a career.

With the support of her family, Gonzalez decided to take classes at Grossmont and Cuyamaca colleges in pursuit of perfecting her artistic abilities. Not only did she graduate those schools with several art and painting degrees, she received the Dean's Choice Award at the 2012 Cuyamaca College Spring Student Fine Art Exhibition for her hauntingly surreal piece "The Innocent." It was there in those classrooms where she fell in love with art and the history of art.

"That's where I knew I wanted to become an artist," Gonzalez said.

Inspired by the colorful Kumeyaay Indian dances that Gonzalez used to watch growing up in Jamul, her current focus is to bring the rich history of Native Americans to life through her art.

"I like to portray artwork that tells stories," Gonzalez said.

"Art is a part of me," she said. "It's a passion that I live for and it expresses my emotions."

For Gonzalez, art is a way of leaving behind culture for the future generations that will live longer than the artist.

"It's a passion for history and leaving your mark behind," she added.

Gonzalez often draws inspiration from one of her favorite artists, Salvador Dali. A prominent Spanish surrealist in the early 20th century, Dali created works that Gonzalez describes as "creative, imaginative, and outside the box." Gonzalez aspires to amaze people the way he did. "[His paintings] weren't in balance, but you just felt okay with that."

State Sen. Joel Anderson was moved by Gonzalez's story and recently invited her to his office to receive a certificate of recognition.

"Barbara's artistic talents and academic achievements are an inspiration to art students in our community," Anderson said. "Her passion shines through in her beautiful works of art."

Eventually, Gonzalez would like to attend San Diego State University and major in art and psychology, with the goal of pursuing a career in art therapy. In the meantime, Gonzalez is excited to continue her study of the Native American culture in San Diego, and looks forward to learning more about art and its history.

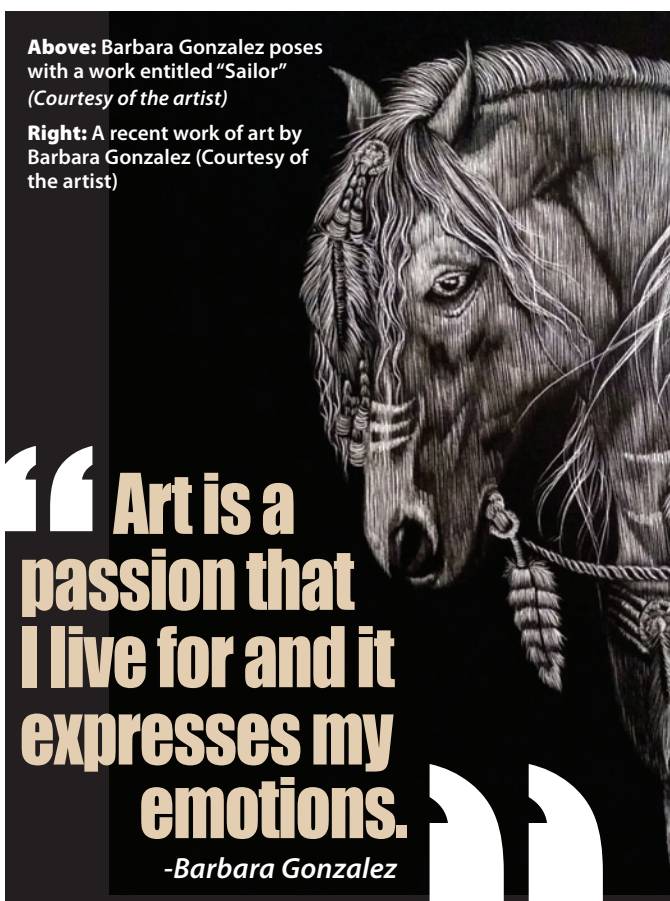
"I don't think I will ever know everything about art," Gonzalez said. "It's just my passion."

—Michael Botello is a student at San Diego Christian College and a legislative intern who writes on behalf of Sen. Joel Anderson's office.■



Above: Barbara Gonzalez poses with a work entitled "Sailor" (Courtesy of the artist)

Right: A recent work of art by Barbara Gonzalez (Courtesy of the artist)



Art is a passion that I live for and it expresses my emotions.
—Barbara Gonzalez

Calling all local artists: Submit your artwork for a chance to be displayed in the state Capitol.

If you are an artist from Sen. Joel Anderson's District 38, you have an opportunity to have your artwork be part of the exhibit at the Capitol in Sacramento. If selected, your artwork will be on display from May 2015 to September 2016.

Oil paintings, works on paper, weavings, wall hangings and sculpture are all acceptable media. Please try to limit the overall size to no larger than 3 feet by 5 feet as space is limited. We are looking for artwork that best represents the district. Submissions should focus on the beautiful landscapes of our district, the amazing people who make a positive impact or the exciting events in our community that are special to us.

Submit your artwork to our El Cajon office by Friday, May 8. Our office is located at 500 Fesler St., Suite 201, El Cajon. If you have any questions regarding this opportunity, feel free to call our office at 619-596-3136 or send us an email at lea.park-kim@sen.ca.gov.

—Lea Park-Kim is District Communications Representative for Sen. Joel Anderson.■

► Weber, from page 1

intent — reestablishing trust between law enforcement and communities of color," Weber said.

There have been many recent high-profile incidents of police officers shooting unarmed citizens, many of whom have been minorities. The August 2014 shooting of Michael Brown in Ferguson, Missouri, sparked protests across the country. During the committee hearing, Weber referenced a more recent incident in North Charleston, South Carolina, where a bystander's video showed a police officer shooting an unarmed Walter "Lamar" Scott in the back as he ran from the officer. Scott died moments later.

To prevent events like these and potentially protect the law enforcement agencies against false claims of abuse, local governments and police departments have implemented laws or policies requiring officers to wear cameras.

The San Diego Police Department began experimenting with body-worn cameras in January 2014. According to a recent report SDPD gave to a City Council committee, complaints are down 40.5 percent, the use of "personal body" force by officers has fallen by 46.5 percent and use of pepper spray decreased by 30.5 percent since the cameras were adopted.

In use-of-force incidents that result in serious bodily injury or death, A.B. 66 would forbid officers from viewing the video until after they file an initial report. This was, by far, the most controversial element of the bill at its first committee hearing. Most people who spoke in support of or against the bill agreed that police body cameras are necessary, but many said they had reservations because of this section of the bill. SDPD is among this group.

Randy Perry, who represented the Peace Officers Research Association of California, which opposes A.B. 66, said at the hearing that body cameras should be treated like every other piece of equipment that helps officers write their reports.

"The issue, I thought, was transparency, and with today's technology, we should also focus on accuracy," Perry said.

Both the NAACP and the American Civil Liberties Union



(Courtesy TASER International)

have expressed support for the idea of officers depending on their memories for their initial report.

"There's an issue of fairness," said Kellen Russoniello, a staff attorney for the local ACLU chapter, in a recent interview with KPBS. "Police being shown the video can potentially tailor their statements. Law enforcement is getting special treatment but the community is not."

Weber said this rule will prevent officers from relying too much on the video.

"We especially want to have an accurate understanding of the officer's thinking when they decide to use serious force against an individual," she said. "This can be distorted by viewing the video before filing their report. The officer can watch the video later and file another amended report, but we need to get their frame of mind and their rationale for acting at the time of the incident."

In cases of sexual or domestic violence, the bill would allow citizens to ask officers to turn off the cameras. The bill would also allow people to request the cameras be turned off when police are in a private residence without a warrant during a non-emergency situation. Other circumstances in which the cameras may be turned off would include: when the officer enters a medical facility where patients may be in view, when the officer responds to an accident or illness where the victim isn't involved in any criminal activity, or when the officer is dealing with confidential informants or undercover cops.

A spokesperson for Weber said A.B. 66 will next be heard in the Assembly's Privacy & Consumer Protection Committee and the Appropriations Committee before heading to an Assembly floor vote in early May.

—KC Stanfield is an SDCNN editorial intern. Please direct questions or feedback about this article to the editor at jeremy@sdcnn.com.■

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What's Cooking with Julie

Minestrone Soup

Julie White

With a few cool evenings left before summer, this soup is a big bowl of comfort. It originated in the Italian villages as a meal that could be altered by whatever was in season or abundant at the time. Use whatever vegetables you have or love when you make this. Serve with a sprinkle of Parmesan cheese and some good, crusty bread.



Ingredients:

- 2 16-ounce cans of white beans (drained and rinsed)*
- 2 quarts chicken stock
- 3 tablespoons of olive oil
- 1 cup spinach, kale or Swiss chard leaves, chopped
- 2 stalks of celery, chopped
- 2 carrots, chopped
- 1 clove garlic, minced
- 1 large tomato, diced, or 1 16-ounce can of diced tomatoes
- 2 medium zucchini, chopped
- 1 potato, peeled and diced
- 1 leek (white part only), rinsed and chopped
- 1 bay leaf
- 1/2 cup of Orzo pasta or other small pasta (rice is another option)
- 1/2 cup fresh grated Parmesan cheese
- Salt and pepper to taste

*You can use dried beans if you prefer; just prepare per package instructions.

In a large pot, heat the olive oil. Add the veggies and saute until tender. Cover with the chicken broth, pasta and seasonings. Simmer over low heat for 30 minutes. Taste for salt. Ladle into bowls and sprinkle with Parmesan cheese.

—Julie White is a La Mesa resident who loves to cook. Write to her at julieannwhite@cox.net. ■

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► Sales Tax, from page 1

at 8.5 percent, while all other cities and unincorporated areas in San Diego County are set at 8 percent.

Does this put La Mesa at a competitive disadvantage? Well, like most issues, it depends on who you ask.

El Cajon Mayor Bill Wells thinks his city's lower sales tax rate will encourage people to shop there for cars, clothes and other consumer goods.

"More people will come from out of town to buy their cars here," Wells said.

A point of clarification is in order: When you buy a vehicle, you pay sales tax based on where you live, not where you buy the vehicle. So if you live in La Mesa and buy your car in Escondido, the sales tax you pay will be La Mesa's rate of 8.75 percent, not Escondido's rate of 8 percent.

But most people don't know that.

"It's difficult because it's perception," said Chris George, president of the Valley of Cars Dealers Association in El Cajon. "We lost business because of that."

La Mesa has a higher rate because voters in 2008 approved Proposition L, which created a 0.75 percent sales tax to support the city's general fund for the next 20 years. That revenue

has become critical to the city's budget, yielding about \$39.4 million between July 2009 and December 2014. Last year, the Prop. L tax revenue made up just over 35 percent of the city's general fund revenues.

Municipal budgets aside — will you save money by shopping in another city?

Consider a hypothetical family that spends \$1,000 on taxable goods each month — meals at restaurants, clothes, toys, nail polish, garden supplies, paper towels, etc. If they did all their shopping in La Mesa, they would pay \$87.50 in sales tax. In El Cajon, they would pay \$85 in sales tax. In San Diego, they would pay \$80 in sales tax.

Over the course of a year, our hypothetical La Mesa family could save \$90 by doing all their taxable shopping in San Diego, or save just \$30 by shopping only in El Cajon.

But once you factor in the cost of driving to those other tax havens? Pocket change, at best.

—Write to Jeremy Ogul at Jeremy@sdenn.com. ■



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► **Drought,** from page 1

Of course, the Water Conservation Garden features succulent and cactus habitats, but it also shows off plants common in Australia, South Africa and similar Mediterranean climates. There are examples of formal gardens and native gardens. One area shows the different species of grass and groundcover and compares how many gallons of water each one needs to survive.

Asked if people should be scared by dramatic photos of empty reservoirs and aerial shots of dry mountain ranges, Tschudy had a reassuring but firm answer.

"People shouldn't be afraid, because there's a lot we can do to conserve water and make our water stretch," he said. "People do need to accept that they must adapt their lifestyle to our climate. We currently do not garden like we live in a Mediterranean climate. We garden like we live in the Midwest, and that's a profligate use of our most precious resource: water. We need to change that."

The urgent drought messages caught the attention of Roman Jimenez, a homeowner on Violet Avenue in West La Mesa. Jimenez and his husband decided to convert their front lawn to artificial turf with the assistance of a rebate through SoCalWaterSmart.com.

The rebate — up to \$2 per square foot — is helpful, Jimenez said, but it certainly does not cover the entire cost of replacing a thirsty grass lawn with artificial turf.

"The installation is where the real cost comes in," he said.

By the time landscape workers have ripped out the grass, removed up to four inches of top soil, laid

down decomposed granite and installed the new turf, the final price can range anywhere from \$6 to \$10 per square foot, depending on how expensive the artificial turf itself is, Jimenez said.

For a 900-square-foot yard, that adds up to an investment of somewhere between \$5,000 and \$9,000. A \$2 rebate per square foot reduces the cost by about \$1,800.

Depending on how much water was used to keep the grass alive and well, artificial turf could pay off for some homeowners in the form of lower water bills.

"We don't anticipate a large water savings, but we do anticipate a significant upgrade to the curb appeal of our home, and we do anticipate a significant return on investment in the value of our home," Jimenez said.

For homeowners considering a switch to artificial turf, Jimenez suggests doing as much research and comparison as possible, because there are a lot of options out there across a wide range of price and quality.

"They have different grasses that have different heights," he said. "They have one that looks like it's been freshly mowed and they have some that looks like it could use a mow. We went to a showroom that had it up in Miramar. We took our flip flops off, we walked around on it, we felt how it feels on our toes."

In addition to rebates from water agencies, there are also special financing programs available that allow homeowners to add the cost of a water-efficient landscape to their property tax bill. The Property Assessed Clean Energy program (PACE) allows homeowners to pay off clean energy investments in periods of five, 10 or 20 years.

Even if homeowners don't have the ability to invest in an entirely new landscape, they can still dramatically reduce the amount of water they use in their existing landscapes, said Bob Bradshaw, a master gardener and vice president of the La Mesa Beautiful organization.

Bradshaw said he has cut back the frequency with which he waters potted plants and has also reduced the frequency and length of watering cycles on the sprinkler system that he uses to irrigate his small lawn.

Lynlee Austell-Slayter, a master gardener and sustainable landscape expert, said many people are giving their plants more water than they really need. Though plants may thrive at certain watering levels, many plants in typical landscapes can survive with far less water than we're giving them now.

"In ornamental landscapes, we don't want maximum yield as we do in agriculture," Austell-Slayter said. "In agriculture, yield equals nutrition. In residential landscapes, excess yield equals waste and pollution."

In a drought like the one California is now experiencing, homeowners don't need landscape plants to grow as much as possible, so watering should be reduced to the low or moderate levels.

For more ideas and resources on what you can do to reduce the amount of water in a residential landscape, check out the following websites: TheGarden.org, MasterGardenersSanDiego.org, SoCalWaterSmart.com and WaterSmartSDlandscaping.org and whenindrought.org.

—Email Jeremy Ogul at jeremy@sdCNN.com. ■

Mark your calendar
Butterfly Festival
Saturday, May 9
9 a.m. to 3 p.m.

One of the biggest events of the year at the Water Conservation Garden is the Butterfly Festival, which features tours, a costume parade, educational activities for kids and musical acts in the amphitheater. The event also features a butterfly discovery lab and butterfly releases that present more of a scientific understanding of butterflies. The Water Conservation Garden will be selling water-wise plants such as native milkweed that are known to attract butterflies. A variety of popular succulents will also be on sale.

For more information, visit thegarden.org/butterfly or call 619-660-0614. The Water Conservation Garden is located at 12122 Cuyamaca College Drive West in the Rancho San Diego area.



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Republican Women will hear new financial planning rules and regulations

Judy
McCarty



Two special guests are on the agenda for the next lunch meeting of the Navajo Canyon Republican Women Federated on May 12.

Allison Alley, a longtime financial planner, understands the economic landscape and the ramifications of the many new rules and regulations the Obama administration and Congress are looking to enact. She will explain the consequences of the proposed changes to retirement accounts and inheritance tax and how this will affect members' future financial plans.

In addition, Ruth Weiss of the Election Integrity Project will update us on current progress and plans. Many Navajo Canyon Republican Women Federated members are active in this effort to reduce fraud in the election process.

Check-in time for the May 12 meeting at the Brigantine restaurant in La Mesa begins at 10:30 a.m. for the 11 a.m. meeting. A full-course lunch will be served at noon with the speaker



(l to r) Ruth Weiss and Allison Alley will both be guest speakers at the next meeting. (Courtesy of Weiss and Alley)



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.

June 9 is the date for our annual fundraiser fashion show at the Bali Hai restaurant at Shelter Island. In addition to the great view and food, our members will model clothes from Chico's. There will be a no-host bar and lots of opportunity drawings. Cost is \$40. More info next month, but please mark your calendars for this happy event.

The Downtown Republican Club, sponsored by NCRWF, meets Thursday, May 21, at 6 p.m. at Athens Market on the corner of First

Avenue and F Street in Downtown San Diego. The club meets the third Thursday of every other month in a relaxed after-work setting. Cost is \$15 for the amazing buffet and no-host bar. We are delighted that former KUSI meteorologist and co-founder of The Weather Channel, John Coleman, will talk to us on "Global Warming – Fact or Fiction?" This is a great chance to get into the discussion and ask questions on this very timely and hot topic.

For more information regarding NCRWF, please visit navajocanyonrnf.org.

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

Gen-X in a Millennial World So long to Coco's, the community favorite

Genevieve
Suzuki



As for many in my generation, Facebook is a guilty pleasure during the day. When I have downtime I check my Facebook page to see how friends' kids are growing, who is asking for prayers for their families and whether George Takei has anything wonderfully humorous to contribute to the day.

The other day, as I was browsing my newsfeed, I was unpleasantly surprised to see a friend's post that Coco's Bakery Restaurants were closing all over San Diego County with only a select few to remain open.

"No way," I thought, frantically searching any news on Coco's. "They're not going to close my favorite spot on Lake Murray Drive. It serves too many purposes in our community." In addition to being our regular after-church Sunday breakfast spot, Coco's was often the place local organizations held their meetings.

After looking for several minutes I found one article that stated a few Coco's would be keeping their doors open. Alas, La Mesa's Coco's wasn't one of them.

I then turned to the Coco's Bakery Restaurant website, which listed seven San Diego locations, none of them on Lake Murray Boulevard. Another



Coco's at Lake Murray Boulevard and Baltimore Drive (Photo by Jeremy Ogul)

friend whose family frequented Coco's sent me a photo confirming the closure. One sign on the door said, "This location is now CLOSED. Deliveries will no longer be accepted." Another said, "To our valued guests: this location is now CLOSED. We thank you for your business..."

It felt as though a dear friend had passed away without a warning. Coco's meant a lot to me and my family. It was the first restaurant to host our then-infant daughter. While other restaurants have guests who frown at children being children at the table, the people who frequented Coco's were warm and family oriented. Anyone who knows about Lake Murray Coco's knows at least 70 percent of its customer base was at least 70 years old. And those grandparent-types were the ones who would smile as we walked in with Quinn, happy

to see a family join them in the next booth.

"We have to find a new place for Sunday breakfast," said my mom sadly. My mom, who turned 81 in February, really liked Coco's. It didn't cater to the more modern gourmet palate and instead offered simple diner options she recognized. Walking into the restaurant, she would always walk up to the pies on display to see if there was one for which she had a special hankering; most often she chose a straightforward lemon meringue.

I told her we had a few other options around town and that we'd find one she liked just as much. She nodded, but I can tell that at her age, it's hard to have to shift to a completely different venue, even if it's only a few more minutes away.

I also knew several Coco's staff

See **COCO'S** page 22 —————→



An e-reader (Courtesy of Flickr user franklinheijnen via Creative Commons)

La Mesa Reads

Heather **Pisani-Kristl**
Librarian

From the Enigma Project to the Berlin Wall

This month at the La Mesa Library, two guest speakers will relate their experiences of life during World War II and the Cold War.

On Friday, May 8 at 2 p.m., Margaret Francis will give a first-hand account of the Enigma codebreaking project, recently popularized in the film "The Imitation Game." Francis was a member of the Women's Royal Naval Service and spent 18 months operating one of the decoding machines that gave the Allies an advantage over German forces.

On Wednesday, May 27 at 11 a.m., local author J. Elke Ertle will discuss her childhood and young adulthood in West Berlin, constricted by Communist East Berlin and her family's high expectations. Ertle will sign and sell copies of her memoir, "Walled-In," following the presentation.

Both free events are part of the Older Americans Month celebration taking place during May at all San Diego County Library branches. For more details, call the library at 619-469-2151 or check our website at SDCL.org.

A Tale of Two E-books

Just before my recent trip to Japan, Japanese e-commerce giant Rakuten announced their intent to purchase OverDrive, the e-book interface used by San Diego County Library as well as most major public library systems in the U.S. This piqued my curiosity about the state of reading and e-books in Japan. In cities, at least, Japanese readers seem to be engaged with printed text rather than e-books, and often read lightweight paperback reprints of major titles (known as bunko) while commuting. In March, nine of the top 10 bestselling titles from Japanese wholesaler Nippon Shuppan Hanbai, Inc. were written by Japanese authors, while the American-authored bestseller was "Lessons from Madame Chic," a guide to living elegantly à la française by California author Jennifer L. Scott. Bookstores are common in all urban shopping areas, and there are multiple bookstore chains in Japan, contrasting with a single remaining national chain in the U.S. I noticed only a handful of e-readers being used in public.

Despite its reputation for electronic wizardry, Japan has

lagged behind the U.S. in adopting e-book technology for two reasons: the late arrival of standardized publishing software that could support vertical and left-to-right reading, and Japanese publishers' reluctance to release e-book editions. However, with Rakuten owning both OverDrive and the e-reader company Kobo, Japanese consumers' e-book options should increase. Some book industry watchers in the U.S. have expressed concern that Rakuten's rivalry with Amazon will endanger OverDrive's agreement to carry Kindle books. I am hoping that Amazon is not foolish enough to take its toys and go home, and that OverDrive users will have more, not fewer, titles to choose from in the future due to Rakuten's buying power.

Perhaps this has reminded you about a neglected e-reader, smartphone or tablet computer sitting on your nightstand. If so, you can jump-start your e-reading by making a tutoring appointment with one of the La Mesa librarians. We work with all kinds of devices and will explain how to use OverDrive to borrow library books anywhere you have an Internet connection. Contact us at 619-469-2151 to make an appointment.

News from our Friends

Spring cleaning is upon us. The Friends of La Mesa Library are seeking like-new donations of fiction and popular non-fiction published within the past five years, such as novels, mysteries, thrillers, cookbooks, history and biography. Due to our small storage space, we cannot accept more than one box or bag per customer daily. Any items not added to the library's collection will be sold in the Friends of the Library bookstore, and the proceeds will directly support library events and building improvements. We thank you for your generosity.

—Heather Pisani-Kristl is the manager of 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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(Clockwise from above) Keller Williams; Casa Del Pico; La Mesa Pet Hotel; David's Bridal



► **Best**, from page 1

Each year, we ask our loyal readers to nominate their favorite restaurants, entertainment venues, stylists, designers and other businesses and professionals. Once again, we received hundreds of nominations from La Mesa residents eager to share their thoughts on the most deserving candidates. We tally the votes, compile a directory and send out the awards — many of which you'll see proudly displayed on the wall of the restaurant or office.

Some of these businesses have been serving La Mesa residents and out-of-town shoppers and visitors for decades or more. Others have only just begun to make an impact on the community but have obviously caught the attention of local consumers by doing things right.

We encourage readers to hang out to the following Best of La Mesa section throughout the year as a handy guide for the next time you're looking for an optometrist, a dry cleaner, a doctor, an Italian dinner, a jazz bar or just a coffee with friends.

And if, by chance, you disagree with any of the winners, we encourage you to keep your eyes peeled for next year's ballots, which will be published in early 2016. After all, the competition is part of the fun.

Congratulations to all winners!

—SDCNN Staff

See **WINNERS** page 14 —————>

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The iconic grotto dining room is a favorite of regular guests and overlooks the duck pond out back. (Courtesy of Anthony's)

Anthony's showcases its new outdoor dining area

By Vincenzo Settemane

One of my fondest memories of growing up in San Diego is the monthly family excursion we would take to Anthony's in La Mesa. Back in the '70s, dining was a completely different affair than it is now. San Diego did not possess the vast array of dining options that it currently does. Instead, there were four or five mainstay eateries that everybody in San Diego knew about and visited regularly. Once a week, my family would pile into our Oldsmobile Cutlass station wagon and head out to one of a handful of "destination restaurants" that were scattered across San Diego. And at least once a month, we would eat at Anthony's.

I recently met with Craig Ghio of the family-owned seafood restaurant on the newly remodeled outdoor dining section, which features fire pits and even a Bacce court. As a kid, my sister and I loved to run outside to feed the ducks in the pond behind Anthony's while my dad paid the bill. This area has now been transformed into an immaculately designed area perfect for enjoying warm California nights. Ghio had brought along his cream-colored

pup Latte as a way to show off the unique dog-friendly dining section. "We're really proud of our outdoor dining area," Ghio said. "For years this area was nothing but a dirt lot and I don't know why we didn't think of this sooner."

Ghio is the nephew of founder Tony Ghio, who first opened the La Mesa restaurant in 1961. He recalled how his grandmother was instrumental in creating a foundation for what is now the Anthony's legacy. "My grandmother is from Genoa, Italy, and she immigrated to America back in 1912," Ghio said. "Her passion for seafood is what eventually started the whole chain. Uncle Anthony opened up a tiny fish stand near the old ferry landing, and eventually that grew and moved to the iconic location next to the Star of India on the Embarcadero."

The La Mesa location was next to come and has stood on the same site for over 50 years. I was pleasantly surprised to find that the famous inside "grotto" section of Anthony's was still intact, and just the way I remembered it as a kid. "We have a lot of regulars who have a real nostalgic attachment to our grotto," Ghio said. "In fact, most of them have a favorite booth that they request

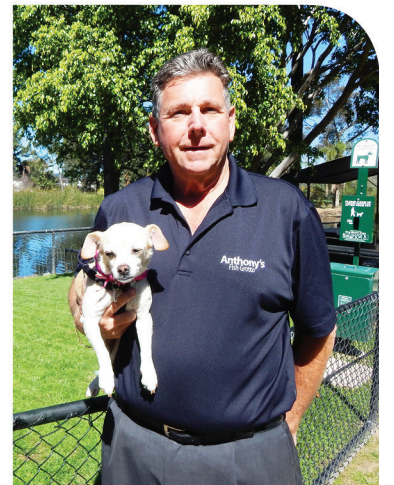


(clockwise from top) The outdoor dining area is a great place to chillax and enjoy great seafood. A Bacce court awaits the fun-loving. A fully stocked fish market caters to home cooks (photo by Vincenzo Settemane)

every time they visit."

Ghio is proud of his outdoor dining area that attracts a new younger crowd to Anthony's who are fond of Al Fresco dining and

local craft beer. But he also notes that it creates a great opportunity to introduce some classic dishes to a younger generation. Ghio embraces the new energy



Anthony's Craig Ghio and his dog Latte (photo by Vincenzo Settemane)

that Anthony's has generated, both literally and figuratively. He recently installed new solar lights on their deck umbrellas, and replaced halogen fixtures with 1-watt market lights outside. Ghio also has plans for a mini beer garden on the edge of the pond, which will feature several local craft beers. "I want to bring back the concept of a 'destination restaurant' to San Diego," Ghio said. "A place where families can come from anywhere and linger for awhile to enjoy the evening, and hopefully create some new memories as well."



Food:

The food is just as fresh and flavorful as I remember. A wide array of local craft beer is available as on tap well.

Ambiance:

Anthony's is a one-of-a-kind destination restaurant that is a rare find these days. Indoor or outdoor dining is available

Nostalgia:

Seeing Anthony's took me back to the best years of being a kid growing up in San Diego

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- **Grove Pastry**
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grovepastryshop.com
- **La Mesa Bistro and Bakery**
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lamesabistro.com

BARBEQUE

- **The Barbecue Pit**
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thebarbecuepitrestaurant.com
- **Phil's BBQ**
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philssbbq.net

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8282 La Mesa Blvd., La Mesa 619-466-8282
cigarlamesaca.com
- **Riviera Supper Club and Turquoise Room**
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swamiscafesd.com
- **Lake Murray Cafe**
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sandiegohomecooking.com

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- **Terra American Bistro**
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- **Beef 'n Bun**
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rivierasupperclub.com

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- **Wong's Golden Palace**
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trolleystopdeli.com
- **BMH Italian**
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See **WINNERS** page 15 →



► Winners, from page 14

La Mesa 619-698-6333
bmhitalian.com

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(Top) Johnny B's; (Bottom) Anthony's Fish Grotto

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● **Ocean Beach Farmers Market**
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oceanbeachsandiego.com

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himalayancuisineone.com

● **India Express**
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indiaexpresslamesa.com

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See **WINNERS** page 16 —————>

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► **Winners**, from page 16

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619-463-1188

BICYCLE SHOP

- **Performance Bicycle**
8706 La Mesa Blvd.,
La Mesa 619-461-9680
performancebike.com
- **BRC Bike Shop**
8801 La Mesa Blvd.,
La Mesa 619-463-2453
brcbikes.com



(left) Curt Walker Optical; (right) Andy's Pet Grooming

BILLIARDS

- **On Cue**
8308 Parkway Drive,
La Mesa 619-463-8759
- **Jolt'n Joe's**
8076 La Mesa Blvd, La Mesa
619-466-2591 joltnjoes.com

BOOKSTORE

- **Barnes and Noble**
5500 Grossmont Center
Drive, La Mesa
619-667-2870 bn.com
- **Maxwell's House of Books**
8285 La Mesa Blvd.,
La Mesa 619-462-3387
maxwellshouseofbooks.com

BOUTIQUE

- **Handful of Wildflowers**
8323 La Mesa Blvd.,
La Mesa 619-462-2987
handfulofwildflowers.com

BRIDAL SHOP

- **David's Bridal**
5475 Grossmont Center
Drive, Suite C, La Mesa
619-589-0075
davidsbridal.com
- **Sparrow Bridal**
8332 La Mesa Blvd.,
La Mesa 619-985-6525
sparrowbridal.com

CAR WASH

- **Soapy Joe's**
5322 Jackson Drive,
La Mesa 855-762-7956
soapyjoescarwash.com

- **Aqua Clean Car Wash**
7959 Parkway Drive,
La Mesa 619-698-6775
aquacleancarwash.com

CASINO

- **Sycuan**
5485 Casino Way, El Cajon
619-445-6002 sycuan.com
- **Viejas**
5000 Willows Road, Alpine
619-445-5400 viejas.com

CHIROPRACTOR

- **Dr. Nick Desantis**
7760 University Ave.,
La Mesa 619-466-2225
fitnesschiropractic.com
- **Dr. Jason Graney**
4690 Nebo Drive, La Mesa
619-460-2224
villagechiropractic.com



COLLEGE/UNIVERSITY

- **San Diego State University**
5500 Campanile Drive,
San Diego 619-594-5200
sdsu.edu
- **Grossmont College**
8800 Grossmont College
Drive, El Cajon
619-644-7000
grossmont.edu

COMEDY CLUB

- **The Belly Up**
143 South Cedros Ave.,
Solana Beach 858-481-8140
bellyup.com

CONSIGNMENT/RESALE

- **Act II**
8243 La Mesa Blvd.,
La Mesa 619-698-2392
myactii.com
- **Consignment Shack**
7835 El Cajon Blvd.,
La Mesa 619-460-1822
theconsignmentshack.com

COSMETIC SURGEON

- **Dr. Ervin Wheeler**
8690 Center Drive, La Mesa
619-697-0227
wheelermd.com
- **Dr. Ron Soltero**
4510 Executive Drive #105,
San Diego 858-457-8686
solteromd.com

CREDIT UNION

- **California Coast Credit Union**
8002 La Mesa Blvd.,
La Mesa 877-495-1600

calcoastcu.org

- **San Diego County Credit Union**
8555 Fletcher Parkway,
La Mesa 877-732-2848
sdccu.com

DAY SPA

- **Avia Salon and Day Spa**
5500 Grossmont Center
Drive, La Mesa
619-465-9323
aviasalonanddayspa.com
- **Revive Day Spa and Salon**
8181 Mission Gorge Road,
San Diego 619-460-8483
revive-yourself.com

DENTIST

- **Decker and McClenahan**
2533 El Cajon Blvd,
San Diego 619-543-1588
sdsedationdentist.com
- **Dr. Rob Low**
7872 La Mesa Blvd.,
La Mesa 619-464-1211
lamesadental.com

DISCOUNT STORE

- **Dollar Tree**
5500 Grossmont Center
Drive #428, La Mesa
619-698-5321
dollartree.com
- **99 Cents Only Store**
7908 El Cajon Blvd.,
La Mesa 619-697-7599
99only.com

DOCTOR

- **Dr. Blaine Fowler**
8881 Fletcher Parkway Suite
105, La Mesa 858-499-2715
sharp.com
- **Dr. Brad Kesling**
5525 Grossmont Center
Drive, La Mesa 619-644-6500
gfmng.net

DRY CLEANER

- **Lena's Alterations and Dry Clean**
7763 University Ave.,
La Mesa 619-698-1325
- **Mart Cleaners**
8733 La Mesa Blvd.,
La Mesa 619-466-9197
themartcleaners.com

FINANCIAL PLANNER

- **Christine Dellacato, Summit Brokerage Services**
8356 Allison Ave., La Mesa
619-697-8792
christinedellacato.com
- **Carl Federici, North Island Credit Union**
7968 El Cajon Blvd.,
La Mesa 800-848-5654
northislandcu.com

FLORIST

- **Conroy's**
5163 Jackson Drive, La Mesa
619-697-7001
conroysflowerslamesa.com
- **Allen's**
5609 Lake Murray Blvd.,
La Mesa 619-460-3192
allensflowers.com

FURNITURE STORE

- **Jerome's**
333 N Johnson Ave.,
El Cajon 858-924-1874
jeromes.com

- **Mor**
880 Arnele Ave., El Cajon
866-466-7435
morfurniture.com

GYM/HEALTH CLUB

- **Jazzercise College Area Fitness Center**
6360 El Cajon Blvd.,
San Diego 619-335-8510
jcls.jazzercise.com/facility/
jazzercise-college-area
- **Chuze Fitness**
5500 Grossmont Center
Drive, La Mesa
619-741-7600
chuzefitness.com/locations/
ca/chuze-la-mesa

HAIR SALON

- **Shear Illusions**
8363 Center Drive #3B,
La Mesa 619-466-4166
salonshearillusions.com
- **Hair Drezzers on Fire**
3463 Adams Ave., San Diego
619-281-3473
hairdrezzeronfire.com

HOME IMPROVEMENT

- **Lars Remodeling and Design** 4703 Spring St.,
La Mesa 619-463-6300
larsremodel.com

HOSPITAL

- **Sharp Grossmont Hospital**
5555 Grossmont Center
Drive, La Mesa
619-644-7000
sharp.com/grossmont
- **Kaiser Foundation Hospital**
4647 Zion Ave., San Diego
619-528-5000
kaiserpermanente.org

HOTEL

- **San Diego Marriott Mission Valley**
8757 Rio San Diego Drive,
San Diego 619-692-3800
marriott.com

INSURANCE BROKER

- **Dave Basler, State Farm**
4215 Spring St., Suite 219,
La Mesa 619-461-6161
statefarm.com
- **Eric Andersen, State Farm**
8040 La Mesa Blvd.,
La Mesa 619-460-2255
statefarm.com

JEWELER

- **Michael A. Collins Fine Jewelers** 8501 La Mesa
Blvd., La Mesa 619-589-8330
michaelcollinsjewelry.com
- **Blumenthal's**
8353 La Mesa Blvd.,
La Mesa 619-463-8663
blumenthaljewelers.com

MASSAGE

- **Massage Envy**
3727 Avocado Blvd.,
La Mesa 619-660-6789
massageenvy.com
- **Darla at Shear Illusions**
8363 Center Drive #3B,
La Mesa 619-466-4166
salonshearillusions.com

See **WINNERS** page 18 —————>



► **Winners, from page 17**

MEN'S APPAREL

- **Macy's**
5500 Grossmont Center Drive,
La Mesa 619-465-1121
macys.com/LaMesa
- **Nordstrom**
1640 Camino Del Rio North,
San Diego 619-296-0143
nordstrom.com

MUSEUM

- **Pacific Southwest Railway Museum** 750 Depot St.,
Campo 619-478-9937
psrm.org
- **La Mesa Historical Society**
8369 University Ave.,
La Mesa 619-466-0197
lamesasociety.com

NEW BUSINESS

- **Bolt Brewery**
8179 Center St., La Mesa
619-303-7837
boltbrewery.com
- **Slides**
7406 University Ave.,
La Mesa 619-461-4462
slidesburgers.com

LIVE MUSIC VENUE

- **Riviera Supper Club and Turquoise Room**
7777 University Ave,
La Mesa 619-713-6777
rivierasupperclub.com
- **Hoffer's Cigar Bar**
8282 La Mesa Blvd.,
La Mesa 619-466-8282
cigarlamesaca.com



Friars Tux

OPTOMETRIST

- **La Mesa Vision Care**
8007 La Mesa Blvd.,
La Mesa 619-466-5665
lamesavisioncare.net
- **20/20 Vision**
7090 Parkway Drive,
La Mesa 619-460-2020
2020lamesa.com

PAWN SHOP

- **Golden Artistry**
8346 La Mesa Blvd.,
La Mesa 619-589-7454
goldenartistry.com
- **Cash Co.**
4502 University Ave. #103,
San Diego 619-280-7296
cashcopawn.com

PERSONAL TRAINER

- **Sean Ryan**
8274 Parkway Drive Ste.

- 102, La Mesa 619-698-1170
agentleway.com
- **Shawn Townsend**
8322 Parkway Drive,
La Mesa 619-793-8548
lamesakickboxing.com

PET BOARDING

- **Patti's Pampered Pet Sitting**
4562 Parks Ave., La Mesa
619-462-6785 dogvacay.com
- **La Mesa Pet Hotel**
8126 Center St., La Mesa
619-466-6166
lamesapethotel.com

PET GROOMING

- **Andy's Pet Salon**
7743 University Ave.,
La Mesa 619-698-4933
- **Petco**
8011 University Ave., La Mesa
619-466-6165 petco.com

PLUMBER

- **Ideal Plumbing, Heating, Air & Electrical** 5161
Waring Road, San Diego
619-583-7963 idealsvc.com
- **Bill Howe**
9085 Aero Drive, San Diego
619-286-6348 billhowe.com

PRESCHOOL

- **Montessori**
7484 University Ave. #100,
La Mesa 619-589-9196
preschool-sandiegoca.com
- **St. Andrew's**
4816 Glen St., La Mesa
619-469-5330
standrewsdayschool.org

PROPERTY MANAGEMENT

- **San Terra**
10601-D Tierrasanta Blvd.,
San Diego 844-726-8377
santerraproperties.com
- **Neil Fjellestad**
6398 Del Cerro Blvd. #8,
San Diego 619-286-7600
fbs-pm.com

REAL ESTATE AGENT

- **Erik Weichelt**
1606 G St., San Diego
619-298-3900
eriksellssandiego.com
- **Holly Saenz**
hollysaenz.tumblr.com

REAL ESTATE OFFICE

- **Keller Williams La Mesa**
4700 Spring St. #180,
La Mesa 619-302-6293
kwsandiegocounty.yourk-
woffice.com

- **Coldwell Banker West**
1061 Tierra Del Rey Ste.
302, Chula Vista
619-934-8802
coldwellwest.com

RETIREMENT LIVING

- **Grossmont Gardens**
5480 Marengo Ave.,
La Mesa 619-457-6085
elmcroft.com/community/
grossmont-gardens/
- **Brighton Place**
9009 Campo Road,
Spring Valley 619-460-
2711 ourparents.com/
california/spring_valley/
brighton_place_spring_valley

TANNING SALON

- **iTan**
8215 La Mesa Blvd.,
La Mesa 619-644-5714
itan.com
- **Aztec Tan**
6465 El Cajon Blvd.,
San Diego 619-286-4826
aztectansandiego.com

TATTOO/PIERCING

- **Patriot Tattoo**
9024 Campo Road, Spring
Valley 619-464-3729
patriottattoo.com

TUXEDO SHOP

- **Friar Tux**
5255 Jackson Drive, La Mesa
619-463-9988
friartux.com

VETERINARIAN

- **El Cerrito Veterinary Hospital**
6911 University Ave.,
La Mesa 619-466-0533
elcerritovet.com
- **Rancho San Carlos Pet Clinic** 7850 Golfcrest Drive,
San Diego 619-462-6820
ranchosancarlospet.com

WEDDING VENUE

- **Continental Catering**
8238 Parkway Drive,
La Mesa 619-698-3500
continentalcateringsd.com
- **Hotel del Coronado**
1500 Orange Ave., Coronado
619-435-6611
hoteldel.com

WOMEN'S APPAREL

- **Act II**
8243 La Mesa Blvd.,
La Mesa 619-698-2392
myactii.com
- **Macy's**
5500 Grossmont Center
Drive, La Mesa
619-465-1121
macys.com/LaMesa

YOGA STUDIO

- **A Gentle Way Yoga**
8274 Parkway Drive, Suite
102, La Mesa 619-698-1170
agentleway.com
- **SD Yoga**
5500 Grossmont Center
Drive, La Mesa
619-644-9642
sdyogacenter.com ■

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"Miss Metamorphosis"!

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www.theGarden.org/butterfly

12122 Cuyamaca College Dr. W., El Cajon, CA 92019 ♦ 619.660.0614 ♦ www.theGarden.org

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The Consignment Shack
7835 El Cajon Blvd. 92115
619-460-1822
theconsignmentshack.com

When The Consignment Shack gals took over the historical Sun Electric building in early 2012 they didn't realize what a unique niche they'd fill.

The Consignment Shack helps those that need to sell their furnishings and collectibles; whether it is one item or an entire estate,



they have become a practical alternative to peddling one's own belongings. They often take items that would be unacceptable for a standard consignment shop. Additionally, they run an eBay store out of the same location to auction your high-end treasures.

When visiting the nearly 3,200 square feet of furniture, décor, and collectibles, an observant shopper immediately recognizes this is not your typical antique or thrift store! In addition to a large collection of vintage items, there are surfboards and also a huge collection of vinyl records for sale. With the community's support — The Consignment Shack has evolved into a great place to repeatedly visit. You never know what treasures you'll find!



Casa de Pico
5500 Grossmont Center Dr.
91942
619-463-3267
casadepico.com

Casa de Pico is La Mesa's ultimate Mexican dining experience. A Grossmont Center landmark for the last 10 years, Casa de Pico was originally opened by Diane Powers in 1971 in Old Town, San Diego. With award-winning, authentic cuisine, a festive atmosphere, strolling mariachis and world-famous Birdbath Margaritas, Casa de Pico is the perfect place for a romantic evening getaway or special gathering with family and friends.

The fiesta begins when you walk through the door. Filled with vivid colors and authentic folk art and a heated outdoor patio lush with tropical plants, colorful flowers and giant splashing fountain, Casa de Pico brings you the very best in Mexican culture. Its regional and traditional food, frosty margaritas and handmade tortillas, depict the true spirit of Mexico.

Excellent service, vibrant atmosphere, delicious cuisine and refreshing beverages — there's a reason Casa de Pico is La Mesa's favorite Mexican restaurant.



College Area Business District
4704 College Ave. 92115
619-582-1093
CollegeAreaBID.com

The College Area Food Experience (CAFÉ) is a restaurant tour highlighting the restaurants within the College Area Business District, which extends along El Cajon Boulevard from 54th to 73rd streets and north on College Avenue to San Diego State.

Work up an appetite on this self-guided tour, which offers something for everyone; authentic Mediterranean flavors, mouth-watering gastropub fare, or savory treats.

Tickets to CAFÉ will be only \$25 in advance and \$30 on the day of the event.

Tickets will be available early April 2015 so buy your tickets early and be sure to visit our website often to get the latest updates. CAFÉ promises to be one of the best food experiences you could ever imagine!

The College Area Food Experience is hosted by the College Area Business District, a business advocacy organization representing over 400 businesses along San Diego's famed El Cajon Boulevard — between 54th and 73rd streets — for over 19 years.

Curt Walker Optical
8801 1/2 La Mesa Blvd. 92115
619-698-2878
opticianlamesaca.com

Curt Walker Optical has been in business since 1983. Through precision and excellence we are your trusted local opticians. Our motto is that we turn our patients into friends. We offer various eyewear options in every style imaginable. Come see our wide selection for yourself.

At Curtis Walker Optical, our staff customizes to your specifications by fine tuning and tailoring your lenses to make them your very own. Through tinting, adding bifocals, or sizing your prescription eyeglasses and eyewear, your product will be crafted with quality and precision. A fun fact about Curt Walker Optical is that we are one of only three stores that specialize in diving masks across the country. Additionally, our store is the only Curt Walker that alters different areas of the diving masks to suit your very own vision. Schedule your appointment now and you will see the difference.



FBS Property Management
619-286-7600 | fbs-pm.com

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Open communication, monthly financial accountability and industry expertise are all part of the partnership we have with our clients. We recognize that resident turnover, prolonged vacancy and uncollected rent are unacceptable conditions you need us to solve. You also need us to protect you and your investment by providing a business buffer against the personal financial liability surrounding fair housing laws, landlord-tenant regulations and eviction procedures.

Friars Tux
Gold Formal Wear Mens
5255 Jackson Drive 91942
619-463-9988
friartux.com

Friars Tux is a quaint boutique tuxedo and accessories rental store in La Mesa, near Grossmont Center. When you walk in, you are immediately charmed by the selection of up-to-date men's formal wear, perfect for upcoming proms and graduations, as well as the wedding season.

Whenever you visit, you are always greeted with a warm reception, in most cases by Jessica, the assistant manager. Hailey, the store manager, is by her side with care and concern. The Friar Tux team always caters to every need of their customers as well as their individual styles. We thank the city of La Mesa and hope to see you soon.

Johnny B's
8393 La Mesa Blvd. 91942
619-464-2465
barandgrilllamesaca.com

Johnny B's was founded in 1999 and feels "just like home," that is why customers keep coming back for more, every week. Special features of Johnny B's include happy hour from Monday through Friday from 3 – 7 p.m., with \$1 off all cocktails, beer, wine, and appetizers. Every Sunday enjoy the specialty biscuits and gravy made by Chef Johnny himself at breakfast from 9:30 a.m. – 1 p.m. Relax with our 23 HD TVs or by the fire pit and experience great outdoor dining. Try one of the specialty cocktails, too. We also have a new front room for private parties and events.

Johnny B's is just like home so don't forget to stop by for your weekly visit. We look forward to seeing you.

La Mesa Pet Hotel
8126 Center St. 91942-2914
619-466-6166
lamesapethotel.com

La Mesa Pet Hotel was established in 1961 and is family owned. With 53 years of experience, we attend to your pet's needs with the upmost care. The original owners live on site and there is 24/7 staff. During your pet's vacation we ensure that their stay is as comfortable as possible, through both compassion and understanding.

Our facility specializes in overnight care for your cat, dog, rabbit, or bird. Your pet will have their very own room and will be pampered. Medication can be administered for your pet as well. If you have another type of furry or scaly friend, we will also accommodate them. Grooming services are also available. La Mesa Pet Hotel also works with Aztec Doberman Rescue, and has provided housing and grooming for 93 dogs this last year. Give us a call today, and your pet will have a new vacation spot.



Wong's Golden Palace
7126 University Ave. 91941
619-465-9222
Facebook.com/WongsGoldenPalace

Wong's Golden Palace was founded in 1964 and is family owned and operated. To this day, Momma Wong still visits her regulars. With its traditional charm and low prices what better way to unwind and enjoy yourself?

Have some fun at the sports bar and indulge in some karaoke. If you are too shy for karaoke, come play some darts, foosball, billiards, pinball, or try your luck with the lotto machine.

Try some of our signature drinks like the China Dream, Confucius, and the Wong Cup. Don't forget to order our delicious platters, like the Poo Poo Platter. Having a party? Come celebrate with us in our private room for your personal event. We look forward to seeing you.

David's Bridal
5475 Grossmont Center Dr., Suite C 91942
619-589-0075
davidsbridal.com

DAVID'S BRIDAL

David's Bridal in La Mesa is one of three David's Bridal locations in San Diego County and hundreds across the United States. For 60 years, David's Bridal has been helping to make your dreams come true. The La Mesa store has one of the company's highest YELP scores and it's because the staff makes not only makes you feel welcome, they turn the complete focus on you from the moment you walk in the door. With our designer collections and sizes from petite to plus, we are the "one stop shop" for all your formal needs and accessories, whether you have plans to be in a wedding party, need a ball gown or want to look your best at graduation, homecoming or that special event. We're open every day of the week, Monday through Friday from 11 a.m. – 9 p.m., Saturday 9 a.m. – 7 p.m., and Sunday 11 a.m. – 7 p.m.■

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Marie Callender's - La Mesa
Nonno's Ristorante Italiano
Samuel Adams • Sanfilippo's Pizza
Souplantation - La Mesa
Tarantino Gourmet Sausages
The Hills Local Pub • The Regal Bar

Everyone is invited!

Make your reservations NOW. Register by email at rsvp@lamesachamber.com or by 619-465-7700 ext. 2



The course planning expo at Grossmont High School gives students a chance to research classes before signing up.
(Courtesy of the GHS Museum)



Foothiller Footsteps

Connie and Lynn **Baer**

Recently, we found a treasure in the 1920 Grossmont Union High School District board meeting minutes: a brochure listing the subjects and textbooks used in 1920 as well as a description of two of the six courses of study, commercial and pre-nursing. Among the subjects taught on campus were penmanship, commercial arithmetic, typewriting, shorthand as well as forge, manual training, agriculture, mediaeval (sic) and modern history, and Latin.

Obviously, Foothillers in 1920 faced different challenges, but one unchanged school-wide goal is for students to succeed in their classes. In 1920, students relied upon the guidance of the principal, teachers and parents. Today's Foothillers have caring counselors, support personnel and technology to support their journey through high school.

There are five Grossmont counselors, designated by grade level; they follow their students throughout their high school years with support from academic advisors and counseling secretaries: Laura Dawson (Class

of 2018); Julianna Manuel (Class of 2017); Noel McMahon (Class of 2016); Rebecca Vargas-Wilson (Class of 2015); Deborah Samson Aguila (Special Education).

During the school year, the counselors visit classes to share academic information. For example, in February, ninth-grade counselor Laura Dawson visited ninth-grade tech classes to teach California's "A-G" college admission requirements, graduation requirements and tips on how to be a successful student.

Each year when counselors visit classes, they add grade-level specific information regarding college planning (course requirements, testing, research, financial aid), credit recovery options and post-secondary options. This year's course planning exposition was held in the evening to communicate the same information to parents attending with their students.

In the area of college planning, the counselors hold several evening events for students and their families focusing on test prep, college research (including college fairs) and financial aid information. Counselors also host admission representatives in our campus Career Center. Students can sign up to hear

these representatives promote their schools and answer student questions.

The counselors meet individually with students who are struggling academically to set goals and help them be more successful. Also, the Counseling Department conducts Student Study Team (SST) meetings with parents, students and teachers in an effort to intervene when students are not succeeding. Students may be placed on campus credit recovery programs like Edgenuity and Apex, online courses that can be completed at an accelerated pace. As a last resort, students are referred to alternative programs such as Chaparral High School or Phoenix Independent Study.

For more information about these programs and others at Grossmont High School that support students and encourage them to achieve their academic potential, please contact counselor Noel McMahon at nmcMahon@guhsd.net.

Visit the GHS Museum to learn more about our 94 years of history. The museum's regular public hours are noon to 4 p.m. on Wednesday, May 6, and Wednesday, June 3, or by appointment.

—Connie and Lynn Baer write on behalf of the GHS Museum. Contact the museum at 619-668-6140 or ghsmuseum@guhsd.net. Visit the website, foothillermuseum.com, for more information. ■



Helix Highlights

Jennifer **Osborn**

As of this writing, the Helix Junior Varsity Baseball team is undefeated with a 15-0 record. The team is working hard and playing well. Good things are in store for this group of young men.

The Helix drum line competed against 83 other units in the American Drum Line Association Championships and, for the

fourth year in a row, came out the state champions in their division. This is the first time in the association's 30-year history that any school has achieved this feat.

First-year choir director Michelle Tolvo-Chan has revived Helix's Show Choir program. The groups recently competed in their first competition in almost two decades, where they took third place.

The Helix Speech & Debate

team competed at the California High School Speech Association State Championships. About 330 schools in the state competed to qualify to the tournament — 160 schools qualified at least one student, and after three days of competition, Helix finished 14th overall.

The following students advanced to semifinals or finals in their events: Spencer McCall (fourth place, Student Congress); Mikayla Gomez & Alysia Baumann (seventh place, Duo Interpretation); Sylvia Montijo (seventh place, Thematic Interpretation); Aaron Knuteson (15th place, Oratorical Interpretation)

See **HELIX** page 22 →

PUZZLES

ANSWERS ON PAGE 23

CROSSWORD

Titles

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20					21					22		23		
				24						25		26		
27	28	29						30				31	32	
33				34		35	36			37				
38			39		40					41		42		
43				44		45				46		47		
48					49					50		51		
				52						53	54			
55	56			57		58						59	60	61
62				63		64				65				
66						67				68				
69						70				71				

CREATORS NEWS SERVICE

By Charles Preston

ACROSS

1 ____ River, NJ

5 *Memory* musical

9 Partner of Crofts

14 Purlieu

15 Hautboy

16 Admiral Byrd's fox terrier

17 Tragic king

18 Encore!

19 Butchery request

20 Alice Walker's Pulitzer novel, with *The*

23 Corporate VIP

24 *Down and Out in Beverly Hills* star

25 Chip in a chip

27 Darwin's ship

30 Fruit farm

33 Bruins great

34 Singers James and Jones

37 Downy duck

38 Sculls

40 Golf score

42 Pudding thickener

43 Fur piece

45 Nest

47 Ont.'s neighbor

48 Facing

50 Skirmish

52 WWII gun

53 Malice

55 Prepare to fire

57 Herman Wouk's Pulitzer novel, with *The*

62 Kind of mill

64 Musical finale

65 Sloth's home

66 *Midnight Cowboy* role

67 He was: L.

68 Dodge City marshal

69 Jacob's son

70 Marginal mark

71 Means justifier

DOWN

1 Soft mineral

2 Chocolate cookie

3 Brunch, e.g.

4 Lamour's attire

5 Plenary

6 ____ face!

7 Joe, of the diamond

8 Trickle

9 Hush

10 Super ending

11 Booth Tarkington's Pulitzer novel

12 Solitary

13 Middling

21 Macbeth, e.g.

22 Malayan gibbon

26 Field's *All ____ and Heaven Too*

27 Encourage

28 Sappho's Muse

29 Sinclair Lewis's Pulitzer novel

30 Sonja Henie's birth-place

31 Buick model

32 He bee

35 Sailors

36 Gone by

39 Venetian strip

41 Repair report

44 ____ Set

46 Shearer's skirt

49 Kind of testing

51 Couch

53 Siesta sound

54 Bicycle part

55 Pearl Mosque site

56 Cleopatra's hand-maiden

58 Like some tea

59 Kashan's country

60 Dweeb

61 Nopes' opposites

63 Wind dir.

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.

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

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The Helix Speech & Debate Team (Courtesy of Helix Charter High School)

► Helix, from page 20

We invite the community to participate in Helix's 2015 Senior Boards. All Helix seniors must complete a senior project, which entails creating a product, coordinating an event, planning a performance or providing an actual service that has been designed by them. The final phase of the senior project is "Senior Boards," which provide an opportunity for our students to shine and to feel a sense of accomplishment as they demonstrate their knowledge and skills to their community.

Senior Boards will take place on Tuesday, May 26, and Wednesday, May 27, from noon to 4 p.m. Community members are welcome to participate in either or both dates. Please contact me at josborn@helixcharter.net to confirm your participation.

The senior project is just one

example of Helix's ongoing efforts to provide graduates with the tools necessary to succeed in their future endeavors, whether it is college, full-time employment, trade school or the military.

We are always interested in letting our community know about Helix. The Excellence in Education Tour is offered twice a month, and is open to anyone who wishes to attend. It is a one-hour tour and program that highlights our vision, history, accomplishments, goals and needs. This month's tours will take place on Tuesday, May 5, from 8:30 to 9:30 a.m.; and Thursday, May 21, from 5:30 to 6:30 p.m. For more information, visit helixcharter.net. We hope to see you there!

—Jennifer Osborn writes on behalf of Helix Charter High School. Reach her at josborn@helixcharter.net.

Veteran peace activist and author to headline May meeting for local Dems

Seventh annual yard sale also on May calendar

Linda Armacost



The La Mesa Foothills Democratic Club (LMFDC), with members from San Carlos, Allied Gardens, Grantville, Del Cerro, College Area, La Mesa, Mt. Helix, Spring Valley, Santee and other East County areas will be holding a very memorable meeting on Wednesday night, May 6.

Our speaker will be Peggi Chute, author of "Soul of a Nation: A Historical Novel About Selma." She published the book in time for the 50th anniversary of the Voting Rights Act, and attended the recent Commemoration of the Pettus Bridge crossing in Selma. Chute will have copies of the book available for autograph and sale.

Chute is a lifelong activist for peace and social justice. After the Columbine, Colorado mass shootings, Chute created the Teaching Peace Project for the Council of Churches and Synagogues in Stamford, Connecticut. She served as its director and taught the program in three school districts. She served on Mayor Dannel M. Malloy's



Peggi Chute (Courtesy of LMFDC)

Council on Youth (he's now governor of Connecticut) and also ran a workshop at the first United Nations NGO conference at the U.N. in New York.

Chute now lives in Lake San Marcos and has been a San Diego County resident for four years. She's a proud UCLA graduate in Film Studies and was a film editor in Hollywood for a number of years. She's also lived in the Monterey Peninsula area where she taught music and worked for Planned Parenthood as an outreach educator. Don't miss her presentation and buy a book to take home.

Several days prior to our May 6 meeting, LMFDC will hold its now famous and very popular yard sale. On Saturday, May 2, from 8 a.m. – 1 p.m., scores of



LMFDC will hold its popular yard sale May 2 from 8 a.m. – 1 p.m. at 5009 Randlett Drive in La Mesa. (Courtesy of LMFDC)

bargain hunters will descend on 5009 Randlett Drive in La Mesa. Our sale is known for its quality and quantity of unique items as our members have saved special merchandise just for this sale! If you have goods that you would like to donate to our sale, please contact Mary Jane Tanquary at 619-818-5883. Goods must be in clean, usable condition and easily transportable. Help contribute to our popular sale as either a buyer or contributor. Please don't bring donated goods the day of the sale.

Our April meeting was a very educational affair, with Port Commissioner Rafael Castellanos teaching us all we needed to know about the Unified Port District and its great responsibility in maintaining our tidelands, waterfront and airport. The port's many environmental programs and initiatives were a particular point of emphasis. Castellanos also announced his entry into the 2016 San Diego City Attorney's race. We wish him well.

While the Port District has already set in motion its Climate Action Plan (CAP) to reduce waste and greenhouse gases, Nicole Capretz walked us through the

many reasons the cities of San Diego County need to adopt and implement their own versions of similar programs.

As author of the city of San Diego's CAP under Mayor Todd Gloria, Capretz and her Climate Action Campaign are a major force in getting San Diego to adopt and implement an aggressive greenhouse gas reduction plan of its own. We are at a tipping point in San Diego County, and efforts like Capretz's and others must pave the way for livable communities for all residents for generations to come.

La Mesa Foothills Democratic Club meets on the first Wednesday of every month at the La Mesa Community Center, 4975 Memorial Drive, at University Avenue in La Mesa. We have social hour beginning at 6:30 p.m. with business and speakers to follow at 7 p.m. Refreshments are served as provided by our members and all guests are welcomed. Please find us at www.lamesafoothillsdemocraticclub.com and like us on Facebook.

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



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*Scholastic's Ms. Frizzle™ from The Magic School Bus® is visiting courtesy of the San Diego Natural History Museum

► Coco's, from page 10

members by name, including Jessica, one of my favorite servers of all time. Her brother, Ricky, also worked there, as did her mom.

Unless by lucky happenstance, I will probably never see any of their smiles again, a hard reality for me as they had become people in my neighborhood.

As bad as I felt, I can't imagine what it was like for our Coco's staff.

I recently read in Nation's Restaurant News that a former 24-year employee of the Coco's Bakery and Carrows restaurants filed a federal lawsuit April 8 charging new owner Food Management Partners Inc. with failing to give fair notice for mass

layoffs. It makes sense as many of the thousands of employees terminated were suddenly given what would be their last paychecks in a staff meeting April 3.

So while it would have been nice for Coco's to have given its loyal customers a week or two to say our proper farewells, it would have been even nicer for its owners to reward its longtime employees for their service by giving them more than a few days' heads-up.

—Genevieve A. Suzuki is a La Mesa resident, former La Mesa Courier editor and a practicing family law attorney. Get in touch with her through her website, SDLawyerSuzuki.com.■



Signs on the door at Coco's (Photo by Jeremy Ogul)

MAY 1

Golden Artistry jewelry design awards

May 1

This awards night, auction and competition will be hosted by Master Goldsmith Terry Whyte of Golden Artistry. Several finalists have submitted jewelry designs for the competition portion. Whyte will craft the winning design into two finished pieces using precious metal – one for the artist and the other for auctioning. Other items donated by local businesses will also be auctioned off. Money raised from the event will be donated to the Grossmont Union High School District’s art programs. The event is from 5:30 – 8:30 p.m. at the La Mesa Woman’s Club (5220 Wilson St.) For more information and to see the finalists’ designs, visit [GoldenArtistryDesignCompetition.com](#).

MAY 2-3

La Mesa Beautiful plant sale

May 2 and 3

This two-day fundraiser features a wide variety of donated plants, making it the large sale of its kind in La Mesa. Plants for sale include trees, shrubs, vegetables, cacti, succulents and flowers. Non-profit La Mesa Beautiful hosts the sale each year with much of the proceeds supporting Cuyamaca College horticultural scholarship funds and Arbor Day celebrations at schools in the La Mesa-Spring Valley School District. The sale will be held at

St. Andrews Episcopal Church (4816 Glen Street, La Mesa) from 9 a.m. to 4 p.m. on Saturday and 9 a.m. to 2 p.m. on Sunday. Visit [LaMesaBeautiful.org](#) for more information.

MAY 3

‘Spring into Love’ pet adoption event

May 3

The San Diego County Department of Animal Services presents this pet adoption event from 8 a.m. – 2 p.m. at La Mesa First United Methodist Church (4690 Palm Ave.).

MAY 3

Spring Festival

May 3

Waldorf-inspired charter school NUA Sparrow is hosting its fourth annual Spring Festival at their school (4207 Spring Gardens Road, La Mesa). The event will include a maypole ceremony from 10 – 11:30 a.m., followed by the festival through 3 p.m. The event is free with nominal fees for crafts, activities and parking. Funds raised will support the school. There will be puppet shows, face painting, food, games and more. Live music will be provided by Hullabaloo, Kathryn the Grape, Teagan Taylor and Olmeca Roots. Visit [NUASparrow.org](#) for more information.

MAY 23

‘Metamorphosis’

May 23

This local artist gathering and art sale will be held at On the Edge

Art Gallery (7317 El Cajon Blvd., La Mesa). Artists can submit work for this show on May 4 and 5 through [OnTheEdgeArtGallery.com](#). The opening reception will be held May 23 from 6:30 – 9 p.m. For more information, write to [MidgeHyde@gmail.com](#) or call 619-466-3711.

—Email calendar items to [editor@sdCNN.com](#).■

Sudoku & Crossword puzzle answers from page 21

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

T	O	M	S		C	A	T	S		S	E	A	L	S
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O	A	R	S		E	A	G	L	E		S	A	G	O
S	T	O	L	E		R	O	O	S	T		M	A	N
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R	A	T	S	O		E	R	A	T		E	A	R	P
A	S	H	E	R		D	E	L	E		E	N	D	S



MUSIC NOTES

Jazz

Fridays: Charlie Arbelaez Trio at The Rook Bar. 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](#).

April 29: Derek Cannon Quintet at Cuyamaca College Performing Arts Theater. \$8 general admission, \$5 for students and seniors. 7:30 p.m. 900 Rancho San Diego Parkway, Rancho San Diego. [www.Grossmont.edu](#).

Pop

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

May 2: Coyote Music Festival at Cuyamaca College. Free. Noon – 4 p.m. 900 Rancho San Diego Parkway, Rancho San Diego. [CoyoteMusicFest.com](#).

May 2: Baja Bugs at Riviera Supper Club. Free. 9 p.m. 7777 University Ave., La Mesa. [RivieraSupperClub.com](#).

Classical

May 1: Grossmont Master Chorale Spring Choral Concert at St. John of the Cross Catholic Church. Donation suggested. 8086 Broadway, Lemon Grove. [www.Grossmont.edu](#).

May 3: Classics 4 Kids’ “Once Upon a Tiempo Mariachi Spectacular” at the Balboa Theatre. \$10 - \$20. 868 Fourth Ave., Downtown. [Classics4Kids.com](#).

May 16: Robert Wetzel performing classical guitar at Hyde Art Gallery at Grossmont College. \$10 general admission, \$8 for seniors and faculty, and \$5 for students. Building 25, 8800 Grossmont College Drive, El Cajon. [www.Grossmont.edu](#).

Alternative / Rock

April 25 & 26: Adams Avenue Unplugged featuring 170 performers including Anais Mitchell, Hot Buttered Rum, David J, Cody Lovaas and more. Free. Various locations and show times along Adams Avenue in Normal Heights. [AdamsAvenueBusiness.com](#).

May 2: Silvermine at The Bar. Free. 9 p.m. 5286 Baltimore Drive, La Mesa. [TheBarLaMesa.com](#).

May 16: The Vinyl Pirates at Chico Club. Free. 8:30 p.m. 7366 El Cajon Blvd., La Mesa. [ChicoClub1940.com](#).

May 21: Second Cousins at Riviera Supper Club. Free. 9 p.m. 7777 University Ave., La Mesa. [RivieraSupperClub.com](#).


Other

May 4: The Sherpas and Joe Rathburn at Vision Center for Spiritual Living. \$20. 7 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. [FolkeyMonkey.com](#).

May 15: Black Market III at Riviera Supper Club. Free. 9 p.m. 7777 University Ave., La Mesa. [RivieraSupperClub.com](#).

May 16: Honorable Menschen at America on Main Street. Free. 3:30 – 5:30 p.m. East Main Street and Rea Avenue, between Magnolia and Claydelle avenues, Downtown El Cajon. [AmericaOnMainStreet.org](#).

Compiled by Jen Van Tieghem. Bands, venues and music lovers: please send music calendar listings to [jen@sdCNN.com](#).■



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JIMMY POOLE 760.840.9455



RANCHO SAN DIEGO • \$850,000 - \$950,875*

Gem in prestigious Madeira Heights on 3.57 acres w/ panoramic views & on a clear day you can see the ocean. This spacious home boasts 3,694 SF, 4BR w/ an optional 5th BR or office, 3.5BA.
JOE SOUTHWICK 619.589.8224



MOUNT HELIX • \$710,000 - \$774,000*

Situated on nearly an acre one, this home sits on a corner lot and features expansive rooms, 3 fp, French doors opening onto patios & courtyards, unique shaped pool, hot tub, and basketball court.
JOE SOUTHWICK 619.589.8224



LA MESA • \$738,000

Custom 4 bed, 2.5 bath home with unobstructed views of Downtown/Pacific, private courtyard pool, new kitchen/roof, single level, 2,780 SF, nice neighborhood for strolling.
CRAIG MONCREIFF 619.252.6560



LA MESA • \$409,000

Charming home w/ gorgeous wood floors, large kitchen, newer SS appliances, huge backyard w/ alley access and 2 car garage. Relax on the deck and enjoy the beautiful mountain views!
SHELLY KLESSINGER 619.519.3925

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