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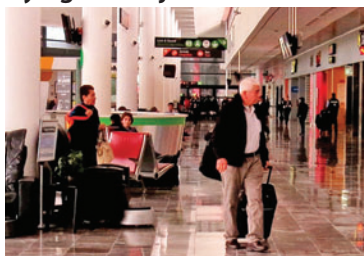
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Junior Girl Scouts from Troop 6223 work together to build a library for a La Mesa dentist. (Courtesy Tiffany Christian)

Little Free Libraries build community

Jeremy Ogul
Editor

La Mesa's public library has long been an anchor of the community, but several new libraries have emerged over the past couple years.

Unless you live down the street from one, you may not have noticed them — that's because most of them take up no more than two or three square feet. Known as Little Free Libraries, they resemble birdhouses or oversized mailboxes with windows. They are usually placed in front yards and maintained by the

homeowner.

They function on a "take a book, leave a book" honor system — anyone is free to borrow a book, and there is usually no requirement to return that exact book to that exact library by a given time. Neighbors are encouraged to share their favorite books with the neighborhood by placing them in the Little Free Library. Because of this system, the collection changes every day.

The official Little Free Library website lists four registered libraries in the area: one in west La Mesa on Ohio Place, one on Spring Street, one on Sunrise Lane in the Boulder Heights

neighborhood and one in the Grossmont-Mt. Helix area. An unregistered library at Sprouts inspired multiple others in the region. Two more libraries were recently established just north of La Mesa's northern border in San Carlos: one on Blue Lake Avenue and one on Lake Lucerne Drive.

Claudia Erickson is the steward of a Little Free Library on Lovell Lane.

"I just love hearing parents come down the street with their kids to get a book," she said. "It gets them out of the house, in nature ... and it promotes literacy."

See **LIBRARIES** page 3 —————>

Handmade with love at Grossmont Center

Genevieve A.
Suzuki



La Mesa shop owner Katharine Bowen's heart may be softer than the stuffed animals she crafts by hand.

Bowen, 27, owns Handmade Market, the newest store in Grossmont Center. She is dedicating 100 percent of the proceeds from the sale of her stuffed animals toward opening a no-kill animal rescue. It's not entirely surprising that animals are Bowen's passion — each of her unique creations is a thoughtful tribute to the spirit of the animal it represents.

"I have always loved stuffed animals," Bowen said. "When I was a child I had mountains of stuffed animals in my bedroom, which are now mountains of

stuffed animals in my parents' attic. Creating them was a merge of my love for stuffed animals, sewing and real animals."

Additionally, every Handmade pet has a name.

"I named the fox 'Theodore' and the raccoon 'Barbara,' after my grandparents," she said. "While watching a mother raccoon that came to my porch with her babies [one] night, I was reminded of my grandmother. While incredibly loving and caring, my grandmother will also let you know when you are out of line or acting a fool, much like a mother raccoon. My grandfather is the sly trickster of the family; it only seemed appropriate to make him a fox."

The dolls lining the shelves in the little shop, which looks like a crafty Etsy store brought to life,

See **HANDMADE** page 3 —————>



All the stuffed animals at Handmade are crafted by shop owner Katharine Bowen and given their own names. (Photo by Genevieve Suzuki)

Change in store for Oktoberfest

Jeremy Ogul
Editor

Oktoberfest in La Mesa will look somewhat different this fall: The La Mesa Village Merchants Association has applied to host a significantly smaller event, and the La Mesa Chamber of Commerce has splintered off to host its own event at Grossmont Center later in October.

The future of Oktoberfest has been in doubt since city staff announced earlier this year that the Merchants Association still owed the city nearly \$34,000 for the cost of police, firefighters, traffic control, street cleaning, electrical inspection and other public services from last year's event. The City Council in May reaffirmed its position that the city should not grant event permits to any group that owes an outstanding balance.

Since that time, the Merchants Association has been meeting with city staff to work out a compromise.

"They've been great with us," Merchants Association President Arlene Moore said of the city staff. "They understand where the problem is and they've tried to come up with a solution for the event instead of just saying, 'Too bad.'"

The proposal now is to host a

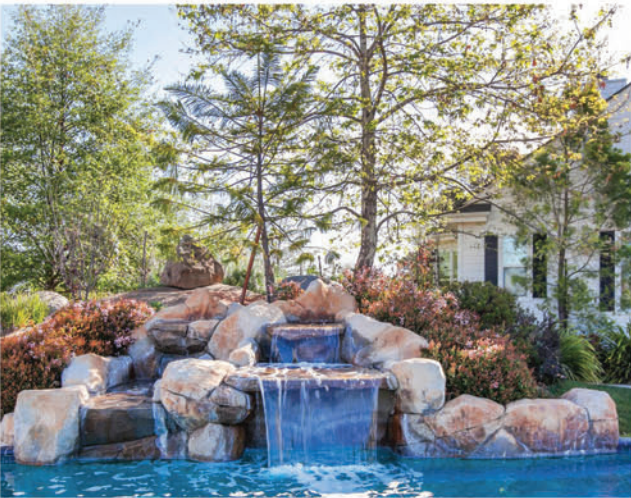
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► **Handmade**, from page 1

are a sharp contrast to the gadgetry that inhabited the space before Bowen opened Handmade.

"I am quite familiar with Grossmont Center as I have been a patron for about 20 years. ... It seemed like a very comfortable place for me to begin my shop," said Bowen, who also lives in La Mesa.

"I decided to open in Grossmont Center on a whim," she admits. "I was walking through one day to find the perfect birthday present for my stepfather when I passed the open space I am now in. After spending over an hour trying to find a unique gift, it occurred to me that you cannot really find such a thing at the mall."

Before Handmade, Bowen sold her work online. She still operates three shops on Etsy: Her main site is LilyandPeabody, where she began with large-scale knitting and debuted her stuffed animals. After the animals took off, she gave them their own shop: TheKittyGram. Her third shop, EdithBarnswallow, focuses on larger home décor items. In the coming months, Bowen said the site will host a children's book



The stuffed fox was inspired by Handmade owner Katharine Bowen's grandfather. (Photo by Genevieve Suzuki)

series called Big Kitty and Edie's Magical Adventures, complete with corresponding mini stuffed characters.

For those of us who prefer to touch, see and squeeze our prospective stuffed pals, Bowen's brick-and-mortar shop offers both ready-made stuffed animals and the opportunity for customers to pick a new animal for her to make along with their choice of colors and facial expressions. Bowen's little zoo features cats,

dogs, an opossum, a skunk and an owl. She has also made wolves, pigs, sloths, rabbits and whales. Bowen also creates stuffed animals modeled after beloved pets.

"They can send me a photo of their pet and I will match their color, markings, and hopefully, their personality," Bowen.

—Genevieve A. Suzuki is a freelance writer and former La Mesa Courier editor. Reach her by email at suzukigen@gmail.com. ■

► **Libraries**, from page 1

Erickson, who works for a childhood literacy program, heard about the concept through an associate and remembered seeing a library at Sprouts. Last December, a neighbor helped modify a decorative model "outhouse" she had in her front yard so that it could be used to house books. The gardener insisted on installing a small light inside. Neighbors eagerly donate books and even other items, such as seeds, to share with others.

"Everybody's kind of taken a little ownership in it," she said. "It's sort of taken on a life of its own."

On a recent afternoon the Lovell Lane library included books by a diverse array of authors, from Reinhold Niebuhr to J.D. Salinger to Patricia Cornwell. Genre selections ranged from travel to crime fiction to psychology to children's literature.

In the downtown village area, Dr. Santiago Surillo's dentistry office hosts a Little Free Library that was built by members of the local Girl Scouts Troop 6223 from the Fletcher Hills area.

Tiffany Christian, whose daughter is part of the troop, helped the 11 junior girls organize the project last summer as part of their effort to earn a Bronze Award.

"It worked out really well, because it was a local, home-grown project," Christian said.

The girls did everything themselves: they came up with the idea, designed the library, sought donations, built it, stocked it with books and found a home for it at the office of the dentist that several of them know. Christian's husband is a general contractor who lent his expertise in wood-working and carpentry.

"They loved using the power tools. It made us a little nervous, but they've got to grow up sometime," Christian said with a laugh.

Madison Christian, Tiffany's daughter, said it was a fun project that has helped the community.

"The dentist tells us that they



The Girl Scouts' finished product in Dr. Santiago Surillo's office. (Courtesy Tiffany Christian)

get a lot of compliments on it," Madison said. "Not everybody can afford the books, but they can swap them out for the old ones they don't read anymore."

According to the Little Free Library website, the movement began in Wisconsin in 2009 when Todd Bol built a miniature model of a one-room schoolhouse in honor of his late mother, a former teacher who loved to read. Bol stocked the little schoolhouse with books and mounted it on a post with a sign that read "FREE BOOKS" in his front

yard, delighting his neighbors and friends.

Bol soon got together with Rick Brooks, a University of Wisconsin-Madison instructor who specializes in community development and social enterprises.

"I'm always looking for manageable projects that connect people on a personal level to where they live," Brooks said in a 2012 interview with OnWisconsin Magazine. "What's better than books?"

Bol and Brooks built 30 Little Free Libraries in 2010 and distributed them to neighbors and friends in their community. From there, the movement spread organically. Inspired by Andrew Carnegie's philanthropic effort to establish more than 2,500 free public libraries around the turn of the 20th century, Bol and Brooks set a goal to establish 2,510 Little Free Libraries. They reached that goal in August 2012; there are now nearly 30,000 Little Free Libraries all over the world.

To find a Little Free Library near you or to learn about establishing your own, visit littlefreelibrary.org.

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

How owners lose thousands when selling their homes

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

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

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

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A rooftop solar system on a home on Chevy Chase Drive in La Mesa (Photo by Jeremy Ogul)

Solar customers are still in the dark on these big unanswered questions

Lisa
Halverstadt
Voice of San Diego



You're guaranteed to reduce your electricity bills if you get solar panels.

But looming changes are expected to collectively slash those savings — and no one knows how much.

These shifts leave big questions for potential solar converts and the solar industry, which

has thrived with the help of policies that have long made going solar an easy decision for high energy users.

For now, there's only one certainty: Get solar panels now and you'll have a better sense of how much you'll save and how long it'll take to recover the cost of going solar with energy bill savings. Wait and you may not get a bad deal, but you won't get the same one you can get now.

Here's a rundown of what we know — and what we don't — about the impending changes.

Net energy metering

If you go solar now and sign up for a program called net energy metering, San Diego Gas & Electric has to credit you at the full retail rate for power your panels produce.

That means customers can be credited up to 42 cents a kilowatt hour for the energy from their panels under the current rate structure. This system can help solar converts lower or totally offset their energy bills.

This deal has a to-be-determined expiration date — and it's

a foregone conclusion that the new one isn't going to be as good as the current one.

The changes come as a result of AB 327, a law that calls for regulators to come up with a new net metering plan and energy rate structure.

The California Public Utilities Commission already voted on the new rate system, allowing state utilities to move from the current four-tier system, which has incentivized solar investments for many folks, to a two-tiered one. (The more energy you use, the more you'll pay in the higher usage tier.) SDG&E's set to phase in those reforms over the next few years.

The rate changes alone will add a few years to the time it now takes to recoup via lower bills the investment of going solar, though it should also make solar more attractive to customers whose bills will go up under the new system.

Those reforms are closely linked with net energy metering. Not only do higher rates push more consumers to go solar, but they also allow solar customers to reap more credit for the power their panels produce through net energy metering.

Now that latter deal's changing, too. AB 327 requires the state to roll out a new net metering arrangement by July 2017, or once rooftop solar customers' power production hits a state-set cap. San Diego's likely to reach it before 2017. SDG&E data shows the region's already more than two-thirds of the way to that cap.

Energy wonks are now trying

to calculate the value per kilowatt hour of solar power, and thus how much credit solar customers should receive for their contributions to the grid once the new system's in place.

SDG&E and various solar interest groups are set to make their proposals on how this should look by early next month. The Public Utilities Commission is expected to have a new structure figured out by the end of the year.

No one knows how it'll look.

Federal investment tax credit

Right now, if you buy your solar panels outright or take out a loan, you could receive an income tax credit up to 30 percent within a year of that purchase.

This incentive, known as the federal investment tax credit, could be on the chopping block. It's set to expire at the end of next year.

Brad Heavner, policy director for the California Solar Energy Industries Association, said solar lobbyists are hard at work trying to persuade Congress to keep the tax credit, or at least let it phase it out over time.

There's still plenty of work to do, Heavner said. "We still need to build the political support to get a majority."

Losing the incentive altogether could mean an instant 30 percent increase to the cost of going solar.

Yet Heavner acknowledged the industry (and future solar customers) could probably cope with a gradual drawdown.

See **SOLAR** page 13 —————→

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The Hills Local Pub makes a home for itself on La Mesa Boulevard

Shannon Linder

The exterior of The Hills Local Pub displays a classic, rustic character that adds to the charm of La Mesa Boulevard. If you stop by for dinner or drinks on a Friday night, you quickly notice the friendly atmosphere in the busy pub. After opening in April of 2014, The Hills Local Pub's undeniable popularity has grown substantially in a very short amount of time.

Benjamin Clevenger, an owner of the restaurant, says the food isn't the only thing drawing the crowds to the pub. The owners believe that the strong community of La Mesa has prompted the business' success.

"I think it has a lot to do with its local feel," Clevenger said. "When you come into The Hills, you're instantly a friend and regular of ours."

The Hills Local Pub is also dedicated to serving La Mesa through charitable actions and community involvement. The restaurant regularly puts on "We Care Wednesdays," where they donate a portion of sales to a charity.

"Almost all organizations that have used the day are from La Mesa," Clevenger said.

This is an important part of the restaurant's character to the four owners: Ben Clevenger, Jason Nichols, Joe Morello and



The Hills Local Pub on La Mesa Boulevard (Courtesy Google StreetView)

Marco Rodriguez.

"That's the part I love the most, being able to contribute to our towns and create jobs, help raise money, whatever it is to help make a little bit of a difference," Clevenger said.

The restaurant is also involved in La Mesa Chamber of Commerce events and supports schools and children's sports teams.

California State Sen. Joel Anderson recognized The Hills Local Pub at the Small Business Day in the State Capitol earlier this year.

"Ben, Jason, Joe and Marco

are energetic and inspiring entrepreneurs, and through their charitable work their business is having a positive impact across our community. The Hills, like many small businesses in La Mesa, has stepped up to make more fun and enjoyable destinations in La Mesa for locals and visitors to experience."

The Hills Local Pub is located at 8758 La Mesa Blvd. Find more information at thehillspub.com.

—Shannon Linder is an intern who writes on behalf of Sen. Joel Anderson's office.■



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LETTER TO THE EDITOR

Dear editor,

Thanks to early conservation efforts, vast areas of prehistoric redwoods have been protected from logging where they survive in our state despite generations of an industrial economy. These redwood forests are now under threat, and help is needed if we want these ancient trees to continue into the future.

Poachers are encroaching into protected government and private land to steal the burls from these trees. By removing their protective layers of bark, these ancient redwoods lay exposed to disease and pests

killing them quickly over time. The burls are sold to lumber mills or craftsmen and this beautiful decorative wood is ultimately used to create high-end consumer goods. With the small number of rangers available to patrol the vast acreage of the forest, the risk of getting caught is limited. Worse yet, if convicted, current penalties can be easily incorporated into the cost of doing business with minimal impact on the profitability of this enterprise.

The California Federation of Women's Clubs is asking for support of California Senate Bill 288, which increases penalties of burl poaching to include up to one year of imprisonment and imposes stiff fines on poachers in the hopes

of making those who would kill our redwoods think twice before seeking this avenue for enrichment. While this does not resolve the problem of catching poachers, it will reduce the spin of the courtroom doors for those convicted of this offense.

We ask that Californians contact their state Assembly representative to stand with the California Federation of Women's Clubs to protect our redwoods by passing Senate Bill 288.

—Jennifer Nickel, *Legislation & Public Policy State Chairman, California Federation of Women's Clubs* ■

► Oktoberfest, from page 1

smaller event over fewer days and to fully pay off the balance owed to the city by September. In addition, city staff are recommending the Merchants Association make a 25 percent deposit, or \$27,000, to the city by Sept. 15. The City Council will decide on Tuesday, July 28, whether to accept that deal.

Aside from the absence of the Chamber of Commerce, the biggest change is that the festival will be limited to the part of the village east of Spring Street. In the past, the festival has spread across La Mesa Boulevard both east and west of Spring Street. The festival will be held only on Friday, Oct. 2, and Saturday, Oct. 3, this year, unlike the three-day festivals of yesteryear.

"This is the only viable solution to keep the event alive," Moore said. The city incurred approximately \$85,000 in direct costs at Oktoberfest last year. With the proposed changes, the city estimates a total of \$68,686 in direct costs this year — a reduction of approximately 19 percent.

Moore said the bill from last year's event went unpaid because costs were much higher than anticipated. The Merchants Association uses the proceeds from Oktoberfest to fund the other annual community events in the village, including Christmas in the Village, the Antique Street Fair and a summer car show. The association would have had to cancel last year's Christmas in the Village event, which costs about \$35,000 to put on, to pay off the Oktoberfest bill on time, Moore said. That was not something they wanted to do, given how important it has become to the community and to the business owners, who have been struggling to attract customers while major construction is underway on downtown streets.

"In hindsight, we probably should have canceled that event and paid the city," Moore said.

La Mesa Chamber of Commerce CEO Mary England suggested in May that if the Merchants Association could not pay the bill, a professional event promoter could come in and host its own event. Moore said no promoter has come forward because the event only pencils out when it is run largely by volunteers.

"When you really look at the revenues brought in, the costs that are involved with putting on the event, the fees and everything, there is about \$30,000 to \$40,000 left," Moore said. "If a company paid pro-

fessionals to do all these things that volunteers are doing, I don't believe there would be anything left."

Moore is optimistic that the new, smaller Oktoberfest will work out for both the Merchants Association and the city, especially once the disruption of all the construction downtown is complete.

Meanwhile, the La Mesa Chamber of Commerce has partnered with Grossmont Center to host an alternative event in the parking lot adjacent to Macy's and Hooley's on October 16 and 17.

"We want to start out small, just like we did for other events, and then grow," Chamber CEO Mary England said. "We believe that we can build this into something really fabulous for the residents and the citizens in the region, which gives them an additional opportunity for entertainment in La Mesa. It also helps Grossmont become a destination."

England pointed to numerous other perks of hosting a festival at Grossmont Center. The center has ample parking and a flat surface that is not obstructed by curbs, parking meters or the other obstacles downtown. The ability to have a nighttime party without disturbing nearby residents with noise, crowds, traffic or street closures is another advantage of the Chamber's new event location.

The Chamber has not settled on a name for the new event yet, but England made clear that the new event will not claim to be the same annual La Mesa Oktoberfest. It will, however, feature a family-friendly beer garden, food vendors, sponsor tables and activities for children.

"I think we're charting a new course here," she said.

—Write to Jeremy Ogul at jeremy@sdcnn.com. ■

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Potholes? Water? Chargers?

Republican Women to hear from Councilmembers Sherman and Cate

Judy McCarty



Summer is passing quickly, but fall promises to be just as busy as we resume our regular luncheon meetings featuring insightful speakers at The Brigantine.

District 7 City Councilmember Scott Sherman will appear with District 6 Councilmember Chris Cate at the Sept. 8 meeting of Navajo Canyon Republican Women. Both are respected for their practical and common sense approach to citywide issues. Scott is a businessman and Chris was active in the Taxpayers Association. Check-in time begins at 10:30 a.m. for the 11 a.m. meeting. A full-course lunch will be served at noon with the speaker following at 12:30 p.m. Cost is \$20 and reservations are required. RSVP (with "luncheon RSVP" in the subject line) to NCRWF99@gmail.com, or call Glenda at 619-284-9958.

NCRWF and other Republican Women groups always enjoy staffing the Republican booth during the San Diego County Fair in Del Mar, registering voters and visiting with those who pass by. This year, 2,000 people voted in the clubs' straw poll of Republican candidates. Sen. Marco Rubio came in first, followed by Dr. Ben Carson, Gov. Scott Walker, Jeb Bush and Donald Trump. Visitors also signed messages of goodwill to our military on 29 chef aprons. These aprons will be given to chefs on all the Navy ships in port, the Marine Corps Recruit Depot and Camp Pendleton. Several hundred signed up to volunteer in next year's campaign season, and we won second place for best decorated booth at the fair! This is why we enjoy the annual experience.

NCRWF will also have a booth at La Mesa's Oktoberfest on Oct. 2-3. In addition to information on all the candidates and voter registration, we'll have another straw poll then, so be sure to stop by and vote.

The Downtown Republican Club will be on hiatus for a time due to flooding (city workers broke a pipe) which impacted Mary Pappas' Athens Restaurant. We'll let you know when we resume that activity.

Club activity is not all that our energetic and committed members do. So far this year, our club members have devoted nearly 4,000 hours to political activity and more than 3,500 hours to community service. Civic activity and service is something in which we strongly believe.

—Judy McCarty is publicity chair of the Navajo Canyon Republican Women Federated. Write to her at jhmccarty@cox.net. ■

Assembly Speaker Toni Atkins to headline Dems' meeting

Linda Armacost



La Mesa Foothills Democratic Club will host Toni Atkins, the speaker of the California State Assembly, at its special Aug. 5 meeting. The speaker will cover a wide range of topics, including a legislative update and how San Diegans can and will be affected by the new state budget. A new California law sponsored by Speaker Atkins mandating that residential care facilities carry liability insurance will get special attention.

The Wednesday night meeting will start with social time at 6:30 p.m., and the talking gets underway at 7 p.m. The club includes members from the neighborhoods of Allied Gardens, Del Cerro, San Carlos, La Mesa, Mt. Helix, Santee, the College Area and other nearby East County towns. We meet at the La Mesa Community Center, 4975 Memorial Drive, just north of University Avenue.

Atkins has served in the California State Assembly since 2010 and was elevated to the top leadership post in 2014, when her colleagues unanimously elected her 69th speaker of the Assembly. Speaker Atkins proudly represents the people of coastal San Diego — from Imperial Beach, north to Solana Beach — and most of central San Diego. She previously served eight years on the San Diego City Council, and became a stabilizing force during a tumultuous period in 2005, stepping in as acting mayor after the resignation of Mayor Dick Murphy and acting Mayor Michael Zucchet.

Speaker Atkins is a coalition-builder who believes government policies can improve people's lives. She is a leading voice for affordable housing, a powerful advocate for women and champion for veterans and homeless people. Prior to her election as speaker, she held the position of majority leader. She chaired the Assembly Select Committee on Homelessness and served on the committees on Agriculture, Housing and Community Development, Health, Judiciary, Veterans Affairs, Select Committee on Ports, Select Committee on Biotechnology as well as the Joint Legislative Audit Committee.

Her life of public service began in San Diego in the mid-1980s as director of clinic services at Womancare Health Center. She became a staff representative of then-City Councilmember Christine Kehoe, later winning her mentor's council seat after Kehoe's election to the Assembly. Atkins represented the City of San Diego in the local chapter of the League of California Cities; on the board of the Metropolitan Transit System; on the San Diego Association of Governments; the Regional Housing Working Group; and the San Diego River Conservancy.

This meeting will be unique not just because we'll have the first Assembly Speaker ever from San Diego, but we'll also get a civics lesson in politics and policy at work. Not long after the publication of a series of disclosures about elder abuses in residential care facilities (also called assisted living homes), it was revealed that over 85 percent of these homes lacked basic liability insurance despite caring for frail,

dependent seniors. Therefore, in the case of neglect, abuse, injury or death, there was little judicial recourse for residents or their families. Speaker Atkins took up the cause and put forward Assembly Bill 1523. It was passed in a bipartisan vote and signed into law by Gov. Brown. It went into effect on July 1 of this year. Now, all RCFEs (Residential Care Facilities for the Elderly) will be required to carry liability insurance in California.

The driving force behind this legislation was a small advocacy group named CARR, Consumer Advocates for RCFE Reform. The two founders of this award-winning organization are Chris Murphy and Christina Selder. How exactly do two women with investigative and research experience convince the speaker of the Assembly to carry a bill to protect seniors from unscrupulous care providers? Selder will be sharing their story with our members in a follow-up to Speaker Atkins' address. It's a great story and a lesson in good timing and a just cause.

Christina (Chrisy) Selder holds a master's degree in gerontology from San Diego State University, and a bachelor's degree in economics/international trade and finance from Louisiana State University. She has previously held an RCFE Administrator's Certificate, earned an SDSU grant writing certification and completed components of UCSD's paralegal training to be of further benefit to CARR's mission and work. Her scholarship and credentials are augmented by her hands-on employment experiences inside several RCFEs.

CARR recently won a \$50,000 contract with the San Diego County's Aging & Independence Services unit for a pilot project to create a rating system for assisted living facilities in the county and to develop a consumer-friendly website to display the ratings and facility information. CARR was also the recipient of the First Amendment Coalition's Free Speech and Open Government Award for its work, making CARR the first nonprofit organization to receive this honor.

Despite a little rain, our second annual Party in the Park turned out to be a real success. Over 130 attendees saw a moving tribute to retiring City Councilmember Marti Emerald, heard Todd Gloria and Scott Peters each speak eloquently to a rapt audience, and enjoyed park naturalist Linda Hassakis give an entertaining and educational presentation about Mission Trails Regional Park. Our great thanks to Jay Wilson and the entire staff at the Visitors Center, and to Cheers Deli for supplying some great sub sandwiches. Our silent auction raised over \$700 and we signed up 16 new members. Lastly, we heard enthusiastic pitches from several of our Democratic hopefuls for city office and hope they'll all return for our candidates' forum in September.

Please find photos and more information for all our LMFDC events and meetings at lamesafoothillsdemocraticclub.com and please like us on Facebook.

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

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Gen-X in a Millennial World A change of birth plans

Genevieve A.
Suzuki

There's a reason they say plans change. When my husband and I discovered we were expecting our second child, we felt like we had it under control.

"It'll be easy," we said. "We know what to expect when expecting."

Ah, but you know what they say about the best laid plans.

When my water broke on a Friday night, I was surprised at how right a friend was who told me it felt like peeing yourself over and over again. Upon arriving at the hospital, I sloshed as quickly as I could with my husband to the labor and delivery floor.

Unlike our daughter, who had to be evicted from the womb, this baby seemed to be doing everything by the book.

"We don't have to be induced this time," I marveled to my husband, Derek.

After being taken to a room, a doctor came in to see how much I was dilated.

"Um, so I can't really tell, which means you're not really that far along," she said.

How could that be, I asked, adding that my water broke, as if she couldn't tell by the mountain of wet towels beside me.

She assured me it would only be a matter of time and advised me to try to relax, which is easy to say when you're not the one waiting to push out a human head. Eventually, however, my contractions grew strong enough to earn me placement in an actual labor and delivery room to await the magical 10-centimeter dilation.

It never came.

You see, while we were waiting, every now and then, our baby's heart would decelerate. We knew this because, in addition to the monitor beeping a significant decrease, the nurse on hand would call a team comprising other nurses and a doctor with the somewhat alarming "decel" message.

The first few times we experienced the "decel" call, the nurse, a petite woman, would ask my



All's well that ends well: the author and her newborn son. (Courtesy photo)

husband to help her shift me to the other side in an effort to help the baby find a better position. Of course, this was done after administering me my epidural, so it was like Derek and the nurse were trying to roll me back into the ocean with a lot of rocking me back and forth before a big "OK, now!"

Finally, my obstetrician, Dr. Hulley, came in during the last "decel" call and calmly recommended I deliver via cesarean section. I felt my heart plummet until the fetal heart monitor reminded me that a more-important someone's heart rate was decelerating. I immediately agreed to the C-section.

To my medical team's credit, they were amazing. There was a pediatrician on hand in case something went wrong, an anesthesiologist who made sure I didn't feel anything, several nurses, and the very competent and wonderful Dr. Hulley. Still, I remember turning to Derek, who by then wore a hospital cap and scrubs, and telling him I was scared.

This wasn't the plan, I said.

He reassured me this was a common procedure and that we would be holding our baby in no time. It's times like these I realize

that, if plans go awry, there's no one else with whom I'd rather be.

In what seemed like mere minutes, Dr. Hulley showed our son's little face quickly over the curtain.

"Here's your baby!" she said happily.

A minute later, she also showed me his umbilical cord. Sounds routine enough, except this cord featured two "true knots," which is an expectant mother's Googling nightmare — a potentially dangerous occurrence that endangers a baby's oxygen. I believe we narrowly escaped a much different outcome by going off plan and getting him out immediately via C-section.

"He's a miracle baby," a nurse told me. Another doctor nicknamed him "Houdini."

And now, a month after our son was born, as I fight for several straight hours of sleep and sneak showers in between his care, I only have to stop for an instant to remember how lucky I am to hold and comfort my little son in the wee small hours of the morning.

—Genevieve A. Suzuki is a La Mesa resident who practices family law. Find out more on her website, sdlawyersuzuki.com. ■

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The terminal at Tijuana Airport is spacious, modern and just down the road. (Photo by Elaine J. Masters)

Tijuana airport provides alternative for San Diego travelers

Elaine J. Masters

Navigating traffic and crowded streets to San Diego International Airport can be as much of a struggle as getting through security and onto the airplane. There is another option—flying from Tijuana. Just steps from the Otay Mesa border crossing, the Tijuana Airport (TIJ) is surprisingly modern and spacious, and flights from Tijuana are often cheaper than flights from San Diego.

A new bi-national bridge is on schedule to open by the end of the year to allow travelers to walk directly from the U.S. side into the airport, and travel services are being built along both sides of the border. Until the new bridge is open, travelers can walk across the border to waiting taxis about five minutes away. While improvements are ongoing, the path is simple to navigate even with luggage.

Veteran traveler and San Diego resident Teresa Pooley recently took her first flight out of TIJ. She and her husband parked in the U.S. and took a shuttle to the border.

"It was easy to walk across with only two pieces of luggage, even though there's still construction in the walking area," Pooley said. "Cabs were right there and the ride was only about six minutes. The airport is beautiful, totally modern and very large, almost as nice as Lindbergh."

Her hotel and flight package to Cancun was also much less expensive and more direct than a flight from San Diego would have been. This is true for many Latin American destinations.

Flying to Lima, Peru? One of the cheapest September deals from San Diego right now is a Delta Airlines roundtrip to Lima for about \$1,164, with a layover in Atlanta. From Tijuana, on the other hand, you can get to Lima and back on the same dates for just \$577 on Aeromexico, with a layover in Mexico City.

How about a trip to Costa Rica? From San Diego, one of the September best deals right now is a roundtrip to San Jose, Costa Rica's capital, on United Airlines for \$521



Travel outside of Baja California but within Mexico requires a Visitor's Card, easily acquired at this desk in the airport. (Photo by Elaine J. Masters)

with a layover in Houston. From Tijuana, the roundtrip to San Jose costs \$343 on Aeromexico with one stop in Mexico City.

(The savings are not as great for flights to destinations outside of Latin America. To most destinations within the United States, for example, you'll pay less flying out of San Diego than Tijuana.)

Getting to TIJ is already speedy for county residents. State Route 125 leads drivers directly to the Otay Mesa border crossing. Interstates 5 and 805 lead south and east to Route 905, which has a clearly marked border exit. Several companies offer secure parking on the U.S. side with shuttle rides to the border. Some require advance reservations. Buses, taxis and shuttles also take passengers to the Otay crossing.

While identification isn't checked when entering Mexico, U.S. citizens always need a valid passport or SENTRI Card to return home. When traveling through Mexico, south of Baja, travelers will need to purchase a Visitor's Card (FMM), which is not technically a visa, and can do so easily at a kiosk inside the airport terminal. The cost is about \$22 U.S.

By the end of the year, travelers will be able to walk from the United States directly into the TIJ airport terminal. A new second level, mezzanine area, is being built for fliers who purchase tickets for the Cross Border Xpress Bridge.

Spanning 325 feet between countries, it will take only about five minutes to walk across the bridge and over the Federal Highway into the terminal or back into the U.S. Tickets to use the bridge will be \$15 each way and will only be available for airline ticket holders whose flights leave within 24 hours. On

the U.S. side of the bridge there will be short- and long-term parking, tourist shops and food. Curb access will be available for taxis, shuttles or those being dropped off at the bridge. The Cross Border Xpress Bridge will be staffed by U.S. and Mexican customs and immigration officers.

Coming into the U.S. from international flights will be easier too. Fliers may pick up their baggage in a secure area and purchase tickets for the bridge. They then gain access to the new second level of the TIJ terminal to walk over to U.S. Customs and Immigration.

There are other reasons to celebrate the cross-border improvements and additions. The Cross Border Xpress will be the first of its kind in the western hemisphere and the second self-sustaining cross-border bridge in the world.

The new customs office required a presidential permit approved by both the U.S. and Mexico.

"Once it opens, the 10-year project will be a boon for travelers as well as business in the region," says Stephanie Saathoff, spokesperson for the funding group, Otay Tijuana Venture, LLC.

San Diego's South Bay region is poised to benefit from increased airport services as new restaurants, hotels, car rentals and international businesses develop, she said.

San Diego has been looking for solutions to its crowded skies. Cindy Gomper-Graves, CEO of the South County Economic Development Council, says that the cross-border terminal, the second in the world, will bring increased air capacity and growth.

"[It will] offer easier access and more destinations for flights into the Pacific Rim and Mexico, making travel for companies that have locations in both areas more efficient," she said.

With all the focus on improvements at the Otay Mesa crossing, flying in and out of the San Diego region through the Tijuana Airport is a travel alternative that is poised for success.

—Elaine J. Masters, founder of the blog *TripWellness.com*, is an award-winning author, travel writer and long-term San Diego resident. ■



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La Mesa Reads Best new comic titles now available at the library

Jake
Sexton

San Diego has survived yet another Comic-Con, with all the chaos, joy and crass commercialism that it radiates. I am an avid comic fan, and although I love my action-packed superhero adventures, I have just as much admiration for the serious, creative and mature titles. So let me recommend some of my favorite comic collections of the past year.

While libraries have a reputation for sharing lofty knowledge and art, that doesn't change the fact that your average library customer is here to pick up the latest murder mystery or spy thriller. And I think those people would enjoy "The Fade Out" by Ed Brubaker and Sean Phillips. "The Fade Out" is a noir-style drama set in 1940s Hollywood — on the set of a film noir movie. Troubled screenwriter Charlie Parish wakes up in a bathtub after his latest bender, barely able to remember the night before. He finds himself in a stranger's home, with the dead body of his film's leading lady on the living room floor. While he's pretty sure that he isn't the killer, he knows that his alibi of "I was blackout drunk 20 feet away" is unlikely to hold water with the police. The mystery becomes a sordid look at Hollywood excess, Red Scare repression, and crushed souls in the land of dreams.

One of the year's other most-acclaimed titles is "Bitch Planet." Called "Margaret Atwood meets Quentin Tarantino," this subversive comic by Kelly Sue DeConnick and Valentine De Landro takes the gritty sci-fi and exploitation films of the 1970s and combines them with a sexist version of "1984." Any woman who refuses to behave in the "proper" feminine manner is at risk of arrest and incarceration on an all-female prison planet. But the "non-compliant" inmates at this prison aren't all victims. Some are rowdy, mad, and ready to fight. The entire comic is a sly satire of a shallow and patriarchal



culture, and leaves the reader wondering how far away we are from this level of injustice.

"Saga," by Brian K. Vaughan

and Fiona Staples, is another beloved series not for children. Imagine a gritty version of "Star Wars," unafraid of sex, violence or dark humor. A man and a woman from two enemy races fall in love, have a child and begin life on the run from both of their home worlds. Surprisingly, Vaughan has said that he wanted to explore the theme of parenthood and cloaked it in the guise of intergalactic space adventure, which makes it a fun, thoughtful and sometimes touching read.

Lastly, I'd recommend "Ms. Marvel" by G. Willow Wilson and Adrian Alphona. Suitable for all ages, this common superhero story defies expectation and makes clever metaphorical points about identity, youth and society. Our main character is 16-year old Kamala Khan, a Muslim girl from New Jersey. Her struggles to fulfill the expectations of her religious parents, her subtly racist classmates and her adventure-seeking self are symbolized by her newly-gained superpower: to alter her body into any size or shape. Without a heavy hand, the comic tells a fantastical story, while touching on themes of faith, race, technology and celebrity that are quite smart. It's also great to see a major comic publisher (Marvel Comics) taking a big step towards a stable of heroes who represent their increasingly diverse fan base.

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

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Helix Highlights

Jennifer Osborn

Attention all Highlanders! It's the event you've been waiting for: the first-ever Alumni All Class Picnic. The Helix High School Foundation and Alumni Association is proud to host this event and all alumni and families are invited to attend.

The picnic will take place on Sunday, Aug. 16, from 11 a.m. to 4 p.m. on the Helix Charter High School campus. The event will feature music and entertainment, food, activities for kids and more. Parking will be available in the student parking lot, located at 4200 Lowell St. in La Mesa. The main gathering area will be in the quad area near the girls' gym.

The Student Store will be open from noon to 2 p.m. so alumni can purchase Scottie gear, including shirts, hats, sweats and more. Bring a chair, picnic basket, ice chest and shade. Please note, no alcohol, pets or glass are allowed on campus. Food will be available for purchase from noon to 3 p.m., provided by the Kiwanis Clubs of La Mesa and Lake Murray, our local Boy Scouts and the Lil' Miss Short Cake Food Truck. Please RSVP to helixannualpicnic@yahoo.com to help with food estimates.

Helix staff will present the "Excellence in Education Tour," a one-hour program and campus tour to highlight the history, accomplishments, needs and future of Helix

Charter High School. There will also be a bagpipe tribute to fallen Highlanders at 3:45 p.m.

Special guests slated to attend are: San Diego County Supervisor Dianne Jacob (class of 1957); La Mesa Mayor Mark Arapostathis (class of 1985); Barry Jantz (class of 1977), former La Mesa City Councilmember and current CEO of the Grossmont Healthcare District; retired La Mesa Police Chief Ed Aceves (class of 1982); La Mesa Police Chief Walt Vasquez (class of 1981); comedian Russ T Nailz (class of 1975); Rick Epps (class of 1975), political consultant for Fox 5 News; the Helix Cheer Squad; and our mascot, Scottie.

Musical entertainment will include Helix student groups and alumni member bands. The Helix Pep Band, Bagpipe Band, and Drumline will play, and the Vocal Music Department will perform. Other featured entertainment: The Sound and the Fury (Helix teacher band); Bon-a-fide Brass (Gerry Kirk, Helix instrumental music teacher and band director, 1971-1981); Mojave Green (Shawn Upchurch, class of 1985); Gary Seiler (class of 1972); The Ideas Rock & Roll Trio (Chris Brogan, class of 1979); and Charlie Kirk (class of 1976).

The King Pins Car Club will show their cars on campus. The club was founded as the first Helix car club in 1954-55. They set up safety rules and designed and produced club plaques to put on their cars. The main purpose of the club was to promote safety in their cars and all hot rods. Today, King Pins members are still going on rod runs and participating in car shows. Alumni who own hot rods, vintage cars, lowriders, rat rods or just-for-show cars are invited to participate. Please contact Junior Garcia at juniorelcajon@cox.net or 619-590-3607 in advance to ensure we have parking to accommodate everyone.

For more information and questions, contact helixannualpicnic@yahoo.com. ■



(l to r) GHS students Shea Villette, Ken McCamman, Brian Cushman; GHS alumna Jean Landis; GHS students Calvin Farris, Chris Ortiz and Kristina Gulias, Luke Anderson. (Courtesy GHS Museum)



Grossmont Hall of Honor gets new members

Connie and Lynn Baer

On Friday, Oct. 16, Grossmont High School will celebrate its 95th anniversary. In honor of that celebration, we present the third in a series of five columns sharing pieces of our amazing

history, this time focusing on our Hall of Honor.

This year, six alumni and two teachers will join the 31 members of our Hall of Honor, an illustrious group that includes three astronauts, judges, retired military personnel, diplomats, artists, musicians, physicians, educators, businessmen and Pulitzer and Emmy award winners, to name a few. These honorees have brought honor to Grossmont High School after their graduation or through their years of dedicated involvement with Grossmont. (Please contact us for a complete list of their achievements.)

The eight 2015 inductees are: Jean Landis (class of 1936), a Women Airforce

See **FOOTHILLER** page 13 →

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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: P4 Jazz Trio at San Pasqual Winery Tasting Room. Free. 2 – 5 p.m. 8364 La Mesa Blvd., La Mesa. SanPasqualWinery.com.

Aug. 2: Lillian Palmer at Mission Trails Regional Park Visitor Center Auditorium. Free. 3 – 4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

Pop

Wednesdays: Jason Hanna and Friends at Riviera Supper Club. Free. 8 p.m. 7777 University Ave., La Mesa. RivieraSupperClub.com.

July 31: Tim and Nolan at Hooleys. Free. 9 p.m. 5500 Grossmont Center Drive, La Mesa. Hooleys.com.

Aug. 1: Baja Bugs at Riviera Supper Club. Free. 8 p.m. 7777 University Ave., La Mesa. RivieraSupperClub.com.

Classical

July 26: An Evening of Music in the Garden with the San Diego Concert Band at the Water Conservation Garden. \$12+. 6 p.m. 12122 Cuyamaca College Drive West, Rancho San Diego. TheGarden.org or SanDiegoConcertBand.com.

Aug. 7 & 8: “A Rodgers and Hammerstein Celebration” at Embarcadero Marina Park South. \$25+ 7:30 p.m. 200 Marina Park Way, Downtown. SanDiegoSymphony.org.

Aug. 23: Amy Kanner (Celtic harp) at Mission Trails Regional Park Visitor Center Auditorium. Free. 3 – 4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

Alternative / Rock

Aug. 1: Monsters of Rock at Navajo Live Bar. Free. 7 p.m. 8515 Navajo Road, San Carlos. NavajoLive.com.

Aug. 8: Evans and Raney at Chico Club. Free. 8:30 p.m. 7366 El Cajon Blvd., La Mesa. ChicoClub1940.com.

Aug. 20: Second Cousins at Riviera Supper Club. Free. 9 p.m. 7777 University Ave., La Mesa. RivieraSupperClub.com.

Other

July 26: Sundays at Six Summer Concert Series featuring Fanny and the Atta Boys at Harry Griffen Park. Free. 6 p.m. 9550 Milden St., La Mesa. Visit LaMesaParks.org.

Aug. 2: Hank Easton at Bolt Brewery. Free. 6:30 p.m. 8179 Center St., La Mesa. BoltBrewery.com.

Aug. 22: Jefferson Washington at San Pasqual Winery Tasting Room. Free. 2 – 5 p.m. 8364 La Mesa Blvd., La Mesa. SanPasqualWinery.com.

Compiled by Jen Van Tieghem. Bands, venues and music lovers: please send music calendar listings to jen@sdcn.com. ■

JULY 24 Movie night: ‘Despicable Me 2’
Friday, July 24

The City of La Mesa will present this family movie night at La Mesita Park (8855 Dallas St.) starting with pre-show entertainment at 7:30 p.m. and the screening of “Despicable Me 2” on a 25-by-14-foot screen at 8 p.m. Attendees are invited to bring blankets and chairs and enjoy the movie night for free. Visit CityofLaMesa.com for more information.

JULY 30 GHS Class of ‘51 Picnic
Thursday, July 30

The Grossmont High School Class of 1951 will gather for a picnic on Thursday, July 30 at 11:30 a.m. It will be a potluck-style event at Mast Park, 9125 Carlton Hills Blvd. in Santee. Please RSVP to Ginger Herlihy at 619-287-4464. For information on other class reunions, visit grossmontalumni.net or call 619-668-6140.

AUG 2 ‘Mary Poppins: The Broadway Musical’
Through Aug. 2

Christian Community Theater (CCT), now in their 35th year performing at Mt. Helix Amphitheater, present this rendition of the popular Disney film and Broadway musical through Aug. 2. The fantastical musical follows Bert, the jack-of-all-trades, children Jane and Michael Banks, and their magical nanny Mary Poppins through an adventurous day. Performances are Thursday through Sunday at 8 p.m. Tickets start at \$20 – \$40 with discounts for seniors and children. Visit CYTSanDiego.org for tickets and more information.

AUG 4 Women’s social organization meets
Tuesday, Aug. 4

The local chapter of Beta Sigma Phi encourages women of all ages to attend its meeting to learn what the organization is all about. Beta Sigma Phi is an international organization of women who do philanthropic work and service projects in their local communities. Members also enjoy fun social events and make lifetime friendships. A social hour begins at 6 p.m. in the social hall of St. Dunstan’s Episcopal Church at 6556 Park Ridge Blvd. in San Carlos with the formal meeting to follow. For more information, contact Beta Sigma Phi’s Tierra Del Sol Area Council President, Dorothy Nelson, at dnelson18@cox.net.

AUG 9 Engineer for an hour
Sundays, Aug. 9 and 23

The La Mesa Depot Museum invites would-be locomotive engineers to enjoy the experience of operating a 120-ton diesel railroad locomotive at the Pacific Southwest Railway Museum’s Train Operation Center, 750 Depot St., Campo. Four one-hour slots are available each day beginning at 12:30 p.m.; time can be shared with others. Parking is free. Make reservations in advance at psrm.org.

AUG 12 Walking Wednesday
Wednesday, Aug. 12

Join a group of La Mesa residents for a walk along La Mesa’s current and future urban trails. This is a great opportunity to be active and connect with neighbors. The group meets at 9 a.m. at the Lake Murray boat docks near 5540 Kiowa Drive. The route is 2.6 miles with some uphill portions and a partial dirt path. The walk ends at 10:30 a.m.

AUG 12 ‘Summer Bash’ Business Expo
Wednesday, Aug. 12

The La Mesa Chamber of Commerce will host this business networking event, which is open to the public and business members. There will be food and drinks from local restaurants including Riviera Supper Club, The Hills, Cali Comfort BBQ, Asti Ristorante and more. Raffles will be held throughout the night featuring prizes from local businesses. ‘Summer Bash’ will be held from 5:30 – 8 p.m. at the La Mesa Community Center (4975 Memorial Drive) and tickets are \$10. Get your tickets at LaMesaChamber.com or by calling 619-465-7700.

AUG 15 Eighth annual “heART of Mt. Helix”
Saturday, Aug. 15

This yearly fundraiser will be held in the historic amphitheater atop Mt. Helix with KPBS General Manager Tom Karlo serving as master of ceremonies. The event raises money

to preserve and enhance the amphitheater and Mt. Helix Park. From 5:30 to 10 p.m., guests will enjoy the 360-degree view from the location, plus live music on two stages. Local artists will be on hand demonstrating their artistic techniques. Area restaurants will provide bites (included in ticket price); this year’s culinary selections will come from Anthony’s Fish Grotto, The Hills, Terra American Bistro and many more. Drink selections will include craft beer by Ballast Point, wines, Henebery Whiskey and St. Petersburg Vodka. Tickets are currently \$50, but the price will go up after Aug. 1. Visit MtHelixPark.org for tickets and more information.

AUG 18 Walk and Talk
Tuesday, Aug. 18

Enjoy the scenic lakeshore environs while learning about topics in nature on a walk led by trail guides from Mission Trails Regional Park. This month’s topic is “Snakes of San Diego County.” Meet at 9 a.m. at the Lake Murray boat docks near 5540 Kiowa Drive.

AUG 18 Info session for family caregivers
Tuesday, Aug. 18

If you’re providing care for a loved one, this event will provide information on health and community resources, placement options, support groups and more. Meet at 3 p.m. in Room 15 at Sharp Grossmont Hospital’s Brier Patch Campus, 9000 Wakarusa St., La Mesa. Register online at sharp.com or call 800-827-4277.

AUG 21 Dive-in movie: ‘Rio’
Friday, Aug. 21

The City of La Mesa will present this dive-in movie night at La Mesa Municipal Pool (5100 Memorial Drive) with doors opening at 7:30 p.m. and the screening of “Rio” at 8 p.m. The event is free for the whole family. Visit CityofLaMesa.com for more information.

AUG 22 Emergency Resource Fair
Saturday, Aug. 22

This free informational event will encourage residents of San Diego and East County to fully prepare for emergencies and natural disasters such as fires and earthquakes. Information will be provided by representatives of the following agencies and organizations: Federal Emergency Management Agency (FEMA), American Red Cross of San Diego/Imperial Counties, Heartland Fire and Rescue, U.S. Forest Service, the Office of Emergency Services, the Burn Institute, Emergency Animal Rescue, San Diego Gas & Electric (SDG&E), American Medical Response and 2-1-1 San Diego. The event will be held from 10 a.m. to 2 p.m. in the Sears Court at Parkway Plaza in El Cajon. The event is organized by the office of state Sen. Joel Anderson.

AUG 26 Sudden cardiac arrest response class
Wednesday, Aug. 26

This free program will be held as part of the Grossmont Healthcare District’s Dr. William C. Herrick Community Health Care Library’s Wellness Wednesday series. Maureen O’Conner, program manager of San Diego Project Heart Beat (SDPHB), will be the guest speaker for this session; she will discuss steps to recognizing and responding to cardiac arrest. Attendees will also get the chance to use an automatic external defibrillator (AED). SDPHB, a program managed by the San Diego Fire-Rescue Department, aims to save lives by making AED devices accessible in public and private places throughout the community; and to educate the public on CPR and AED use. The Herrick Library is located at 9001 Wakarusa St. in La Mesa. This event will be held from 10 – 11 a.m. Visit HerrickLibrary.org and sandiego.gov/sdprojectheartbeat for more information.

AUG 26 Walking Wednesday
Wednesday, Aug. 26

Join a group of La Mesa residents for a walk along La Mesa’s current and future urban trails. This is a great opportunity to be active and connect with neighbors. The group meets at 6 p.m. at Marieta’s restaurant, 8978 La Mesa Blvd. The route is approximately 2.8 miles with slight elevation changes. After the walk ends, around 7:30 p.m., the group will enjoy a bite to eat at Marieta’s, which will be offering a special discount to walkers.

—Compiled by Jen Van Tieghem and Jeremy Ogul. Send calendar items to jeremy@sdcn.com. ■

► **Solar**, from page 4

That's thanks to another shift that could be just as meaningful.

Price drops

The cost of going solar has decreased dramatically over the last decade and that might soften the blow from all these other changes.

A joint study released last fall by the National Renewable Energy Laboratory and the Lawrence Berkeley National Laboratory found the average price of solar systems fell 6 to 7 percent annually from 1998 to 2013, and by 12 to 15 percent from 2012 to 2013 alone.

The Department of Energy's SunShot Initiative set a goal of a 75 percent average decrease in costs from 2010 to 2020, and analysts concluded the nation's mostly on track to meet that target.

Most solar advocates say the industry can probably cope with more incremental changes but may struggle to keep pace with the immediate loss of the tax credit or drastic changes to net energy metering.

"If we were to lose (those programs) immediately, we couldn't drop prices fast enough," Heavner said.

—Lisa Halverstadt is a reporter at Voice of San Diego. Know of something she should check out? You can contact her directly at lisa@vosd.org or 619-325-0528. ■

► **Foothiller**, from page 11



GHS alumna Jean Landis flew noncombat missions in the U.S. during World War II as a member of the Women Airforce Service Pilots. (Courtesy GHS Museum)

Service Pilot (WASP) during World War II; Timothy Miller (class of 1956), a reconstructive plastic surgeon who works with Operation Mend to help veterans wounded in combat; Bill Woolman (class of 1962), a Grossmont High School benefactor; Brian Sipe (class of 1967), MVP quarterback for the Cleveland Browns; "Woody" George Clarke (class of 1969), San Diego Superior Court judge and national expert on DNA evidence; Julia Stewart (class of 1973), chairman and CEO of DineEquity, Inc., one of the world's largest full-service restaurant companies; Merle Donahue, GHS Choral Director from 1929 to 1962; and Jim Nichols, GHS Instrumental Music Director from 1959 to 1988.

These Hall of Honor inductees are an important part of Grossmont High School's culture. For example, Jean Landis spoke about her life experiences to Don Ginn's Advanced Placement U.S. History students last May.

After high school, Jean attended San Diego State Teachers College, graduating in 1940 with a degree in physical education. In 1940, Jean's passion to fly planes led her to join the Civilian Pilot Training program. When World War II began, Jean was chosen for the Women Airforce Service Pilots (WASP), a paramilitary organization in which women pilots flew military aircraft on non-combat missions within the United States. Stationed in Long Beach, Jean's primary assignment was to fly P-51 Mustangs from the factory in Inglewood, California, to Newark, New Jersey, where they were shipped to the European fighting front. In bad weather, this arduous 3,000-mile flight could take two weeks.

After Jean's talk, the students were eager to tell her of the impact of her story. Many said that she had inspired them to realize that they could achieve their goals. To document the moment, many students and staff wanted a selfie with her. Everywhere Jean went on campus, students and staff applauded her for her resolute courage to carve for herself the life she wanted, one that was not the norm for a woman at that time.

Plan ahead to join us Friday, Oct. 16, when we honor these eight illustrious Foothillers and the bonds that Foothillers have shared since 1920.

Visit the museum to learn more about GHS, past and present. The museum's summer hours are noon to 4 p.m. on August 12; 11 a.m. to 1 p.m. on Aug. 21; noon to 4 p.m. on Sept. 2, or by appointment.

—Connie and Lynn Baer write on behalf of the GHS Museum. Contact the museum by phone at 619-668-6140; by email at ghsmuseum@guhsd.net; or visit the website at foothillermuseum.com. ■

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Eviction Sale – Friday Aug 21st 9:00 AM to 12:00 PM 5014 Williams Ave in La Mesa.

2 vehicles for sale, most likely inoperable, do not have keys, vehicles are loaded with misc. items inside. Dodge yellow truck, red Dodge van with wheels missing. All items for sale are scattered throughout the property front and back yard in bags, too many to describe. Over 30 tied bags and boxes of undetermined and unclaimed items with potential health concerns.



BUSINESS SPOTLIGHT

Arlene Pyjar of Berkshire Hathaway HomeServices California Properties receives 'five star award' for seventh consecutive year

The La Mesa/El Cajon office of Berkshire Hathaway HomeServices California Properties and Branch Manager Chuck Sackett are proud to announce that REALTOR®-Sales Associate, Arlene Pyjar, has been named a Five Star Real Estate Agent for the seventh consecutive year.

"It is very gratifying to know that my clients think so highly of me," Pyjar said. "It means so much that they nominate me year after year."

More than 31,000 recent homebuyers, subscribers, and industry experts completed a survey that led to Pyjar's nomination. Agents were rated on factors like customer service, marketing, integrity, negotiation, and overall satisfaction.

With 40 years of experience in real estate and designations, including Graduate REALTOR® Institute (GRI), Short Sales and Foreclosure Resource Certification (SFR), and Certified Probate Real Estate Specialist (CPRES) Pyjar is able to utilize such education with her clients and students.

Giving back to the community is important to Pyjar. She regularly supports Sunshine Kids, Rady Children's Hospital, San Diego Humane Society and more. Pyjar is also a member of the East San Diego County Association of REALTORS®, California Association of REALTORS®, and the National Association of REALTORS®.

Contact Pyjar at the La Mesa/El Cajon office of Berkshire Hathaway HomeServices California Properties at 619-249-5551, 619-337-3264, or at apyjar@bhhsca.com.

The La Mesa/El Cajon office address is located at 9555 Grossmont Summit Drive, in La Mesa. Further information may be found at bhhsca.com.



Canine heatstroke Do you know what to do?

Sari Reis



A dog's inability to regulate his body temperature when overheated causes heatstroke. With summer upon us, it is an ever-present danger.

Canines do not sweat as humans do. Their sweat glands are in their noses and in their paw pads. Their ability to release heat is basically through panting, which often isn't enough. With fur-covered bodies and their feet in contact with hot pavement, a dog's temperature can rise very rapidly.

Short-snouted dogs such as pugs and boxers as well as elderly dogs, puppies and dogs with other health issues are at higher risk. Since heatstroke can lead to irreversible damage to major organs and even cause death, it is essential that you understand the symptoms and treatment.

A dog's normal body temperature is between 100.5 to 102.5 degrees Fahrenheit. If his temperature rises to over 105, he will start to experience heatstroke. Once it reaches 106 to 108 degrees, organ

damage can begin to occur. Since most of us don't walk our dogs with a rectal thermometer handy, it is essential that you be aware of the symptoms:

- Excessive panting
- Excessive thirst
- Hyperventilation
- Increased salivation
- Glazed eyes
- Weakness
- Staggering or confusion
- Vomiting and diarrhea
- Collapse

If the overheating isn't corrected, your dog could possibly stop breathing, have a seizure or even fall into a coma.

If you notice any of these symptoms or a combination of them, you need to act quickly. First, get the dog into shade. Hopefully you will have a source of cool water on you or near you. Apply the water to the dog's inner thighs, stomach and the pads of his feet. If possible, use running water from a hose.

Do not submerge your dog in a tub of water or use water that is too cold as this could cool him down too fast, causing other problems. Avoid putting a wet towel on him as the

air needs to flow around him allowing the applied water to evaporate. Do not enclose him in a kennel and if possible keep him moving. Give him small amounts of cool water to drink but make sure he doesn't drink it too fast. Once he has started cooling and no longer appears distressed, get him to a veterinarian as soon as possible.

If you continue to try to cool him for too long, hypothermia could result. Since the effects of heatstroke can continue for up to 72 hours, it is essential the dog be checked out by a veterinarian to ensure there is no internal damage.

Recognizing the signs of heatstroke and knowing how to treat it are imperative; however, prevention is the best solution. Don't walk your dog in the heat of the day; stop frequently in shady spots whenever possible; have plenty of cool water for him to drink on hand and offer it frequently; do not let your dog walk on hot asphalt and NEVER leave your dog in a parked car on a warm day. Keeping these things in mind will make summer walks a pleasure for both of you.

—Sari Reis is a Certified Humane Education Specialist and the owner of Mission Valley Pet Sitting services. For more information you can contact her at 760-644-0289 or www.missionvalleypetsitting.com. ■

Dianne's Corner

News, notes from county board

Dianne Jacob



Student safety: San Diego County is teaming up with school districts to place more Sheriff's deputies on high school campuses and truancy officers in elementary and middle schools. The Board of Supervisors, at my urging, recently voted to work with as many as 10 districts to beef up law enforcement personnel on campuses in our unincorporated areas.

Campus safety and keeping kids out of trouble have always been big concerns. But in this day and age, we need to make sure we're doing all we can to keep our schools safe and our

kids in the classroom.

Backcountry services: My office and the county Fire Authority continue to work with Cal Fire to upgrade emergency medical services in our rural areas. We recently added around-the-clock paramedic service to the Intermountain fire station near Ramona. The station is on state Route 78.

The new paramedic engine is the sixth the county has added to our backcountry in recent years. Engines have been added to stations in Jamul, Lake Morena, Otay, Pine Valley and Descanso.

County officials also plan to post one in Jacumba Hot Springs within a few months.

Made in the shade: A big thank you to all those who joined me recently to formally dedicate the

new shaded patio at the Poway Library. It's beautiful!

The library is one of the most popular in our entire county. In the next few months, it will also get new carpet, lighting, furniture, more study areas and special spaces for kids and teens.

Since I joined the Board of Supervisors, the county has remodeled eight libraries and built 12 of them in District 2. Libraries bring us together and are great for our communities.

—For more news from Board of Supervisors District 2, which includes La Mesa, go to 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. ■

Sudoku & Crossword puzzle answers from page 15

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

ARK	HE	PO	HE	PO	HE	PO	HE	PO
ARK	HE	PO	HE	PO	HE	PO	HE	PO
ARK	HE	PO	HE	PO	HE	PO	HE	PO
ARK	HE	PO	HE	PO	HE	PO	HE	PO
ARK	HE	PO	HE	PO	HE	PO	HE	PO
ARK	HE	PO	HE	PO	HE	PO	HE	PO
ARK	HE	PO	HE	PO	HE	PO	HE	PO
ARK	HE	PO	HE	PO	HE	PO	HE	PO
ARK	HE	PO	HE	PO	HE	PO	HE	PO

St. Dunstan's Episcopal Church Presents

★ HUGE ★ RUMMAGE SALE!

Proceeds from the Rummage Sale support outreach programs at St. Dunstan's, including the Interfaith Shelter Network (homeless shelter), El Nido (domestic violence shelter), The Teen Shelter, Episcopal Refugee Network and many other local, national and international projects.

St. Dunstan's Episcopal Church
619.460.6442
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What's Cooking with Julie

Watermelon and feta salad

Julie White

Cool and refreshing, this is the perfect side dish for a warm summer evening. You can find small, round watermelons in most grocery stores.

Ingredients:

- 1 small seedless watermelon, cut into 1- to 2-inch chunks* (about 8 to 10 cups)
- 2 cups (or 1/2 pound) feta cheese, crumbled
- 1 cup chopped fresh mint leaves
- Juice of 1 lemon
- 1 teaspoon salt
- 1/3 cup olive oil
- Pinch of ground pepper (optional)

*You may substitute watermelon from a can, scooped out with a melon baller.



(Courtesy Flickr user timomcd via Creative Commons)

Directions:

In a large bowl, combine oil, lemon juice, salt and pepper. Add watermelon, feta and mint leaves. Chill well and serve the same day the salad is made for best flavor.

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

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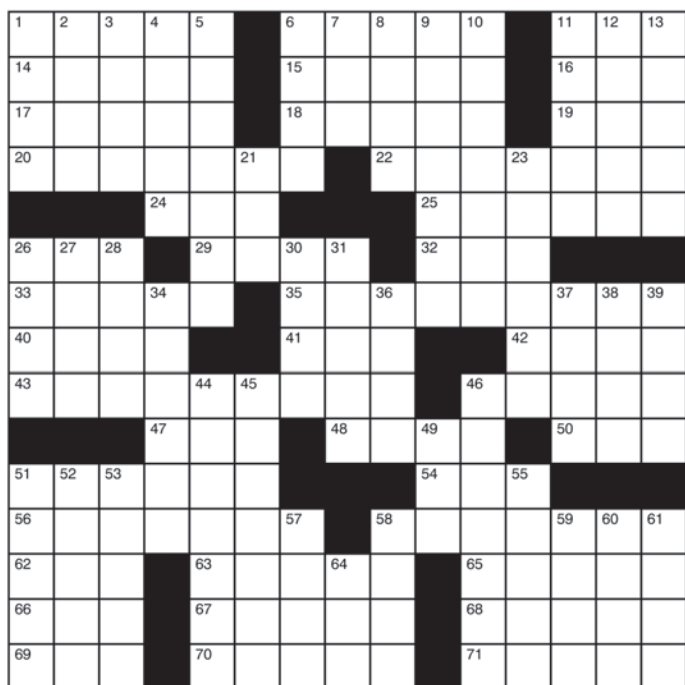
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PUZZLES | ANSWERS ON PAGE 14

CROSSWORD



ACROSS

- 1 Explorer Sebastian
- 6 Plateaux
- 11 Begins
- 14 Practice
- 15 Extreme
- 16 Infant
- 17 1977 sci-fi flick
- 18 Paserine bird
- 19 Mauna
- 20 Removed a letter
- 22 Mischief
- 24 transit gloria mundi
- 25 Darnell and Ronstadt
- 26 Matterhorn, for one
- 29 Nourishment
- 32 Geneticist's field
- 33 Serta rival
- 35 Corded silk fabric
- 40 time: quickly
- 41 Ah, fors'E: Verdi aria
- 42 Twice DLIII
- 43 Siege participants
- 46 Wan
- 47 Crag
- 48 Century unit
- 50 Language suffix
- 51 Start of the Hebrew

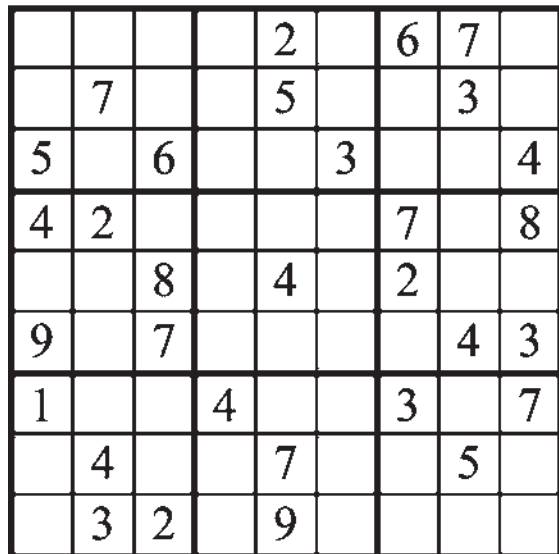
- calendar
- 54 Wee: Scot.
- 56 Aerial
- 58 Eyelash darkener
- 62 " body meet a body . . ."
- 63 Daydream
- 65 Kind of general
- 66 Set
- 67 It's often staked
- 68 Catholic's cousin
- 69 Noah's craft
- 70 "It takes a livin' in a house . . .": Guest
- 71 Hosiery cotton

DOWN

- 1 Flan
- 2 " forgive those who . . ."
- 3 Pagan god
- 4 Fairy-tale heavies
- 5 Depone
- 6 Hot-dog additive
- 7 Wright wing?
- 8 Ado
- 9 Belonging to Schwarzenegger
- 10 In a state of decline
- 11 Took by surprise
- 12 -Loo-Ra-Loo-Ral
- 13 Remains
- 21 Novelist Umberto
- 23 Deprives of weapon
- 26 Atlas expanse
- 27 Pre-Easter period
- 28 Gasp
- 30 Act the lecher
- 31 Advise and Consent author
- 34 Detest
- 36 Seine feeder
- 37 Pine
- 38 Composer Charles
- 39 Supreme Court figur
- 44 Pudding ingredient
- 45 Kriss
- 46 Big babies, perhaps
- 49 Simile center
- 51 Siberian forest
- 52 Deduce
- 53 Track down
- 55 Grape seeds, in Sier
- 57 Perfect report-card foursome
- 58 Reminder
- 59 Hertz competitor
- 60 Actual
- 61 Phoenician goddess love
- 64 Kind of code

SUDOKU

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



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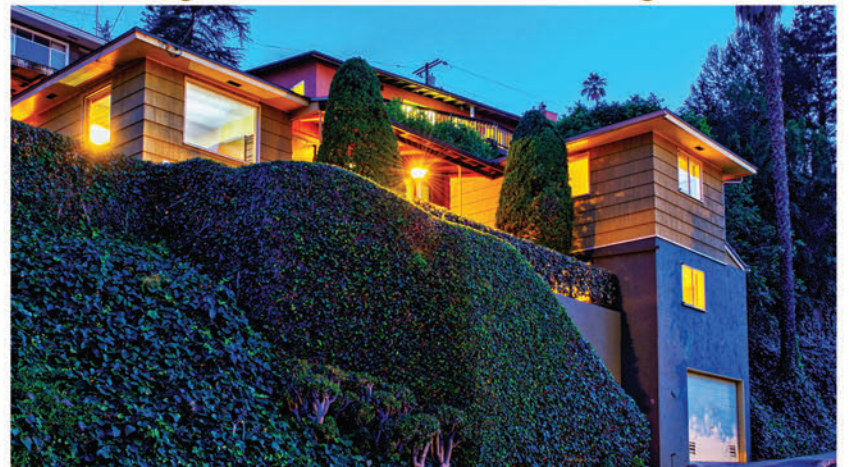
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