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# La Mesa COURIER

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president  
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## Boulevard Beautification



### Completion due by Thanksgiving



(top) Artist rendering of the finished streetscape improvements along La Mesa Boulevard. (bottom) Construction on final phase of sidewalk blocks traffic. (Drawing courtesy of city of La Mesa, photo by Jeff Clemetson)

Doug  
Curlee

Editor at Large



La Mesa business owners, citizens and city officials say the long-planned improvements on La Mesa Boulevard in La Mesa Village are all but done, pretty much on budget and on schedule. That's good news indeed for some of the business owners who say

the year-long street construction has had impacts on their operations, despite efforts to make it as painless as possible.

La Mesa Public Works Director Greg Humora says the city had to make a choice about that.

"What we, and the public, decided was best was to do a block-by-block phased approach where we do half of the street, and one block at a time. That allows for the other half of the

street to be open for parking and open for through traffic. And we created pedestrian zones within the construction zones so that even though they're working, the businesses are still open."

The alternate plan, he said, was to shut down the entire street all at once which would have made the project's timeline shorter but would have also caused "more sig-

See **STREETSCAPE** page 4

## Sandoval takes top prize on 'MasterChef'

Jeff Clemetson

Editor

La Mesa resident Claudia Sandoval says she is trying to stay "as un-busy as possible," which is sometimes difficult when you win one of the most popular cooking contests on television. Sandoval was named the winner of this season's "MasterChef," a competition that takes amateur cooks and challenges their skills in front of world-famous celebrity chefs.

Sandoval, who is currently employed as a social media marketer, has big plans after winning "MasterChef" on the finale that aired Sept. 16. Besides her day job, she is now a highly in-demand chef for events that want to feature dishes she made on the show. She is also transitioning to working in food service full time, although she isn't sure whether to open a restaurant, start a cooking show or something she hasn't even thought up yet.



'MasterChef' winner and La Mesa resident Claudia Sandoval (Photo by Greg Gayne, FOX Broadcasting)

"The show taught me anything is possible and I'm really excited for what the future holds," she said.

In the very near future, she said she will begin working on a cookbook because part of her prize for being crowned "MasterChef" is a publishing deal. "I want to make sure [the cookbook] represents me

See **MASTERCHEF** page 3

## Local hospital expansions to improve health care for East County residents

Jeff Clemetson

Editor

Recent, current and future expansion projects at local hospitals are making big changes in the health care options for East County residents. New construction and improvement projects at Sharp Grossmont Hospital, Alvarado Hospital and even the new Kaiser Permanente Hospital being built in Kearny Mesa are providing changes in a wide variety of health fields. Emergency room care, heart care, spine and joint care, mental health and more will all see improvements over the next couple years.

### Sharp Grossmont Hospital

The most visible of the recent hospital expansions is the \$60 million, taxpayer-funded Heart and Vascular Center at Sharp Grossmont Hospital in La Mesa, which will be housed in a three-story, 71,000-square-foot building that is currently under construction. The Heart and Vascular Center will expand the hospital's surgery capabilities with four new cardiac catheterization labs and four multipurpose, hybrid procedural rooms that can support general surgery, minimally-invasive surgery, image-guided surgery or endovascular interventional procedures, according to a hospital press statement.

"The hybrid operating rooms will allow us to do very complex cases," said Scott Evans, CEO of Sharp Grossmont Hospital. "The technology in the rooms will have instant imaging which will allow surgery to keep going instead of having to stop, get images and then consult specialists."

Evans said the hospital expansions both serve existing patients needs as well as future needs.

"We are the busiest emergency room in San Diego," he said.

See **HOSPITAL** page 19

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# More Haggen stores face trouble

## Chapter 11 filing bad news for struggling company

Doug Curlee



Economic experts familiar with the grocery industry are still shaking their heads, wondering how Haggen grocers from Washington state got into so much trouble so quickly.

One of those experts — perhaps the preeminent one in our area — is University of San Diego economics professor Alan Gin.

Gin has long been the local media's go-to guy for all sorts of economics issues, and he has some interesting questions, and answers, about the recent Haggen grocery store closures.

"Possibly the most important thing is, they apparently didn't understand the markets they were trying to expand into, especially here in Southern California. This is one of the most crowded and competitive grocery markets in America, and it was already jam-packed before Haggen came in," Gin said.

"The problem is also that stores that weren't really part of the crowded picture before are becoming much bigger players. Walmart, Target, Sam's Club are all massively expanding their grocery operations,

and their buying power creates even more intense competition for the grocery dollar. There's also the presence in our area of the specialty, somewhat more upscale operation like Whole Foods, Trader Joe's and the like."

Grocery profit margins are so thin that massive numbers of customers are necessary to create buying traffic in your stores.

"There's a saying in the grocery business that may be very close to the truth", Gin said. "If a customer drops and breaks a jar of strawberry jam, there goes your profit margin for the day."

"Another problem may be that Haggen just sort of showed up and expected people to come in, just as they did in Albertsons or Vons. That didn't happen in most stores."

In March, Haggen bought 146 Pavilions, Safeway, Albertsons and Vons stores throughout the West Coast in an acquisition that the Washington state grocer hoped would make it a major player in other western states. Haggen bought the stores from Albertsons and Safeway as the two companies divested some of their locations during a merger. In San Diego County alone, Haggen took over 25 Vons and Albertsons stores.

Of the two stores opened in



Signs announce the closing of the Haggen store at 5630 Lake Murray Drive. (Photo by Jeff Clemetson)

La Mesa, only the store at 3681 Avocado Ave. is still open. The store at 5630 Lake Murray Drive closed last month. According to Gin, there were several business mistakes that Haggen made that led to the rapid closures of their recent acquisitions.

It's often said that "in good times, you should advertise. In bad times, you must advertise." Haggen did very little in the way of advance advertising, Gin said.

Haggen also ran into store shelf stock problems, and says Albertsons engaged in a major conspiracy to undercut their business after the sale. Haggen has now filed a billion-dollar suit against Albertsons alleging just that. That, in the wake of a suit by Albertsons alleging Haggen failed to pay for almost \$150 million of product left behind when Albertsons departed.

Haggen blames computer pro-

gram problems for the fact that many grocery items were very overpriced, and many others drastically underpriced. Consumers were quick to tumble to that problem, and were ready to let the company know of their unhappiness.

Bill Shaner, the Haggen executive in charge of the southward expansion of the company, left as the Chapter 11 bankruptcy filing was announced early this month.

But that may not save Haggen. Alan Gin thinks there's really only one thing that could save it, or at least keep some of the expansion stores operating.

"They would almost have to win that billion-dollar lawsuit to make this work. That will be very hard to do, but if they don't, it may be over for them."

We can question why a 16-store, small, one-state grocery chain felt it was wise to buy 146 stores in

five states. Haggen executives are asking that same question themselves.

It's somewhat personal for my family. We live three blocks from a Haggen that used to be an Albertsons. We used to shop frequently at that Albertsons. We don't anymore. Now, we go there only if there's an item or two we need in an emergency, and we note the fact that the prices are invariably higher than they were before.

But there is one small benefit to going there. It's much easier to get a parking place close to the front door.

—Doug Curlee is editor at large. Write him at [doug@sdccn.com](mailto:doug@sdccn.com). Haggen failed to pay for almost 150 million dollars in shelf stock left by Albertson's.

—Editor Jeff Clemetson contributed to this report. ■

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(above) Sandoval explains a dish to Chef Gordon Ramsay. (middle) Sandoval smiling over the outcome of a challenge. (bottom) Ramsay gives intense instruction to 'MasterChef' contestants. (Photos by Greg Gayne, FOX Broadcasting)

### ► Master Chef, from page 1

and what I'm about with Mexican cooking," she said.

She is also looking forward to another perk of winning the show — the "MasterChef" cruise to the Caribbean, where fans can mingle and eat dinner with the stars of the show while doing mystery box challenges and other fun culinary events.

In addition to the cookbook deal and cruise, Sandoval also won \$250,000, which she plans on using to buy a home for her and her daughter. "Maybe we'll buy a house up the hill in La Mesa," she said.

Sandoval grew up in National City but has lived in La Mesa since 2013. Prior to that, she went to Grossmont College before transferring to SDSU where she majored in philosophy and had aspirations of becoming a lawyer.

"I still love the law and philosophy," she said. "I think it helped me in the show as well because I was very organized and that helped lead me to my success."

Sandoval, like all the contestants on "MasterChef," has had no real work experience in a professional kitchen. Instead, she learned all about authentic Mexican cuisine from her family.

"My mom has always been a really good cook. I was literally with her every single day in the kitchen with her," she said, adding that her grandmother did the same thing with her mom, insisting that everything she knew about cooking would be passed down.

Although Sandoval grew up with her mom and credits her cooking style and know-how to her, her father was a chef for 14 years and had some advice of his own to share. "Right before I left for the show, he gave me valuable tips on how a professional kitchen works."

The kitchen advice and cooking traditions of Sandoval's family came in handy during some of the tougher challenges she faced on the show, like the show's finale where she had to cook for 30 chefs and restaurant executives. Also, early in the show, she had to cook for thousands of people at Knott's Berry Farm. "Right off the bat, even with a team of 12, it was so stressful," she said.

Even through the difficult challenges, it was Sandoval's unique, Mexican-influenced cooking that won over judges week after



### 'MasterChef' Claudia Sandoval's favorite La Mesa restaurants

**Antica Trattoria** — "I love Italian food and Antica Trattoria has the best gnocchi and short ribs."

**The Hills** — "When I want to eat at a relaxed place, I go to The Hills. They have the best burger in town."

**BO-beau Kitchen + Garden** — "Everybody knows that this place is excellent."

**Konnichiwa Sushi & Bar** — "This is my daughter's favorite."

week on the show, including the notoriously critical Chef Gordon Ramsay. "Claudia was a strong competitor from the beginning," Ramsay said in a statement released by the show. "Her passion and unique dishes were what impressed us the most."

One of the dishes she made on the show she is very proud of is a dish called Arroz con Leche Molotes, which is a fried rice pudding ball. "The judges were really happy with that one because it is so simple. Anyone in America can make it."

Another memorable dish from the show was her Tomato Napoleon. "I dreamt that dish the night before I made it," she said. "Everyone always says to me, 'No way, really?' But I really

did dream it."

Being a winner of "MasterChef" — and the first Latina winner in the show's history — has brought Sandoval a lot of attention, especially at home in La Mesa, but she says she is comfortable with it.

"It's always me and my munchkin out in La Mesa and it's nice to have people recognize you," she said. "I'll be at Vons and people will recognize me and take a picture and I'm like, 'Come over here, I'll take a picture with you.'"

Still, Sandoval insists she is not a celebrity. "I'm just Claudia," she said.

—Jeff Clemetson is editor of the La Mesa Courier. Write to him at jeff@sdCNN.com. ■

## 27 Ways to Drive Up the Sales Price of Your Home

La Mesa - Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life, and once you have made the decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here's a way to help you to be as prepared as possible.

To assist homesellers, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar." It tackles the important issues you need to know to make your home competitive in today's tough, aggressive marketplace.

Through these 27 tips you will discover how to protect and capitalize on your most important investment, reduce stress, be in control of your situation, and make the best profit possible.

In this report you'll discover how to avoid financial disappointment or worse, a financial disaster when selling your home. Using a common-sense approach, you will get straight facts about what can make or break the sale of your home.

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## ► Streetscape, from page 1

nificant impacts” to businesses in the Village.

For the most part, the block-by-block approach seems to be working for most people — but not all.

“It’s hurt us badly. Our business has really dropped off through this,” said Lupe Marrojo, manager of the Por Favor restaurant. “If the other restaurants in our group hadn’t helped us through, we might not have made it.”

Similar thoughts came from Carol Tolosko, who runs Centifonti’s and Konnichiwa Sushi. “A lot of us are losing money through this. We’re down 50 percent in one place, and almost two-thirds in the other. Right now, we can’t even get temporary railings so we can serve outside. Some people still want to eat outdoors, even with the construction noise and dust.”

Other business owners have a more optimistic view of the streetscape improvements.

“I’m not a walk-in business. People come here with appointments, not just cruising,” said Terry White of Golden Artistry Jewelry. “But it’s still very nice to see this ending and seeing what what [the improvements are] going to look like. It’s been needed for a lot of years.”

The streetscape project to revitalize La Mesa Boulevard between Fourth Street and Acacia Avenue really began back in 2008 when the design work began. Then the public hearings began and a bidding process for



Public Works Director Gregory Humora (left) and project manager Hamed Hashemian discuss progress on sidewalk construction. (Photo by Jeff Clemetson)

who would get the construction contract, which was eventually granted to Dick Miller Inc. for a bid of just under \$7.5 million.

Funding for the project comes from a variety of sources: A SANDAG smart growth incentive grant for \$2 million; \$1.3 million from downtown parking meters; some Transnet money; some money from the American Recovery and Reinvestment Act; an estimated \$650,000 from the Transit Development Administration because of the project’s proximity to the trolley and bus stops; and \$250,000 from wastewater fund reserves.

Humora said he expects the project’s final cost to be very close

to the original bid cost by the contractor, despite some unexpected setbacks that came up during construction.

“We ran into some underground fuel storage tanks that had been there since the 1920’s that were underneath the sidewalks that we didn’t know were there,” he said. “You can look at old photos and see there were gas stations there. Back in the day, the gas stations put the tanks underneath the sidewalk. For whatever reason, previous projects did not remove them.”

The construction crews had to remove five 500-gallon tanks from under sidewalks along La Mesa Boulevard. Three tanks were

found between Third and Fourth streets and two more were found east of Fourth. There was no fuel in the damaged tanks but the city had to bring in a hazardous material contractor in to abate them as well as get the county to clear the site.

“The coordination worked really, really well between our contractor, the hazardous material contractor and it barely slowed us down,” Humora said.

Keeping to the schedule and not getting slowed down is important for the city because of the upcoming Oktoberfest on Friday, Oct. 2 and Saturday, Oct. 3. “This will be the second Oktoberfest

run in concert with the project. That’s when we have the most amount of people in the downtown La Mesa so that’s when our biggest concern is for pedestrian safety and jobsite safety so we stop construction during that time.”

Last year, there was only one block finished before Oktoberfest. This year, all the sidewalks are expected to be finished and the only work left to be done after is to install the enhanced crosswalks, plant trees, re-asphalt the street and paint the stripes for the street and parking spaces, which should only take about a month to finish.

“I really need to be out of there by Thanksgiving,” Humora said.

That should be good news for the businesses like Por Favor and Centifonti’s that have struggled during the streetscape project. And it is also good news to the future businesses in the Village, as well.

Chris Jacobs, the acting community development director for La Mesa, acknowledges that there have been some vacancies along La Mesa Boulevard over the years, but thinks the updated and beautified La Mesa Village will be a place that businesses will be more interested in.

“We’ll certainly be getting the word out among the business community that things have changed in the Village,” he said. “We think it will be a good sales tool to revitalize the area and the city.”

—Doug Curlee is Editor at Large. Write to him at [doug@sdenn.com](mailto:doug@sdenn.com) ■

—Editor Jeff Clemetson contributed to this story. ■



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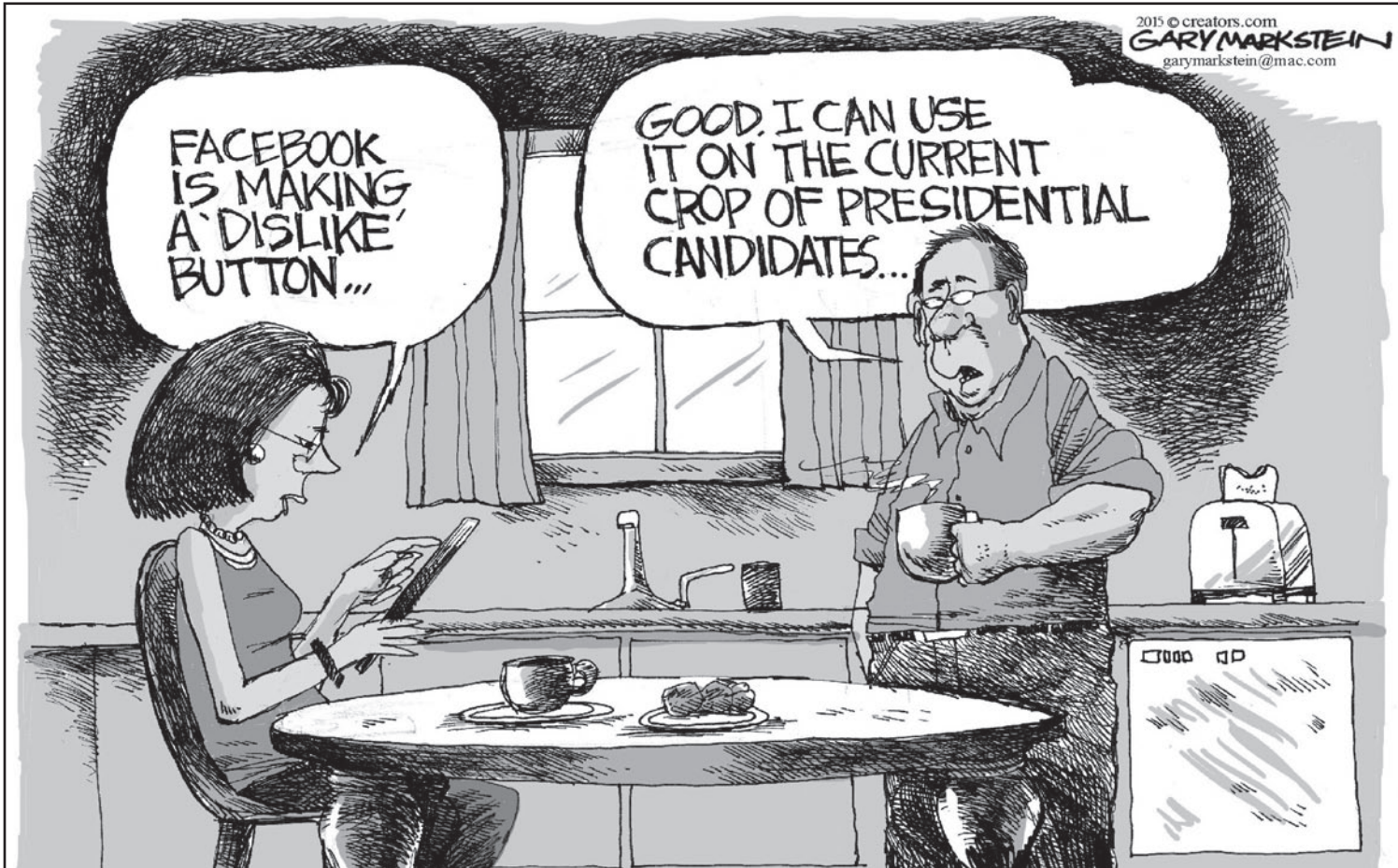


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## EDITORIAL

## Courier's new editor at home in La Mesa

Jeff Clemetson

Editor

Just over three years ago, my wife and I moved from Ocean Beach and made La Mesa our home. We were attracted to the city's quiet neighborhoods, welcoming downtown area and proximity to my wife's family who have lived in the area for several decades.

Soon after purchasing our home, I started reading the La Mesa Courier. In its pages were stories that were foreign to me, at first, being a brand-new resident of the city. But the longer we lived here, the more I related to the issues chronicled in the paper. The more I read the paper, the more I felt connected to my new community.

I have been a journalist for half of my life. I've written for different online and print publications in the many places I've lived over the years, but I've never really described those jobs as writing and reporting about my home — until now.

As the new editor of the La Mesa Courier, I'm very excited to be more involved in the community I now call home and to report the events and issues that my neighbors care most about. La Mesa is a unique place to live, with unique people who live here and unique stories to tell. My goal as editor of the Courier is to help tell those stories.

In this issue, there are stories about the revitalization construction in La Mesa Village,



La Mesa Courier Editor Jeff Clemetson

local supermarkets that have closed and area hospitals that are growing. There are also reports on outstanding local teachers being honored and local students publishing books.

These are but a fraction of life in our city, and we can't possibly report and publish it all, but I promise to do my best to write the stories important to this community. And I also promise to listen to you, the readers, about what those important stories are to you. I look forward to learning more about my new home city, La Mesa.

—Write to Jeff Clemetson at [jeff@sdcnn.com](mailto:jeff@sdcnn.com). ■

## LETTERS TO THE EDITOR

## Praise for 'It's the people we'll miss'

Many, many thanks for the beautiful article by Genevieve Suzuki! It captures exactly how I feel about my neighborhood people. I wonder how many millions of people feel just like this? This is one of the best articles I've read in years, and that includes major "prestige" publications. If university literature departments still taught literature, this is the nonfiction their students would be writing (and there would be something actually worth reading out there on the "bestseller" list). Thank you so much!

—David Wiener, La Jolla

## Sad parting for Sanfilippos

I am sending my thoughts about Sanfilippo's pizza.

Happy friendly staff, for sure. But one of the most fun (and thoughtful) things is giving your kiddos a ball of dough at your table for them to play with. Our son is 15 now, but it sure was good entertainment at our table when he had the dough to roll, stretch, taste and just have fun with.

It's very sad to see them close. Their food is really delicious. We'll miss them all.

—Susy Boyer, La Mesa

My family and I are sorry to hear that Sanfilippo's is closing. We have eaten there many times since they opened and we have lived in La Mesa for 50-plus years. When my son Brad, who lives in the San Francisco area, comes home, we meet there for pizza and spaghetti. Other times, my daughter, Elene, comes from Alpine to join us for our favorite Tuesday lunch special, lasagna. My daughter Renee, likes the Don's Special. Now where do we go locally?

—Ruth Bidwell, La Mesa ■



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**Poll of the Month**

## This Month's Question:

**Is the La Mesa Village streetscape improvement worth the hassle?**

- ☐ Yes, and it was long overdue
- ☐ We'll have to wait and see
- ☐ No, it has been a giant headache

To cast your vote, visit [lamesacourier.com](http://lamesacourier.com).



EDITORIAL



Construction begins on building improvements at Valhalla High School in Rancho San Diego. (Photo courtesy of Mary Beth Kastan)

## School modernization a higher priority than new Alpine campus

Mary Beth Kastan

Students returning to Valhalla High School in Rancho San Diego this fall will be joined on campus by some unusual guests — construction crews with heavy equipment.

Despite the noise and dust, we're excited to see a long-awaited campus modernization project finally underway. Thanks to bond funding provided by East County voters through Proposition U, the 49 classrooms in our 155,000-square-foot main building will be fully renovated for the first time since the school opened more than 40 years ago.

Imagine taking 40 years to renovate your house? Clearly, this work is needed.

Yet this project almost did not happen. Despite the fact that voters have approved two school-improvement bonds, thousands of Grossmont Union High School District students are attending schools in need of classroom improvements. These students are suffering through long delays due to a baseless lawsuit.

A small group of Alpine residents has sued the district to try to stop it from using bond dollars to upgrade existing high schools. The plaintiffs argue the district should build a new high school in Alpine and ignore the backlog of classroom improvement projects at its 11 existing high schools.

For the district, the issue is simple. Total enrollment is not high enough to justify building a 12th high school in East County, especially when every dollar spent on that new high school is a dollar that can't be spent on existing schools in desperate need of repairs.

In July, a judge ruled that modernization projects planned at Valhalla and Monte Vista High School could move forward despite Alpine's attempt to block the improvements. Eleven other school modernization projects remain in limbo. The judge has set a December court date.

That means students at Helix Charter High School, for example, will continue to learn in 60-year-old classrooms where ceiling tiles are falling down. It means that at Granite Hills High School, students will continue to learn in drab, temporary classrooms instead of the state-of-the-art facilities.

While lawyers argue over

motions in Downtown courtrooms, students with severe disabilities at West Hills High School will be forced to wait longer for the specialized restroom facilities they need. Students pursuing career technical education at Mount Miguel will have to continue to study in old classrooms instead of the multipurpose spaces that would enhance their education.

Across the district, schools will continue to pay astronomically high electricity bills because they can't upgrade the outdated, inefficient air conditioning systems that are older than some of our teachers.

At Valhalla, we're fortunate the judge ruled in our favor. We'll be able to install LED lighting to cut our energy bills. We'll be able to improve accessibility for disabled students. And we'll be able to strengthen the safety features of the building, including fire sprinkler and smoke evacuation systems, in addition to numerous other upgrades.

We know from experience that safe and modern classroom facilities make a significant difference in educational outcomes. After opening a brand new science building with state-of-the-art features at Valhalla in 2010, we immediately saw a marked increase in the level of student interest and engagement in their academic work. More than a third of our graduating seniors now take an additional year of science classes beyond what is required to graduate. That's exactly the type of student achievement East County voters want and voted for when they supported the school improvement bonds.

Experienced educators know that students rise to the expectations we set for them. When we put students in decrepit classrooms that are long overdue for repairs, it sends the message to students that they are not a priority. By the same token, when we show students that we're willing to invest in them and their learning environment, we make it clear that they matter and that their education matters.

That's why voters approved Propositions U and H. All East County high school students — not just those in Alpine or Rancho San Diego or Spring Valley — deserve to learn in safe, modern and state-of-the-art classroom facilities.

—Mary Beth Kastan is principal of Valhalla High School. ■

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# Cuyamaca College names new president

Anne Krueger  
Grossmont-Cuyamaca Community College District

Juliana M. Barnes, vice president of student services at San Diego Mesa College, has been selected to serve as president of Cuyamaca College effective Oct. 5.

Barnes was selected following a nationwide search, and was one of three finalists invited to participate in public forums at the Rancho San Diego campus. She emerged as the top choice for president following interviews with district leaders and the Governing Board.

"The people at Cuyamaca College have a unique combination of heart and innovation," Barnes said. "The faculty and staff at Cuyamaca are student-centered, and they love what they do. I'm looking forward to building on the partnerships that Cuyamaca College already has with the community, industry and other educators."

Cindy L. Miles, chancellor of the Grossmont-Cuyamaca Community College District, said Barnes' passion and leadership skills stood out in her qualifications to lead the Rancho San Diego college, which has about 9,000 students. This will be a homecoming of sorts for Barnes, who served as vice president of student services at Cuyamaca College before taking

the job at San Diego Mesa College in February 2013.

"I'm delighted to have Dr. Barnes back in our district," Miles said. "She has amazing enthusiasm for helping students succeed and for collaborating with faculty and staff to ensure that students get the best education possible. In addition to her competence and creativity, she has the perfect blend of head and heart."

Bill Garrett, president of the Grossmont-Cuyamaca Community College District Governing Board, also praised Barnes' professionalism and innovative thinking.

"Julie Barnes is the perfect fit for Cuyamaca College," Garrett said. "She knows the community, our students, and our faculty and staff. I know she will be a terrific representative for Cuyamaca College, both locally and statewide."

In her current role at San Diego Mesa College, Barnes is responsible for leading a division within the college that includes a wide range of key student services functions. She is also responsible for leading the college's accreditation efforts, is heavily engaged with integrated planning, and provides leadership for the institutional student success and equity efforts.

During her tenure at the college, she secured a \$2.7 million federal grant to improve outcomes



Cuyamaca College President Juliana M. Barnes (Photo courtesy of Cuyamaca College)

for students, particularly first-generation Latino students. She also worked to improve student success and equity by enhancing a program to assist first-year students, and led efforts to implement student success programs.

Barnes served in a similar position at Cuyamaca College from November 2010 until she took the job at San Diego Mesa College. While at Cuyamaca College, she led the effort to have the college established as a Hispanic-Serving Institution, making it eligible for federal grants. She also spear-

headed the establishment of the college's Veteran's Resource Center, which provides assistance and networking opportunities for student veterans. She was involved in efforts to strengthen the college's planning process, and led efforts to carry out the state's Student Success Initiative.

She previously worked 11 years as dean of student development and matriculation at San Diego City College and as dean of student affairs and matriculation at San Diego Miramar College. Before that, she had worked

in a variety of student affairs programs at the University of California, San Diego.

Born and raised in San Diego, Barnes and her two siblings were raised by a single mother who dropped out of high school. She was the first in her immediate and extended family to attend college, but she only discovered college was an option when she saw other students in her high school Advanced Placement classes filling out college applications.

"I went to my counselor and found out I should be applying to college too," she said.

Barnes applied and was accepted to the University of California, San Diego. In her sophomore year, her work as a student ambassador guided her toward her life's work.

"I helped students learn about the possibility of going to a university," Barnes said. "That really inspired me and ignited in me a passion to work with students to show them that they, too, can go to college."

She received her bachelor's degree in sociology with a minor in teacher education from UCSD, and then got her master's degree in education with an emphasis on multicultural counseling from SDSU's Community Based Block Program. She earned a doctorate in educational leadership with a community college specialization from San Diego State University.

Barnes lives in San Diego with her husband, Bret Barnes, and their two children, Angelina, 17, and Natalie, 11. She has many family members in the area, including her brother, Ronald Ballesteros-Perez, who is vice president of administrative services at Palomar College.

Despite her busy schedule, Barnes trained for several years in martial arts with a sensei at UCSD, and holds a black belt in karate.

"I parallel my work in the martial arts with student success," Barnes said. "Just as we use focus to break a board in karate, I want to help students break through barriers so they can achieve student success."

—Anne Krueger is the communications and public information director at the Grossmont-Cuyamaca Community College District. She can be reached at [anne.krueger@gcccd.edu](mailto:anne.krueger@gcccd.edu).

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# La Mesa's Teacher of the Year contenders

## Local educators to be honored at Balboa Theatre gala event



(l to r) Laura Auito and Laurie Baker-Worthington are among 44 nominees for Teacher of the Year. (Photos courtesy of San Diego County Office of Education)

Two teachers from La Mesa will be among the honorees at this year's "Cox Presents: A Salute to Teachers" award program on Oct. 10 at the Balboa Theatre. This will be the 25th anniversary of the Academy Awards-style event that features celebrity emcees and presenters, musical and dance performances along the announcement of the 2015-16 San Diego County Teachers of the Year, who

will go on to represent the region at the California Teacher of the Year program later this year. Laura Auito of La Mesa teaches third and fourth grades at Lemon Avenue Elementary in La Mesa. She is being recognized for encouraging her students to question the status quo and to take small steps to achieve big ideas. Auito takes a creative approach to teaching while still incorporating data that

she uses to steer her lessons and monitor her students' progress. Her personal story as a nine-year breast cancer survivor is also inspiring. La Mesa resident Laurie Baker-Worthington became pregnant the summer before her senior year. She credits her teacher and case manager at the pregnant minor program she was sent to with believing in her and encouraging

her to go to college. As a teacher at Hilltop Middle School in Chula Vista, she believes her most important role is that of cheerleader for her students. Baker-Worthington is no stranger to teacher awards — she was recognized as the Greater San Diego Math Council Middle School Mathematics Teacher of the Year in 2010. A total of 44 nominees for Teacher of the Year were selected by their respective school districts. Of those, five will be named County Teacher of the Year. The top five teachers are selected based on student achievement, professional development and community involvement, teaching philosophy and personal style, knowledge of educational issues and trends, promotion and development of the teaching profession, accountability and ability to serve as ambassadors of education.

Along with honoring the county's 26,000 public school teachers, the gala event will feature celebrity hosts and presenters including former co-host of "The View" Sherri Shepard, San Diego broadcast journalist Dennis Morgigno and CNN correspondent Kyra Phillips who is a San Diego native and graduate of Helix High in La Mesa. Phillips is an especially appropriate host because of her reports on Iraqi students who risk their lives to attend school. "Cox Presents: A Salute To

Teachers" is a live show that begins at 8 p.m. on Saturday, Oct. 10 at the Balboa Theater. Tickets can be purchased online at [sandiegotheatres.org/a-salute-to-teachers](http://sandiegotheatres.org/a-salute-to-teachers), by calling the Balboa Theatre box office at 570-1100 (all San Diego area codes), or at the Balboa Theatre box office located at 868 Fourth Ave. in Downtown San Diego. A 10 percent discount is available by mentioning title sponsor San Diego County Credit Union. For more information, visit [dcoe.net/salute](http://dcoe.net/salute). ■

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## Dianne's Corner

### News and notes from County Supervisor Dianne Jacob

Dianne Jacob



fleet and more County Fire Authority active reserves.

A major wildfire will strike again someday and when it does we want to make sure we're as prepared as we can be.

#### Buzzworthy

My fellow supervisors recently joined me in easing county regulations on beekeeping.

We've taken similar steps in recent years with wineries and equine businesses, and are looking at ways to encourage craft breweries. It's part of a broader effort to boost our regional economy and back-country business. Or, as I call it, the — three Bs: Bees, beer and burgundy.

#### Fire preparedness

As we all know, wildfire is a year-round threat in East County, but particularly this time of year due to the dry conditions across our backcountry and the annual Santa Ana winds.

Over the past dozen years, the county has invested more than \$320 million on fire protection improvements. These include new fire stations, equipment and better trained firefighters.

Improvements made within the past year include a new station in Boulevard, an expanded aerial firefighting

#### Alzheimer's alert

The county recently launched a new type of alert to help find seniors with Alzheimer's disease and others who are reported missing and in danger.

Local law enforcement agencies can now notify the public via email and cell phone text message when a person with dementia or other impairment goes missing in the region.

Wandering is a huge concern for families dealing with Alzheimer's and this new alert could bring real peace of mind and save lives. I encourage you to sign up to receive the alerts by going to [readysandiego.org](http://readysandiego.org).

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

Have a great East County day!

—Dianne Jacob is the San Diego County Supervisor for District 2. ■



## Helix Highlights

Jennifer Osborn

#### Field Trip fully funded

Two Helix teachers have been funded through the website [donorschoose.org](http://donorschoose.org) almost \$17,000 for a field trip for the entire freshman class. Christina Potter and Aleen Jendian requested the funds for the field trip, tentatively set for mid- to late-October, for students to see the movie "He Named Me Malala."

The movie has a direct tie-in to a program started this year, called "One Book, One Helix." All of this year's freshmen were given a summer assignment to read the book "I Am Malala: How One Girl Stood Up For Education and Changed the World," the story of a Pakistani girl who fought for her right to an education, and was shot by the Taliban for speaking out. The book was chosen because we want all students to understand the power and importance of education, and also the power that one person can have in making change. Students completed a creative project in response to the book and teachers across subjects have also incorporated "Malala-related" discussions and assignments in their classes.

This project is just one of many that Helix teachers have posted on [donorschoose.org](http://donorschoose.org). Requests range from Chromebooks, to class sets of "The Great Gatsby," to jazz pants for the dance team, to programmable robots and more. Donors can donate any amount toward any project. Once the project is funded, the materials are sent to the teacher, who is then responsible for putting together a thank-you package for the donors. For more information, visit the website and search for "Helix Charter."

#### Hashtag for the Home Team

Helix could win up to \$10,000 in a contest sponsored by car2go, simply by using a hashtag on Twitter and Instagram. The Hashtag for the Home Team contest will run until Nov. 7. During the contest, vote for Helix on Twitter and/or Instagram using the unique hashtag: #car2GoHelix.

The school with the most votes at the end of the contest will win the \$10,000 grand prize; second place will win the \$5,000 runner-up prize. There is no limit to how many times you can vote. For more information, please visit [hashtagforthehometeam.com](http://hashtagforthehometeam.com).

#### Homecoming 2015

This year's Homecoming game and festivities will take place on Friday, Nov. 6. (A previous column incorrectly stated that Homecoming would take place in September. We regret the error.)

#### Save the date

The 9th Annual Highlander Open Golf Tournament will take place on Saturday, May 21, 2016 at 1:30 p.m. at Carlton Oaks Golf Course. This annual event is put on by the Helix High School Foundation and proceeds help to provide financial assistance for graduates of Helix Charter High School. More than \$35,000 has been raised for scholarships since the inception of the tournament.

Our goal is to increase the amount of scholarship money that we can provide for students. Through tournament sponsorships, we can continue to assist students with their hopes of obtaining a college education by providing them much needed financial support. Sponsorship opportunities include hole sponsors, contest sponsors, raffle prizes, and more. Please contact Frank Theroux at [theroux@helixcharter.net](mailto:theroux@helixcharter.net) for more information.

#### Excellence in Education Tour

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 Thursday, Oct. 1 from 5:30 to 6:30 p.m., and Friday, Oct. 16 from 9:30 to 10:30 a.m. More information can be found at [helixcharter.net](http://helixcharter.net). We hope to see you there!

—Jennifer Osborn writes on behalf of Helix Charter High School. ■

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## Medical Minute

### What is a hospitalist?

By Dr. Larry Emdur

I am a board certified internist and pulmonologist practicing at Alvarado Hospital in San Diego since 1984. Starting in the late 1990s, I concentrated my practice in the care of the hospitalized patient. This meant that I spent the majority of my practice full time in the hospital taking care of ill patients that were admitted to an acute care facility. Robert Wachter, M.D. at UCSF, coined the term hospitalist. The Society of Hospital Medicine has adopted the definition of the hospitalist as "Hospitalists are physicians whose primary professional focus is the general medical care of hospitalized patients. Their activities include patient care, research, leadership, and hospital medicine."

This form of medicine has improved the efficiency of care of the hospitalized patient. Pre 2000, many patients were taken care of by a primary physician who also had responsibilities in the office. This meant that they were not totally available to take care of problems that would arise in the hospital when they were required to be in their office. With the new paradigm when the doctor is in the hospital 7/24, the hospitalist is better able to provide care to the patient. This means earlier diagnosis, earlier treatment, follow-up on abnormal labs,



Dr. Larry Emdur

and hopefully shorter periods of time in the hospital. This more efficient system is saving time and money for both the patient and the delivery of care by the hospital.

In the last year, Alvarado Hospital has transitioned to a full-time hospitalist program with soon to be seven hospitalists that are providing around the clock 7/24 care to the patients. This is one of the reasons that Alvarado Hospital is a Health Grade Distinguished Hospital 2014, 2015 (Top 5% in the Nation) for clinical excellence and patient safety.

Dr. Emdur and his hospitalist team are striving to improve on all of these metrics with a hospitalist team approach.



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# 101-year-old alumna returns for Grossmont High Homecoming

Connie and Lynn Baer

Since its first class graduated in 1921, Grossmont High School alumni have returned home each year to relive and renew their memories of Foothiller life. This year's Foothillers will be part of a historic celebration of Grossmont's storied past, present, and future.

One of our oldest alumnae, 101 years "young" Edna Swink Kouns, Class of 1932, recently shared with us some of her memories of life at Grossmont — eating lunch on the lawn in front of the granite "castle" building; wearing the school uniform of white middie blouse and black tie and black P.E. bloomers; walking home to Lakeside from Grossmont if she missed the bus due to band practice or speech and debate practice. Edna can even still sing the 1920s GHS pep song. Listening to Edna recall student life more than 83 years ago, we were struck by the timelessness of Foothiller life.

On Friday, Oct. 16, Grossmont High School will celebrate its 95th anniversary at Homecoming 2015. A variety of events will celebrate Grossmont's traditions and the people who have made Grossmont's history so remarkable.

The planned schedule of activities include:

From 2:30 to 3:30 p.m. at the 1922 "Castle"/1937 Old Main, visit the original school, reno-



Edna Swink Kouns, Class of 1932, will help celebrate Grossmont High School's 95th homecoming. (Photo courtesy of GHS Museum)

vated in 2014, and relive your memories as you wander the halls (now with an elevator).

At 3:30 p.m. in the 1970 New Gym, there will be a reception with light refreshments.

At 4 p.m. in the 1970 New Gym, there will be performances by the Red Robe Choir, the Royal Blue Regiment Band and the 2015 Hall of Honor Induction Ceremony.

The eight inductees, each of whom have distinguished Grossmont by their accomplishments after high school, are Jean Landis, Class of 1936; Timothy Miller, Class of 1956; Bill Woolman, Class of 1962; Brian Sipe, Class of 1967; "Woody" George Clarke, Class of 1969; Julia Stewart, Class of 1973; and two Grossmont High teachers — Merle Donahue, 1929-1962, and Jim Nichols, 1959-1988. Six of the

eight inductees will be attending with family and friends as well as the family of the two who have passed.

From 4 to 7 p.m. the Grossmont High School Museum will be open.

At 5:30 p.m., there will be a dedication of the new tiles from the Grossmont High School endowment fund, Foothiller Friends and Founders at the Humanities Building and 1937 Old Gym.

At 6 p.m., there will be campus tours of the historic bronze plaques on campus and the new buildings. Tours meet at the museum.

At 7 p.m., the football game versus Steele Canyon begins at Jack Mashin Stadium.

Please make your plans to be a part of a wonderful day in

## Edna Swink Kouns "Carrot Top" Grossmont UHS Class of 1932

Christmas Pageant 3, 4	Volleyball 3, 4
Hi-Jinx 2, 3	Hockey 3, 4
Boys Federation Program 2, 3	Basketball 4
F.F.L. 3, 4 Sec. 3, Pres. 4	Advertising Manager "Olympic Bound" 4
Debate 3, 4	Band 3, 4
Oratorical Contest 3	Orchestra 2, 3
Commissioner 4	Latin Club 2
Editor-in-Chief, Annual 4	"Rehearsal" 2
Foothill Echoes Staff 4	Property Manager "Than Ferguson Family" 3
Spring Concert 3, 4	
Girls League Sec. 3	
To Do Something To Please Mr. Smith	
Assistance Business Manager "Seven Chances" 3	

Photos from Edna Swink Kouns' high school yearbook in 1933. (Courtesy of GHS Museum)

Grossmont's history. A campus map is available on the GHS Museum website at [foothillermuseum.com](http://foothillermuseum.com), on the day of the event as you walk onto campus, or by mail upon request.

Museum hours are noon to 4 p.m. Oct. 7, 4 to 7 p.m. Oct. 16

or by appointment.

—Connie and Lynn Baer write on behalf of the GHS Museum. To the contact the museum, call 619-668-6140, email: [ghsmuseum@guhsd.net](mailto:ghsmuseum@guhsd.net) or visit the website at [foothillermuseum.com](http://foothillermuseum.com)

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2. Learn more about YMCA Memberships and Personal Training at [www.eastcounty.ymca.org](http://www.eastcounty.ymca.org)
3. Join the Y as a Member and schedule an appointment with a healthy living coach at one of the three East County Family YMCA locations today.

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- c. McGrath Family YMCA – 12006 Campo Road, Rancho San Diego, 91978 (619) 462-9622



Editorial by Way-Jen Enlow, YMCA Health and Wellness Director



(l to r) Alix Rude stands with Andrew Johnson after the completion of his internship with Senator Joel Anderson. (Photo courtesy of Senator Anderson)

## Helix High alumnus publishes memoir of bike trip

### Alix Rude

There are a myriad of dazzling views of the Pacific coast that become breathtaking and palpable on a bike ride along the nearly 1,750 miles while being passed by endless cars. Andrew Johnson was just 16 years old and a student at Helix High School when he approached this stretch of coast with determination to finish the trek. That same determination has also inspired him to publish a memoir about the trip.

Johnson's story begins as a Helix High School junior searching for an out-of-the-ordinary experience for an exceptional senior project. Johnson had always held a fascination and

respect for biking and after reading Lance Armstrong's biography, he was inspired to push his dream into action.

According to Johnson, there was no "one most enjoyable part" of the trip, but different parts that came together for a "ride of a lifetime." The most beautiful aspect of the trip, he revealed, was the redwood forest he traveled through in Oregon shortly before joining Highway 1 in California.

"Finishing was the most rewarding," Johnson chuckled, but reaching the finish came with numerous hardships. He dreaded the loneliness of the trip, saying he reminisced in past events as he tried to fight off the ever-present emptiness, as revealed in the memoir he wrote about his trip

titled "And So I Rode."

Throughout Johnson's adventures along the coast he kept a "little, red journal" by his side, jotting down notes describing the colorful characters of people he met and the stunning scenery he passed by. Having the journal was planned, he explained, but only wrote for a few short minutes before he cooked a quick dinner and slept. "It was mostly short sentences, I wasn't focusing on being a great writer," he said. "I just wanted to get it down."

Upon returning home, he opened his journal one last time to write "And So I Rode," a memoir of his experiences along the coast. He also wanted something to be proud of 20 or 30 years down the road and with this adventure and tortuous tale to tell, he will be proud for years to come.

Johnson is not only a dynamic student in school, but an active part of the community as well. He recently completed a total of 125 hours with Senator Joel Anderson's Office where he received a certificate of recognition for his tremendous public service and the impressive accomplishment of his memoir.

"With his can-do attitude and determination, Andrew became an incredible asset to our team and helped many constituents get their voices heard in government and the help they needed from a state agency," Anderson said. "I was amazed to learn about his riding trip he took in high school and I can see that it helped Andrew become the man he is today."

As Johnson departed for Pennsylvania for his second year of college at the University of Pittsburgh, he left with the same commitment to excellence he had while riding the Pacific coast.

—Alix Rude is a junior at Grossmont High School and a Legislative Intern for California State Senator Joel Anderson. ■

## EXPERT ADVICE



### Kimberly Creekmore HairLoveDesign

My name is Kimberly Creekmore, owner of HairLoveDesign, LLC I am passionate about my industry and even more passionate about taking care of my clients hair and giving guidance to new stylists. In my article "Effective Consultations" I address the communication problem that people have when visiting their hairdresser. To read more about getting the most out of your hairdressing experience, please visit [lamesacourier.com/expert-advice](http://lamesacourier.com/expert-advice).

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# La Mesa Reads Movies, television owe a lot to books

Jake  
Sexton

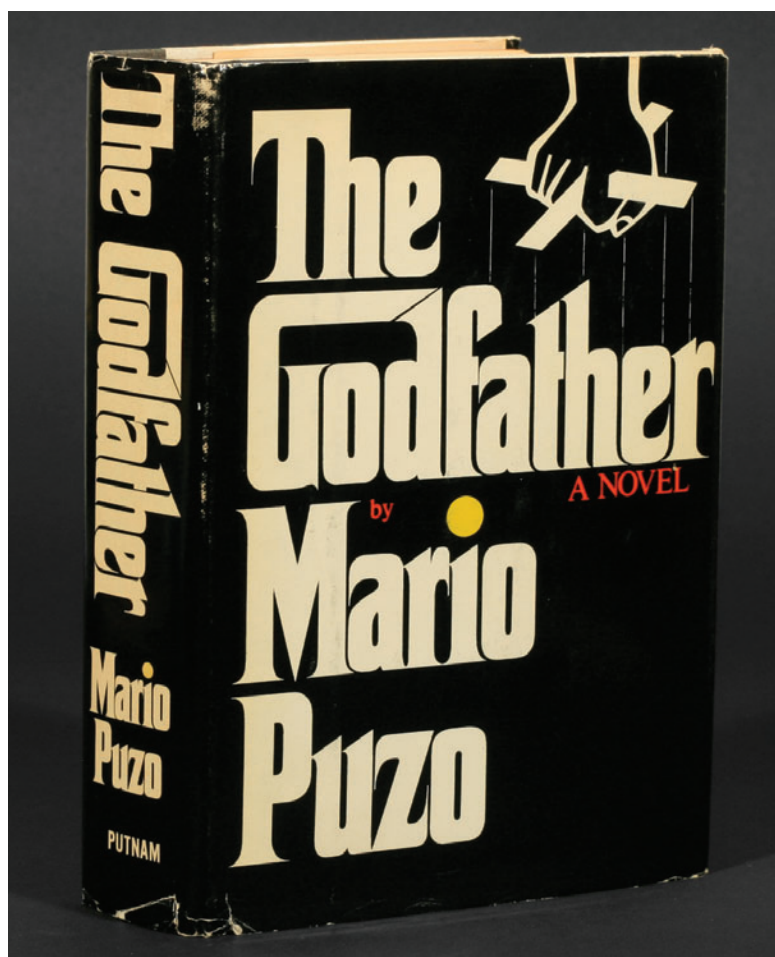


Every so often, some self-important expert will announce that “print is dead,” as if the time of the book has come and sadly gone — like dinosaurs, or disco. The reality is that more people are reading than ever, the so-called “Millennial” generation reads more books than its elders, and the Internet has allowed for readers and authors to access and distribute an explosion of new content.

Even beyond that, the multibillion dollar Hollywood entertainment industry, in all its forms, has largely become dependent upon books. Films and TV shows cost so much to produce that many studios don't want to reach for their checkbook unless they've got a surefire hit on their hands. Basing a movie on a successful book series makes them feel much more secure in their celluloid investments.

Just name a film genre and we can find shining examples (no pun intended, Stephen King fans) of popular and acclaimed films that found their start as pages of a book. Academy Award-winning classics like “Goodfellas” (the autobiography “Wiseguy: Life in a Mafia Family” by Nicholas Pileggi), “The Godfather” trilogy (by Mario Puzo), “Forrest Gump” (by Winston Groom), and “Schindler's List” (historical fiction by Thomas Keneally) were once best-selling books. Comedies like “The Princess Bride” (William Goldman), “The Devil Wears Prada” (Lauren Weisberger), “Dr. Strangelove” (“Red Alert” by Peter Bryant) and “Bridget Jones' Diary” (Helen Fielding) were clever novels that were noticed by Hollywood. Science fiction classics like “Blade Runner” (Phillip K. Dick's short story, “Do Androids Dream of Electric Sheep?”), “Starship Troopers” (Robert Heinlein), “Ender's Game” (Orson Scott Card), and the “Jurassic Park” series (Michael Crichton) also found their start in the world of novels.

Some of the most popular modern films were adapted from



books. Gillian Flynn's “Gone Girl” attracted Academy Award-winning talent and made a few hundred million worldwide. “American Sniper” was originally an autobiography by ex-Navy Seal Chris Kyle. “Fifty Shades of Grey” was less popular at the box office, but was based on the amazingly successful erotic novel series by E.L. James. John Green's “The Fault in Our Stars” was a weepy epiphany to a generation of teens, and became a cinematic money-maker at the box office. I won't even get started on the cavalcade of superhero-themed movies, each based on a popular comic book series.

Finally, TV owes many thanks to the world of books. Acclaimed classics like “Roots” and “M.A.S.H.” were based on powerful works by Alex Haley and Richard Hooker. Modern soaps like “Gossip Girl” (Cecily von Ziegesar), “True Blood” (Charlaine Harris's “Sookie Stackhouse” series), and “Vampire Diaries” (L.J. Smith) got their start as book series with passionate followings. And some of today's

most acclaimed TV series (“Game of Thrones,” “Dexter,” “Orange is the New Black,” “Friday Night Lights”) were based on novels and biographies (George R.R. Martin, Jeff Lindsay, Piper Kerman, and H.G. Bissinger, respectively).

So rest assured, books won't die as long as we readers are willing to share our favorite stories with the silver screen.

The La Mesa Library will be celebrating this book/movie connection with our third annual Star Wars Reads Day on Saturday, Oct. 10, from 1 to 3p.m. Families can visit and check out “Star Wars”-themed books and movies, make “Star Wars” crafts (like light sabers), eat snacks and participate in a “Star Wars” costume contest for prizes. We hope to see you there.

—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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## Prop. 47 to be discussed at next NCRWF meeting

Judy  
McCarty



The real-world consequences of Prop. 47, the voter-approved proposition that turns many felonies into misdemeanors with no jail time, will be the focus of the Navajo Canyon Republican Women Federated luncheon meeting on Oct. 10 at the Brigantine in La Mesa.

Check-in time for the 11 a.m. meeting begins at 10:30 a.m. A full-course lunch will be served at noon with the speakers following at 12:30 p.m. Cost is \$20 and reservations are required. RSVP to NCRWF99@gmail.com or call Glenda at 619-284-9958. This will be a good opportunity to voice your concerns about rising crime we hear about in our neighborhoods and ask the panelists questions about crime in our area.

The expert panel includes Tia Quick, Deputy District Attorney for 23 years and current Law

Enforcement Liaison to the San Diego Police Department as well as nine other agencies where she works, specifically on informant issues, search warrants, and arrest warrants. Quick will be speaking on Prop. 47 which was sold to voters as a measure to make neighborhoods and schools safer while decreasing the number of minor offenders in state prison. Instead, it appears to have had the opposite effect in areas where it matters most — property crimes and violent crimes. Decreasing the number of offenders in prison means we are increasing the number of offenders on our streets.

The other panelist, Judge Patricia Cookson, served as judge for 23 years, presided over Drug Court for more than 13 years and also established the additional East County Drug Court. Previously, as a Deputy District Attorney, she was named female prosecutor of the year. She will be speaking to NCRWF about the Drug Court, which she believes is a proven, highly successful col-

laborative court that focuses on rehabilitation instead of custody.

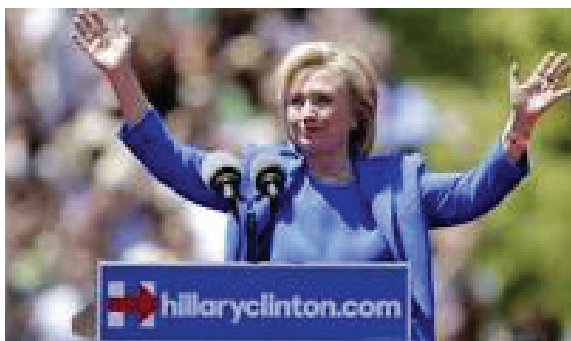
Oktoberfest, La Mesa's annual fall celebration, will be Oct. 2 and 3 this year and NCRWF will be staffing our booth on the north side of Spring Street both days. Our booth will feature another straw poll on your favorite presidential candidates and feature voter registration and information on the 2016 candidates and issues. Elected officials and candidates will be visiting our booth and the Young Republicans group will help us staff it. It's always a fun event for everyone and we hope you'll stop by.

October will also bring a technology workshop for our members and a work party to decorate 400 greeting cards to be distributed to veterans on Veteran's Day. They really appreciate the personally created sentiments.

The NCRWF will also be having a "Bunco Party" on Oct. 17 and we hope you'll join us. Even if you haven't played before, Bunco is easy to learn and it is fun. The party will be from 10 a.m. to 1 p.m. at 1188 Rippy St. in the Fletcher Hills neighborhood. The cost of \$15 includes food, beverage and prizes. As for all our events, RSVP to ncrwf99@gmail.com.

For more information on all our activities, visit us at navajocanyonrnf.org or join us on Facebook.

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



Democratic Presidential hopefuls Hillary Clinton (left) and Bernie Sanders (right) will be discussed at the next La Mesa Foothills Democratic Club meeting. (Photos courtesy of La Mesa Foothills Democratic Club)



## Issues, local and national candidates focus of next meeting

Linda Armacost and  
Jeff Benesch

The Oct. 7 meeting of local Democrats will feature candidates from all over San Diego county, introducing themselves in a district by district format with some crucial regional issues being brought into focus, including: mass transportation versus recurring traffic problems; smart growth versus unfettered development; SANDAG planning (or not?); and climate action and sustainability goals all being discussed.

The La Mesa Foothills Democratic Club — serving San Carlos, Del Cerro, Allied Gardens, College Area, La Mesa, Santee, Mt. Helix and other Eastside communities — will welcome the great Democratic candidates from the San Diego City Attorney race, as well as our local District 7 City Council contest. We'll also hear

from candidates in the city contests in District 1, 3, and 9 races — which are all key to maintaining Democratic control of the San Diego City Council.

We can also expect representatives for County Supervisor Dave Roberts, Assemblyperson Shirley Weber, Congressman Scott Peters and Congresswoman Susan Davis. Many candidates are looking for our club's influential endorsement for 2016.

A real treat will be the introduction of local efforts behind both Hillary Clinton and Bernie Sanders, and how our members can get involved in either of those dynamic campaigns. While not a debate as such, we'll still have some back and forth between our friend Mike Thaller of Bernie's San Diego Campaign, and Ray Penko, Organizer of the San Diego County Hillary Grassroots effort. Their discussion should be fascinating.

Our monthly meetings, on the first Wednesday of each month,

take place at the wonderful La Mesa Community Center, 4975 Memorial Drive, just north of University Avenue. We open the doors at 6:30 p.m. for our social hour, with snacks, desserts and beverages supplied by the club and generous members. Meetings start promptly at 7 p.m. We welcome all guests, and have a discounted deal for prorated memberships, available for the rest of the year.

Don't miss our wonderful booth at the La Mesa Oktoberfest, noon to 10 p.m., Friday and Saturday, Oct. 2 and 3. Did you know that this is the largest Oktoberfest festival West of the Mississippi? Please be sure to stop by our booth and say hi. We will be very near BOBeau Restaurant on La Mesa Boulevard. We'll be registering new voters, signing up new members, and handing out campaign materials. You can even get your picture taken with President Obama. Visit our website at lamesafoothills-democraticclub.com, or like us on Facebook.

—Linda Armacost is president and Jeff Benesch is vice president of programming for the La Mesa Foothills Democratic Club. ■





# What's Cooking

with *Julie*

## Swiss Chard Frittata

Julie White

Frittatas are what I would call a crispy Italian omelet. They are delicious served warm or cold. This recipe serves up to four people and is perfect for breakfast or as a dinner served with a side with a salad.

### Ingredients:

- 1 bunch fresh Swiss chard (about 10 leaves)
- Ribs removed, and cut into 1/2-inch strips
- 2 cloves garlic, minced
- Salt and pepper to taste
- 4 green onions, thinly sliced (green and white part)
- 1 zucchini, chopped
- 1/2 red bell pepper, seeded and chopped
- 1 cup ricotta cheese
- 1/2 cup grated Parmesan cheese
- 8 eggs beaten
- 1/4 cup olive oil



Swiss Chard Frittata (Photo by Julie White)

### Directions:

- Preheat oven to 350 degrees
- Heat 1/4 cup oil in an oven-proof skillet (I use a cast iron skillet).
- Cook the vegetables till tender. Remove from pan.
- Whisk eggs in a large bowl and add the cheeses, seasonings, and cooked veggies.
- Heat skillet with remaining oil (you can add a pat of butter for flavor).
- Slowly add the eggs, cheese and veggies and cook over low heat until the frittata is slightly done.
- Pop into preheated oven and cook for 10 minutes.
- Cool slightly before eating. ■

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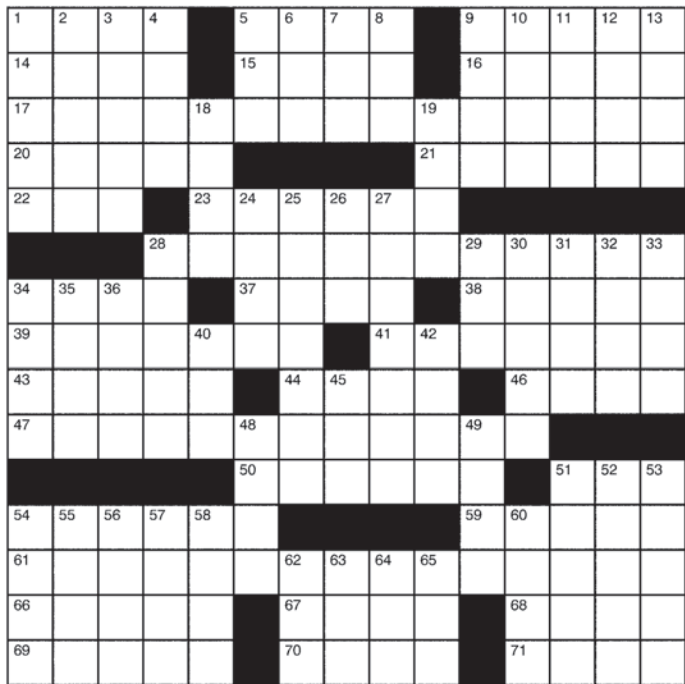
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## PUZZLES | ANSWERS ON PAGE 5

### CROSSWORD



CREATORS NEWS SERVICE

By Charles Preston

### ACROSS

- 1 Here, in Barcelona
- 5 Dross
- 9 Former Giant coach Sherman
- 14 Takes some rays
- 15 Array
- 16 Lasso
- 17 He won the Kentucky Derby four times
- 20 It's #1 in the zodiac
- 21 Selfish ones
- 22 Seine
- 23 Hormel competitor
- 28 Australian Open winner: 1980
- 34 Love to Ovid
- 37 Not \_\_\_ many words
- 38 A 007 player
- 39 Organized crime
- 41 Seasons
- 43 Conclude
- 44 Jack and Jill's implement
- 46 Formerly, formerly
- 47 Columnist and TV host
- 50 Acted the sycophant
- 51 Watchdog agency's initials
- 54 Materialize
- 59 Gee whiz!

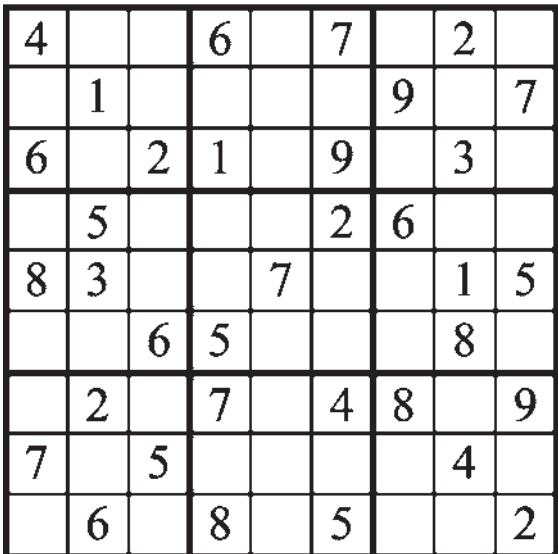
- 61 Washington correspondent
- 66 Epitome of slowness
- 67 Nincompoop
- 68 Start of a famous soliloquy
- 69 Bart or Warren
- 70 Teeth covering?
- 71 Fin's components

### DOWN

- 1 Site of Egyptian dam
- 2 Part of a ream
- 3 Like certain matches
- 4 Man or Jersey
- 5 Pronoun
- 6 \_\_\_ Angeles
- 7 Bat wood
- 8 Pontiac of the '60s
- 9 Start of Virgil's epic
- 10 Ooze
- 11 Tahoe, e.g.
- 12 Roman road
- 13 Antony borrowing?
- 18 Danube tributary
- 19 French I verb
- 24 The Making of an American author
- 25 Clerical garb
- 26 Switch positions
- 27 Edens
- 28 French cheeses
- 29 Electrical current, for short
- 30 Horse trader
- 31 Edwin Markham's man?
- 32 Acts human
- 33 Pause
- 34 Arab chieftain
- 35 Script beginning
- 36 Kills: sl.
- 40 Mine yield
- 42 Actress Sommer
- 45 Relative of delts and quads
- 48 Unreliable musical instrument?
- 49 Rim
- 51 Singer John
- 52 West Point freshman
- 53 Lew or Mitchell
- 54 Too
- 55 La Bamba costar Elizabeth
- 56 H.S. junior test
- 57 Author Wiesel
- 58 Is under the weather
- 60 Aware of
- 62 LPs of the '80s and '90s
- 63 Hunky-dory, for short
- 64 Troy, NY col.
- 65 Sword swallower?

### 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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## MUSIC NOTES

## Jazz

**Wednesdays:** Boss Jazz with Jason Hanna and friends at Riviera Supper Club. Free. 8 p.m. 7777 University Ave., La Mesa. RivieraSupperClub.com.

**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 – 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.

## Pop

**Sept. 25:** Tim and Nolan at Hooley's. Free. 9 p.m. 5500 Grossmont Center Drive, La Mesa. Hooleys.com.

**Oct. 15:** Hozier and Little Green Cars at Cal Coast Credit Union Open Air Theatre. \$30+. 7:30 p.m. 5500 Capanile Drive, College Area.

## Classical

**Oct. 7:** Presidio Brass at Joan B. Kroc Center. \$30. 7:30 p.m. 6611 University Ave., Rolando. LiveOnStageSanDiego.org.

**Oct. 9:** Cuyamaca Concert Choir at Cuyamaca College. \$5 - \$8. 7:30 p.m. 900 Rancho San Diego Road, Rancho San Diego. Cuyamaca.edu/performingarts.

**Oct. 11:** Concert on the Plaza with conductor Shannon Kitelinger. Free. 4 – 6 p.m. 5500 Campanile Drive, College Area. Music.SDSU.edu.

**Oct. 22:** Faculty recital with focus on music by Franz Schubert at Cuyamaca College. \$5 - \$8. 7:30 p.m. 900 Rancho San Diego Road, Rancho San Diego. Cuyamaca.edu/performingarts.

## Alternative / Rock

**Oct. 2:** Barbwire at Navajo Live Bar. Free. 9 p.m. 8515 Navajo Road, San Carlos. NavajoLive.com.

**Oct. 3:** Lumber Truck at Chico Club. Free. 8:30 p.m. 7366 El Cajon Blvd., La Mesa. ChicoClub1940.com.

**Oct. 9:** The Soaks at Riviera Supper Club. Free. 9 p.m. 7777 University Ave., La Mesa. RivieraSupperClub.com.

## Other

**Oct. 10:** Ruben Delgado at San Pasqual Winery Tasting Room. Free. 7 – 10 p.m. 8364 La Mesa Blvd., La Mesa. SanPasqualWinery.com.

**Oct. 17:** Jefferson Washington at San Pasqual Winery Tasting Room. Free. 7 – 10 p.m. 8364 La Mesa Blvd., La Mesa. SanPasqualWinery.com.

**Oct. 18:** Yale Storm (Klezmer and Roma music) at Mission Trails Regional Park Visitor Center Auditorium. Free. 3 – 4 p.m. 1 Father Junipero Serra Trail, San Carlos. MTRP.org.

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

## FEATURED EVENTS



### La Mesa Oktoberfest

**Friday, Oct. 2 and Saturday, Oct. 3**

This free two-day street festival will be put on by The La Mesa Village Merchants Association who started the event 42 years ago. The festivities will be from noon – 10 p.m. each day with various events and entertainment throughout. The Allison Street beer garden will be family-friendly, while the Palm Avenue one will be for patrons ages 21 and up.

Traditional entertainment will be performed in both beer gardens throughout the weekend. The popular Bavarian Beergarden Band and the Alpine Gemutlichkeit Dancers will perform on Friday from 5 – 9:30 p.m. and again on Saturday from noon – 9:30 p.m. in the Allison Street beer garden. Mr. Mark Danisovsky will perform in the Palm Avenue beer garden from 6 – 9:30 p.m. on Friday and from 1 – 3:30 p.m. on Saturday. The El Cajon German Band will perform in the Palm Avenue beer garden from 4:30 – 9:30 p.m. on Saturday.

There will be over 100 vendors on hand including food vendors with German brats and more. The brew being poured will include Paulaner and German Oktoberfest Marzen, Hef, Munich Lager and more. Visit [lmvma.com](http://lmvma.com) for more information.

### FallFest

**Friday, Oct. 16 and Saturday, Oct. 17**

The La Mesa Chamber of Commerce's inaugural FallFest will be held at Grossmont Center in the parking lot in front of Macy's and next to Hooley's Irish Pub. The two-day event will be free and family friendly. The food lineup so far includes: Tarantino Gourmet Sausages, Claim Jumper and The Hills Local Pub, and is growing.

The Chamber has released a schedule of festivities for both days of FallFest. The beer garden, serving Samuel Adams beer, will be open 4 p.m. – midnight on Friday and noon – midnight on Saturday. Rock 'n' roll trio The Ideas will perform 4 – 6 p.m. on Friday and 12:30 – 4:30 p.m. on Saturday. Classic rock 'n' roll band The Cartune Dogs performs 7 – 11 p.m. on Friday. Award-winning country artist Brent Payne will perform 7 – 11 p.m. on Saturday. For more information visit [LaMesaChamber.com](http://LaMesaChamber.com).



### 'Health Fair Saturday'

**Saturday, Sept. 26**

The San Diego East County Chamber of Commerce will present East County's largest annual free community health fair from noon – 4 p.m. The event will take place at Grossmont Center (5500 Grossmont Center Drive) near the movie theaters.

More than 35 booths will feature health screenings for cholesterol, body mass index, blood pressure and blood glucose/diabetes. There will also be information available on various health-related topics including hospice care, fitness, health insurance, nutrition and more. On-stage demonstrations of karate, yoga and exercise routines will also be given. Visit [eastcountychamber.org](http://eastcountychamber.org) for more information.

### Air Museum BBQ and movie nights

**Tuesdays, Sept. 30 – Oct. 27**

Every Tuesday for the next several weeks the Warbirds West Air Museum (1725 North Marshall Ave., El Cajon) will host these events. An \$8 donation includes barbecued hot dogs and hamburgers, chips and a drink. Attendees will sit in first-class airline seats and watch an aviation-themed movie on the hangar's big screen. BBQ is from 5:30 – 6:45 p.m. with the movie from 7 – 9 p.m. The lineup of films includes: "Top Gun" (Sept. 30), "October Sky" (Oct. 6), "It! The Terror from Beyond Space" (Oct. 13), "Forbidden Planet" (Oct. 20) and "The Day the Earth Stood Still" (Oct. 27). Visit [wwam.org](http://wwam.org) for more information on these events and the museum.

### Free blood pressure screenings

**Tuesday, Oct. 6 and Friday, Oct. 16**

No appointment necessary for these free screenings by a registered nurse on Oct. 6 from 9:30 – 11 a.m. at the Sharp Grossmont Senior Resource Center (9000 Wakarusa St., Room 16, La Mesa) and on Oct. 16 from 9:30 – 11 a.m. at the La Mesa Adult Enrichment Center (8450 La Mesa Blvd.). Call 619-740-4214 for more information. Open to the public.

### 'Stage Fright'

**Friday, Oct. 9 – Sunday, Nov. 8**

Lamplighters Community Theatre continues its 78th season with the mystery "Stage Fright." The story centers around a drama critic who falls prey to an actress he has scorned in several reviews. Along with her husband, the actress plans to murder the critic but first tortures him, inspiring embarrassing confessions from the man. The play by Charles Marowitz promises to be part horror with twists and turns, along with some humor thrown in.

"Stage Fright" is directed by Jerry Pilato and produced by George Bailey. Lamplighters Community Theatre is located in the La Mesa Village Station Center at the corner of Severin and Amaya drives in La Mesa. Parking is free. Tickets are \$20 with discounts for seniors, students, and active military (\$17). The play will be performed at 8 p.m. on Fridays and Saturdays and 2 p.m. on Sundays. Visit [LamplightersLaMesa.com](http://LamplightersLaMesa.com) for more information and tickets.

### Park Appreciation Day

**Saturday, Oct. 17**

Each year volunteers throughout La Mesa help spruce up various parks in the community. Some organizations (scout troops, social groups, civic clubs) and businesses get involved as a group, other folks come as individuals. There will be a few special projects available this year including painting and planting at select locations. Visit [cityofflamesa.com](http://cityofflamesa.com) for more sign-up information and a required waiver.

### Food drive

**Saturday, Oct. 17**

The City of La Mesa and Human Relations Advisory Commission will host this food drive from 8 a.m. – noon at the City's municipal parking lot at the corner of Allison and Date avenues. The food drive will benefit the San Diego Food Bank. Most needed items include: canned meats, dry or canned beans, cereal, rice, nuts and seeds, peanut butter, canned soup, canned or dried fruit, canned vegetables, powdered milk, pasta and infant formula. Call 619-667-1167 with any questions.

### La Mesa Woman's Club fundraiser

**Saturday, Oct. 24**

The La Mesa Woman's Club will hold a special fashion show and luncheon at their clubhouse (5220 Wilson St.) to benefit the Boys and Girls Club of La Mesa. The fashion show will start at 11 a.m. and feature items from Chico's (Fashion Valley Mall) and PreVue (Grossmont Center). There will be a raffle with a grand prize of a seven-day cruise for two with Holland America Cruise Line (destinations include Mexico, Caribbean, Alaska or Canada/New England.) Reservations for the fashion show/luncheon are \$30 (due by Oct. 17) and can be mailed to the clubhouse.

If you are interested in the La Mesa Woman's Club they hold two meetings each month — an evening session at 6:30 p.m. on the second Wednesday of the month and a daytime session at 1 p.m. on the third Monday of the month. Visit [LaMesaWomansClub.org](http://LaMesaWomansClub.org) for more information. ■



► **Briefs**, from page 5

for SDG&E customers include the implementation of a minimum monthly bill of \$10 per month for non-CARE customers and \$5 per month for CARE enrollees. The CARE program will also see changes this month as the effective discount will be reduced from 40 to 35 percent.

In 2019, residential customers will automatically be defaulted to "time-of-use" (TOU) rates, meaning the price of electricity will depend on what time of day homes use energy. Customers will be given the choice of opting out of the TOU rate and using the tiered rate structure instead.

In September and October, most online residential "My Account" customers will receive a video bill to help them understand the changes to their bill introduced by rate reform. Customers can also visit [sdge.com/ratereform](http://sdge.com/ratereform) to learn more about the changes to come.

**Rodeway Inn burns down**

On Sept. 15 at 4:42 a.m., Heartland Fire & Rescue responded to a two alarm fire at the Rodeway Inn located at 4210 Spring St. in La Mesa.

No injuries were reported but the fire dislocated 17 occupants. The damage to the building is estimated at \$1.5 million and two-story structure is considered a total loss.

When firefighters arrived, there was heavy smoke and flames coming from the roof area of the building and areas of Spring Street were closed down while the blaze was battled.

The cause of the fire is still under investigation, said Monica Zech, Heartland Fire & Rescue public information officer. The investigation has been hampered by the heavy rains that fell on the burn site shortly after the fire was put out.

"Because the water used to put out fire, then the heavy rain, it could be tough and sometimes the cause of these fires goes undetermined," she said.

**Cuyamaca College offering eight-week classes**

Earning college credit just got a lot easier for people with busy schedules now that Cuyamaca and Grossmont Colleges will offer courses that can be completed in just two months.

Starting the week of Oct. 12, select general education and specialty-subject classes will be offered as an eight-week course at the same cost as regular, semester-length courses, \$46 per unit. The expedited classes will consist of tradition, hybrid and online classrooms.

For students wanting to quickly finish their general education requirements for transfer, classes include Introduction to Physical Anthropology, History of Jazz Music, Interpersonal Communication, English Fundamentals, Modern American History, Principles of Humanities, Introduction to philosophy, Spanish, College Composition and Reading,

Public Speaking, Intermediate Algebra, English as a Second Language and more.

Other classes offer specialized training in culinary arts, nursing, water conservation/wastewater technology and ornamental horticulture. Courses teaching business office skills and learning skills are offered as online, self-paced classes.

Lists of classes offered as eight-week courses are posted online at [www.gcccd.edu/now](http://www.gcccd.edu/now). Deadline for registration is Oct. 16.

**Sharp HospiceCare Benefit Regatta exceeded fundraising goal**

The 13th Annual Sharp HospiceCare Benefit Regatta netted more than \$360,000 during the two-day event, held Aug. 28 and 29. Hosted in partnership with Coronado Yacht Club and Cortez Racing Association, the Regatta supports Sharp HospiceCare with all proceeds benefiting its Homes for Hospice campaign – an initiative to build hospice homes in San Diego.

Sharp HospiceCare currently operates two hospice homes in the neighborhoods of La Mesa and Del Cerro. A third hospice home, located in Bonita, is scheduled to open this fall.

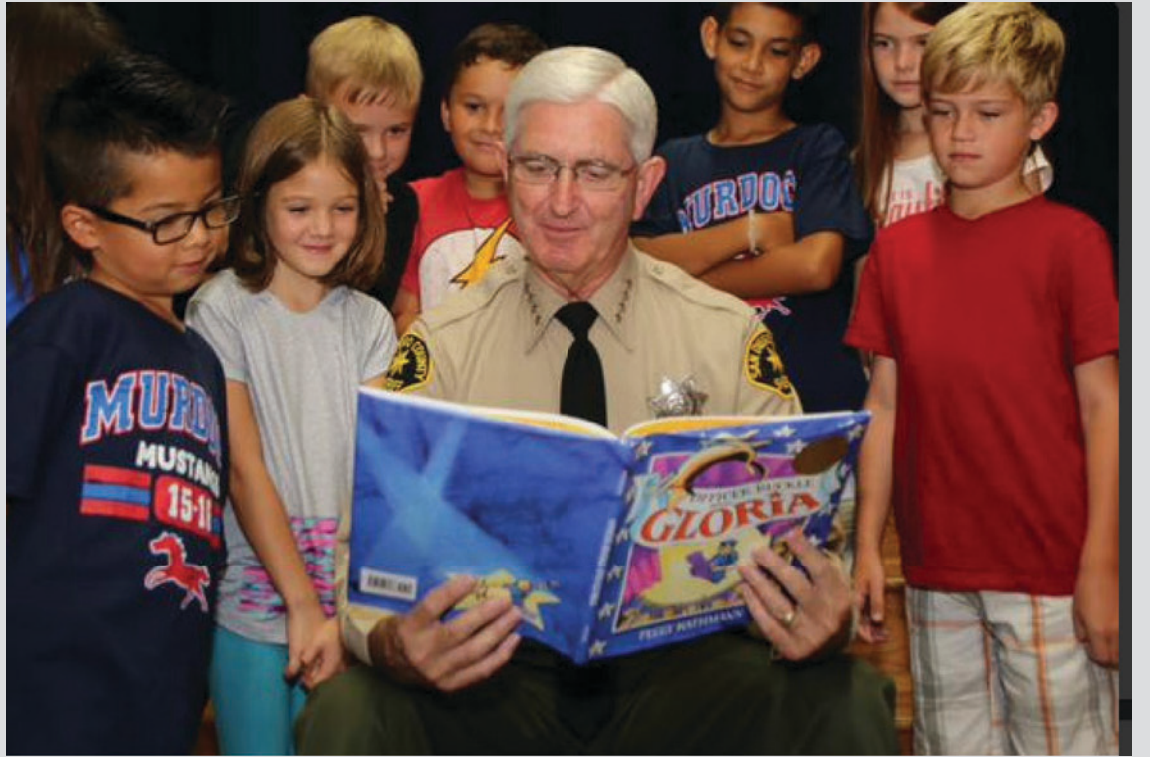
"I am very grateful to all the partners, sponsors, volunteers and community members who give generously to the Regatta in support of Sharp HospiceCare programs and services" said Suzi K. Johnson, Vice President of Sharp HospiceCare in a press statement. "This year, tribute was paid to veterans in our community, highlighting the We Honor Veterans program, which provides special services to veterans and their families nearing end of life."

The Aug. 28 evening event at the Hotel Del Coronado was sold out and featured live music, a silent auction, dinner and dancing. The next day, the regatta drew 47 sailboats to compete as more than 600 attendees watched the race from nearby yachts.

The sailboat "Justice," skippered by John Harrop won the race for the second year in a row.

Sharp HospiceCare is an organization that provides comprehensive care and compassionate support to patients and their families struggling with a life-limiting illness. Sharp's

**#FeelGoodFriday**



San Diego Sheriff Bill Gore reads to students at Murdock Elementary in La Mesa on Sept. 18 as part of the national hashtag campaign #FeelGoodFriday where participants tweet and Instagram positive messages and pictures. (Photo courtesy of San Diego Sheriff Department Twitter account)

hospice homes are unique living environments – custom-designed and built in established, residential neighborhoods. They are the only

places of their kind in San Diego County which combine around-the-clock hospice care with an intimate, comfortable, home-like setting.

For more information about Sharp HospiceCare, visit [www.sharp.com/hospice](http://www.sharp.com/hospice).

**GM invests in Cuyamaca auto program**

Students studying auto technology at Cuyamaca College will have three new cars to learn on courtesy of General Motors.

The cars, a 2014 Impala, 2014 Silverado and a 2013 Corvette, will be used to train aspiring auto technicians enrolled in GM's Automotive Service Educational Program (ASEP) offered through select colleges nationwide. Cuyamaca is one of three colleges in California to provide the two-year program, which combines advanced automotive technical training with a strong academic foundation in math, English, electronics, analytical and technical skills culminating in an associate of

science degree. GM auto dealerships sponsor the trainees, who alternate between on-campus instruction and paid work experience at the dealerships.

"This generous donation from GM enables us to deliver the highest quality education to our students," said Chris Branton, coordinator of the college's auto tech program and the ASEP instructor in a press release. Cuyamaca College plays an important role in helping the auto industry fill a critical need – developing and retaining skilled automotive technicians, he said.

**San Diego County approves apiary rules**

On Sept. 15, the San Diego County Board of Supervisors voted unanimously to amend county ordinances governing beekeeping throughout the county. The new ordinances will loosen restrictions for beekeepers, from large commercial operations to backyard operations by creating a three-tier system of regulations.

Changes in the rules for apiaries have been in the works for several years, but there was some debate as to the environmental impacts involved with increasing

the number of hives in a county that is within the Africanized honeybee zone. Africanized honeybees are more aggressive than the common European honeybees.

The ordinance amendment will benefit beekeepers by expanding opportunities for responsible beekeeping in the unincorporated areas of San Diego County while promoting public safety. The safety rules include registry of hives and buffer zones based on the number of hives. Apiaries with 20 or more hives must be at least 450 feet away from areas like schools and parks, whereas a one hive apiary is required to be 25 feet from roads. There will also be a mitigation, monitoring and reporting program overseen by the Agricultural Commissioner's office that will require beekeepers to register and use best management practices.

The cost of the new program is roughly \$345,000 to pay for the startup costs for supplies and salaries for the Department of Agriculture and Weights and Measures in preparing the change and an estimated \$150,000 annual cost to run the program. ■

**Get Ready to Party at Grossmont Center!**

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**Friday: THE IDEAS Rock and Roll Trio & Cartune Dogs**

**Saturday: THE IDEAS Rock and Roll Trio & Multi-Award Winning Singer / Songwriter Brent Payne**

**For More Details: [LaMesaChamber.com](http://LaMesaChamber.com)**

**LA MESA CHAMBER OF COMMERCE**  
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## Gen-X in a Millennial World Chargers, city relationship like a bad marriage

Genevieve  
Suzuki



I don't believe in staying with someone who has said repeatedly they don't want you.

And while some couples may be saved by counseling and a whole lot of effort, it's never good to remain in an unhealthy relationship.

Such is my take on the San Diego Chargers.

When my husband and I moved to San Diego, we were thrilled to live in a town with a professional football team. Having grown up in Hawaii, pro football games were reserved only for sporadic trips to the "mainland," and only by happenstance as the trips would have to coincide with local games. As such, when we moved to San Diego, we were happy to become Bolts fans.

Years later, we are now looking at the very real prospect of becoming citizens in a town without a team. And while many diehard fans still believe there's a chance of the Chargers staying around, I am over it.

By now we all know the Chargers are looking to build a \$1.7 billion stadium in Carson, a suburb in Los Angeles. Perhaps the harshest thing about this — aside from the fact they're moving from San

Diego — is they're looking to do this with the Oakland Raiders.

The Chargers getting into bed with the Raiders is like a guy sleeping with his wife's frenemy. It sucks that he's cheating — it's even worse that it's with her.

I'm not alone when I say the stories about San Diego Mayor Kevin Faulconer's efforts to keep the Chargers in his city are wearing on me. At this point, there's a growing sentiment of "If you want to go, go," because, sadly, San Diego's fight to keep the Chargers resembles the beginning of the end for a broken marriage.

First, let's take a look at this relationship. The Chargers have been in San Diego for more than 50 years, making this a long-term relationship in California.

When dissolving a marriage such as this one, we have to consider the assets and obligations. Clearly we're getting Qualcomm Stadium, an "asset" that needs some serious upgrades. As for obligations, we have none. Once these guys leave San Diego, they're gone. My baby isn't wearing a Chargers jersey nor are we rooting for the former home team.

Next is the saddest part of this whole mess — the kids, aka the players. As with any divorce, dealing with custody and visitation is extremely difficult. With so many players' lives invested in San Diego, our town deserves visitation

when it comes to the athletes that comprise the team. Take Philip Rivers — a Charger since the 2004 NFL draft. Rivers has led the team for almost 10 years. He has contributed time and money to San Diego organizations, including raising more than \$1 million to help foster children through his now-defunct charity, Rivers of Hope.

Rivers will leave if the Chargers go. But, as with a child in the middle of a divorce, Rivers doesn't seem to want it to be over. After rumors he may not leave with the team, he finally signed a contract extension. Nevertheless, Rivers was quoted in an nbcсандiego.com article as saying, "My lack of excitement was more about leaving this community, not a disdain for Los Angeles." This sounds a lot like, "Dad, it's not that I don't love you. It's that I love mom as well."

If the Chargers go, they'll regret it. Carson won't have a San Diego kind of love for them, particularly if they're sharing the attentions of a fickle Los Angeles. And when our Bolts realize they made a mistake, it may be too late. After all, once they leave, there's nothing to keep another team from making its home in San Diego with a brand new stadium by the sea. Then, when they see the San Diego [insert new team here] living it up in America's Finest City, they'll remember the good times they threw away for big city dreams.

—Genevieve A. Suzuki is a La Mesa resident who practices family law. Find out more on her website, [sdlawyersuzuki.com](http://sdlawyersuzuki.com). ■



Balls of string or any toy a cat can bat around is a good way to keep a cat stimulated indoors. (Photo courtesy of Sari Reis)

## Creating environmental enrichment for your indoor cat

Sari  
Reis



Many cat owners don't realize that our domestic felines are actually wild animals living in captivity; however, permitting them outdoor access could shorten their lives.

Statistically, indoor cats live an average of five years longer than those allowed to roam outdoors. They are safe from traffic, predators, toxins, diseases and other potentially life-threatening events.

However, a safe life can possibly lead to other problems. Since cats are sensory-driven and natural hunters, they need to use these instincts on a regular basis. When indoor cats do not receive the stimulation and enrichment they need, they can become stressed, bored and unhappy, leading to behaviors such as over-grooming, aggressiveness to other cats, over-eating and self-mutilation.

Dr. Karen Becker defines environmental enrichment as "enhancing the living situation of a captive animal to improve health and well-being." So how do we create the stimulation they need while keeping them safely indoors? One way is through creative feeding. Instead of putting all their food in a bowl, try hiding some food around your home and let them "hunt" for it. You can also try treat balls they can roll around on the floor that release food. Working for food is a natural instinct for these hunter cats and they will enjoy the challenge.

Since cats like to be in high places, place a cat tree or two near windows so they can watch the birds and other stimuli outside their viewing space. You can also place shelving on walls

for them to climb and sleep on.

Playtime is crucial for cats and enhances your relationship with them. Try to set aside at least 10 minutes twice a day to play with your kitty. Laser toys for them to chase and wand toys are great for interactive play. They should also have toys they can play with independently. Fake mice, balls, feather toys and even an empty cardboard box or paper bag can provide fun and stimulation. I switch out my cats' toys regularly so that they don't get bored with the same ones all the time.

Scratch posts are a must for indoor cats as scratching is a natural instinct that needs to be met. If you don't have scratch posts, they will probably use your furniture.

Even well-socialized cats need a safe place to go when they need quiet time. Providing a safe "hiding" place for them will keep them happy and avoid stress. If you work outside of the home or travel regularly, cat TV can provide entertainment for kitties or leaving some quiet music on the radio while you are away can create a calming yet sensory experience.

If you still want your furry feline to be able to experience the outdoors, you can try walking him outside on a leash or building a fully enclosed cat house on your porch or patio. There are several companies online that offer unique enclosures for this purpose.

Understanding and providing for your kitty's need for enrichment will make for a happy and relaxed cat and create a more powerful bond between 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 [missionvalleypetsitting.com](http://missionvalleypetsitting.com). ■

## Biggest, Baddest, Bratwurstiest OKTOBERFEST in San Diego!

Hosted by the La Mesa Village Merchants Association



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**Authentic German beer, food and Oom-Pa-Pah band.**

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INTERNATIONAL REALTY



► Hospital, from page 1

“And since we are the busiest, we need, today, more space to take care of our East County residents.”

In addition to more space and higher-tech equipment, Evans said Sharp Grossmont will be recruiting even more “top notch talent” to work in the new Heart and Vascular Center.

The Heart and Vascular Center is being built on a tight site within the hospital campus, adjacent to the hospital’s existing operating rooms and cardiac catheterization labs. The construction for the center is already underway and is expected to be completed 18 to 24 months from now, said Evans who described that part of the construction project as “Phase 2.”

“Phase 1” of the expansion, which includes the pharmacy and labs, will be completed before the end of the year, he said.

Although there are no concrete expansion plans after the new center is built, Evans said Sharp Grossmont Hospital has a five-year “master facilities” plan that will look at how the hospital can expand the number of in-patient beds.

**Alvarado Hospital**

At Alvarado Hospital, the new Advanced Spine and Joint Institute is the first of several planned expansions that will improve care for its patients. The new spine and joint facility, which opened July 23, replaces the old one with not only improved physical design but a new care patient care model as well.

“Our new program is modeled after the nationally-renowned Marshall Steele program and is the only Marshall Steele spine and joint program in San Diego,” said Robin Gomez, Alvarado Hospital administrator.

The Marshall Steele program was created to be patient-friendly, with a focus on comfort and information for the patient. Patients wear comfortable clothes instead of hospital gowns. The hallways and rooms are decorated with landscape art. Not only does the patient unit incorporate healing design, but everything from patient education to cloth-



(left) Guests at the Spine Center opening are shown the robotic-assisted knee surgery technology. (right) Mindy Mondoux, RN, stands in a new patient room in the new Spine Center. (Photos courtesy of Alvarado Hospital)



Construction continues on Sharp Grossmont Hospital’s new Heart and Vascular Center. (Photo by Jeff Clemetson)

ing to rehabilitation to reunion lunches are created to ensure optimal outcomes for patients undergoing spine surgery or joint reconstruction.

The improved joint and spine institute replaces Alvarado’s previous one which was already known for having “amazing physicians and a highly specialized team,” Gomez said.

“I’ve worked in health care for many years and I’ve found it is best to work to build the strengths of your hospital and to the needs of the community,” she said.

Alvarado Hospital is working toward the needs of the aging baby-boomers of the community with its next planned expansion —

a geriatric mental health facility that will serve the needs of people who are 65 and older who suffer from chronic mental health conditions and are also in need of medical care, she said.

The new geriatric mental health center will have about 30 beds and will be located on the third floor of the hospital’s west tower. The facility is expected to open sometime in the next three to four months, she said.

Another big change coming to Alvarado Hospital is the expansion of its emergency room facilities. Currently, the hospital only has room for 12 beds for the roughly 2,000 emergency room visits it receives per month. The



emergency room expansion is long overdue, said Gomez who called the current 12-room ER a “shoebox.”

“As a community hospital we have to change with the times,” she said. “For a 300-plus-bed hospital to only have a 12-room ER — we had to make a change.” The new emergency room will have 31 to 33 beds and will help serve the county’s emergency needs. “Anytime you can add beds in the county safety net, it’s a good thing,” she said.

**Kaiser Permanente**

At Kaiser Permanente’s San Diego Medical Center on Zion Avenue in Grantville, a multi-million-dollar upgrade is already under way “to improve the environment and experience for [its] patients,” said Donna Durckel, a spokesperson for Kaiser Permanente San Diego.

Everything from hospital rooms, waiting areas, the cafeteria and even the elevators is getting a beautifying facelift to create a more pleasant atmosphere. “What the patients see and experience will be brighter, fresher and newer,” she said.

Although geographically not in East County, the new Kaiser Permanente Central Hospital being built in Kearny Mesa will have a very positive impact on health care for Kaiser patients at the Central Hospital, as well.

The most drastic improvement that will come to the Medical Center when the Central

Hospital is finished will be the addition of more private rooms. Because the Medical Center is currently Kaiser’s only major hospital facility in San Diego, many of the rooms are shared. However, the plan is to have around 266 private rooms after the upgrades to the Medical Center are complete and after the new Central Hospital is finished, Durckel said.

Along with beautification and improved comfort through private rooms, the Medical Center will also see an upgrade in technology that will coincide with the construction of the Central Hospital which is being touted as the “hospital of the future,” Durckel said. “A lot of our high-tech upgrades in the new hospital will be implemented in Zion,” she said, referring to the Medical Center’s nickname after the street it is located on.

The high-tech upgrades include advanced communications for staff that include iPhones so that doctors can quickly send photos and other information back and forth to each other for more immediate feedback. The Medical Center will also be totally wireless, she said.

When the Central Hospital is completed, the Medical Center will also be able to offer more enhanced care in the fields of hematology/oncology, ophthalmology, orthopedics and plastic surgery.

—Write to Jeff Clemetson at [jeff@sdcnn.com](mailto:jeff@sdcnn.com).■

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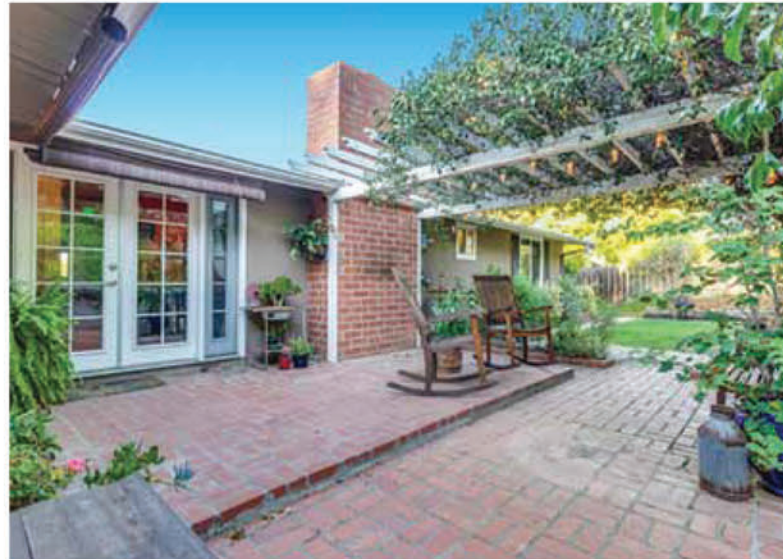


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