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La Mesa COURIER



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The real Antique Row

Antique Mall owner Marie McLaughlin sits among some of the many vintage items in her store.
(Photo by Jeff Clemetson)

La Mesa remains a magnet for antique shops

Jeff Clemetson
Editor

Signs along Adams Avenue in San Diego's Normal Heights neighborhood mark an area known as Antique Row. However, due to gentrification, the street has gone from hosting over 25 antique stores in its heyday to just one today.

In the age of Etsy and eBay, antique stores will likely populate shopping districts less than in the past, but there is still one place old-school antique buyers can go and browse through aisles of vintage treasures — La Mesa. As of now, there are eight antique stores in La Mesa, most of them on La Mesa

Boulevard and located near the Village.

Frances Settle, co-owner of Antiques at the Village, said La Mesa's small-town charm makes it an ideal place to attract antique shoppers.

"We're just a little slice of America here and it's the only little village left in Southern California," she said, adding that antique collectors often come to La Mesa because of the concentration of shops.

"It's always good to have neighbors that are in the same line of business," she said. "I think it's a draw."

Settle joined Antiques at the Village in 1998 and credits the store's staying power to its location and a landlord who sees the value in keeping happy tenants.

She also loves the convenience of operating a business in La Mesa. The retail hours of 10 a.m.

See **ANTIQUES** page 2

Making it more fair

St. Martin de Tours Academy earns fair-trade designation

Jeff Clemetson
Editor

A project to teach students about where our products come from has led to a unique designation for La Mesa's St. Martin de Tours Academy — the first fair-trade designated elementary school in California.

"I learned that fair trade is important to people who don't get treated fairly or have fair wages," said fourth grader Zach Crockett.

In addition to learning about how worker pay differs from country to country and how low pay affects the lives of others, the students and faculty at St. Martin

also purchase and use fair-trade products whenever possible.

"Everything we can do fair trade; we do do fair trade," said Anne Pacheco, administrative assistant at St. Martin and advisor to the school's fair-trade program. Pacheco is also a co-chair of La Mesa Fair Trade; a member of Fair Trade San Diego County and is the Catholic Relief Services Fair Trade Ambassador.

To get the designation, St. Martin de Tours had to first set up a committee of students, parents and staff and hold meetings to educate everyone on fair-trade practices. Products like coffee and tea for the school had to be switched to fair trade and items

See **FAIR TRADE** page 14



(l to r) St. Martin de Tours principal Antoinette Dimuzio, fifth-grade student Isabella Giordano, fourth-grade student Zach Crockett, Fair Trade coordinator Anne Pacheco and sixth-grade student Presley McMahon (Photo by Jeff Clemetson)

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Antiques, from page 1

to 5 p.m. in the Village allow the shop to operate without having to hire extra help.

"For a mom-and-pop, you got to have that, otherwise you work yourself to death," she said.

The rising cost of rent for retail space is one of the main reasons that districts like Adams Avenue's Antique Row have seen stores closed and replaced by more lucrative businesses like restaurants, pubs and salons.

"Property values are a little bit more affordable here than in San Diego," said Marie McLaughlin, owner of Antique Mall, a large antique center that houses 40 spaces for dealers to set up unique displays of merchandise. Although rent is cheaper in La Mesa, McLaughlin said it has still doubled in the last 10 years.

Another challenge for antique shops is the changing value of vintage items due to changing tastes of buyers.

"People aren't collecting like they used to," McLaughlin said. "When they see values are down, they just aren't as intrigued as before."

McLaughlin pointed to items like collectible ceramic figurines called Hummels that are worth "hundreds less" now. Other items she's seen a drop in demand for include vintage cookie jars, salt-and-pepper shakers, and other household items. But there are some hot items that are always in demand.



(clockwise from top left) Collectiquity on La Mesa Boulevard; Antiques at the Village owner Frances Settle; vintage dolls and figurines (Photos by Jeff Clemetson)

"I place ads on Craigslist and all they want are the toys," she said.

When it comes to online sales, McLaughlin puts a few items up on eBay, but prefers to stay old-school and sell her antiques in the store.

"eBay is a tremendous amount of work and this is a lot more fun," she said. "People like to touch what they buy and know what they are getting."

Not all stores are averse to utilizing online retail services to sell

antiques. Michael Moore of Park Estate Co. said the Internet is just beginning to shake up how the antique business is done.

"This is the first year we are seeing a huge effect," he said. "We just have to learn how to work

with it more. At least half of the buyers are going to online retailers, so it is necessary."

Park Estate is already adapting and does "a tremendous amount" of online sales, Moore said.

La Mesa's demographics also give the retailer a more traditional boost to sales.

"The advantage of being out here is we have an aging population and they are still shopping, we have that to work with still," he said. "That means we have a little bit of both."

Arlene Moore, Michael's wife and co-owner of Park Estate, is the president of the Village Merchants Association and a co-founder of the La Mesa Village Antique Street Faire. She and Kathy Snowden — who owned Finders Keepers in the building where Park Estates now resides — started the street fair in 2004 as a way to promote the city's antique stores. The fair hosts around 100 dealer booths and offers free appraisal clinics for people to learn about the value of their antiques.

That people need and want expert advice about antiques is the reason Arlene Moore sees antique stores as permanent fixtures along La Mesa Boulevard and shopping districts like it.

"It's what it's about, having to man a store," she said. "People want to talk to the owner ... they want to talk to someone knowledgeable. There [are] always going to be antique stores."

—Write to Jeff Clemetson at jeff@sdccn.com.

La Mesa's antique shops

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- **La Mesa Antique Mall**
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Chief Stephen MacKinnon (Courtesy of San Diego Humane Society)

'Dog Chief' fights for defenseless animals

Lucia Viti

San Diego County's so-called "Dog Chief," a Kearny Mesa man who is passionate about protecting animals from abuse, now has a national platform.

Stephen MacKinnon, Chief of Humane Law Enforcement for the San Diego Humane Society (SDHS), was recently appointed to the National Law Enforcement Council on Animal Protection for the Humane Society of the United States (HSUS).

The nationwide council consists of law enforcement officers and prosecutors who assist HSUS in protecting animals from neglect, poaching and abuse. HSUS spans local, state and federal levels to include the administration of animal protection, the training of law enforcement officers, the implementation of anonymous tip lines, and increased awareness of animal crime rewards.

"I'm honored to serve on the HSUS' National Law Enforcement Council to enact animal protection laws," Chief MacKinnon said. "We need to be the voice for these defenseless animals."

In turn, HSUS is glad to have Chief MacKinnon on board.

"We are honored to join forces with Chief MacKinnon to combat animal cruelty, fighting and poaching through the National Law Enforcement Council," said Ann Chynoweth, senior director of the animal cruelty and fighting campaign for HSUS. "By fostering relationships across local, state, and federal levels of law enforcement and prosecution, we can make meaningful improvements to policies and actions that protect animals across the country."

Dr. Gary Weitzman, president and CEO of the SDHS, applauds the mission of the national council.

"Animals need and deserve more laws that protect them, which will take collaboration from the best law enforcement professionals in the country," Weitzman said. "We look forward to the impact we'll be able to make together."

As Chief for the past two years, MacKinnon oversees 20 Humane Society field officers who deal with abuse, neglect and animal-related crimes. Trained and certified as police officers, the field officers have responsibilities that cover the gamut — from an unleashed dog roaming a neighborhood, to bites, emergency calls about dogs kept inside hot cars with the windows rolled up, lost animals including wildlife, pet store inspections, poaching, hoarding, and rescues for animals suffering injury, neglect and abuse — inclusive of dogs, cats,

rabbits, livestock and horses.

MacKinnon credits his 34-year service as a law enforcement officer — and his love of animals — for his expertise in understanding this specialized niche of police work. Regardless of his former rank and job responsibility, the New England native said he was always involved in all things involving animal control.

"I've always had an interest, therefore I always got involved," he said. "My police background equipped me with the tools necessary to conduct effective investigations and proper documentation for court convictions."

Chief MacKinnon and his staff supervised about 2,000 serious abuse and neglect cases within San Diego County in 2015. In addition, the office responded to almost 10,000 service calls contracted from areas outside of San Diego that lacked the ability to provide animal service expertise. Cases included illegal cockfighting in El Centro and Imperial County.

"San Diegans would be surprised at the amount of irresponsible pet owners within its community."

—Chief Stephen MacKinnon

"San Diegans would be surprised at the amount of irresponsible pet owners within its community," he said. "We educate more than we enforce. Owners can't chain a dog to a backyard tree and say, 'I have a pet.' There are requirements — shade, water, shelter — at minimum a trolley system to run if they can't run free."

Twenty-five percent of San Diego's abuse and neglect cases involve livestock and horses. MacKinnon noted that San Diego houses more horses per capita than anywhere in the U.S.

"Horses are neglected because they are expensive to maintain," he said. "We see really skinny, skinny horses; so thin, we have to seize them. The SDHS provides veterinary care while we educate owners to become proper caretakers."

Most field cases are reported by concerned citizens. MacKinnon described a case of ailing burros called in by a worker manning a telephone line. The worker overlooked a field with the small donkeys limping in pain from hooves that were up to 12 inches overgrown.

"Visitors, neighbors or people driving within a neighborhood will call — or apply online through the SDHS website anonymously — with their concerns," MacKinnon said. "A dog may constantly cry and bark or there are hoarding or poor housing conditions that are obviously visible. Again, first and foremost, our officers work to educate rather than take law enforcement action. We want animals to thrive in a happy environment."

See **DOG CHIEF** page 16

How Owners Lose Thousands When Selling Their Homes

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

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

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

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La Mesa couple create annual scholarships for Jewish students in need

Sara Appel-Lennon

Retired La Mesa ophthalmologist Dr. Robert Rubenstein and his wife Maria Raftery share a vision to offer tuition assistance to future generations of Jewish students in need.

"I always felt education was particularly important and wanted to make it easier for students to get that education," said Rubenstein. His dad stressed the importance of education and referred to it as "something you can take with you wherever you go."

Even though Rubenstein and Raftery attended college without receiving any financial aid, the importance of giving to others financially and through volunteering was ingrained.

As a child, Rubenstein had always volunteered and learned to care about people in his community. He tells of collecting used newspapers for the WWII effort at nine years old. He remembers getting his picture in the newspaper with Governor John Dempsey of Santa Fe, New Mexico.

Rubenstein and Raftery are "dedicated donors" in the community. They donate often and generously to Temple Emanu-El, Jewish Federation, and Jewish Family Service, the nonprofit agency in charge of the scholarship's administrative tasks.



(l to r) Dr. Robert Rubenstein, Lev Mizan and Maria Raftery (Courtesy of JFS-David L. Rubenstein Memorial Scholarship Committee)

Approximately 20 students apply for the scholarship program annually and about 10 to 13 candidates are accepted. Recipients receive up to \$2,500 annually for up to four years. Scholarships are for college or vocational training. One young man, originally from Uganda, received a scholarship to become a fireman and another applied his toward training to be a pilot.

For eligibility, a candidate must: be a United States citizen and San Diego resident, gain acceptance to a reputable college or career training program, and earn a 2.5 GPA in high school or a 3.0 GPA in college. Other requirements are to pay partial tuition; participate in Jewish activities; report annual transcripts and tax returns for each scholarship year of application. Recipients need

to interview in person, and commit to give back financially or by volunteering with a charity of choice.

Rubenstein said he hopes once scholarship recipients settle in a profession, they will pay it forward by helping others in their community.

A recent scholarship recipient, Lev Mizan, graduated from San Diego State University in 2015 with a degree in finance and a minor in leadership. Initially he majored in psychology, but changed his major to finance when his parents convinced him to consider the cost of living to raise a family. Although he was at SDSU five years, he received scholarships for four years.

While attending school full-time, Mizan worked 30 hours per

week and also volunteered during college with Stand With Us, an organization to educate people about Israel. He also volunteered with Friendship Circle, an organization for Jewish children with special needs. Friendship Circle plans activities for youth to spend time with teenage volunteers so they feel included and accepted.

"You do what you got to do," he said.

Mizan first heard about the scholarship in 2011 while reading a weekly bulletin from Hillel, a Jewish college organization. While volunteering as a security guard at a Stand With Us rally for Israel, he walked Rubenstein.

"He's a very influential guy. He does good things. The community is lucky to have a guy like Dr. Rubenstein," said Mizan. His first impression motivated Mizan to stay in contact with Rubenstein during and after receiving the scholarship.

While attending SDSU, Mizan enrolled in a business development class with professor Craig Stevens. Mizan viewed him as a mentor since Stevens worked in property management. He attended a guest lecture about dressing for success. Thanks to Stevens, Mizan now works for that guest lecturer at a property management company, The Heritage Group. Without the scholarship, Mizan wouldn't have made the necessary connections to be at the right place at the right time to land his current job.

One of his most heartfelt

moments from receiving the scholarship occurred at the annual scholarship recipient brunch. He said "I was part of a community of kids receiving such great help." In keeping with one of the requirements to pay it forward, Mizan wrote a check for \$100 to the scholarship program.

Thanks to Rubenstein and Raftery, 56 students have received scholarships in the six years since the program's inception. Two-thirds have been women.

Originally, the scholarship was created in memory of Rubenstein's father. The couple changed its name after their son, David Rubenstein died at age 42 after battling a congenital heart defect for many years. The scholarship is now called Jewish Family Service-David L. Rubenstein Memorial Scholarship.

David was a restaurant owner with an interest in technology in Santa Fe, New Mexico. A family friend referred to him as "little Bob" since he looked, sounded, and had the same sense of humor as his father. David was an easy-going guy whose memorable quote was, "It is what it is." David's legacy lives on by providing scholarships to Jewish students in need for future generations. The deadline to apply for a scholarship for the 2016-2017 school year is March 15, 2016. For more information, go to bit.ly/1LCMrB3.

—Sara Appel-Lennon is a freelance writer and former professional clown. Visit her website at sara-appel-lennon.upweb.com. ■

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La Mesa Democrats can't pick between Block, Atkins in state Senate race

Claire Trageser **KPBS**

Members of the La Mesa-Foothills Democratic Club couldn't find enough differences between two Democrats, state Sen. Marty Block and his challenger, Assembly Speaker Toni Atkins, to endorse either one Wednesday night.

After the two San Diego Democrats debated for an hour, the club's 56 members voted on an endorsement and it ended in a tie.

The two candidates for Senate District 39 squared off over questions about affordable housing, climate policy and whether the city of San Diego should spend public money on a new stadium for the Chargers. There was little disagreement between Atkins and Block on any of the issues.

The most contentious moment of the night came when the moderators asked them why they were running for a state office when no Democrat is challenging San Diego's Republican Mayor, Kevin Faulconer, in his bid for re-election.

"I would be more than happy to put my resources behind Sen. Block in his run for mayor," Atkins said, to laughs from the crowd.

She went on to say that like in the presidential race, she's glad Democrats have substantive choices in the 39th District race. The former San Diego city councilwoman also said that she feels she can best serve in the state legislature, not city government.

Block responded with a joke of his own.

"As far as who should be mayor, there's no question it should be Toni, despite whatever shortcomings she might have," he said.

He added that his goal is to work on education policy, and that's best done in the state legislature, not at the city level.

The two candidates also challenged each other over whether Atkins had gotten enough done during her time as Assembly Speaker. She was elected to the post in 2014 and will leave it early this year, probably in March.

The dispute came from a question over why a state requirement for 50 percent reduction in petroleum products in cars and trucks did not make it into Senate Bill 350, the recently-passed Clean Energy and Pollution Reduction Act.

Atkins said she helped ensure the bill passed, but there "weren't the votes in the Assembly" to approve the petroleum reduction.

Block then said he supported the full version of the original bill, and he suggested Atkins was unable to lead the Assembly on that bill or others, including raising the age to buy cigarettes to 21, further regulating the use of electronic cigarettes and raising the state minimum wage to \$13 an hour in 2017.

"She's right, she is the leader of the Assembly, and that is an important position and I respect



Senator Marty Block (left) and Speaker Toni Atkins square off at a debate hosted by the La Mesa Foothills Democratic Club. (Photo by Jeff Clemetson)

her greatly for that," Block said. "But if you take credit for what the Assembly has done, you also have to take blame for their severe failures last year."

Atkins defended herself, saying she had to work with the votes she had in the Assembly.

"I believe in getting things done," she said. "If SB350 had failed in the Assembly because we weren't able to negotiate changes, that would have been disastrous for California."

She then added, "I will take responsibility for successes and failures because you have to keep working to get things done. We got the most aggressive piece of legislation passed when we passed 350, and we're going to continue to work on it to get it done."

She added that the minimum wage increase bill is not dead, but is in the Appropriations Committee.

Neither Block nor Atkins said public money should be spent on a new stadium for the Chargers. Both also commented on a presentation from attorney Cory Briggs on a ballot measure he's behind: The Citizens' Plan for the Responsible Management of Major Tourism and Entertainment Resources. Briggs described the measure to the La Mesa-Foothills Democratic Club before the debate.

Both Block and Atkins said they liked what they heard from

Briggs but needed to examine his measure further before they'd officially endorse it.

The 39th District includes most of San Diego, as well as Coronado and Del Mar. Just under 37 percent of voters in the district are registered Democrats, compared with 28 percent Republicans.

Block was first elected to his Senate seat in 2008 and could serve until 2020, when he would be termed out. Atkins will be termed out of her Assembly seat this year.

When announcing her run, Atkins told the Los Angeles Times that Block promised her he would not run for re-election this year. Block denied that conversation happened.

Carl Luna, political science professor at San Diego Mesa College, told KPBS Midday Edition in September that it's unusual for an incumbent like Block to face a challenge from a member of his own party. He said the internal squabble between the candidates could hurt the local Democratic Party.

"Here's the real sadness," Luna said. "They are really good people. We're going to have good Democrats ripping each other apart. It's bad for the brand."

—Claire Trageser is the Multimedia Enterprise Reporter for KPBS. Follow her on Twitter @clairetrageser. ■

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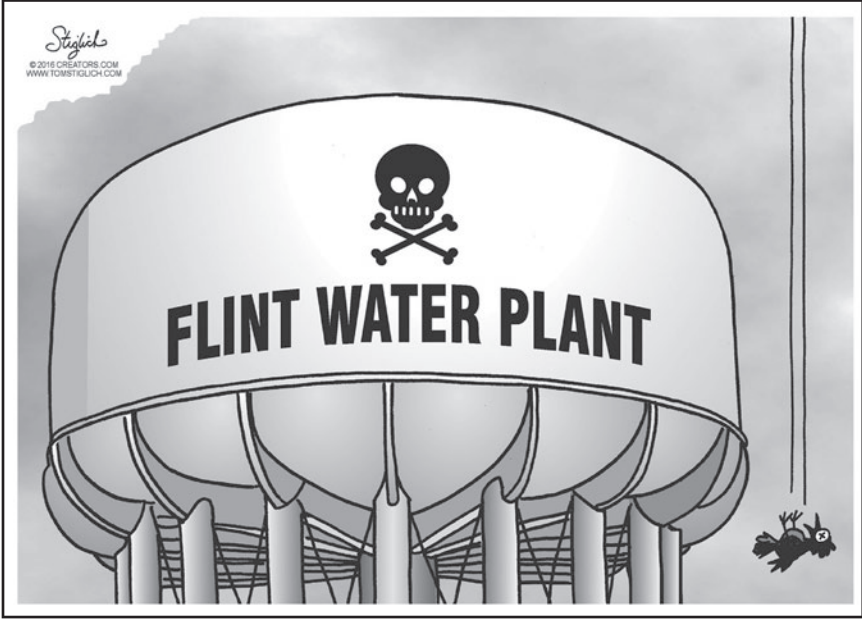
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GUEST EDITORIAL

Grossmont must drop its attacks on East County charter schools

Craig Beswick

Every day as principal of Diego Valley Charter School, I get to witness the way our unique charter program is turning around the lives of high school dropouts, helping them get back on track and graduate with a high school diploma. We've developed a successful personalized learning model that helps at-risk students change their story, and yet the Grossmont Union High School District wants to shut us down.

Why? Follow the money. Facing declining enrollment and a nasty legal battle with a group of Alpine residents, Grossmont superintendent Ralf Swenson and the Board of Trustees have agreed to pay hundreds of thousands of dollars to downtown lawyers in an attempt to close five charter schools in East County. The board seems to believe that by closing these charter schools, they can return students — and the valuable state education dollars that come with them — to the Grossmont district.

The Grossmont district's court-room strategy is a disturbing waste of precious taxpayer dollars, and you only have to look at who we serve to understand why.

Diego Valley is a free, fully accredited public charter resource center in El Cajon. It serves students from all over East County, including La Mesa. Our nearly 600 students are young people at a crossroads. Traditional education has not worked for them. They have either dropped out of a traditional high school or are so far behind in credits that they are at risk of dropping out. Without help, these students would become just another statistic, another tick in the dropout rate or even another young person behind bars.

Many of our students are teen parents; recent immigrants; teenagers who have to work to support their families; students who have been bullied; or students with special medical needs. Regardless of why they need our help, we find a way to meet their needs and turn them into high school graduates with a future beyond just a diploma.

Diego Valley and the other schools the district is targeting do not operate on the traditional model that you'd see at Grossmont High School

or Mount Miguel High School. Instead of sitting in a classroom five days a week, Diego Valley students do most of their learning independently. Students come in to our resource center a couple times a week to meet with the supervising teacher with whom they have developed a customized curriculum and academic action plan. While they are at the resource center, students review homework, ask questions, take tests and get tutoring.

Our intention has never been to take students who are doing well in Grossmont district schools, and many of our students who can return to Grossmont schools eventually do. After recovering credits and catching up on their learning at Diego Valley, more than one third of our students re-enroll at a traditional Grossmont district high school. Most of those who do not return to Grossmont schools are ineligible because of their age; 60 percent of our students are over the age of 18.

Additionally, Diego Valley has won numerous government grants that have allowed us to form special partnerships with outstanding local nonprofit organizations, such as Metro United Methodist Urban Ministry and ACCESS, Inc. These organizations offer specialized tutoring, career training, life skills, technical education and paid internships.

The results speak for themselves. From being dropouts or near-dropouts, 86 percent of our students graduate high school, and 40 percent of our graduates go on to college. They graduate with a new sense of self-confidence and a jump start on brighter futures.

In an ideal world, we would work closely with the Grossmont district to share best practices and help the students who need it the most. In fact, using site visits and consultations, we had already begun building this relationship with the superintendent and other Grossmont administrators before the lawsuit was filed last summer.

I continue to urge Superintendent Swenson and the Board of Trustees to drop their attacks on these students and to come together to find a better solution. If students are truly the top priority, then we're all in this together.

—Craig Beswick is the principal of Diego Valley Charter School in El Cajon.■

LETTERS TO THE EDITOR

Responses to 'La Mesa fire captain bids adieu'

[Re: Volume 5, Issue 12 or bit.ly/1Vorpah]

There is no doubt that firefighting can be dangerous work. And I think everyone appreciates what firefighters do.

Do firefighters die every day? I don't know for sure. But the U.S. Bureau of Labor Statistics Fire Fighter Fact sheet for July 2013 states: "Over the past four years, an average of 31 firefighters were killed on the job each year"; and, "The 2011 fatal injury rate for firefighters was 2.5 per 100,000 full-time equivalent workers, compared with 3.5 for all occupations."

To be fair, it is also true their injury rate is about four times the national average. But just maybe some perspective is helpful, too.

Here are some other fatal injury rates for lesser known occupations from the same source.

- [per 100,000 full-time workers]
 - Farming/Fishing/Forestry 25.3
 - Electrician (my occupation) 8.1
 - Utility-line electrician 19.5
 - Roofer 34.1
 - Police officer 18.3
 - First-line supervisors/managers of retail sales workers 3.1
 - Office and Clerical 0.6
 - Driver/sales workers and truck drivers 24.5
 - Maintenance and repairs workers, general 15.8
- I do truly appreciate firefighters, but I am also grateful for the many other, less-glamorous and non-public employee occupations, who are put at risk to help our lives be better.

—Scott H. Kidwell, via Facebook

The average California firefighter is paid 60 percent more than paid firefighters in other 49 states — and that's not counting the 70-plus percent of America's firefighters who are volunteers.

California cops are paid 56 percent more. Yet the state's 2011 median household income (including government workers) is only 13.4 percent above the national average. Source: tinyurl.com/CA-ff-and-cop-pay.

It makes little sense for a firefighter to work past 30 years. Their pension usually maxes out at 90 percent of their highest pay after that time frame.

Indeed, a firefighter makes more after they retire than they received in their working salary paycheck. A person working has paycheck deductions. Notable are pension contributions (typically 9 percent of pay), union dues, plus a couple other odds and ends. Not to mention the commuting costs.

And let's not forget that quite a number of retired public employees — especially police and firefighters — "go out" with a disability designation (usually for common middle age infirmities, usually sports injuries), which means that up to half their pension is free from federal and state income tax. Depending on circumstances, that exemption cuts one's income tax bill by 60 percent or 80 percent. Sweet!

Yes, most career public safety workers in California are literally set for life — without putting a dime aside for retirement on their own.

—Richard Rider, via Facebook

Professional sports, raunchy Hollywood and crass politics

I wonder what kind of government structure the statesmen of Philadelphia would have envisioned with today's distractions of professional sports (Charger debacle), raunchy Hollywood (Bruce Jenner thing) and crass, self-centered politics (filthy rich, blowhard, candidates)?

Instead of a resolute, interdependent, checks-and-balances, three-branch government we have a more intrusive, do-nothing administrative bureaucracy (San Carlos sinkholes).

Instead of a Bill of Rights protecting individual freedoms and strong state influence in non-national/international matters, we have a dumbing-down of individual freedoms and loss of individual significance.

Let's not follow the empty road of the Roman Empire into extinction. Let's take back the most amazing country ever! Keep informed, vote, contact your representatives, express your opinions and do not be hoodwinked by the "politically correct."

—Carlos Miller, La Mesa ■

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GUEST EDITORIAL

Alzheimer's disease: A call to action for baby boomers

Kassandra A. King

When baby boomers united in causes, their voices were heard loud and clear. During the 1960s and 1970s, courageous individuals organized to impact social issues. Now the time has come to reignite that daring spirit. Alzheimer's disease needs them to take a stand for the greater good.

Self-determination is ultimately what everyone wants, and Alzheimer's disease (AD) affects individual liberties on every level. Statistics show during the next three decades everyone will watch at least one close relation go through the degenerative process of AD.

Fear of the future paralyzes and traps individuals in denial. With the swelling senior population, vital conversations about the probability of developing AD should be initiated sooner rather than later. Willingness to recognize the warning signs of this daunting disease will make an enormous and lasting difference.

Concerns about cognitive difficulties, such as memory loss, poor judgment, and the inability to complete routine tasks, should be shared openly with people who care. Through education, measures can be taken to support a comfortable future. Without action, an increased burden will fall to family members, partners and friends, who will be forced to make heart-wrenching decisions on behalf of those no longer able to do so.

Pride is a fierce defector, a foe in the battle. Human ego is reluctant to admit shortcomings and rejects domination by others, thus this subject is avoided for as long as possible. Set the course for yourselves, your offspring and fellow families by facing Alzheimer's disease. When the symptoms begin, proactive steps generate better outcomes.

Here are three areas of exploration to empower a future based on knowledge.

Planning for the future

Seek the assistance of licensed professionals for these complex matters: smart financial planning can preserve resources; long-term care insurance coverage, prior to diagnosis, provides for placement in a private care community; downsizing homesteads to manageable proportions promotes aging in place; and medical directives will dictate end of life preferences when the words to self-express are lost.



Research studies

Involvement in Alzheimer's disease research is a means to connect with specialists and to make a lasting contribution for future generations. Some research companies provide financial compensation and facilitate transportation for appointments. Positron Emission Tomography (PET) scans are the only reliable test to diagnose AD in a living person. A research study for AD is likely to include a free PET scan. Participation and testing results in research studies are confidential.

Improving institutional care

Skilled nursing facilities are medical models of care, where extended stays are largely funded by Medi-Cal. Residential care facilities, which are social models of care, are paid for by the individual. The need for improvement is widespread in both public and private sectors. Areas in which to advocate for quality of life include staff training, recreational programs, pleasant environment, appropriate clinical care, and resident rights.

As young adults during a transformational era, then older adults in an age of technology, baby boomers have been game changers. This post-World War II population can forge a new turning point for all. Rather than regard Alzheimer's disease with complacency, they can be a catalyst to find the solution.

—Kassandra A. King, BA, NHA, RCFE is the owner of Alzheimer's Connection and author of "Getting REAL About Alzheimer's: Rementia through Engagement, Assistance, and Love." (Plainview Press 2014). She can be reached at kakingalzconnect@gmail.com. ■

NEWS BRIEFS

UCSD seeks Alzheimer's caregivers for paid study

Family caregivers spend considerable time caring for their loved ones. As a result, they may feel fatigued, stressed, and emotionally and physically "run-down."

Since 1990, the UCSD Alzheimer's Caregiver Study has looked at the health effects of caregiving and found they may be at increased risk for a number of health consequences. Investigators for the study found caregivers have stress levels that are four times higher than their non-caregiving peers, and caregivers are more than 12 times as likely to experience significant symptoms of depression. Physically, caregivers appear to have higher rates of hypertension and appear to be at higher risk of developing cardiovascular diseases.

There is evidence that developing the right coping skills may benefit caregivers both emotionally and physically. The UCSD Department of Psychiatry is now conducting a research study to evaluate the effectiveness of two educational programs for reducing stress, improving emotional well-being, and reducing risk for cardiovascular disease among caregivers. This study is funded by a five-year grant from the National Institute of Health (NIH).

To qualify, individuals must be 55 years of age or older and provide in-home care for a spouse or partner who has been diagnosed with dementia. Caregivers will receive five in-home health evaluations over the course of two years, which include an assessment of blood pressure, markers of cardiovascular risk, and an ultrasound evaluation of arterial health. Participants will be randomly assigned to one of two educational programs designed to improve coping skills. Both programs involve six in-home meetings with the study therapist. All procedures will be provided at the home and are at no cost. Those who are eligible and choose to participate will be paid up to \$500. For more information about the study, please contact the study's staff at 858-534-9479.

Former La Mesa city councilman named 2016 chair of taxpayers group

Former La Mesa city councilman Barry Jantz, CEO of the Grossmont Healthcare District (GHD), has been elected to serve as 2016-17 chair of the San Diego County Taxpayers Association (SDCTA) board of directors.

Jantz, who joined the SDCTA board of directors in 2007, will lead the region's leading taxpayer watchdog organization in its role of promoting accountable, cost-effective and efficient government and opposing unnecessary taxes and fees, discriminatory regulations and ill-advised public expenditures. Jantz succeeds Greg Stein of Millennium Health, who served as SDCTA chair the past four years.

"I am excited about this opportunity to serve," said Jantz in a press release. "The Taxpayers Association plays an important role in the region, as our analysis of ballot measures helps voters understand their implications and make informed decisions. The Association also is instrumental in recommending important best practices to local government agencies in San Diego County."

Jantz also is currently co-chairing the SDCTA search committee for a CEO to replace Mark Leslie, who retired in June 2015. Longtime civic leader Bill Geppert is serving as the other co-chair of the SDCTA search committee. Geppert, who is not on the SDCTA board, served for 16 years as general manager of Cox San Diego and served as chair of the San Diego Regional Economic Development Corporation, San Diego Regional Chamber of Commerce, San Diego Bowl Game Association and as a member of numerous nonprofit boards.

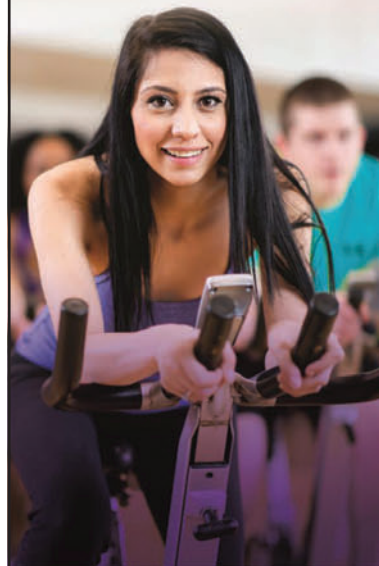
Jantz, who joined GHD as CEO in 2004, served as a member of the La Mesa City Council for four terms from 1990 to 2006 and now resides in Jamul. Prior to joining GHD on a full-time basis, he served as



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La Mesa COURIER



Poll of the Month

Last Month's Question:

How did you do with your 2015 new year resolutions?

40% Still going strong

40% It didn't go as planned

20% Never made one

This Month's Question:

Do you buy Fair Trade products?

☐ Yes, whenever possible

☐ No, I buy the best bargain

☐ What's Fair Trade?

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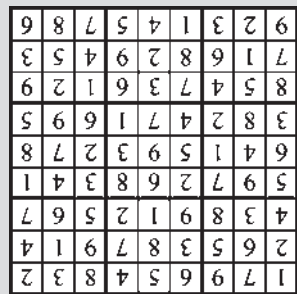

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Sudoku & Crossword puzzle answers from page 15





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Republican Women Federated



"Taxifornia" author Jim Lacy (Courtesy of Landslide Communications)

James Lacy to address economic problems at February meeting

Judy
McCarty



Navajo Canyon Republican Women will resume their regular meeting schedule Tuesday, Feb. 9, as Jim Lacy, author of "Taxifornia," will discuss the major economic challenges facing California that threaten to turn the state into one big version of bankrupt Detroit.

Charging higher and higher taxes to attempt to cover higher and higher spending is not working anywhere. Lacy's insightful remarks will be the fuel to ignite NCRWF members' passion in this election year. Once again, our luncheon meeting will take place at the Brigantine Restaurant in La Mesa. Check-in time for the

11 a.m. meeting will begin at 10:30. Cost is \$20. The luncheon is served at noon, followed by the speaker. Due to space limitations, reservations are required. To join us, RSVP to Marjie at NCRWF99@gmail.com or call her at 619-990-2791.

NCRWF had an incredibly fulfilling year in 2015, with so many new members joining us that we are now the largest club in San Diego County. We like to think it's because we are friendly, active and get things done. Our activities are fun but also purposeful, such as getting together to decorate hundreds of Valentine's Day and Veteran's Day cards for our wounded military.

For the sixth time in a row, the club has received the highly coveted Diamond Award in recognition of our accomplishments in 2014-15. We are proud of our two membership awards and especially of our first place awards in both community volunteer hours and political hours, with our members individually contributing more than 10,000 hours to each. The total number of hours devoted to the community by our members countywide is more than 147,000! We believe in doing our part in caring for America and Americans. Our membership drive for the new year is just beginning; we'd love to have you join us! (Cost is \$30.)

For more information on all our activities, visit us at navajocanyonrwf.org and also check us out on Facebook.

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

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City Attorney and D7 debates to highlight Democrats meeting

Linda **Armacost** and
Jeff **Benesch**

Coming off a sensational clash at our January meeting between progressive champions Senator Marty Block and Speaker Toni Atkins, each running for the 39th state Senate seat, the La Mesa Foothills Democratic Club will be back at it Feb. 3 with another outstanding set of debates and endorsement votes. Featured will be three of the four Democratic candidates for San Diego City Attorney: Rafael Castellanos, Gil Cabrera and Mara Elliott (Bryan Pease entered the race on Jan. 11, after the debate was scheduled). All are lawyers with extensive and diverse backgrounds in public service.

Attendees will be equally pleased by an exchange between two enthusiastic Navy veterans running for the city's District 7 seat, Jose Caballero and Justin DeCesare. Both debates will be followed by club endorsement votes. Candidates to get 60 percent support get the LMFDC endorsement. We'll also be voting on an endorsement for the Citizens' Plan for San Diego as presented in January by local attorney Cory Briggs.

The La Mesa Foothills Democratic Club, representing hundreds of like-minded progressives in San Carlos, Del Cerro, Allied Gardens, College Area, Mt. Helix, La Mesa, Santee, and other East County communities, meets the first Wednesday of each month at the La Mesa Community Center, 4975 Memorial Drive.

Our agenda will begin with a social at 6:30 p.m. with snack and beverages, followed by the formal meeting starting at 7 p.m. The City Attorney Debate will kick-off shortly thereafter, with the District 7 forum following at 8 p.m.

Both debates will feature a series of questions on issues that concern city and county residents. You can depend on questions touching on the Briggs/Frye measure; stadium/convention center funding; infrastructure and traffic concerns; the Chargers; growth and development; environmental issues; climate action plans; SANDAG planning; medical marijuana; and other topics that concern our membership.

The candidates in brief:

Rafael Castellanos received his college degree from Arizona State University and a law degree from the University of Chicago Law School.

He is a member of the Board of Commissioners of the Unified Port of San Diego and chairs the port's Environmental Advisory Committee. Castellanos has served on the Board of MANA de San Diego, the San Diego La Raza Lawyers Association and Teach for America - San Diego. He has worked with the San Diego Foundation to address climate change preparation and has worked at the port to address the issue of chronic homelessness on the waterfront.

During his career, Gil Cabrera

San Diego City Attorney race



Rafael Castellanos



Gil Cabrera



Mara Elliott

District 7 city council race



Jose Caballero



Justin DeCesare

has represented a broad spectrum of clients - from large companies to small local businesses - as litigation counsel and outside general counsel. In 2007, he started the Cabrera Firm - where he provides legal advice to small and growing companies. For seven years, Cabrera served as an appointed Judge Pro Tem of the Superior Court, hearing hundreds of small claims and traffic court trials.

Since 1999, Cabrera has been involved with the Make-A-Wish Foundation San Diego and became chairman of the board in 2002. In 2003 he was appointed to the charity's national board of directors.

In 2005, Cabrera was appointed by Mayor Kevin Faulconer and City Council to the San Diego Ethics Commission - which monitors and enforces the city's campaign finance and ethics laws. Between 2007 and 2009, he served as the Ethics Commission's chairman and oversaw a complete overhaul of the city's Lobbying Ordinance, which created greater transparency of lob-

bying activities in San Diego.

In February 2014, Cabrera was appointed to the San Diego Convention Center Corporation's Board of Directors by interim mayor Todd Gloria and the City Council. He presently serves as Chair of the Board's Budget Committee overseeing the convention center's \$33 million budget.

As Chief Deputy City Attorney, Mara Elliott leads the city's legal team responsible for reforming city contracting practices, strengthening city audits and enforcing environmental protection laws. Elliott advises the city's influential and independent Audit Committee and the City Council's Committee on the Environment.

Previously, she served as general counsel to community college and K-12 school districts as well as counsel to the County of San Diego and the San Diego Metropolitan Transit Development Board. Elliott serves on the League of California Cities' Public Records Act Committee and was an editor of the California Municipal Law Handbook.

Elliott also chairs a committee of the San Diego Lawyers Club working to advance the status of women in the law. She is a leader on her sons' local School Site Council; serves as trustee of the San Diego County Law Library; and was recently honored as Advocate of the Year for her work for the National Multiple Sclerosis Society.

Elliott graduated from UC Santa Barbara and University of the Pacific, McGeorge School of Law.

Jose Caballero was accepted in to the prestigious Naval Nuclear Power School where he became a nuclear engineer for the United States Navy. He served the Navy for six years. Four of those years were spent here in San Diego when he was a reactor operator for the USS Ronald Reagan. He did four deployments supporting operations Enduring Freedom and Iraqi Freedom.

Caballero has a degree in political science from San Diego State University. He has been a mentor for underprivileged youth and has organized multiple cleanups across the city.

Justin DeCesare is a real estate broker; president of the Tierrasanta Community Council; father of two; and an eight-year veteran of the United States Navy. He believes that a strong middle class builds a strong regional economy.

He is proud of his experiences in the Navy and would like to continue that service in the community as the San Diego City Council representative for District 7.

The La Mesa Foothills Democratic Club March meeting will continue its series of candidate forums and endorsements and will give everyone a chance to weigh in on the presidential race. Please visit our website at lamesafoothillsdemocraticclub.com and like us on Facebook.

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

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Helix Highlights

Helix High U

College courses offered
on Helix campus

Jennifer Osborn

Helix is changing its name to Helix Charter High School University. OK, that part's not true, but it is true that Helix students are being provided with the opportunity to take college courses on campus, earning credit toward both high school and college graduation.

The Early College High School Initiative (ECHSI) began in 2002 with funding from the Bill and Melinda Gates Foundation as a means for students to earn high school and college credits, especially for underserved populations who traditionally attend college at lower rates than others. Students are exposed to rigorous high school curriculum with the incentive of earning college credit. This prepares them and increases access to post-secondary education.

Staff, parents and community

members established a Strategic Plan for Helix and one priority identified in that plan is to continuously evaluate the structure of the school to ensure students are being prepared for what lies ahead. The school structure refers to many different elements – the school day, the school year, how to offer more courses, etc. The ECHSI fits right in with Helix's mission to prepare all students for college. It is our goal to not only provide an education that allows students the opportunity to attend college, but to give them the tools they need to complete their degrees. By offering challenging courses in high school, students are less likely to drop out of college due to a lack of success in the higher level courses.

Currently, Helix offers one college course: Counseling 120: College & Career Success. Students in grades 10-12 are able to take the course, taught by a community college instructor. The goal is to offer more courses over time. For example, there is discussion to add courses in English, economics, French, and Spanish for next year. These courses would likely be taught by Helix instructors. We look forward to continuing to offer opportunities for students to achieve at a high level and ensure their future success.

2016-17 Enrollment

The process for enrollment for the 2016-17 school year is already underway. Families who live in

Helix's traditional attendance area, or students who have a sibling currently attending Helix in grades nine through 11, will be granted priority enrollment if they attend an informational meeting and complete a form indicating their intent to enroll for next year.

Information on upcoming meetings and more details regarding the enrollment process can be found on the school website, helixcharter.net (click on "Entrance Boundary/Lottery Information on the left side of the page).

For families living outside of Helix's attendance area, the lottery is the only method for entry into Helix. There will be two lottery meetings on March 8 and March 9 at 6:20 p.m. in the Helix Performing Arts Center.

If you are interested in finding out more about Helix Charter High School, please attend one of our Excellence in Education Tours, held twice monthly. The tours for February will be held on Thursday, Feb. 4 from 5:30–6:30 p.m., and Tuesday, Feb. 23 from 8:30–9:30 a.m. Reserve your spot using our website, helixcharter.net.

As always, we welcome your input. Please don't hesitate to contact me at josborn@helix-charter.net.

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

Is your cat drinking enough water?

Sari
Reis



Water makes up 80 percent of your cat's body and is the most important nutrient they need. Unfortunately, as descendants from desert-living felines who got most of their water from their kills, drinking water from a bowl doesn't come naturally for many of our domesticated cats.

Although some cats have adapted fairly easily, other cats may exist in a constant state of mild dehydration. This ongoing state can lead to serious repercussions including bladder stones, feline cystitis and other urinary tract infections. To prevent these potentially dangerous conditions, it is vital to ensure your kitty is consuming a sufficient amount of water to produce diluted urine.

One of the simplest ways to accomplish this is to switch your kitty from eating dry food to a quality canned food approved by the Association of American Feed Control Officials (AAFCO) that is substantially higher in moisture content.

As cats can be finicky eaters, this may take some time, patience and experimentation as you attempt to find a canned food your kitty will eat on a regular basis. You can initially try mixing the canned food in with the dry. If that fails and you have gone through a variety of foods, try adding water to his dry



Some cats are downright finicky, including this one that prefers to drink water out of a glass. (Courtesy of Sari Reis)

food. Human-grade tuna juice or unsalted chicken broth may also work when added to dry kibble. Patience and perseverance are important here.

Other methods for encouraging more water consumption include:

Make sure there is plenty of access to clean, fresh water at all times and in several locations.

Keep water bowls immaculately clean.

Move water dishes away from food bowls as many cats do not like their water close to their food.

Try adding ice cubes to their water.

Since cats have a highly developed sense of smell, they may prefer bottled, filtered or distilled water over tap water.

If your kitty likes to drink

water from the kitchen or bathroom faucet, your cat may prefer a drinking fountain to a bowl. If you decide to go this route, remember not all automatic drinking fountains are created equal. I suggest you go with a ceramic or stainless steel fountain. Avoid plastic as it cannot be properly cleaned and can harbor a host of bacteria. That being said, it is essential to clean your cat's water fountain regularly, at least once a week. Just refilling it when it gets low, will allow harmful bacteria to continue to grow.

These are just a few suggestions that may work. I have seen kitties drink only from a highball glass filled to the brim and set in a certain spot and some that will drink only from a running faucet. With the water shortage in California, this is not optimal. Do not permit your cat to drink from the toilet no matter how clean you keep it. Many cleaning agents could be toxic, and it is still loaded with bacteria and other potentially harmful organisms.

Trial and error may be the key here but ensuring your furry feline is drinking sufficient water will pay off dividends in his good health.

—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.■

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Foothiller Footsteps

Foothiller cadets: past and present

Connie and Lynn Baer

In 1950, Grossmont High School's yearbook first featured the Military Science Program, called the California Cadet Corps.

"The California Cadet Corps gives high school boys courses in military training and tactics," wrote the El Recuerdo. "In addition to their training at school and camps, these uniformed Foothillers regulated traffic and guarded at football and basketball games and at school dances."

The program continued until 1971 when it ended due to the controversy over the Vietnam War. The newest exhibit in the GHS Museum features a display dedicated to the 11 known Foothillers who lost their lives in Vietnam. Thanks to Luther and Craig Burney, Classes of 1964 and 1968, we have beautifully framed rubbings of eight of their names from the Vietnam Wall in Washington, D.C. In addition, we have a framed 1958 yearbook page documenting the 34 Foothillers who died in WWII or the Korean War, as well as a tribute to Tom Adams, a 2003

casualty of the Iraq War. Sadly, as more names are known, they will be added to the display.

Since 2009, Grossmont High School students, boys and girls, have an opportunity to be a part of the on-campus Navy Junior Reserve Officer Training Corps (NJROTC). Today, 142 Cadets are enrolled in the program. Last year, 27 seniors graduated from the program. Before graduation, two enlisted in the Navy's nuclear power program; one enlisted in the Marine Corps, and one enlisted in the Army. At least six are enrolled in college.

According to the program's website, the Grossmont High School NJROTC program was established in July of 2009 to "promote leadership, discipline, pride, physical and emotional well being, and personal appearance. NJROTC's purpose is to develop good citizens and community leaders. It is not a recruiting tool, nor is there an expectation that cadets will join the military."

In the fall of 2015, seven of the



The Grossmont High School marksman team: (l to r) Sinahi Carrasco, Kayla Mendoza, Cynthia Cortez, Annah Rosas, Khaing Than and Andrew Nguyen (Courtesy of GHS Museum)

20 members of Grossmont's cadet rifle team distinguished themselves in their marksmanship by winning third place in the Area 11 (SoCal and Arizona) Phoenix qualifying match; and consequently qualified for the Area 11 championship in January.

Anah Rosas, the marksman-ship team captain, was the match individual champion. She also earned a medal for having the highest kneeling score. Cadet Khaing Than earned two medals for the standing position and the prone position, and ninth grader Callista Zaenger earned a medal for high score in the prone position in the JV match. Winning a match is a challenge for an indi-

vidual student in high school shooting sports with the margin of victory being one point out of a possible 300 points.

"We have accomplished quite a bit so far, but the season is still not over," said Master Gunnery Sergeant Mark Brosnan, USMC (ret.), who is fondly nicknamed "Master Gunns." "We are competing in the Southern California Championship rifle match Jan. 16 in Fontana. We have also qualified for the Area 11 (U.S. Navy) Championship on Jan. 23 at Westview High School here in San Diego."

The entire unit is going on a field trip to the Naval Base Point Loma on Jan. 19 to tour a subma-

rine as well as visiting the Marine Corps Recruit Depot San Diego to watch a graduation ceremony on Feb. 5. The Cadet Ball is scheduled for March 5.

For more information about the program, please contact Mark Brosnan at mbrosnan@guhsd.net.

Museum hours: noon-4 p.m. Feb. 3 or by appointment. For more information, contact the museum by phone at 619-668-6140; by email at ghsmuseum@guhsd.net; or by visiting foothillermuseum.com.

—Connie and Lynn Baer write on behalf of the Grossmont High School Museum. ■



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Dabbling in children's literature

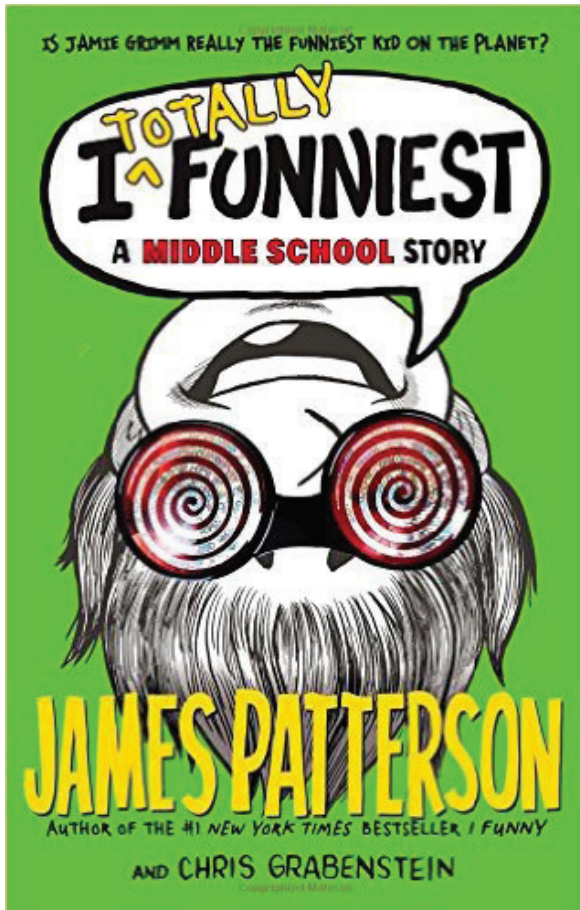
La Mesa Reads

Jake
Sexton



The world of American novels is increasingly populated by a small number of incredibly popular, incredibly prolific authors. One statistic floating around the internet claims that one in 17 novels bought in the United States is by thrill-merchant James Patterson. But Patterson, as well as a number of other well-known authors of fiction for adults, has decided to conquer the rest of the age spectrum, including writing for children and teens. So let's take a brief look at adult authors who started secondary careers in teen and children's literature.

I should start with one local author known and renowned for his children's books, who got his start writing humor and comics for adults: Theodore Geisel, aka Dr. Seuss. Before writing about cats and hats and foxes and socks, he spent the 1930s and '40s publishing political cartoons (often railing against the rise of Nazism) and illustrated joke books

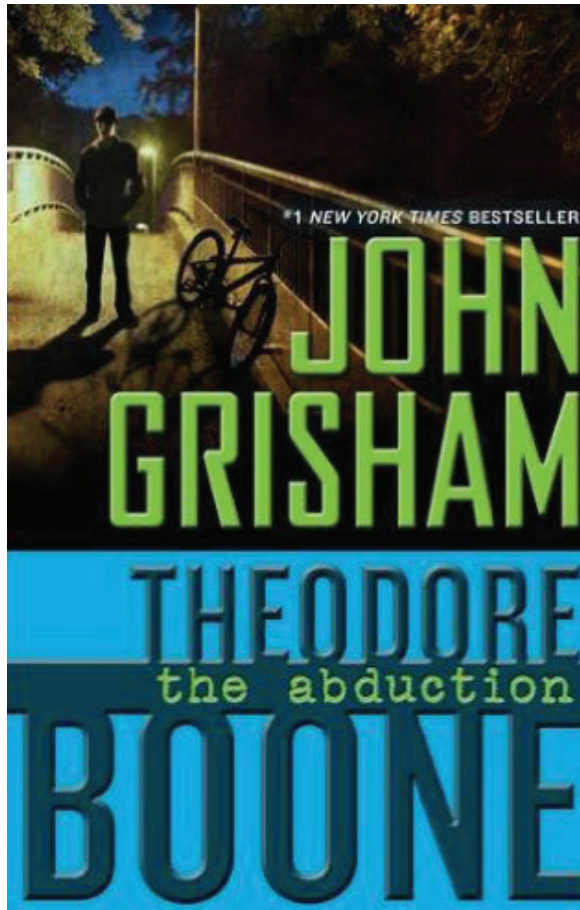


for adults. Some of this early work can be seen in person at UCSD's gallery "The Dr. Seuss Collection."

Back to Mr. Patterson. Several years ago he began a popular series for teens called "Maximum Ride" about a group of young people on the run from evil scientists who want to use them for test subjects. He also writes at least four series of children's books (often with co-authors and illustrators),

including "I Funny" about a middle schooler who wants to become a stand-up comedian, and "Treasure Hunters" about a family of adventurous archaeologists.

Best known for his political thrillers like "The President's Shadow," Brad Meltzer recently broke into the world of children's picture books. Feeling that his daughter needed more books about real-life heroes and role models, he



created the "Ordinary People Change the World" series — short biographies about people like Lucille Ball and Jackie Robinson. Each book focuses on one of their positive traits and is illustrated with fun, cartoon-style artwork.

John Grisham has also jumped on this bandwagon, moving his legal thrillers to middle school with "Theodore Boone: Kid Lawyer." This 13 year old is a lawyer the same way that Encyclopedia Brown was an encyclopedia, but seeing whip-smart kids outwit adults in the fight for justice never really gets old.

The list goes on, with plenty of writers unexpectedly (or sometimes posthumously) showing warmer and more whimsical sides of themselves through their work. Ian Fleming of James Bond fame wrote the

original "Chitty Chitty Bang Bang." Toni Morrison worked with her young son Slade to make a picture book called "The Book of Mean People." After her death, Sylvia Plath's humorous poems about magical beds were collected into "The Bed Book." And Langston Hughes sought to educate young people with his illustrated "The First Book of Jazz."

Although the library has access to all of these books, we also offer presentations and education on more pragmatic subjects as well. In early 2016, the La Mesa Library is offering Financial Wellness Wednesdays, a series of lectures about everyday financial concerns. These lectures will cover topics like recovering from a personal financial crisis, student loans, and credit reports, and will be presented by members of the San Diego County Credit Union. These will take place on Jan. 20, Feb. 24 and March 30 at 5:30 p.m. For details or to RSVP, write to Melissa Adams at madams@sdcu.com.

News from our friends

The 2016 Friends of La Mesa Library membership drive is underway, and you can join for just \$5. What does that get you? A 10 percent members-only discount in the Friends of the Library bookstore, a voice to support the library in the community, and the good feeling of knowing that your membership funds books, magazines, DVDs, and events at La Mesa Library. Join today at lamesalibrary.org/membership or by depositing your contribution in the Friends mailbox inside the library.

—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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► **Regen**, from page 1

family,” Koos said. “My dad was a doctor; brother’s a doctor; my mom and aunts were all nurses so I had a natural interest in what was going on in biotechnology.”

Before diving into a biotech startup, Koos worked as an investment banker in Palm Springs then Beverly Hills, but grew tired of the traffic and “fast-paced lifestyle” of Los Angeles and moved back to La Mesa with the intention of starting something new.

“I got back here and got somewhat introspective about what I wanted to do; if I wanted to continue to be someone who raised money in finance companies or if I wanted to be somebody that actually built something.”

That something Koos built is starting to pay off.

Regen recently cleared an Investigational New Drug (IND) application through the FDA for HemaXellerate, a drug therapy that treats aplastic anemia. The drug now can move to clinical trials involving patients. Aplastic anemia is a potentially fatal bone marrow disease that prevents the body from producing enough blood cells, leading to bleeding, infection and fever.

“We’ve gone from ideas to actually having substance in the company. So that’s huge,” Koos said. “There [are] lots of biotech companies out there that say, ‘this is what I want to be when I grow up,’ but we’re actually starting to put some meat on the plate.”

HemaXellerate is a biologic drug therapy that involves “taking your own body cells, concentrating a specific type of them and reinjecting them,” said Dr. Harry Lander, president and chief scientific officer of Regen BioPharma. “Typically, [a doctor] would take about 200 cubic centimeters of fat cells and put in a proprietary and patented cocktail of enzymes to dissolve the fat cells and isolate the stem cells from the fat and those are what gets injected back into the bloodstream and they find their way right to the bone marrow.”

Naturally occurring aplastic anemia is very rare — only around 600 cases a year in the U.S. It is much more common for patients to contract the disease after undergoing chemotherapy or other radiation treatments, Koos said.

When Regen was first being developed, Koos and Ichim went through a list of thousands of pieces of intellectual property that were available but weren’t being developed. They picked therapies they felt they could develop, HemaXellerate being one of them.

“From our standpoint we took this [intellectual property] and moved it forward because it was an area that we felt was way underserved and aplastic anemia seems to be an issue with patients that are treated with chemotherapy and radiation because those therapies tend to kill off blood cells and make it hard to reproduce them in the bone marrow.”

Besides injectable drugs like HemaXellerate, Regen is also working on “small molecule” (oral pill), stem-cell treatments for cancer.



Dr. David Koos, founder and CEO of Regen BioPharma (Photo by Jeff Clemetson)



Koos (left) and Dr. Harry Lander, president and chief scientific officer of Regen BioPharma (Photo by Jeff Clemetson)

“What we have going on in cancer therapy is gene-silencing, small molecule and how those interact which will lead to what we believe will be a therapy for treating cancer in a way that is not harmful to the body the way chemotherapy and radiation are,” Koos said.

“These are treatments that are currently — in the last three years — are starting to be used,” said Lander. “Jimmy Carter was recently cured of metastasis to his brain. At 91-years-old he’s cured of cancer because of these immunotherapies.”

The Regen offices at 4700 Spring St. in La Mesa are not what you picture when you think of a biotech firm. There are no labs; no men with white coats peering down microscopes; and no beakers filled with a newly-concocted biochemical. Instead, there are just comfortable offices and a nice view of the city. This is by design.

“We’ve all seen how the typical biotech company works,” Koos said. “Somewhere along the line you go through several rounds of venture capitol; you hire a lot of scientists; you either buy or rent a big building and stuff it full of multimillion dollars of equipment and then if you go through

phase one or two or whatever and things fall apart, you’ve got this huge investment and you can’t monetize it. What you spent \$10 million on in terms of equipment is maybe worth two, three pennies on the dollar.”

Instead, Regen contracts out the lab work to develop the drugs it has conceptualized and owns or licenses the intellectual property rights for.

“It is a concept that is now

being used around the United States and they call it ‘virtual biotech companies,’” said Lander. “Basically, the intellectual property is your main asset, and of course your management team. Doing the science nowadays is essentially a commodity, not always, but it can be a commodity and you can outsource that.”

Research on Regen’s drug therapies were originally done at Oregon Health and Science University. Further research was done at the Torrey Pines Institute and Charles River Laboratories. Other research facilities the company uses are kept secret from competitors.

Financing for the company has come from “a series of private placements,” said Koos. “Up until recently, it’s been friends, family and me.”

Regen is a public company so it can raise money in the capitol markets, a fact that could soon be lucrative for the local biotech firm.

“We believe that sometime in the first half of 2016 we should have an IND filed on our small molecule and companies with an IND filed tend to be worth north of half a billion dollars.”

Koos and Lander stressed that that money is not the only motivating factor for Regen, and even

joked that their business model is not like so-called ‘Pharma Bro’ Martin Shkreli’s, who made headlines for purchasing a patent on a lifesaving drug and raising the price over 4,000 percent.

“Ideally, designing some of these new immuno-oncology drugs that are actually small molecules would be sort of a Holy Grail for the insurance companies; for biopharma; and for the patients,” said Lander. “If we can develop a drug that is as effective or more effective than the current biologics — that is small molecule and therefore much cheaper — that would be wonderful. People would have access to it all over the world and not just the United States.”

So will Regen relocate to the more typical biotech areas of San Diego County once it makes the big time with a life-saving cancer drug? No, said Koos.

“Every time I bump into somebody at one of these biotech functions they’re like, ‘How come your office is out in La Mesa instead of Sorrento Valley or La Jolla?’ I feel like those areas are so over-penetrated and overserved by biotech — that and I live about five minutes up the street in Mt. Helix.”

—Write to Jeff Clemetson at jeff@sdcnn.com. ■



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► Fair Trade, from page 1

sold for fundraisers, like chocolate bars, had to be fair trade over conventional products. The school also had to register online; document everything; take pictures; and have coursework created.

"Everything has to be accounted for and we have to continue it, [the designation is] not something that we get and it's forever," said Pacheco.

In addition, the school incorporated two different fundraisers that educate parents about fair trade and teach the children about what they are going to be selling.

"They know that the fundraisers they have are not something like magazine sales or cookie dough, but something that has a meaning that will make a difference for others," Pacheco said.

One such fundraiser is the school's Fair Trade Gift Fair, which is hosted by the school's fifth graders. All the money raised goes toward paying for the students' sixth grade camping trip the following year. The school also sets up a booth at Christmas in the Village and sells fair-trade coffee, tea and hot cocoa to holiday shoppers.

Fifth-grader Isabella Giordano said she likes the school program because it helps provide "fair pay for the people who make the stuff we use everyday and the food we use everyday."

"I didn't know that people didn't get good pay and now I do know," she said. "Some people pick a bunch of mangos and they only get like a few cents for it and that's not fair



FAIR TRADE CAMPAIGNS

and I didn't know that. Now people get much more pay they deserve."

Giordano said her favorite fair-trade item is chocolate, which is also the product she sells the most when out fundraising, just ahead of coffee.

"I like how people get paid fairly for things that they make that are high quality," said sixth-grader Presley McMahon. "They are things that normal factories make, but better in a way."

During the fundraiser, McMahon bought free-trade chocolate and bracelet jewelry and her mom bought a fair-trade scarf for her grandmother.

Besides serving fair-trade coffees and teas at school functions and raising money by selling free-trade chocolate bars, the school also looks for other free-trade products it can use.

"This school year, for our walk-a-thon, we are going to order our first fair-trade T-shirts, which are organic cotton from a company called Haenow," Pacheco said. "Right now we can buy fair-trade soccer balls and we've been purchasing them for a couple years. We teach the kids that there is no child labor involved in making the

soccer balls and learn about the company that produces them."

Pacheco herself learned about the fair-trade movement back in 2005 through St. Martin's social justice committee.

"We found out fair trade is not charity, it's a way everybody can make a difference with a purchase."

Pacheco was educated by San Diego Fair Trade and learned that, at the time, there were 1,400 designated fair trade towns in Europe, while the U.S. had only 23. Fair trade towns are given their designation based on the availability of fair-trade products for population size along with other procedural steps that need to be completed by local governments.

Pacheco then started La Mesa Fair Trade with co-chair Nancy Ryan to get the city a fair-trade designation.

"We had to educate store employees and managers and ask them to carry more fair-trade products. That happened, especially in Sprouts," she said.

Besides Sprouts, there are several other stores in La Mesa that now carry fair-trade products.

"Trader Joes has got a lot. Even the Vitamin Shoppe has

added a lot of fair-trade products and we've tabled there a few times. Grossmont Nutrition, the buyer there has added several products that are fair trade since we've talked to her over the past four or five years. CVS carries Dr. Bronner's Soap. Vons carries a variety of fair-trade coffees and teas and sugar; so does Albertson's; even Wal-Mart has some fair-trade products."

To find fair-trade products in stores, people just need to look for the labels, Pacheco said.

To make La Mesa a designated fair-trade town, Pacheco and Ryan also talked with all the local congregations, as well as service organizations like Kiwanis and the Rotary Club and convinced them to adopt fair-trade policies.

"One component was meeting with the city and having the city pass, at the time, a resolution that it would be designated a fair-trade town and maybe switch out their coffees and teas and things."

That didn't work out and not every councilperson supported that, Pacheco said, but the designation happened anyway with a commendation from former mayor Art Madrid.

"Now the components of the Fair Trade Campaign for fair-trade towns don't focus so much on that resolution by the city because it is more of a government thing and we really are not political — it's more of an education-based awareness for consumers. So things have changed and it's gotten easier for towns to become [designated] fair trade."

After getting the city its fair-trade designation, Pacheco and

Ryan learned about the campaign for fair-trade schools.

"And we thought, 'well this will be great to educate our Catholic schools first about it because one of our biggest backers [are] Catholic Relief Services Fair Trade,'" Pacheco said.

Pacheco and Ryan became Catholic Relief Services Ambassadors. They flew to Baltimore, Maryland, for training and learned about the difference fair trade is making for "all these people in all these countries, and especially women," she said. "We also like the fact that there is no child abuses in the whole supply chain."

Getting St. Martin its fair-trade designation puts the school into a very small club. There are only 40 fair-trade schools in the U.S. and St. Martin de Tours is the first Catholic elementary school in the nation and the first elementary school in California to get a designation.

The La Mesa school joins UC San Diego and University of San Diego, which are also declared fair-trade schools.

"The good news is our colleges," Pacheco said. "Point Loma Nazarene will be declared next month and San Diego State has an active group on campus."

For fourth-grader Crockett, the more schools that adopt fair trade, the merrier.

"It's fun to know the other fair-trade students and also the presentations are quite cool and it's nice to learn about fair trade," he said.

—Write to Jeff Clemetson at jeff@sdcmn.com. ■



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What's Cooking with Julie

ROASTED PORK WITH CIDER SAUCE

Julie White

This is an easy, hearty, winter dish that easily feeds six hungry people and is just a little different from most pork dishes.

Ingredients:

- 2 pork tenderloins (about 3/4 pounds each)
- 4 tablespoons butter or oil
- 1 cup apple cider
- 1 yellow onion, sliced
- 2 firm apples, peeled and cut into cubes
- 1 cup of chicken broth
- 2 teaspoons cider vinegar
- 1 teaspoon flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions:

Preheat oven to 425 degrees. Season pork with the salt and pepper. Heat 2 tablespoons butter or oil in a heavy frying pan or oven-proof skillet



and brown the pork on all sides. Transfer the skillet to the heated oven. Cook for 15 to 20 minutes or until meat reaches 155 degrees. Remove from oven and cover with foil to rest. Heat additional 2 tablespoons of butter or oil into pan you roasted meat in. Sauté the onions and the apples until tender then add the apple cider, cider vinegar, broth and flour. Stir rapidly until it becomes a sauce. You can add more cider or water gradually if sauce is too thick. Season to taste with additional salt and pepper. Slice the roasts and pour apples and sauce mixture over the sliced meat. Serve with potatoes or rice and a big green salad. ■

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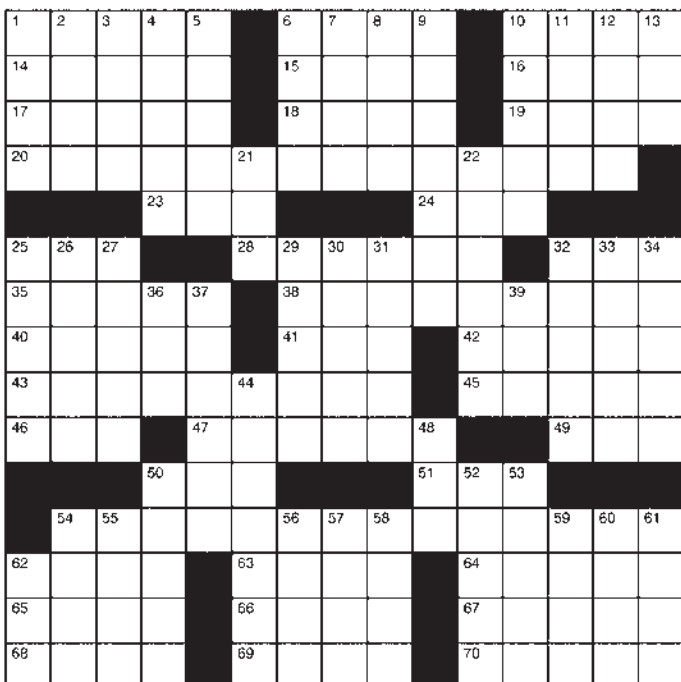
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PUZZLES | ANSWERS ON PAGE 8

CROSSWORD



CREATORS NEWS SERVICE

By Charles Preston

ACROSS

- 1 "___ triumphantes, venite . . ."
- 6 Steed
- 10 Former British prime minister
- 14 Bower
- 15 Take
- 16 Reveal
- 17 Gettysburg general
- 18 All het up
- 19 Hedgepodge
- 20 Certainly not a world power
- 23 Marv Albert's favorite word?
- 24 Egomaniac's concern?
- 25 The shakes, briefly
- 28 Dismay
- 32 Japanese statesman
- 35 Newton
- 38 The public eye
- 40 Alice's husband
- 41 Scottish one
- 42 Brilliance
- 43 Rumor monger's medium
- 45 Geneva's river
- 46 Double curve

- 47 Delay
- 49 Anthem contraction
- 50 Tax lead-in
- 51 Is past
- 54 Sycophants
- 62 Asp victim, for short
- 63 Epsilon follower
- 64 Kiddie nightcap?
- 65 Bogart thriller, ___ Reckoning
- 66 Goldblum/Pfeiffer flick, ___ the Night
- 67 Ruth topper
- 68 Withered
- 69 Fussies
- 70 Panache

DOWN

- 1 AKA Elia
- 2 Length X width
- 3 Israel in the World author
- 4 Present
- 5 Actress Dunne
- 6 Preservative
- 7 A ___ to Live
- 8 Over
- 9 Enchant
- 10 Christ Stopped at ___
- 11 Persistence of
- 12 ___ Severeid
- 13 Classic prefix
- 21 ___ matter of fact
- 22 Cooper's partner
- 25 Requiem
- 26 Russian rulers: var.
- 27 Rooms in a casa
- 29 Braid
- 30 Auricle
- 31 Arab ruler: var.
- 32 Eskimo's castle
- 33 Scottish baron
- 34 Lutra canadensis
- 36 Bk. section
- 37 Model Ties
- 39 "___ bin ein Berliner"
- 44 San Marco site
- 48 MADD concern
- 50 English potter
- 52 Writers' gp.
- 53 Shallow
- 54 Toward shelter
- 55 Unflattering shape
- 56 Hang
- 57 Preminger
- 58 Its capital is Vientiane
- 59 Beige
- 60 Forster's had a view
- 61 Compos mentis
- 62 Today's LPs

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.

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

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► Dog Chief, from page 3

MacKinnon spoke highly of SDHS's special response team that partnered with the Humane Society International to rescue 31 dogs destined for slaughter from South Korea's meat trade. Although healthy and docile, the dogs had never stepped foot out of a cage. They never walked — let alone ran — on grass before. They never experienced the sun, sniffed a bush or interacted with other dogs.

"These dogs were 130-pound full-grown puppies," he said. "Scared, they didn't understand human kindness. We supplied blankets,

beds, toys, fresh water and affection for the first time. Although these stories break your heart, knowing the dogs will have great lives going forward makes the job worthwhile."

MacKinnon explained that cats are abused more than dogs, and blamed the majority of hoarding incidents on mental illness. Severe cases include housing up to 70 cats and 55 rabbits that forced the removal of the animals and condemnation of the houses.

"Hoarding situations are incredibly sad," he said. "It's hard to understand how any human or animal can live with conditions that endanger both health and

safety. We work with a hoarding coalition that includes mental health professionals, medical staff and city services."

MacKinnon said animal neglect is often fueled by financial hardship. However, SDHS provides assistance through low-cost spay and neutering services, vouchers for veterinary care, behavioral training, and extra food through its PAWS program.

MacKinnon's list of accomplishments within the world of paws includes stints in Haiti where dogs are abused and beaten with rocks and war-ravaged Kosovo where domesticated dogs, abandoned by their fleeing owners, are hunted

and killed for sport.

"I've witnessed horrible animal cruelty that's difficult to process," MacKinnon said. "I'm always concerned how my officers process compassion fatigue, a common occurrence among police officers, firefighters and our military. To constantly see terrible things hardens you. But we have lots of good stories that make it all worthwhile. Our officers are thrilled to know that a dog they rescued was adopted into a great home."

Compassion fatigue is depicted as a gradual lessening of compassion common among those who work directly with trauma victims such as first responders. Symptoms

include stress, anxiety, sleeplessness or nightmares, and chronic negativity. Professional and personal detrimental effects include decreased productivity, an inability to focus, and the psychological effects of incompetency and self-doubt.

Chief MacKinnon — who provides a loving home for seven rescue dogs himself — said he will continue to work with the HSUS in 2016 — one on one — to improve the lives of animals. "The job's a perfect fit," he concluded. "It combines my passion for police work and my love for animals."

—Contact Lucia Viti at lucioviti@roadrunner.com.■



HURRY! Voting for Best of La Mesa closes on February 10

MAIL YOUR BALLOT TO: La Mesa Courier Best of La Mesa
123 Camino de la Reina, Suite 202 East, San Diego, CA 92108.

OR VOTE ONLINE AT: lamesacourier.com. One ballot per person. Ballots must be postmarked, submitted online, or hand-delivered by 5 p.m. Feb. 10.

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Dining & Entertainment

- American Cuisine
- Bakery
- Barbecue
- Beer
- Billiards
- Breakfast
- Brunch
- Burger
- Burrito
- Business Lunch
- Casino
- Casino Buffet
- Casual Dining
- Chinese Cuisine
- Cocktail
- Coffee Shop
- Comfort Food
- Dance Club
- Deli
- Dessert
- Dinner
- Donut Shop
- Family Restaurant
- Farmers Market
- Fast Food
- Fine Dining
- French Cuisine
- Greek Cuisine

- Happy Hour
- Health Food Store
- Hot Wings
- Indian Cuisine
- Irish Pub
- Italian Cuisine
- Japanese Cuisine
- Jazz Bar
- Late Night Dining
- Live Music Venue
- Lunch
- Margarita
- Martini
- Mexican Cuisine
- Micro Brewery
- New Restaurant
- Nightclub
- Outdoor Dining
- Pet Friendly Dining
- Pizza
- Romantic Dining
- Rooftop Lounge
- Salad
- Sandwich
- SD County Winery
- Seafood
- Sports Bar
- Steakhouse
- Sushi
- Thai Cuisine

- Vegetarian/Vegan
- Wine Bar

Business & Retail

- Accountant
- Acupuncture
- Antiques
- Art Gallery
- Attorney
- Auto Dealer
- Auto Repair Shop
- Bank
- Barber
- Bicycle Shop
- Bookstore
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- Bridal Shop
- Car Wash
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- Pet Boarding
- Pet Grooming
- Plumber
- Preschool
- Property Management Company
- Real Estate Agent
- Real Estate Office
- Retirement Living
- Tanning Salon
- Tattoo/Piercing
- Tuxedo Shop
- Veterinarian
- Wedding Venue
- Women's Apparel
- Yoga Studio

Cash for College program helps students with financial aid

Aaron Andrews

On Jan. 5 and Jan. 13, parents and students sat in front of the computers in the library at Helix Charter High School to take the first steps in finding the money to pay for higher education by attending the Cash for College workshops.

The Cash for College workshops were conducted by the San Diego and Imperial Counties California Student Opportunity and Access Program (Cal-SOAP) with the goal to help students complete the application process to access financial aid for college or career/technical training beyond high school.

The workshop facilitators gave parents and students one-on-one guidance to complete the Free Application for Federal Student Aid (FAFSA). Completing the FAFSA correctly and accurately is important when applying for any financial aid, especially programs that are needs-based. The Cal-SOAP facilitators answered various questions and helped parents and students take this important step preparing to attend college.

"We are here to grow some kids," exclaimed Linda Doughty, the director of San Diego and Imperial Counties Cal-SOAP and the regional coordinator for Cash



Students in the Helix Charter High School library prepare financial aid forms at a Cash for College event in early January. (Courtesy of Senator Joel Anderson's office)

for College.

California State Senator Joel Anderson partnered with the San Diego and Imperial Counties Cal-SOAP and provided resources at the workshop.

"The Cash for College workshops that Linda and her team facilitate are beneficial for my constituents who are planning to attend college to get higher education and career opportunities. I am grateful they are hosting many workshops in the district and hope our community members take advantage of them," said Anderson.

Enrique Chavez, one of the parents who attended the work-

shop did not attend college. He was thrilled his son was helped with completing the FAFSA.

"[I am] from Mexico. English is a second language," Chavez said. "She [Margarita Perez, a facilitator] was able to speak to me and help me fill out the FAFSA."

There are several more upcoming "Cash for College" workshops and they can be found at sandiegocalsoap.com/star/Events.

—Aaron Andrews is a legislative intern for Senator Joel Anderson, a student at Alliant International University and a retired Marine Corps Gunnery Sergeant.■

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New Year's Resolution Starts Here — Jan. 26

Join us on **Tuesday, January 26**, as we discuss what research shows is the most effective method of losing weight loss and the diabetes connection. The doctors will discuss gastric bypass, sleeve and Lap-Band options and which procedure may be right for you!

Financing and insurance options will be discussed along with a Q&A.

Make January 26 a life-changing day in 2016.

FREE Weight-Loss Seminar

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and Vadim Avulov

Tuesday, January 26

6-8 p.m.

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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.

Feb. 6: P4 Jazz Trio at San Pasqual Winery Tasting Room. Free. 7 – 10 p.m. 8364 La Mesa Blvd., La Mesa. SanPasqualWinery.com.

CLASSICAL

Jan. 29 & 31: Brahms and Beethoven's "Pastorale" at Copley Symphony Hall. \$20+. 8 p.m. on Friday; 2 p.m. on Sunday. 750 B St., Downtown. Visit SanDiegoSymphony.org.

Feb. 6: Chamber music featuring soloists Audry Nagby (soprano) and Gregg Nestor (classical guitar) at First Lutheran Church of El Cajon, 867 South Lincoln Ave. on.fb.me/1PmspGC

Feb. 20: Symphology: The Science of Sound (A Family Festival Concert) at Copley Symphony Hall. \$15+. Pre-concert activities at 1 p.m.; concert at 2 p.m. 750 B St., Downtown. Visit SanDiegoSymphony.org.

ALTERNATIVE/ROCK

Jan. 23: Darlington and Name the Band at The Bancroft. \$5. 9 p.m. 9143 Campo Road, Spring Valley. Facebook.com/BancroftBarCA.

Jan. 30: DagoDogs at Helix Brewing Company. Free. 6 p.m. 8101 Commercial St., La Mesa. DrinkHelix.com.



The DagoDogs (Courtesy of Vincent Meehan)

Feb. 20: Johnny Deadly Trio at Riviera Supper Club. Free. 9 p.m. 7777 University Ave., La Mesa. RivieraSupperClub.com.

POP

Jan. 30: Power-pop showcase featuring Scott Samuels, Super Buffet and The Armoires at Chico Club. Free. 8:30 p.m. 7366 El Cajon Blvd., La Mesa. ChicoClub1940.com.

Feb. 6: Baja Bugs at Riviera Supper Club. Free. 9 p.m. 7777 University Ave., La Mesa. RivieraSupperClub.com.

Feb. 11: "All You Need is Love 2016" with multiple musicians performing love songs by The Beatles at Vision Center for Spiritual Living. \$20. 7 p.m. 6154 Mission Gorge Road, Suite 100, Grantville. FolkeyMonkey.com.

OTHER

Jan. 23: Soul Seduction (jazz, rock and blues) at San Pasqual Winery Tasting Room. Free. 7 – 10 p.m. 8364 La Mesa Blvd., La Mesa. SanPasqualWinery.com.

Jan. 29: Country Rockin' Rebels at Hooley's. Free. 9 p.m. 5500 Grossmont Center Drive, La Mesa. Hooleys.com.

Jan. 30 and Feb. 20: Jefferson Washington (blues and folk) at San Pasqual Winery Tasting Room. Free. 7 – 10 p.m. 8364 La Mesa Blvd., La Mesa. SanPasqualWinery.com.

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



FEATURED EVENTS

FEB 18 La Mesa Conversations mixer
Thursday, Feb. 18

The La Mesa Conversations group will hold their monthly mixer at Riviera Supper Club (7777 University Ave., La Mesa) from 5:30 – 7:30 p.m. Learn more about the group online at LaMesaConversations.org and on their Facebook page at Facebook.com/LaMesaConversations.

WEEKLY SAT 'Silver Sneakers' yoga
Saturdays

This free yoga class for members of the La Mesa community is taught by Jaclyn Gadd every Saturday at the La Mesa Library (8074 Allison Ave.). The class is held from 8:30 – 9:30 a.m. Visit SilverSneakers.com for more information.

JAN 23 JAN 30 JAN 31 Sharp HospiceCare volunteer training sessions
Saturday, Jan. 23;
Saturday, Jan. 30; and Sunday, Jan. 31

Sharp HospiceCare is looking for caring, compassionate volunteers to provide caregiver relief and companionship for patients. These three volunteer sessions will be held at 8881 Fletcher Parkway, Suite 336 in La Mesa. Applicants must have reliable transportation and pass a security background check. For more info or to sign up, call 619-667-1900. Visit Sharp.com/Services/Hospice to learn more about Sharp HospiceCare.

JAN 27 'The Future of Downtown La Mesa'
Wednesday, Jan. 27

La Mesa Conversations will present this panel with city staff, real estate professionals and business leaders discussing the future of La Mesa's downtown from 6 – 7:30 p.m. at the La Mesa Masonic Lodge (4731 Date Ave.). The panel will share their predictions, and hopes for the area. Following the panel presentation, there will be a moderated Q&A for all participants.

The panel discussion will include:

Moderator: Barry Jantz, CEO of Grossmont Health Care District and former La Mesa City Councilperson

Panelist: Dave Witt, La Mesa City Manager

Panelist: Chris D'Avignon, Land and Design, The Quarry Apartments

Panelist: Mary England, CEO and President of the La Mesa Chamber of Commerce

Panelist: Shon Finch, Fairfield Development

Introductory remarks will be given by Colin Parent, Policy Counsel of Circulate San Diego, and a La Mesa Conversations committee member.

Get details and RSVP at bit.ly/1Q9TFvb.

FEB 1 Registration for spring aquatics classes
Starts Monday, Feb. 1

Registration for spring aquatics classes at the La Mesa Municipal Pool (5100 Memorial

La Mesa
Conversations

Drive) will begin Feb. 1. Early online discounts for youth aquatics will be given through March 6. Visit cityofflamesa.com for more information. For assistance, please contact Community Services at 619-667-1300 or recreation@ci.la-mesa.ca.us.

FEB 5 MAR 2 'Old Masters' art show
Friday, Feb. 5 – Wednesday, March 2

The Foothills Art Association will host its annual "Old Masters" show at the Foothills Gallery at Porter Hall (4910 Memorial Drive, La Mesa). Local artists will be showing their reproductions of the great works of the "old masters" (painters whose works are at least 100 years old). Visitors to the show can vote for their favorite reproduction to win the "People's Choice Award." The gallery is free and open to the public Tuesdays through Saturdays from 11 a.m. – 4 p.m. For more information, call 619-464-7167 or visit ArtID.com/Foothills.

FEB 10 FEB 15 La Mesa Women's Club meetings
Wednesday, Feb. 10 and Monday, Feb. 15

Those interested in the La Mesa Woman's Club can attend either or both of the two meetings they hold each month — an evening session at 6:30 p.m. on the second Wednesday of the month (Feb. 10) and a daytime session at 1 p.m. on the third Monday of the month (Feb. 15). They welcome new members interested in serving the community, working on projects and more. Visit LaMesaWomensClub.org for more information or email info@LaMesaWomensClub.org.

FEB 19 'Behind the wheel: Cognitive decline and driving'
Friday, Feb. 19

Memory changes and visual impairment impact an individual's ability to drive safely. Participants in this class will learn about methods for evaluating driver safety, transportation resources and tips for having difficult family conversations about driving. The class will be led by Amy Abrams, Community Education Manager of Alzheimer's San Diego from 1 – 2:30 p.m. at the Grossmont HealthCare District Conference Center (9001 Wakarusa St., La Mesa). Registration required. Call 1-800-827-4277 or register online at Sharp.com. ■



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Mugging up



Genevieve Suzuki

never seeing Derek's eyes roll so far back into his head. "Don't forget the tea mugs. These are mugs with something Zen about them. I know there's something Zen about them because the tea company said they were Zen mugs. And I want Zen, Derek — desperately."

Derek muttered under his breath about Zen and empty cupboards. I ignored him and plunged on. "Oh, and then we have those cute little glass cider mugs! We need those because someday we will have warm cider with our kids! And of course they're glass so we can see that cinnamon stick swirling around."

"Wait... So we're giving our kids glass mugs of hot liquid?" Derek asked.

Before I could offer my lukewarm explanation, Derek interrupted. "Look, fine, you want to keep your 100 mugs, OK. But now you're going to use them for much more than that."

"Well, yeah, duh. I can use them for warm milk, chai..."

"No, you're going to use them for your meals," he said. "As in, 'breakfast,' 'lunch,' 'dinner,' and whatever that meal is you eat hiding in the kitchen right before bed."

"I could do that. Those soupy mugs are good for oatmeal, macaroni 'n' cheese..."

"No," he said. "I'm thinking, 'mug o' steak,' 'mug o' cheeseburger,' 'mug o' sushi.'"

Derek went on for a few minutes, listing various non-mug-friendly foods that were going into my precious mugs. Amid that sarcastic soliloquy, I realized mugs are the Little Black Dress of dinnerware — they had a use for a variety of situations and emotions. What may be a Happy Day mug might not be appropriate for a day when I'm seeking comfort, and what may be a Blustery Day mug would not be a mug appropriate for the search for Zen.

Thankfully, our conversation switched to the usual — our kids — and my mugs were safe until the next time Derek peered into the cupboard.

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

Briefs, from page 7

district chief of staff to former Assemblyman Jay La Suer (R-La Mesa) and as a public affairs consultant. He previously worked for 18 years in the Facilities Development Department for Kaiser Permanente, including three years as financial manager.

BBB offers cash scholarships to high school students

The Better Business Bureau (BBB) of San Diego, Orange and Imperial Counties is offering high school juniors and seniors the opportunity to earn money for college through their participation in the peer-to-peer advising program BBB Student Ambassador.

BBB's Student Ambassador Program aims to bring smart buying information to high school-age students, who are often the target of scam artists and credit card companies. In order to make the material more palatable for teenagers, BBB trains student volunteers who then deliver speeches to their peers and classmates.

"High school-age students are often hit hard by scammers because they tend to be naïve and can have large disposable incomes," said BBB President and CEO Sheryl Reichert in a press release. "This program gives teenagers the tools to fight back against scammers and become adult consumers."

Established in 2005, the Student Ambassador program has grown tremendously over the years, with participants from private, public and charter high schools that range from Imperial to San Ysidro, and Carlsbad to Fallbrook.

Not only does the Student Ambassador Program serve as a valuable scholarship opportunity for its participants, but students are also encouraged to include their involvement on resumes, job applications, and college admission essays. In addition, student volunteers will be able to practice their public speaking skills.

"Having the ability to speak clearly and confidently to your peers is instrumental at any age," said Reichert. "Mastering that skill while you are still in high school is invaluable."

Their participation demonstrates their commitment to strengthening the marketplace and protecting their peers from potentially harmful marketplace practices. All participants will receive a certificate of recognition for their contribution of volunteer hours; it also names them as a BBB Student Ambassador. The students who present to the largest number of their peers are eligible to receive a scholarship (first place winning \$2,500, second place winning \$1,500, and third place winning \$1,000).

A reception will be held in May to recognize the winners of the various scholarships. The deadline to apply for the advantageous program is Feb. 19.

For more information, interested parties should visit go.bbb.org/1P3gYtx or email BBB's Student Ambassador Coordinator, Alexandra Hamilton, at ahamilton@sdcc.bbb.org.

La Mesa Chamber of Commerce hires new employee

Mary England, La Mesa Chamber of Commerce president/CEO, has announced the hiring of Amanda Dominguez as a Chamber administrative assistant. Dominguez graduated summa cum laude in 2007 from San Diego State University with a bachelor's degree in comparative literature. She previously worked in retail sales.

Dominguez, a Spring Valley resident, will be involved in special event planning, social media and promotion, sponsorship and fundraising activities, administrative duties and assisting Chamber members, England said. "We are thrilled to have Amanda as a wonderful addition to our team," said England in a press release.

The 300-member La Mesa Chamber serves as the voice of business in community affairs by advocating and representing businesses' interests and issues affecting the La Mesa community. It promotes a business environment in a cooperative effort to stimulate a vibrant local economy and enhance the overall quality of life in La Mesa to its highest potential. ■

EXPERT ADVICE

Best Rate Repair & Termite Jeff Mudd

Wood Damage Repair Contractor

"How does El Niño effect wood rot on your house?"

Paint the exterior wood trim; Examine your caulking compound; Check the balcony and deck slopes; Make sure water flows away from the walls and into the drainage system...

This all sound advice during normal home maintenance, but let's look closer as we are in the middle of El Niño. Please view our article at lamesacourier.com/expertadvice.



Jeff Mudd

Monte Vista Village Tracy Walter

22 Years in the Senior Living Industry

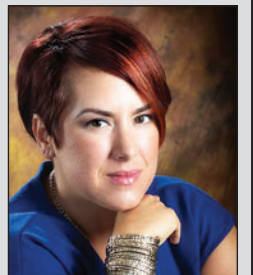
What does buying a car and choosing a senior community have in common? More than you think. #1 Get past the obvious. The senior community design is as important as the resident mix and assisted living is not always appropriate for those who need memory support. Above all else, do not succumb to high pressure sales tactics you encounter when buying a car. For more on what to look for please view our article at lamesacourier.com/expertadvice.



Tracy Walter

Caring For Your Hair During Cancer Treatment

Coping with cancer treatment is hard. Many people face the added indignity of losing their hair. It is an extension of ourselves and I want to share some ways to help alleviate the sadness and stress in overcoming this traumatic side effect, so you can focus on healing. To read more please visit, lamesacourier.com/expertadvice



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Must be knowledgeable of these areas and have a minimum of one year advertising sales experience. The ideal candidate is an energetic team player who is bright, positive, creative and personable who relates to small business owners and can assess their advertising needs. Fulltime, base plus commission. For more information about our community newspapers, visit us at sdCNN.com.

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