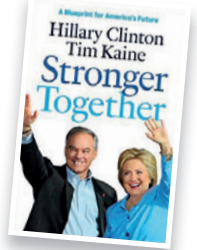




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# La Mesa COURIER



Get to know the candidates through  
books for and against them.  
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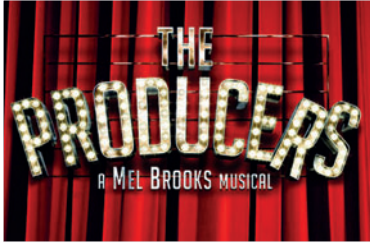
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Dancing, sausages, oompah bands and, of course, beer will again be featured at this year's Oktoberfest. (© Joanne DiBona / sandiegoscenicphotos.org)

### Margie M. Palmer

Oktoberfest is arguably La Mesa's largest civic event and for the first time in more than 40 years, the city is facilitating it.

In years past, the event had often been produced by the La Mesa Merchant's Association and the La Mesa Chamber

of Commerce. The Merchants Association and the Chamber parted ways after 2014; last year, the association failed to pay more than \$47,000 in fees to the city to cover the cost of safety services, such as police, fire personnel and traffic control.

The payment default was turned over to a collection agency earlier this year.

"The La Mesa Merchant's Association is still in debt to the city and since they were unable to make the payment, they were not allowed to pull the permits for the event," said La Mesa Mayor Mark Arapostathis.

Vice Mayor Guy McWhirter said the city is well aware

See OKTOBERFEST page 4 →

## Teaching kids to shine

### Joyell Nevins

According to modern science, matter is no longer being created; the atoms are simply moving around and changing places in the universe.

"I tell my kids that means they are made of stardust," Granger Junior High teacher Stuart Douglas said. "I tell them, 'I can see you shine.'"

Douglas is one of five 2016-17 Teachers of the Year for San Diego County. He teaches science to ninth graders at the Sweetwater district school and just recently moved to a home in Spring Valley after spending over a decade residing throughout La Mesa.

The annual honor is pooled from 26,000 teachers in the county and was announced at a special event on Sept. 10. It is sponsored by the San Diego County Office of Education and the San Diego County Credit Union.

"It was a rush (hearing my name announced)," Douglas said. "I felt like I was back playing football and had just scored a touchdown. To be with my colleagues from my district who I so admire – wow, they're amazing."

Granger even held a special assembly the following Wednesday in honor of Douglas, with surprise guests Mayor Ron Morrison and Douglas's family. The mayor actually issued a proclamation designating Sept. 14 "Stuart Douglas Day."

Even though the Teacher of the Year award comes with a crystal apple trophy and plenty of clout, Douglas is quick to note that he isn't teaching for a physical reward.

"I don't do this job for trophies and awards; I do it for my kids," Douglas said.

And don't call his kids "students" – they are *scholars*.

"I tell them a scholar shows up ready to learn. A student



Teacher of the Year Stuart Douglas  
(Courtesy of Stuart Douglas)

just shows up," Douglas explained.

Every student – scholar – gets that designation when they walk into his classroom. Douglas starts from the

See TEACHER page 14 →

## Alessio, Parent square off at candidate forum

Jeff Clemetson | Editor

Economic growth, a new library, medical marijuana, climate action, homeless and more were all topics discussed at the Sept. 15 Candidate Forum hosted by the La Mesa Chamber of Commerce.

The event at the La Mesa Community Center brought a few dozen residents and two candidates — incumbent Councilmember Kristine Alessio and candidate Colin Parent. Incumbent Councilmember Ruth Sterling was unable to attend at the last minute due to a slip and fall that broke her arm. In a statement read by Chamber of Commerce president Mary England, Sterling shared her regret for not attending and reminded the audience that she was the first candidate to accept the invitation to attend the event.

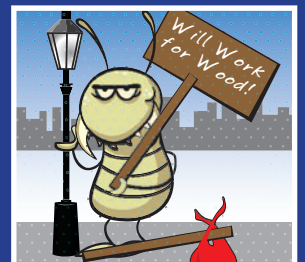
The forum, which was moderated by local businessman and Chamber board member Bill Hammett, began with Alessio and Parent giving opening statements. Alessio said when she first ran for office in 2012, her priorities and goals were to maintain La Mesa's fiscal health, make public safety a top priority, improve transparency in government, ensure La Mesa retains its character and maintain programs for seniors.

"All of them, I'm proud to say have been achieved," she said, listing recent actions by the City Council that included cutting the city's pension liability, reaching a deal to pay police and fire competitively, and construction on Collier Park.

"On top of that, La Mesa is becoming a hot, new place to move to," she said.

Parent shared his resume of experience in public policy — working at the East

See FORUM page 3 →



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# Building blocks of peace

Joyell Nevins

No matter what faith tradition you embrace, there is a core value of peace. That's what the Interfaith Council of La Mesa wants people to take away from their third annual International Day of Peace event, this year with the theme "Building Blocks of Peace." The event will take place from 3:30-5 p.m. on Sunday, Sept. 25, at Aztec Park.

"It's an opportunity for us to remind ourselves that we as humans have a desire for peace," Rebecca Littlejohn of Vista La Mesa Christian Church said. "Peace is a priority for *all* these (faith) traditions."



A woman blows a Shofar to begin the prayer service at last year's Day of Peace event. (Courtesy of St. Martin de Tours)

The Christian church is just one of many religions represented both in the council and in the Day of Peace event. There will also be words of peace from the Baha'i, Muslim, Hindu and Jewish faiths. St. Martin of Tours Catholic Church, the Buddhist Temple of San Diego and the Franciscan Peace Connection are all also involved.

"Doing this event has enriched the *interfaith* part of the Interfaith Council," Littlejohn explained, saying the multiple congregations bring "authenticity and integrity" to the council's mission.

The Interfaith Council began in 2011 by former mayor Art Madrid, who wanted to engage the 42 different congregations in La Mesa to cooperate to help the community – to "better lives through a faith-based effort," as their vision states.

"We could bring together all of our efforts," said Anne Pacheco of St. Martin of Tours.

Those efforts have included a summer school lunch program, a food assistance resource brochure for the San Diego East County region, and several Peace Day events.

The International Day of Peace was established by the United Nations (UN) in 1981 to "commemorate and strengthen the ideals of peace both within and among all nations and peoples," according to the original UN resolution. The UN states their mission



Children from St. Martin de Tours Catholic Church use sign language as they sing a song of peace. (Courtesy of St. Martin de Tours)

for Peace Day is to provide a globally shared date for all humanity to commit to peace above all differences and to build a culture of peace.

"It was meant to be a global ceasefire for one day," said LaVern Olberding of the Franciscan Peace Connection.

Olberding detailed that the idea was if people could stop fighting and come together for one day, it might spark the realization that they could do that for an even longer period of time.

"(They might) ask 'why are we fighting against people who are a part of us as humanity,'" Olberding said.

In La Mesa, the Day of Peace event will include music, prayer, words of peace and even a dance from the San Diego nonprofit

Help Kids Around the World. Other nonprofits and churches from around the county will have tables set up to share resources of compassion and outreach opportunities. The word is getting out – the amount of organizations represented has almost doubled from last year.

Multiple crafts, such as peace pinwheels and paper chains, will be available for adults and crafts alike. The council is asking all attendees to wear blue, the United Nation's color of choice, symbolizing calmness, security, peace and tranquility. Blue will show up in the décor of the day, and also in special stoles worn by each of the speakers.

After all the activities have finished, the day will end as

it has every year: with the entire group gathered under the shade of the park's large tree, holding hands and singing "let there be peace on earth, and let it begin with me."

The International Day of Peace will be from 3:30-5 p.m. on Sept. 25 at the Aztec Park in La Mesa. Attendees are encouraged to bring their own blankets or chairs. Overflow parking will be available at the Church of Jesus Christ of Latter Day Saints at 5555 Aztec Drive. For more information, visit [interfaithlamesa.org](http://interfaithlamesa.org).

—Joyell Nevins is a freelance writer who can be reached at [joyellc@gmail.com](mailto:joyellc@gmail.com). Find her blog *Small World, Big God* at [swbg-blog.wordpress.com](http://swbg-blog.wordpress.com). ■

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► Forum, from page 1

County Economic Development Council while in high school; campaigning for Gov. Jerry Brown and then working in Brown’s administration for two years on affordable housing and economic development policy; and his current job as a transit safety advocate at Circulate San Diego.

Parent then shared the top priorities of his campaign. “The first is public safety. Crime is actually going up in La Mesa,” he said, pointing to a recent report that shows a 30 percent uptick in violent and property crime. Parent said the city should try to offer police longer contracts to retain good officers.

Improving quality of life was Parent’s second priority and he said he would support new growth and new businesses in the downtown area.

Referencing the City Council’s process to hire a new city manager, Parent said transparency would be the final priority of his campaign.

“It was just announced at the [City Council] meeting that the outgoing city manager was retiring and a new person was coming in. And I think that’s just the absolute wrong approach,” he said. “I’m not saying the person they hired isn’t qualified. I’m sure she’ll do a fine job; but a City Council of our size does two important things — they pass a budget and hire a city manager. It’s really important that we have an open process for that.”

Sales taxes

The first question for the candidates was about the Proposition L sales tax and what their preferred plans to replace it would be, when it sunsets in 13 years.

Councilmember Alessio said the city has been sustained by Prop L money in recent years

and she is worried that the SANDAG half cent sales tax increase on this November’s ballot will make it difficult for the city to propose a future replacement for Prop L. She continued her criticism of the SANDAG proposal, saying that it leaves almost nothing to La Mesa.

“If we are going to sustain La Mesa’s fiscal health, we need to be in control of our own destiny regarding taxation,” she said.

Parent agreed that Prop L is crucial for the success of La Mesa’s budget but that it is too early to predict the city’s needs to replace it.

Unlike Alessio, Parent said he supports the SANDAG sales tax increase because it has “very clear explanations on how that money will be spent.”

La Mesa will get \$1.5 million for local transportation improvements and included in the measure are improvements to the state Route 94 and state Route 125 connections, he said, adding that the SANDAG proposal also has funds for grants that could be used to change the trolley interaction at Spring Street.

“That is the kind of proactive approach that that measure is going to enable La Mesa to take,” he said.

Funding local events

A question on the funding of local events, like the car show and Oktoberfest, found the candidates in agreement that the city did the right thing by stepping in to keep them going after the Village Merchants Association went defunct.

“I voted to support these events and the way I look at it, there are certain things that when there’s a void, government needs to jump in there and take care of,” Alessio said.

Promoting business

Moving on to the next question regarding how La Mesa can lure new businesses to the city, Alessio said the council

has been successful; she then pointed to a decision to hire a marketing consultant to promote the city that she voted for.

“You can see that its worked. La Mesa is booming,” she said. “We have 20, 30 new projects. We have new restaurants coming. We have new housing. It’s not just downtown either, it’s all over the city.”

Parent agreed that promoting small business is a key responsibility of City Council and added that projects like the downtown streetscape was “the right kind of approach.” But he added some criticism that the project took longer than expected and some businesses were not able to survive the disruption.

He also questioned the effectiveness of the city’s marketing strategy.

“Hiring a marketing consultant was perhaps the right choice given how far behind La Mesa was. I think we had a Facebook page as of this year,” he said. “I don’t know that we needed a marketing consultant to do that. I probably could have introduced you to a high school intern who could have set that up for the city.”

Parent said that events in La Mesa are the biggest drivers of attention and marketing, and having an active business association would be more effective in promoting the city. He added that changing antiquated rules and a “culture of hesitancy” in approving new projects would help empower staff to encourage development in the city.

New library

On whether La Mesa should build a new library or not, the two candidates agreed that they’d like to see one, but had different takes on the feasibility of getting it done.

“My view on this is that if the City of La Mesa is

See FORUM page 18 —————>

27 Ways to Drive Up the Sales Price of Your Home

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

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Colin Parent answers a question as Councilmember Kristine Alessio prepares an answer at the Chamber of Commerce Candidate Forum. (Photo by Jeff Clemetson)

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► **Oktoberfest**, from page 1

that Oktoberfest is amongst La Mesa's most beloved traditions. Letting the event lapse, even for just one year, was not seen as being an option.

"We didn't want to lose the momentum so we started researching companies that were experienced in hosting large events," McWhirter said.

After an exhaustive search process, the city chose to partner with EventWerks, which produces similar events in Orange County and Lake Arrowhead.

Although some residents have expressed concerns about the city getting into the event planning business, city officials feel that managing Oktoberfest will allow them “to create something that would support existing businesses in the village and make sure the exposure that Oktoberfest brings will



**Miss La Mesas dressed as Bavarian maids are always a welcome sight. (File photo)**

help their businesses all year long,” Arapostathis said, adding that a second main goal is to bring the event back to its roots.

“We’ve heard citizenry and visitors say the event had lost its authentic feel so we wanted to bring back authentic music and décor that ties in with the theme,” he said “We’re working

closely with EventWerks to meet the objectives we've set for 2016."

Some of this year's highlights will include arts and crafts, an authentic German band, stein holding, sausage tossing and sauerkraut eating. The event will also boast two beer gardens; one will feature larger, regional breweries while the second will



**Kalifornia Krauts perform on Saturday, Oct. 1.** (Facebook)

highlight local breweries and wineries.

McWhirter said that as someone who has lived in the city for more than 50 years, Oktoberfest has always been something he's looked forward to.

“When I was younger it was about hanging out with my friends and eating the food. When I got older, it was about hanging out with my friends and eating the food,” he said, laughing. “Now it’s about bringing vendors and people in who have crafts, or Christmas crafts that they want to share because there are people who are coming in who are looking to buy things. People want to buy authentic trinkets that aren’t made in China. It’s also about enjoying the festive attitudes that you see in parents and young

children. Oktoberfest is not just for adults, but it's for the whole family."

Residents agree.

“For me, Oktoberfest is more than delicious food and beer and crafts for every occasion,” born-and-raised La Mesan Katie Memmel said. “It’s a treasury of memories — getting lost in the crowd as a toddler; strolling the booths hand-in-hand with my first boyfriend; finally being old enough to drink at the beer gardens; watching my kids gorge on kettle corn and make their own lasting memories. Oktoberfest is my past, present and future and no, I’m not crying. Somebody must be chopping onions nearby.”

The La Mesa Oktoberfest will take place on Friday Sept. 30 through Sunday Oct. 2 in the La Mesa Village on La Mesa Boulevard, between Spring Street and Fourth Street in La Mesa. Parking is limited. The use of public transportation, including the trolley, ride-share services and taxis is strongly recommended. Admission is free. For more information, visit [bit.ly/2cbnhOF](http://bit.ly/2cbnhOF).

—Margie M. Palmer is a San Diego-based freelance writer who has been racking up bylines for over a decade. Reach her at [mmpst19@gmail.com](mailto:mmpst19@gmail.com). ■



**The Bavarian Beer Garden Band perform on Saturday, Oct. 1 and Sunday, Oct. 2** (*Facebook*)

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# La Mesa Oktoberfest

**Friday, Sept. 30**  
**"Opening Ceremonies"**  
**4 – 10 p.m.**

Opening ceremony and  
conga line begins at  
7:30 p.m.

**Music:** Traditional German music, The Bluebirds

**Saturday, Oct. 1**  
**"The Big Day"**  
 10 a.m.–10 p.m.  
 Music: Traditional  
 German music, Bavarian  
 Beer Garden Band,  
 Kalifornia Krauts

**Sunday, Oct. 2**  
**“Closing Ceremonies”**  
 10 a.m.–6 p.m.  
 Closing ceremonies begin  
 at 5:30 p.m.  
 Music: Traditional  
 German music, Bavarian  
 Beer Garden Band

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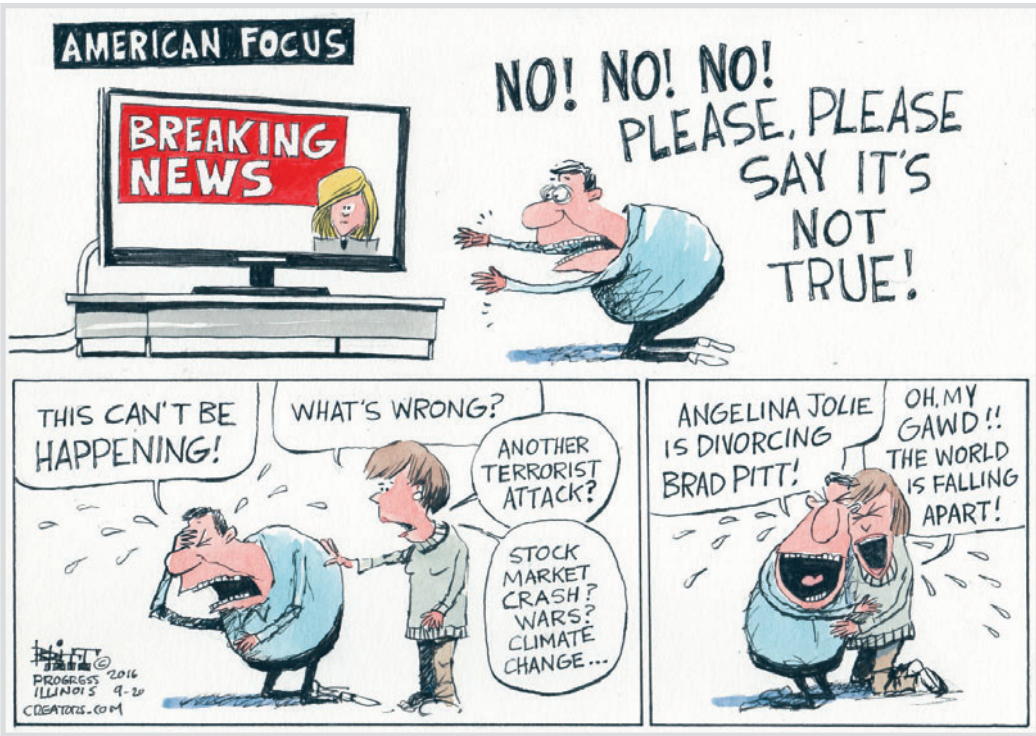
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## GUEST EDITORIAL

### East County church opens hearts, minds and doors

By Hillary Whittington

On Sunday, Aug. 28, the pastor at Foothills United Methodist Church in East County took a leap of faith when they decided to present my family's story to the congregation.

I nervously wondered how the conservative and very traditional members of this church would react to our YouTube video being played during the service — which chronicles our young son Ryland's journey from female to male — and later to my message of love and acceptance of my transgender son.

It was a big deal and I knew it was a risk that could come with some repercussions.

The LGBTQ-inclusive event that followed the church service was a brunch and book signing hosted by the Reconciling Ministries Committee.

A newly formed group of loving and accepting church members, the main purpose of the Reconciling Ministries Committee is to ensure the church is inclusive of all people, regardless of age, race, gender identity, marital status, physical condition, sexual orientation, ethnic background or economic situation.

The group's members vary in age and background, but share the common goal of making Foothills a welcoming church to the LGBTQ community.

Over 100 people packed into Foothills' King Hall to enjoy the warm brunch prepared and served by the committee, listen to Pastor Eric bless our family, and hear me speak candidly about our journey.

Many from the senior generation commented that their "hearts were changed" by the event. Many folks in the crowd waited in line to buy my book, "Raising Ryland: Our Story of Parenting a Transgender

Child With No Strings Attached," and to tell me how moved they were by my message.

Some said they hoped "God continued to bless us."

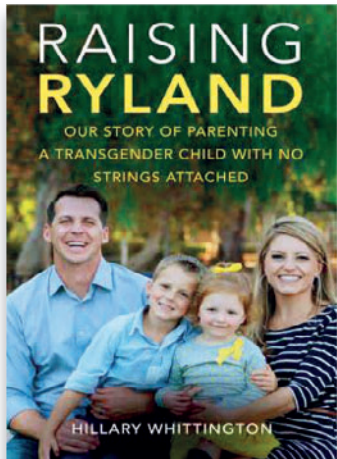
I was brought to tears many times throughout the day, as our past experience with many religious family members, friends, and acquaintances has not been so encouraging. We have unfortunately lost close relatives and friends due to our decision to support our child in his gender identity. Sadly, we no longer speak to my closest cousin, who asked to remove Ryland from her wedding as a flower girl back in 2012.

Other friends have avoided us completely, with statements like "I will pray for your family," while one mom from Ryland's transitional kindergarten class told me, "I don't know how you have raised your children ... but my husband and I have raised our children to believe in the Lord."

As you might imagine, the most common response from devout Christians has not always been a good one, and for this reason, I have always feared the outcome of an event of this nature. However, I was truly shocked to see the amount of unconditional love and support that poured in from the congregation of the Foothills congregation, especially because many of them are from an older generation who had not known me personally prior to this event.

The most poignant part of our story is that the lead pastor, Rev. Dr. Eric Smith, is a respected figure I have known all my life.

Rev. Eric was my pastor as a young child in Riverside County; he counseled my husband and I before he presided over our wedding in 2005; and he also generously drove with our family to Oregon so he could give the sermon at my only brother's funeral in 2006. He even watched Ryland move



through his "tomboy" stages prior to transition.

During the time I was grappling with Ryland's gender identity, I received a phone call from Eric explaining he was being moved from his church in Irvine to the Methodist church in La Mesa, only minutes from our home.

In my mind, this move was absolutely by God's doing. It came during a time that I expected to never step foot in church again, as having a child belonging to the LGBTQ community came with fears of rejection and mistreatment.

After last weekend, I can say that I am truly changed and I feel a renewed sense of faith in humanity.

If it was possible for members of our church, some as old as 90 years old, to have changed their hearts and minds, then it is possible to keep opening hearts and minds all over the world.

I believe God chose our family to raise Ryland and I will continue to be thankful for the supportive congregation at Foothills United Methodist Church.

—Hillary Whittington is the author of "Raising Ryland: Our Story of Parenting a Transgender Child With No Strings Attached." She and her husband Jeff live in La Mesa with Ryland and daughter Brynley. To watch their YouTube video, visit [youtube.com/watch?v=yAHC-qnuX2fk](http://youtube.com/watch?v=yAHC-qnuX2fk) ■

## GUEST EDITORIAL

### Child-care biz OK for renters

By Alan Pentico

The availability of affordable child care has become a hot-button issue in San Diego, where the cost of living can make it difficult for families to get by unless both parents are working. For some families with children, the solution is to offer home-based child care for friends and neighbors who need it.

In California, the need for child care is considered so vital that state law gives renters the right to operate a family day-care business from the home regardless of whether their lease or rental agreement prohibits the "business use of property." The law applies to all rentals, from single-family homes to apartments and condos.

Of course, renters who wish to run a day-care business out of their home must be sure they're following the letter of the law and communicating the details with their landlord or property manager. For example, before anyone begins operating a child-care service, they must obtain a license through the California Child Care Licensing Program, which has a local office in Mission Valley. This license specifies the number of children the provider is allowed to watch.

Renters must provide 30 days' advance notice to their landlord or property manager before they begin operating a child care service from the home. The state license application includes a form that renters can use to provide this notice.

It's important to note that landlords are legally allowed to charge a higher security deposit to tenants who run a day-care business from the home. Landlords may want to charge a higher security deposit because of the higher risk that young children may damage the property. The California maximum limit on security deposits still applies (no more than double the monthly rent for an unfurnished unit, or triple the monthly rent for a furnished unit).

In addition to sharing licensing information with the landlord, the renter must also share evidence of financial responsibility. There are three ways to demonstrate financial responsibility: obtain liability insurance; secure a bond of at least \$300,000; or get signed affidavits from each child's parents acknowledging that they are aware of the lack of liability insurance or bond.

Beyond these key initial steps, child-care providers should be conscientious and respectful of their neighbors' right to the quiet enjoyment of their own homes. Take steps to control or manage excessive noise, and be mindful of anything that could damage the property.

For more information on this topic, the California Department of Social Services has a guide for family child care and tenant rights that can be downloaded from [www.cdcd.ca.gov](http://www.cdcd.ca.gov). For more information about finding affordable or subsidized child care in San Diego, visit the County's website at [http://www.sandiegocounty.gov/content/sdc/hhsa/programs/cs/child\\_care\\_administration.html](http://www.sandiegocounty.gov/content/sdc/hhsa/programs/cs/child_care_administration.html).

—Alan Pentico is executive director of the San Diego County Apartment Association. ■



## GUEST EDITORIAL

# Education can unite divided communities

Jay Steiger

It is difficult to watch TV, browse the web, or read (yes I said it, read) a newspaper these days without continually being reminded of how supposedly divided America has become. It might be Democrats vs. Republicans, seniors vs. millennials, or any number of “us” and “them” polarizations. It is true that we as Americans have allowed perceived differences, often breathlessly played up by elements of the mainstream media, to create unneeded distances between us. Beyond this, there is no denying that there are real world issues where we may have legitimate differences of opinion on how to fix them. We are not stronger as a divided nation and it would do us a collective good if we recalled that talking, listening, and finding out ways to work together has made us strong in the past and can do so again in the future. So, you might ask, what could possibly be a unifying starting point? Schools.

The education of children has been a consistently and universally supported issue throughout modern history. We, the citizens, know that for children to take their future role as innovators, leaders, and the workers to drive our economy, they must be well-educated. Children amaze us because of their natural curiosity, energy, and sense of wonder about the world. Children are not cynical and they are more open to accepting those who may be different. Children are also not able to make policies or laws for their benefit. We, as adults, know that children will need adults to stand up for them and ensure that they are safe and have opportunities to learn and grow so that they may, one day, take their place as responsible productive adults.

This collective understanding contributes to a uniting of communities in support of children’s education, most often in the form of schools.

People will place politics aside, economic status aside, and age aside to work together for the benefit of children learning. Yes, there can be discussions about curriculum, types of schools, and teacher training, but the public will always join in recognition of the critical importance of educating children.

Education is transforming. There is a growing acknowledgment that an over-emphasis on standardized testing is highly frustrating to teachers and parents and does not lead to universally shared improvement. Employers have repeatedly noted that they need workers who are able to analyze and think critically about problems. New options in classroom curriculum and teacher professional development are placing focus on this approach. From early grades forward, children are being challenged to think about the “why” when answering questions. This is a good thing because Americans have clearly indicated they do not want robots as future school graduates. Our country has always celebrated the spirit of invention and innovation and it is a notable positive shift to see this embraced over standardized testing.

Strong schools build strong communities. Local residents, across all demographics, know this. If people have confidence in a local school, they will choose to move to that area. Businesses will want to open and create new jobs. The local economy will grow, which benefits community income and services which will then return back to support the school even further. Schools give people a sense of non-political and non-self-serving purpose. How many times have we heard, “Let’s do it for the kids?” A part of us rolls our eyes at the overused expression, but we will come together as a community when we know that we can, in fact, do something good for kids by boosting their education.

See EDUCATION page 18 —————>

## Peters, Gonzalez headline immigration panel



Linda Armacost and Jeff Benesch

After two straight packed houses for our “Stark Contrasts” meetings examining the differences this election year between the Democratic candidates and their Republican counterparts, La Mesa Foothills Democratic Club (LMFDC) turns again to star power to serve on our panel of experts. Congressman Scott Peters, and Assemblyperson Lorena Gonzalez headline the panel which will also feature ACLU immigration experts and a member of the SDSU Chicana/Chicano Studies department.

Just as our last panel gave us a variety of opinions and experiences in the area of gender politics and the parties’ respective platforms, this Oct. 5 panel will focus on Trump’s build-a-wall agenda and the local politicians who support him, in contrast to the Democrat’s long-standing call for a compassionate immigration policy that recognizes the contributions and rights of the tens of thousands of immigrant families that call San Diego, Southern California and nearly all of America, home.

### Scott Peters

Congressman Scott Peters serves California’s 52nd Congressional District, which includes the cities of Coronado, Poway and most of Northern San Diego. First elected in 2012, he currently serves on the House Armed Services Committee and the House Judiciary Committee. He formerly served on the House Committee on Science, Space, and Technology.

Peters is a civic leader who has made improving the quality of life in San Diego his life’s work. After a 15-year career as an environmental lawyer, Peters was elected to the San Diego City Council, where he later became the city’s first City Council President. On the council, Peters helped lead the \$2 billion redevelopment of Downtown San Diego, the cleanup of the city’s beaches

and bays, and the completion of a number of major infrastructure projects. He also pursued greater accountability and efficiency in government through the creation of a new council/mayor form of government with an independent budget review function.

In 2001, the governor appointed Peters to the Commission on Tax Policy in the New Economy, and in 2002, the Speaker of the Assembly appointed him to the California Coastal Commission.

Peters also later served as chairman of the San Diego Unified Port District — a major economic engine that supports over 40,000 high-skill, high-wage jobs for San Diegans, with \$3.3 billion in direct regional economic impact.

Scott earned his under-



Rep. Scott Peters

graduate degree from Duke University (magna cum laude, Phi Beta Kappa) and worked as an economist for the United States Environmental Protection Agency before attending New York University School of Law. He and his wife of 29 years reside in the La Jolla neighborhood of San Diego, California, where they raised their son and daughter.

### Lorena Gonzalez

Lorena Gonzalez is the daughter of an immigrant farmworker and a nurse. She attended public schools in San Diego County before earning a bachelor’s degree from Stanford University, a master’s degree from Georgetown University, and a Juris Doctor from UCLA School of Law.

Gonzalez served as senior adviser to former California Lieutenant Governor Cruz Bustamante, as well as appointee to the California State Lands Commission and alternate on the California Coastal Commission. A community organizer and activist, Gonzalez was elected in 2008 as CEO and secretary treasurer of the San Diego and Imperial Counties Labor Council, AFL-CIO. She is the first woman and person of color to be elected to head the Labor Council since the



Assemblymember Lorena Gonzalez

organization was founded in 1891.

Gonzalez ran for San Diego City Council during a 2005 special election and advanced to a runoff against future San Diego Mayor Kevin Faulconer. However, Gonzalez ultimately lost the race to Faulconer by a margin of 724 votes out of 29,448 cast.

Gonzalez was elected to California’s 80th State Assembly district in a special election held May 21, 2013. She defeated former Chula Vista councilmember Steve Castaneda with almost 71 percent of the vote. Gonzalez currently serves on the Assembly Committee on Education, the Assembly Committee on Health, the Assembly Committee on Insurance, the Assembly Committee on Water, Parks and Wildlife and the Assembly Committee on Rules. She is also the first chair of the Select Committee on Women in the Workplace. Gonzalez lives in San Diego with her two children, Tierra and Antonio.

LMFDC meets the first Wednesday of every month at the beautiful La Mesa Community Center, 4975 Memorial Drive, just north of University Avenue. We represent the communities of San Carlos, Allied Gardens, Del Cerro, the College Area, La Mesa, Mt. Helix, Santee, Casa de Oro, and other closeby East County enclaves. Our meetings start with a half hour social time at 6:30 p.m. with snacks, desserts and beverages, followed by our 90-minute program at 7 p.m. We welcome all fellow progressives and forward thinkers to attend and participate in our meetings. Half-price memberships are available for the rest of the year.

Be sure to visit our booth at La Mesa’s Oktoberfest on Sept. 30–Oct. 2. More details are available on our website [lamesafoothillsdemocraticclub.com](http://lamesafoothillsdemocraticclub.com) and please like us on our fabulous Facebook page. Hope to see you at our next meeting on Wednesday, Oct. 5!

— Linda Armacost is president and Jeff Benesch is vice president of programming of the La Mesa Foothills Democratic Club. Reach them at [jeffbenesch@gmail.com](mailto:jeffbenesch@gmail.com). ■

## Assemblymember Jones, Oktoberfest and November election



Judy McCarty



As candidates and their supporters toil for success in the Nov. 8 election, the Navajo Canyon Republican Women Federated (NCRWF) will feature popular, termed-out Santee Assemblyman Brian Jones as their keynote speaker at the Oct. 11 luncheon meeting held at The Brigantine in La Mesa.

Jones’s deep conviction in free market principles, the need for government reform and tax relief comes from his service in both the public and private sector. He is famous for fighting the mileage-based driving tax and the bill signed by Governor Brown to fund a \$20 million study of the proposal.

Check-in time is 10:30 a.m. for the 11 a.m. meeting. A full-course luncheon will be served at noon with Jones to follow at 12:30 p.m. Cost is \$20. Reservations are required; please RSVP at [NCRWF99@gmail.com](mailto:NCRWF99@gmail.com) (use RSVP in the subject line) or call 619-990-2791.

Oktoberfest in La Mesa is the first weekend in October, and



Assemblymember Brian Jones

NCRWF will be there Friday, Sept. 30 through Sunday, Oct. 2. We’ll be registering voters and informing passers-by about our outstanding Republican candidates. If you’d like to join us, contact us at [NCRWF99@gmail.com](mailto:NCRWF99@gmail.com) (please use Oktoberfest in the subject line) or call 619-990-2791.

Election Day is Tuesday, Nov. 8. This has certainly been a unique election season but decision time is coming. You will be casting votes not only for president but for the future direction of our country. As a San Diego or La Mesa voter, you will also be choosing your

representatives for Congress, County Supervisor, City Council and beyond. So stay strong, keep a positive attitude and choose carefully, but choose. And to make your choice count, vote! (NCRWF recommends the Republican ticket.)

Membership in NCRWF is open to all registered Republican women. For more information on all our activities, visit [navajocanyonrnf.org](http://navajocanyonrnf.org) and Facebook.

— Judy McCarty is publicity chair of the Navajo Canyon Republican Women Federated. Reach her at [jhmccarty@cox.net](mailto:jhmccarty@cox.net). ■



# Couple keeps arts alive at Grossmont College

Anne Krueger

Bob and Laura Duggan haven't forgotten their roots. "Both of us come from modest means and neither of us had much growing up in Brooklyn," said Laura. "I had medical issues when I was a kid, and other people paid for my medical costs. You don't forget things like that. Now that we're in a position to help others, we're not going to hesitate in paying it forward."

Their most recent gift to the community: A \$20,000 matching grant ensuring that the 4th Annual Summer Conservatory at Grossmont College is fully funded in 2017. Open to high school and college students alike, the Summer Conservatory Program enables student performers and technicians to learn what it's like to work in a professional theater through daytime and evening classes that teach specialized skills. High school students earn college credit, and the course culminates with several performances at a packed Stagehouse Theatre.

"When you give to Grossmont College, you know you're going to impact a lot of lives," said Bob Duggan. "The Theatre Department alone produces so many wonderful opportunities for so many students from so many backgrounds. It's really an honor to be in the position to support them, and we're hoping our donation will encourage others to give."

The contribution is the latest in a long string of philanthropic efforts, most of which were done anonymously and behind the scenes. In 2015, the couple contributed a \$15,000 matching grant to the Summer Conservatory. They've also funded scholarships for Grossmont College students and have given generously to the Polinsky Children's Center, the Peter Pan Junior Theater, Promises2Kids, Classics4Kids, the Vista Hill Foundation and San Diego Las Hermanas, among others.

Getting the Duggans to talk about their generosity, however, is about as easy as getting tickets to see "Hamilton" on Broadway.

"We don't do it for the notoriety or the recognition," said Bob, who had to be convinced to be interviewed. "Everything we do is aimed at encouraging others to contribute. If we can tell an organization that we'll provide matching funds, then we've helped involve others in a worthy cause, and nothing can be more valuable or rewarding."

The Duggans are especially fond of donating to the theater and have been involved with youth theater since their youngest son, Aaron, was cast in a Peter Pan Junior Theater production of "Oliver!" The Duggans' daughter-in-law, Beth Duggan, is the Grossmont College Theatre Arts Department Chair.

"The Duggans have been giving to youth theater for as long as I've known them, and I've known them for 35 years," said La Mesa Mayor Mark Arapostathis, who was cast in the role of Mr. Bumble in that production of "Oliver!" and who now is the director of the Peter Pan Junior Theater and the C. Hook Theater, an after-school program for high school students.

"Their latest contribution to the Summer Conservatory offers a bridge to college for students who possibly were not considering continuing their education after high school but who now have

temporary services agency, Bob began a long and successful career buying and selling real estate. He started off with North Park homes that could be purchased for \$12,000 and virtually no money down, then moved up to duplexes, fourplexes and apartments. Laura handled the property portfolio and apartment management.

In 1977, Bob founded Marc-Aaron Corp., named after his two sons. He also served on the La Mesa Planning Commission from 1994 to 2009, is a past board member for the Polinsky Children's Center and Child Abuse Prevention Foundation, and was also Finance



Bob and Laura Duggan's generosity helped fund next year's Summer Conservancy at Grossmont College. (Courtesy of Grossmont College)

an opportunity to be on a college campus and work with professionals in the theater and theater tech," Arapostathis said. "It underscores their commitment to the community."

High school sweethearts, the Duggans never imagined in their younger days that they would be in a position to make a difference in the lives of so many others. Shortly after earning his diploma, Bob Duggan enlisted in the Navy, where he was stationed at North Island and flew as an aerial photographer for the service. Laura was a secretary on Wall Street. They married in 1966 and will celebrate their 50th anniversary Oct. 22.

When he left the Navy after four years, Bob Duggan decided to stay in San Diego.

"I couldn't afford to go back to New York if I tried," he said.

With Laura working at a

Chairman for Prop D, a La Mesa bond measure for new fire and police stations. He then served as co-chair of its oversight committee responsible for \$27.9 million in bond proceeds. The couple has lived in their home overlooking downtown La Mesa for more than 40 years and have been donating to various causes since before then.

"Bob and Laura Duggan's generosity and selflessness have benefitted so many people, and Grossmont College and our students are so grateful for their latest gift on behalf of our theatre arts program," said Grossmont College President Dr. Nabil Abu-Ghazaleh.

—Anne Krueger is the communications and public information director for the Grossmont-Cuyamaca Community College District. Reach her at [anne.krueger@gcccd.edu](mailto:anne.krueger@gcccd.edu). ■



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# A river runs through it

Local artist, volunteers transform sidewalk

Jeff Clemetson | Editor

When the students of Maryland Elementary returned to class on Sept. 1, they found part of their walk to school transformed from a graffiti-ridden sidewalk to a colorful pathway decorated as a river.

The beautification project was spearheaded by Maxine Lynch, La Mesa Police Department's community resource supervisor, who was tired of painting over the graffiti as it appeared and wanted a long-term solution to a problem area.

"It's a sidewalk that has heavy foot traffic," she said. "Part of that foot traffic is kids going from the residential neighborhood to the elementary school. So what I would find from time to time is that there would be graffiti tags on it — not so much gang tags, but usually it was like body parts with some sexual connotations, things you wouldn't want elementary kids to see."

Lynch began working with community groups and found volunteers to transform the sidewalk into a public art piece. First, a group of church volunteers painted the sidewalk blue and then local artist Mary

Conly, her stepson J.P. and another group of volunteers decorated it with sea grass, rocks, butterflies, flowers and fish.

Conly designed the fish templates and decided where to put them using tape and then volunteers, including J.P., helped stencil in the fish.

Conly — whose father was a professor of both art and history and whose mother was a painter of fine art — started to paint when she retired about 20 years ago.

"I've tried every medium there is. I like watercolor a lot,"



Conly holds a sketch of her fish patterns for the sidewalk art. (Photo by Jeff Clemetson)

she said, adding that she has never worked on a public art project before. "I like to work small, actually, so this is quite a challenge to work large."

The river painting was definitely "working large." The sidewalk has 48 squares that are approximately 8-by-8 feet. Every part was painted and decorated, except one small area.

"Down there at the very bottom, every time it rains, mud slides in so we didn't paint in that area but I got as close as I could," Conly said.

Weather and foot traffic were other factors that the artist had to deal with while creating the river.

"We came in the mornings because it gets really hot here and we would do two to three squares at a time, slowly. The sun was so powerful the paint would dry in 20 minutes," she said. "I had to paint this and people wanted to walk by and I told them to avoid the yellow fish and finally I said don't step on any fish because we were using multiple colors. We had to have people walking around us and it was difficult with people with dogs because it is hard to control a big dog."

Despite the hot days and bothersome pedestrians, Conly is satisfied with the work she and the other volunteers did.

"The fun thing was turning something ugly into something pretty," she said. "Everybody seems to love it, too. I haven't heard a single bad comment."

Lynch agrees.

"I think in the end it turned out to be a success," she said. "There were some neighbors



Mary Conly stands on the sidewalk she and other transformed into a river. (Photo by Jeff Clemetson)

who weren't happy when it was only bright blue but I think now that it's finished, people enjoy it."

Combating graffiti with public art is not new for Lynch, although most of her projects are on a much smaller scale.

"We've gotten community people and schools to adopt some utility boxes and once they get a design on them, they'll go a year or more with no graffiti, so the savings in my time is huge," Lynch said. "We also did a wall

right front of La Mesa Dale School that would get tagged with graffiti on a regular basis. One of our local churches worked with the kids at the school and did a beautiful painting of all the planets and then the kids put their handprints on it. It has not been tagged in the last three years. It's been just amazing to take care of some of these problem spots."

—Reach Jeff Clemetson at jeff@sdenn.com. ■

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Diane Lessem



## Tennis, anyone?



### Foothiller Footsteps

Connie and Lynn Baer

In 1924, the Grossmont Girls and Boys Tennis Teams consisted of eight girls and two boys. Having only dirt surface courts on campus, we can only imagine the challenges of coaching and playing. From 1935–36, the Works Progress Administration built the first tennis courts on campus. While those courts are gone, there is one WPA cement bench remaining, with a small bronze plaque proclaiming its historic origins.

#### Girls tennis team

In the past 95 years, the girls have won 26 league championships under a number of coaches. Since 1995, Grossmont High School alumnus and Spanish teacher, Hillary Park, Class of 1988, has been the coach, and was herself a three-year varsity tennis player during her years at Grossmont. Under her leadership, the teams have won 13 league championships; from 1999–2008, the team won 10 consecutive championships.

"I am blessed to be able to do what I love — coach and teach," park said.

More recently, last year's team players were the Valley League Division III Champions and qualified for CIF. Seven players qualified for individual CIF, with all three singles players qualifying.

"This 2015 team has been one of the most cohesive ever," Park said last year. "It has been great fun for players and coaches."



The 2015 league champion varsity girls tennis team (Courtesy of GHS Museum)

This year's varsity team has 13 players, eight of them returning players. There are 19 students on the junior varsity team. Coach Park professes that much of the team's success is due to involved and supportive parents, 10-year assistant coach Wayne Eddington, and third year volunteer coach Amy Nicholson, GHS Class of 2006.

#### Boys tennis team

From 1939 to today, the boys tennis teams have won 41 league championships. Long-time coach, John Crippen coached from 1935 to 1946. In that time, his teams won four championships. Upon his retirement, the yearbook proclaimed that he "has done much to foster the higher ideals of sportsmanship in Grossmont."

From 1957 to 1971, the boys teams won a mind-boggling 15 straight league championships. Mel Schetselar, tennis coach from 1962 to 1975, led his teams to an amazing 12 straight championships. From 1969 to 2009, the teams won a total of 21 championships. The numbers are a testament to the effort and skill of both coaches and players.

Today's teams are continuing this tradition. Due to the team winning the Grossmont Valley League Championship in 2014, last year the 2016 boys tennis team was elevated to the Grossmont Hills League

and finished in second place. Player Kent Abbott (52 wins and five losses in singles), Jake Johnson, and Josh Kan (48 and six in doubles), who were all seeded first in the league championships, led the team.

Kent Abbott was selected 2016 Grossmont Hills League MVP and is the returning All-San Diego Section Boys Tennis player. Last year's team qualified three entrants into the CIF Championships, the most in recent history, which bodes well for the future of Grossmont boys' tennis.

"I like coaching boys' tennis because they are very nice kids with good grades and behavior," said science teacher and fourth-year GHS Coach Paul Hedberg. "It is a blast playing with them and they even let me win occasionally. We look forward to another enjoyable season this year with nearly all players returning and the addition of a number of good athletes to the ranks. Go, 'Hillers!'"

To learn more about Grossmont's wonderful athletic programs, visit the GHS Museum: noon–4 p.m. Oct. 5 or other Wednesdays by appointment. Contact Information: [ghsmuseum@guhsd.net](mailto:ghsmuseum@guhsd.net) or 619-668-6140.

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



The 2016 boys tennis team (Courtesy of GHS Museum)



# News from Helix Charter High School



## Helix Highlights

Jennifer Osborn

### Homecoming

Helix Homecoming 2016 "Once Upon a Time" will be on Friday, Oct. 7 against Steele Canyon High School. Game time is 7 p.m. Ticket prices are \$7 for adults, \$3 for seniors.

### Alumni Picnic

The Helix Foundation and Alumni Association will host the second annual Helix All Class Picnic on Sunday, Oct. 9, on the school campus. The day will begin with an alumni softball game from 9–10:30 a.m., then the picnic will follow from 11 a.m.–4 p.m. This will be a great opportunity for alumni to reconnect with old friends and celebrate their alma mater. Families are welcome. The picnic will feature:

- Food available for purchase from noon–3 p.m., or bring your own
- Music and entertainment by the Highlander Band, bands of alumni members, The Highland Players, Vocal Music, Dance, and more.
- Activities for kids
- "Excellence in Education" Tour (highlight campus and

Helix academic program/achievements

Bring a chair, ice chest, shade, and a picnic basket. Learn how you can volunteer, support, and give back to Helix! Visit the Helix High School Alumni Events page on Facebook for the most up-to-date information.

### National Merit Scholar semifinalist

Senior Winston Lau has been selected as a National Merit Scholar semifinalist. About 1.6 million high school juniors from more than 22,000 high schools entered the 2017 National Merit Scholar program by taking the 2015 Preliminary SAT/National Merit Scholarship Qualifying Test, which served as an initial screen of program entrants. The nationwide pool of semifinalists, representing less than 1 percent of U.S. high school seniors, includes the highest-scoring entrants in each state. The number of semifinalists in a state is proportional to the state's percentage of the national total of graduating seniors.

Lau now has an opportunity to continue in the competition for some 7,500 National Merit Scholarships worth about \$33 million that will be offered next spring. Finalists will be announced in February.

### Excellence in Education tours

If you are interested in finding out more about Helix Charter High School, please



Merit Scholar semifinalist Winston Lau (Courtesy of Helix Charter High School)

attend one of our Excellence in Education Tours, held twice monthly. The tours for October will be held on Thursday, Oct. 13 from 8:10–9:10 a.m., and Thursday, Oct. 27 from 5:30–6:30 p.m. Reserve your spot using our website, [helixcharter.net](http://helixcharter.net).

As always, we welcome your input.

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

# Cuyamaca's new Pathway Academy

Hispanic students at Cuyamaca College will soon see a significant boost in efforts aimed at guiding them toward obtaining certificates and degrees and transferring to four-year colleges and universities, thanks to a nearly \$2.6-million, five-year federal grant.

The grant is funded through the U.S. Department of Education's Developing Hispanic-Serving Institutions Program, a program assisting Hispanic Serving Institutions such as Cuyamaca College to expand educational opportunities and improve academic achievement.

Hispanic Serving Institutions are colleges or universities where Hispanics make up at least 25 percent of the school's students and that have adopted strategies to help first-generation, low-income Latino students. Nearly one in three of the about 9,000 students at Cuyamaca College is Latino.

"It is exciting for the college to implement this kind of grant and these kind of programs that will greatly benefit our students," said Scott Thayer, Cuyamaca College's vice president of student services in a press statement.

The grant will fund a new program dubbed The

Pathway Academy, a student success effort containing the following strategies:

- Minimizing the time students spend in remedial classes that are known among academics as basic skills or developmental courses. Studies have shown that every added basic skills class a student is required to take reduces his or her chances of graduating.
- Expanding student support services for Hispanic students, including creating clear road maps detailing what a student must do to complete his or her educational goals.
- Professional development for all faculty and staff, including workshops and training that provide instructors with the latest research on best practices in student success strategies.

The Pathway Academy hopes to close the achievement gap between Hispanic students and other groups. The rate at which Hispanic students complete their courses at Cuyamaca College is 38.7 percent, 10 percent lower than the completion rate of other students.

The effectiveness of the program will be measured through increased persistence, course completion, remedial progress rates and the numbers of students earning degrees and certificates and transferring to four-year colleges and universities.■

## Gig Life Illustrated in Cox Home of the Future

Do you know how much internet speed your home needs? Today, the average household is connecting six devices in the home to the internet, from laptops and tablets to gaming and multiple smartphones, and that number is expected to increase in the near future. Cox Communications recently hosted an event in San Diego to demonstrate how gigabit speed is quickly turning the home of the future into the home of today for busy families, work-from-home professionals, gamers, budding musicians and future chefs.

What does "gigabit speed" really mean? Gigabit speed is internet that's 100 times faster than the average speed. With gig speed, you can download 100 songs in three seconds, a full-length HD movie in less than 60 seconds or upload 1,000 photos in about a minute.

Cox Communications has been delivering gigabit internet speed to business customers for more than a decade, and now it's focusing on providing ultra-fast gig speed to all of its residential customers. The Cox event at The Pinnacle on the Park apartment community showcased how Cox Gigablast speed provides reliable, quality service of 1,000 megabits per second.

Demonstrations at the event ranged from competitive gamer Tyler Burnette playing Rocket League to Madonna's violinist Jason Yang streaming music lessons. Local food blogger Whitney Bond, now a television and internet star with more than 150,000 monthly views on her website, demonstrated how

Gigablast service allows her to quickly load photos and stream videos to her blog and social media pages.

"Without it, my business would be impossible!" she says.

Schools of the future may well look like the STEAM (science, technology, engineering, arts and math) Maker Workshop's demonstration. STEAM Maker uses virtual reality and other emerging technologies to teach students new ways to learn, with gig speed powering the workshop's projects and experiments.

The event also showcased Reflexion Health Inc.'s use of virtual reality to guide patients on proper techniques for at-home physical therapy. Dr. Edward Greene from Sharp Rees-Stealy Medical Group conducted in-home patient consultations via web conferencing. Other demonstrations included architects from BNIM highlighting how they use high speed internet to power their business and provide employees with improved work-life balance. The stations - along with WiFi enabled gadgets, computers and tablets all running simultaneously - were possible only because of super-fast Gigablast speed.

Cox Homelife home security and automation products were also on display. Homelife cameras can stream live video so you can monitor for intrusions, fire and other emergencies. It also lets you raise or lower the temperature in your home remotely, control indoor and outdoor lighting and access other programs using a smartphone, tablet or computer.

The New Contour from Cox has ushered in a new age of television viewing, offering entertainment like never before. The New Contour offers voice-controlled remote controls as well as sports, traffic, news and weather apps viewed simultaneously. You get smart search that predicts what you want to watch, parental controls customized to your children's ages and interests, and the option to start a program in one room and finish it in another.

With Gigablast internet speed, families can run all their devices at the same time without impacting each other's internet experience. Just as the home of the future is already here, Gigablast is now available to homeowners throughout San Diego County. Start living the Gig Life today.

For more information visit [www.cox.com/gig](http://www.cox.com/gig).



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## Curing 'Crazy Dance Mom Syndrome'

### Gen-X in a millennial world

Genevieve  
Suzuki

A couple of years ago one of my guiltiest pleasures was watching the Lifetime show "Dance Moms." That series had it all: talented kids, an egomaniacal teacher and, best of all, crazy moms.

Every week I would watch the instructor manipulate and torment the young dancers while their mothers peered at them through a window in a room overlooking the studio. And every week my husband would shake his head, not at the onscreen antics, but at his wife watching it all.

"Well, it's just such a train wreck. I just can't understand why these kids' moms take them to this school to get berated on a regular basis," I said. "I would never do that to my daughter. If she wanted to quit, she could!"

Easy to say, harder to do.

When I was young, my mom put me in ballet. I loved to dance. It was all at once soothing and exhilarating. When I made it to toe shoes, nothing could stop me.

OK, nothing except cost. I was given a choice between ballet and music lessons. Although I don't regret choosing band over dance – I would never have attended college on a dance scholarship – I always missed ballet. Someday, I vowed, my daughter would get the chance to dance.

And so she did. When Quinn turned 4, we placed her in a great ballet school. As we walked into Discount Dance Supply on Baltimore Drive, I felt the same excitement I did as a kid. "Look at these adorable leotards! And these tights! And look, Quinn, check out these tiny ballet shoes!"

Looking back on it, Quinn was really quite patient with her mother, who was already showing signs of Crazy Dance Mom Syndrome. She smiled, she attended weekly classes, and she even performed in the "Nutcracker" last year.

But a few weeks ago her patience ran out.

One bright Thursday morning Quinn sat straight up in bed and asked me, "Do we have ballet today?"

"No, silly, it's Thursday. Ballet is on Saturday," I said, thinking she had been dreaming.

"Nooooooo," she whined.

Wait. What was this? Who was this? Was this *my* child?

"Quinn, you had enough of a summer break. It's time to return to ballet."

She proceeded to make a weird "huh-uh-huh-uh-huh" sound, not unlike the sound she makes when it's time for flu shots.

Holy cow, I was gobsmacked. I realized then that my daughter didn't like dancing ballet.

"How long have you felt like this?" I asked.

"Uh, well, I liked it

when I was young," said my 7-year-old. "But I guess it's been a few months now. Maybe since January. Are you upset?"

I'm not gonna lie. This was hard for me to hear. Quickly my brain started to go through several scenarios: Do I force her to continue to dance, praying she eventually likes it? Do I let her quit and couch surf on Saturday mornings?

In the end I

fell back on parental instinct. I gave her a hug and reassured her that she didn't need to dance ballet to make me happy. I also thanked her for sticking it out as long as she did.

So I was proud that I didn't succumb to the Crazy Dance Mom Syndrome and force Quinn to attend ballet class on Saturday mornings. While I may not have a future prima ballerina, I do have a happy child, which is a more important goal than realizing an old dream through my daughter, who is, thankfully, her own person.

—Genevieve A. Suzuki is a La Mesa resident who practices family law. Visit her website at [sdlawyersuzuki.com](http://sdlawyersuzuki.com). ■

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# Hometown hero deserves recognition

Clarke A. Stillwagen

I would like to introduce one of La Mesa’s unsung hometown heroes — John Bryant. Every morning, John gets up and dresses, dons his reflective vest and with bucket and grabber in hand goes out in search of trash. He cleans up the entire Murray Manor Apartments as well as both sides of Cowles Mountain Boulevard from the 5800 block to Lake Murray Boulevard and both sides of the 5600 block of Lake Park Way from Cowles Mountain to Baltimore.

He picks up everything from cigarette butts to cans and bottles to fast food wrappers and bags. He does not keep the recyclables but gives them to one of the maintenance workers at Murray Manor. Why does he do this? It is his way of giving back to the community. He does so without any pay or benefit. (Some years ago I prevailed upon Mayor Art Madrid to give him a certificate of appreciation which was presented to him by Mayor Madrid and myself at his apartment).

I have lived on Lake Park Way since 1991 and have seen John in the neighborhood for a long time. I am sad to admit, I initially thought of John as one of the mentally-challenged crazies that dot the La Mesa landscape. I, like many do, avoided John because he looks kind of scary. He staggers more

than walks and cannot stand up straight. He has difficulty speaking and has trouble modulating his voice. He is hard to understand. One day I was in the Village and a car pulled up and the driver lowered the passenger window and leaned toward me. To my surprise it was John. I thought he was too physically challenged to drive a car. He recognized me from the neighborhood and stopped to ask me if I knew where a certain store was. From that point on, I took the time to talk to and get to know him.

“Why does he do this? It's his way of giving back to the community.”

John is intelligent and has worked his entire adult life. He has lived at Murray Manor since it was built in 1971. His physical disabilities are the result of a birth gone wrong. He is a kind, generous and patriotic soul who gives back to his community while few give back to him or even acknowledge him. I have witnessed many people react negatively to him,

just as I did. Some fear him or make fun of him. Many know of him but have never talked to him. John can often times be seen walking the neighborhood and the shopping center with the dog he shares custody of named Dexter. He, in my never humble opinion, is a true hero. He has no reason to give back to a community that, for the most part, has ignored or avoided him. He worked hard for little pay as a maintenance man in the slimy underworld of the nursing home industry. (Note that I don't have a very high opinion of nursing homes as I have vast experience with the industry, which is another story). I would like people to meet John and see for themselves what giving to the community is all about. John can be found seven days a week, 365 days a year (even when it rains) between 6:30 and 8:30 a.m. on Cowles Mountain Boulevard or Lake Park Way. He is easy to spot with his distinctive shuffle, tilt to one side and his bright reflective vest. Take the time to meet John, and know what a treasure he is.

—Clarke A. Stillwagen is a long-time resident of La Mesa who has held a variety of jobs in the area over the years but is now retired. Reach him at casvks@gmail.com.■



John Bryant volunteers his mornings to cleaning his neighborhood along Lake Park Way. (Photo by Jeff Clemetson)



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► **Teacher**, from page 1

platform that kids are willing and able to learn. That they really can be anything they want to be. And that fact doesn't change regardless of where they lay their head at night or what "concrete forest" they come from.

"You have to believe in them so they can believe in themselves," Douglas said. "I tell them, 'You're not defined by your zip code; you're defined by your dreams.'"

**A surprise start**

Although Douglas loves his vocation now, he didn't start out on a teaching path. Douglas attended college for marine biology. He went to Alaska and studied salmon, planning to be a research scientist. Economy and life changes along the way plopped him in the Granger Junior High science department.

And then about 10 years ago, a surprising conversation completely shifted his focus and commitment.

It was during the time when the San Diego Natural History Museum was featuring an exhibit on Charles Darwin, which Douglas said he totally geeked out at. Douglas had gone to the museum and Balboa Park over the weekend with his preschool teacher wife, Cora, and young daughter (they now have two beautiful daughters).

Back at school, Douglas was having the generic "what'd you do over the weekend" conversation with his students. When he mentioned Balboa Park, one of the kids said, "Wow, your daughter's so lucky."

Douglas was taken aback – why? Because, the scholar explained, he had never been to the zoo or a museum.

"So I asked the whole class, 'Who's never been to the zoo? Who's never been to the museum?'" Douglas recalled. "Hands kept going up."

Douglas asked about other nature and science locales, and kept getting the same answer.

"Finally I said, 'Who's never made a s'more?'" Douglas said. "One kid raised his hand and asked, 'What's a s'more?'"

Douglas had already been reading "Last Child Left in the Woods" by Richard Louv and brewing on the disconnect between many modern children and nature. The s'more comment was the final clincher.

Douglas made a commitment then and there to take his class to the zoo. He ended up taking 60 kids to the Natural History Museum and the San Diego

a school garden run by science classes and fruit trees planted by them as well.

"I'm always looking for opportunities for my kids," Douglas said. "These opportunities, these experiences, they open doors. Doors of imagination and possibilities."

He recalls one time on a modern art museum visit, a scholar was viewing a Degas and looked at him and said, "When I'm older, I think I'd like to travel and go to Europe." This coming from someone who had barely been out of the 10-block radius of their neighborhood before. Douglas has had graduates come back and tell him about a field trip that made a shift in their school career.

"It's those 'a-ha' moments I try to (foster)," Douglas said.

It has become an annual tradition now that the entire ninth grade spends a day at Balboa Park. They go to the zoo, see some of the museums, and have a big BBQ on the lawn. All of the ninth grade teachers come, and some scholars end up bringing their families, including Granger alumni.

Douglas notes that it takes a lot of extra time and work to contact all these places and set up pricing and logistics. And taking a large group of kids anywhere is no small feat.

"You've got to be committed," Douglas said. "It's a challenge, but it's so worth it."

**Starting a conversation**

Would you like to assist Douglas with his field trips? Do you have a connection you think could be helpful? Stuart says, "Let's start a conversation." He encourages anyone interested to email him at [stuart.douglas@sweetwaterschools.org](mailto:stuart.douglas@sweetwaterschools.org).

—Freelance writer Joyell Nevins can be reached at [joyelle@gmail.com](mailto:joyelle@gmail.com). You can also follow her blog *Small World, Big God* at [swbgblog.wordpress.com](http://swbgblog.wordpress.com).

*"I tell my kids... they are made of stardust. I can see you shine."*

— Stuart Douglas,  
a San Diego  
Teacher of the Year

Zoo. And then he thought, "What else can I do?"

Douglas now averages eight field trips a year. His scholars have gone on a fishing boat expedition, visited San Diego Zoo Safari Park, and the Beckman Center for Conservation Research. They've traveled north to see the Natural History Museum of Los Angeles, which even included a viewing of a scientific film on the museum's IMAX screen.

A summer school group went to the Museum of Contemporary Art. One scholar group went out on a 60-foot research vessel and got to see a pod of 200 dolphins. And it's not always a trip outside of National City. Granger has



Stuart Douglas (center) poses with his students on a trip to the La Jolla Shore. (Courtesy of Stuart Douglas)



# Putting a personal stamp on “The Producers” performance

David Dixon

One of the standout characters of the popular musical comedy, “The Producers,” is the Swedish secretary/receptionist for Max Bialystock and Leo Bloom, Ulla. Ulla impresses the comedic duo so much with a sensual audition, that she gets cast in the “doomed to fail” show, “Springtime for Hitler.”

Equally impressive is La Mesa resident Siri Hafso who plays Ulla in the San Diego Musical Theatre’s production of “The Producers” which runs Sept. 23 through Oct. 9 at Spreckels Theatre.

Before Hafso moved to San Diego, she was raised in Canada. “My great-grandparents are from Sweden and they moved to Canada,” she said. “I’m 75 percent Swedish and 25 percent Norwegian. I’m Scandinavian through and through. I eventually moved to Washington state and have been living in San Diego for close to three years.”

While San Diego Musical Theatre’s production of “The Producers” is a big deal for Hafso, she was also recently featured in a summer smash. Hafso was a performer/dance captain in the hit revival of Coronado’s Lambs Players Theatre’s musical revue, “American Rhythm.”

“‘American Rhythm’ was very physically demanding,” she said. “Although the choreography for ‘The Producers’ isn’t quite as difficult, the singing is more tough.”

For Hafso, the biggest reason the musical succeeds is because of the writing by Mel Brooks and Thomas Meehan. “A lot of the best jokes occur because of the way they are set up,” she said. “Many of the strongest moments come from the script.”

In addition, Hafso contributes to her humorous scenes by finding the truth in her character. “I try to put myself in her shoes,” she said.

A specific way that “The Producers” remains exciting to watch at the Spreckels Theatre is due to the use of performers

who put their own stamp on the nutty characters. “It’s fresh, because there is a whole new group of people that haven’t worked together before” she said. “The ensemble members are very well cast and bring their own take to the material.”

## “The Producers”

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Siri Hafso plays Ulla in the San Diego Musical Theatre’s production of “The Producers.”  
(Courtesy of Mark Holmes)

Given that the zany night has been adapted by the uproarious Brooks, the entire cast wants to rise to his standard and to be as hysterical as possible. “Everyone tries to bring their all, because of Brooks’ involvement,” she said.

Just like the fictitious flop that Max presents early on in the script, “Funny Boy!,” Hafso has been involved with a non-hit Broadway musical, “Catch Me If You Can.”

Despite the fact that it closed less than five months after opening in New York, Hafso was featured in a critically-praised version from Moonlight Stage Productions in Vista. “The music is really unique, because it isn’t typical Broadway music,” she said. “I really love that story.”

Unlike that undertaking in Manhattan, audiences were quick to embrace “The Producers” and the frequently irreverent moments throughout the tale. “It did so well, because the dialogue makes fun of edgy subject matter,” she said. “The storyline is really unique.”

Having a fairly breezy tone and hysterical sequences allows the plot to be a massive crowd-pleaser. “There is something to be

said about a musical that is truly lighthearted and funny,” she said. “You’re not going to sit in a theater and be brought to dark places. You’re going to laugh.”

In terms of timing, Hafso feels this is the perfect moment for “The Producers” to play in San Diego. “There’s a lot of stuff going on in the world that isn’t very happy,” she said. “You can come and just laugh for two and a half hours. It’s really great.”

For a performer who only recently moved to East County, Hafso has already left a big impression on theatergoers in America’s Finest City. With any luck, she will continue to rise as a well-respected singing and dancing star on stage.

—David Dixon is a freelance theater and film writer. Reach him at [daviddixon0202@gmail.com](mailto:daviddixon0202@gmail.com).

## Grossmont College brings bilingual, American sign language to the stage

William Shakespeare’s classic comedy “The Taming of the Shrew” and a bilingual performance of Federico Garcia Lorca’s once-banned “Blood Wedding” are among the productions set for the 2016-17 season at Grossmont College’s Stagehouse Theatre.

The fall season opens with Garcia Lorca’s “Blood Wedding,” a story set in Spain and inspired by a sensational crime detailed in a newspaper clipping. The play, which includes both Spanish- and English-speaking actors, unveils how a bride runs from her groom on her wedding day and into the arms of a former lover – the son of the man who killed her father. Essentially left at the altar, the groom vows to set out to find and kill his would-be wife’s lover. The

play, considered a classic of 20th century drama, was banned during former Spanish dictator’s Francisco Franco’s reign. Directed by Rob Lutfy, performance dates are Oct. 6, 7, 8, 13, 14, and 15 at 7:30 p.m. and Oct. 8 and 15 at 2 p.m.

A special deaf and hearing production of “The Vagina Monologues” by Eve Ensler is a joint presentation of Grossmont College’s Theatre Arts and American Sign Language departments, with proceeds from this special fundraising event supporting Grossmont College’s American Sign Language program and the Theatre Department’s Summer Conservatory. Because of adult language and content, no one under the age of 18 will be admitted.

Performances will be held in Room 220 on April 14 and 15 at 7:30 p.m.

Other productions this season include:

- “Blue” — Oct. 28, 29
- “These Shining Lives,” — Dec. 1, 2, 3, 8, 9, 10
- “Inside the Actor’s Process: Ensemble” — Feb. 3, 4
- “A Piece of My Heart” — March 16, 17, 18, 23, 24, 25
- “The Taming of the Shrew” — May 11, 12, 13, 18, 19 and 20

For information on show times and tickets, including a season ticket plan, visit online at [grossmont.edu/theatrebrochure](http://grossmont.edu/theatrebrochure); or call 619-644-7234; or visit in person at Grossmont College, Building 22A/Room 200A1 (Back of parking lot 1). The box office opens one hour prior to each production. ■



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# Autumn's arrival

## 10 plants with beautiful fall color for San Diego

Gary Jones

Can't tell by the look of your garden when fall arrives? You must be missing those important trees and shrubs that provide gorgeous fall color in San Diego. As Southern Californians, we need to look beyond the classic maples and deciduous oaks that other climates revel in each autumn, since most don't grow well here.

However, we do have our own fall beauties to enjoy. Here are 10 tried-and-true plants that will provide years of colorful autumn leaves.

### Sweet Gum (*Liquidambar*)

Many people confuse this for a maple since the leaf shape is so similar. But liquidambar are more vertical in shape and they also have a distinct and rather large, spiny seed pod that falls almost year-round. For that reason, it is best not to plant them near sidewalks, patios or courtyards. In very late fall, the colors are stunning—from red tones to orange and peach. The foliage of Palo Alto turns bright red to orange-red. Burgundy provides deep, reddish-purple leaves. Festival will give you a range of autumnal hues including peach, rose, orange, yellow and red.

### Oakleaf Hydrangea –

The flowers as well as the leaves provide beautiful color each fall. Huge, conical flower clusters of white take on bronze and pinkish-red tones as the flowers mature. As the summer season wanes, the large, deeply cut leaves turn bronze and red and even stay on the plant for a very long time.



### Maidenhair Tree (*Ginkgo*)

A mature ginkgo tree in full fall color is a sight to behold. The color is pure, clear yellow. It seems as if every leaf has been formed from the same sheet of bright construction paper. This angular, architectural tree is a beauty all year—with or without leaves. Be sure to plant male trees only for tidiness.

### Boston Ivy, Green Showers

Clothe an unsightly or boring wall with this verdant, shiny-leaved ivy. You will be enveloped in a rich robe of green. This self-clinging vine turns rich red in fall and covers a lot of area fast.



### Chinese Pistache –

Pistaches provide a wonderful, umbrella-shaped canopy of feathery shade all summer. Come fall, leaves turn red, orange or yellow, depending on the climate. Chinese pistaches are very adaptable to soil types and a wide range of water conditions, including very little.



sure to plant a variety bred to be resistant to mildew. There are ten or more resistant varieties to choose from.

### Callery Pear – *Bradford*

is the most common variety of this tidy growing, inviting spring-flowering pear, but newer forms have much better fall seasonal colors. Consider columnar types Whitehouse (purple-red fall color) or Capital with its copper fall leaves. Rounded varieties are Aristocrat, Chanticleer and Trinity, all with autumnal shades ranging through orange, yellow and red.

### Pomegranate –

The arching branches of this large shrub sport magnificent red fruit by autumn that will stay on long after the tiny leaves turn orange, red and yellow then drop. Pruning will keep pomegranates smaller. They will tolerate poor soil and considerable drought if needed.



### Roger's Red Grape –

This selection of California's native grape, *Vitis californica*, turns a delightful red in the fall. Plant it where it can be back lit by the low autumn sun, but not where the fruit drops on a patio or sidewalk. Roger's Red is fast-growing and splendid in both fruit and flower. The small fruit is edible, but has large seeds and birds absolutely love it.

—Gary Jones is the Chief Horticulturist at Armstrong Garden Centers, which has locations on Friars Road and Morena Boulevard. Email your drought and gardening questions to [growingdialogue@armstronggarden.com](mailto:growingdialogue@armstronggarden.com). ■

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Training a dog with leash reactivity

Sari Reis



Does your sweet sociable canine turn into Cujo when he sees another dog while walking on leash? If so, he is likely displaying “leash reactivity.” I have met numerous dogs that are as sweet as can be off leash at the dog park but unruly and obnoxious when walking on leash. This type of erratic behavior can be very unsettling for the handler as well as embarrassing and stressful. Unfortunately, many owners display anger or punish their dog when he is “acting out.” This is not the way to change the behavior.



Leash reactivity is an emotional response to stimuli in the environment when the dog is walking on leash. It is an overreaction that persists because it has become a rewarded behavior. It can occur in any dog for a variety of reasons.

Regardless of the cause, the dog develops a behavior of over-excitement, of frustration or fear that has been reinforced inadvertently by his handler. In order to modify the behavior, you have to change the dog’s emotional response to the stimuli (another dog), from a negative one to a positive one. If you reprimand the dog for his reaction, the encounter with other dogs will continue to be associated with bad things. If you are able to counter condition the dog’s response to a positive association, you can likely change the behavior. The best way to make this happen is by working with a professional trainer.

Angie Fonseca, CPDT-KA, the owner of SDK9, offers specialized training for leash-reactive dogs.

“When dogs meet off-leash, they greet side by side in order to sniff each other,” she explained. “They use soft eyes and to dogs this is considered polite and appropriate behavior. When dogs greet on leash, especially if their handler is holding the leash tight, the encounter becomes face to face. This is considered forward greeting by dogs and can trigger the over-reactive response.”

All leash-reactive dogs have triggers. Your job is to find out what those triggers are as well as their threshold level (i.e. the distance before they start to react emotionally). Your trainer can help you with that.

“It is important for you to teach your dog to stay focused on you during your walks and then reward him for staying focused,” Fonseca said.

You can use a kissy sound or say look at me to get his attention, but keep your voice upbeat and positive. When he sees a dog but has not yet reacted, get him to look at you and reward him with a high-value treat.

You want him to associate seeing another dog with something positive. Give him lots of space around other dogs. Don’t permit

face-to-face encounters with other dogs. If necessary, cross the street or walk in another direction to prevent an incident while your dog is in training. Keep his leash loose when you are walking and stay positive. If you react nervously when you see another dog approaching, so will your dog.

Most importantly, remember that his reactivity didn’t happen overnight and it will take time, patience and training to get him comfortable when seeing other dogs on leash. For more information or help with training, please contact Fonseca at sd-k9.com.

—Sari Reis is a Certified Humane Education Specialist and the owner of Mission Valley Pet Sitting Services. You can contact her at 760-644-0289 or [www.mission-valleypetsitting.com](http://www.mission-valleypetsitting.com).■

**Punishing your dog or getting angry when he/she is reactive on a leash is the wrong approach.** (Courtesy of Positively.com)



What’s Cooking with Julie

Turkey lettuce wraps

This recipe is delicious, healthy and very easy to make. You will want to make extra, because these are really popular. Instead of a tortilla or bread, a crispy lettuce leaf is used to hold the filling.

Ingredients for filling:

- 12-ounce package of ground turkey
- 2 tablespoons of olive oil
- 4 green onions chopped
- 2 garlic cloves chopped
- 6-ounce can of water chestnuts, chopped
- 1 tablespoon of brown sugar
- 2 tablespoons of rice wine vinegar
- 1/4 cup of soy sauce
- Dash of salt and pepper

Ingredients for sauce:

- 2 tablespoons of rice wine vinegar
- 2 tablespoons freshly grated ginger (if



you can’t find fresh ginger, substitute 1 tablespoon ground ginger)

- 1/4 cup Hoisin sauce
- 1 tablespoon of Sriracha or other hot sauce if desired

Toppings:

- 2 freshly grated carrots
- 2 green onions, sliced thin
- Large handful of bean sprouts
- Chopped cilantro, if you wish
- 8 to 10 large iceberg or butter lettuce leaves, washed and dried off

Brown the ground turkey in the oil in a skillet. Add the remaining filling ingredients and cook a few minutes. Set aside.

Mix the sauce ingredients. At this point you can add the sauce to the filling.

Place the turkey filling on a crisp lettuce leaf and add the toppings. Eat up!

Serves about four.■

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### ► Forum, from page 3

going to invest in a new city center, ... if we're going to do a big project like that, one of my conditions is that it has to have more space for the library," Parent said, describing libraries as "very important."

If the library were to be built into a new civic center, financing could come from a couple of different options, including a paid parking lot and adding housing or commercial space to the project, he added.

Alessio said funding the library would more likely have to come from a bond measure.

"Part of problem for getting funding for a new library is that we have a new library already," she said, adding that there are other options to increase the size of the current library.

And if the civic center redo is planned with a new library? "I'm all for it," she said.

### Homeless

The candidates had different approaches when it came to dealing with homelessness in the city.

"Having experience with a family member who was homeless at one time, I understand this issue," Alessio said. "It's a difficult bind. Government can't solve it all, but we are doing a lot of things through our police force; the councilors directing to service; and pressuring the county for money to help."

Alessio said the police department, city manager and city attorney meet weekly to address the issue and the city also has the support of many faith-based organizations to help the homeless.

"La Mesa is not going to solve the problem of homelessness," she said. "It goes to mental health. It goes to the county needing to cut loose some money to treat people who want help. What we can do is take care of people here and make our residents feel safe."

Parent said he worked on the issues of homelessness and affordable housing with the Brown Administration at the Department of Housing and

Community Development, as well as the City of San Diego's Housing Commission.

"Yes we have to have services for the homeless, but what the homeless really need is housing," he said. "That's why they're homeless and that needs to be the focus."

Parent said La Mesa needs to be more aggressive in getting resources from the county, which receives federal dollars and vouchers specifically earmarked for affordable housing projects.

"We need to go to these guys and say, 'Maybe homelessness wasn't a big deal in East County five, 10 years ago when you wrote these policies, but it's a big deal now,'" he said.

### Community choice energy

The candidates gave similar responses to a question of whether La Mesa should pursue a community choice energy plan.

Parent said the city should study community choice energy and look at whether it will cost more for consumers, be effective, and whether it can be done efficiently and competently in La Mesa.

"I'm not persuaded that we can run our own utility in La Mesa by ourselves, but perhaps part of a [Joint Powers Authority] or a regional agency, so we'd have the economy of scale to do that," he said.

Alessio agreed that it would be a difficult program for the city to do on its own but that she thinks the city should investigate the feasibility of community choice energy.

"I'm always in favor of giving consumers choice," she said.

### Medical marijuana dispensaries

The candidates also had differing positions on medical marijuana dispensaries — Parent said he is not entirely against them and Alessio does not want them in the community at all.

Parent believes that voters will overturn the current ban on marijuana dispensaries this November.

"I think we have to be prepared for that situation," he said, adding that the city

needs to be strict about rules and shut down any illegal dispensaries even though the cost to do so is about \$10,000 to \$12,000 for each illegal operation.

"I think that's a reasonable investment to make to preserve the safety and the tranquility of people in their neighborhoods," he said.

Alessio said the illegal marijuana dispensaries are a problem.

"The city doesn't just sit there and let them operate," she said. "There's a very complex legal process that we have to go through to get them shut down. If the landlords won't cooperate with us, then we have to go to court."

She said La Mesa has increased funds to the city attorney by \$75,000 just to address illegal dispensaries.

Alessio said she hopes voters don't pass the ballot measure to allow legal dispensaries in La Mesa, but if the measure does pass, the city has already begun researching how to regulate them and where to put them — away from schools and residents.

The candidates then gave their closing remarks, touting their strengths and making pitches for votes.

Alessio again listed her accomplishments on the City Council and cited La Mesa's strong growth over the last four years.

"I am your neighbor. Your concerns are my concerns," she said.

Parent listed his own accomplishments and added that, if elected, he's be the only Democrat on the council.

"I think it is important to have some different views representing the city," he said.

The next chance for voters to listen to the candidates talk about these issues will be Sept. 28 when the La Mesa First United Methodist Church, 4690 Palm Ave., will hold its public forum for City Council candidates.

The event begins at 6:30 p.m. with a chance to meet the candidates and the forum starts at 7 p.m.

—Reach Jeff Clemetson at [jeff@sdccnn.com](mailto:jeff@sdccnn.com). ■

## BUSINESS SPOTLIGHT

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### ► Education, from page 7

So, since this is our point of national unification, let's start the conversation there. Maybe we are not so separated and different as we might think. If political or demographically different people agree that supporting schools is a good idea because it helps children, then we can keep the conversation going to find more common ground. It might not fix everything in our nation, but it's a start and every big thing worth doing has to start somewhere.

—Jay Steiger is a parent and longtime school and community volunteer and is a candidate for the La Mesa-Spring Valley School District Board. Reach him at [jay4schools@gmail.com](mailto:jay4schools@gmail.com). ■

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PUZZLES | ANSWERS ON PAGE 20

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61					62					63				

ACROSS

1 Shut down

5 Moderator

10 "\_\_\_ fools these mortals be"

14 Indian mahogany

15 "Workers of the world, \_\_\_"

16 Grand Prix

17 Quod \_\_\_ demon-strandum

18 Golfer

19 Abstract, modern and liberal

20 Glowed

22 Superlative degree of humor

24 Aggravate

25 Table talk

26 Paul \_\_\_

29 Twisting

33 \_\_\_ Unis

34 Performs as a Hambletonian

35 Creek

36 Large number

37 Glittered

38 Prepare vegetables

39 Tarzan's friend

40 Courage

41 Bengalese weapon

42 Baby

44 Dwellings

45 Rockefeller Center attraction

46 S. Am. coin

47 Squeezes

50 Like baseball and football

54 Cleft

55 William and son

57 Scotch companion

58 Let out

59 Related on mother's side

60 Patient wife of leg-end

61 Former TV line man

62 Splendid

63 Certain love matches

DOWN

1 Repetition: abbr.

2 Copperfield's wife

3 Stack

4 Sum total

5 Special framework

6 Year: Fr.

7 Fit to be \_\_\_

8 Greek letter

9 \_\_\_ and blue

10 Ghostly likeness

11 Race loser

12 Play parts

13 Atmospheric \_\_\_

21 Something put on

23 Hamelin's scourge

25 Withered one

26 Strengthen, as a position

27 Stockade

28 Compass sights

29 It's not right

30 Miss Dunne

31 Family member

32 Outbursts

34 Sign in some offices

37 Jenny operator

38 Youngsters

40 \_\_\_ home

41 Common suffix

43 Belligerents' need

44 Wool brush

46 Light shield

47 Born and \_\_\_

48 \_\_\_ bean

49 Author Ludwig

50 Scoria

51 What the poor dog had

52 Portal

53 Shropshire. et al.

56 Sailor's way

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.

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



# News from your County Supervisor

## DIANNE'S CORNER

Dianne  
Jacob



**Great news:** Thousands of rural property owners may see lower insurance bills thanks to San Diego County upgrades in fire protection and preparedness.

A national organization that works with the insurance industry recently issued significantly improved fire protection ratings for much of the local backcountry, citing the county's aggressive efforts to beef up services.

Insurance companies use the ratings, known as ISO classifications, to help determine premiums.

This is great news for property owners and their pocketbooks, and a strong vote of confidence in our long-running efforts to better protect people and property.

The ratings boost could lead to lower insurance bills on about 8,600 parcels in Jamul, Campo, Pine Valley and other communities. Property owners are encouraged to contact their insurance providers after the start of the news year to find out how the new classification may affect their policy.

Since the Cedar Fire in 2003, the county has invested

more than \$350 million on fire and emergency preparedness, including more ground and aerial assets and better equipment and firefighter training.

**CSI San Diego:** Construction will start in Kearny Mesa this fall on a new Sheriff's Department crime lab. The 150,000-square-foot facility will house crime scene evidence and forensic science equipment critical to cracking cases.

The lab, currently located in Clairemont, provides investigative services to more than 30 law enforcement agencies, along with Sheriff's deputies serving our unincorporated areas.

**Alpine's award-winner:** It's only been open a few months, but the Alpine Library is already drawing praise for its design and energy-saving features. It was recently named Best Green Project by Engineering News-Record, a statewide organization, and has been nominated for a local Orchid design award.

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

Have a great East County day!

—Dianne Jacob is San Diego County District 2 Supervisor. Reach her at [Dianne.jacob@sdcounty.ca.gov](mailto:Dianne.jacob@sdcounty.ca.gov).■

# Playing music and playing a part in the community

Kaytlan Camarero

**S**ilverMine, a local rock band founded in 2010, performs classic hits that we all remember and love like "I Love Rock and Roll" by Joan Jett & the Blackhearts, "Lights" by Journey and "Sweet Home Alabama" by Lynyrd Skynyrd. The band can often be found performing at places in or near La Mesa including Bolt Brewery.

SilverMine provides more than a good time and good music though, as they also show their support for the community by volunteering at various charity events including Relay for Life events, which supports the American Cancer Society, as well as at a Ronald McDonald House. Giving their time and music



(l to r) Tom Doogan and EV Trivoli of SilverMine and Senator Anderson's representative Felipe Gonzalez (Courtesy of Sen. Anderson's office)

EV Trivoli, a founding member of SilverMine, recently experienced a real personal connection to how important American Cancer Society is, Relay for Life is, even Ronald McDonald House for people trying to fight this battle against cancer. Trivoli's 2-year-old grandnephew was recently diagnosed with clear-cell sarcoma of the kidneys, and the affect

These volunteer gigs have also given SilverMine the opportunity to connect with people, creating new bonds that strengthen their community outreach. Band member Tom Doogan, drums, expressed his love for "connecting with [the] audience and seeing them actually enjoying" the music and the show. When asked which moment was considered a favorite for SilverMine, Doogan and Trivoli agreed that "it's a series of all little moments that stand out...We make a lot of personal connections with people and I think that's what makes us a little different."

California State Senator Joel Anderson highlighted SilverMine's outstanding volunteerism by providing Senate certificates of recognition to SilverMine's members.

"Groups like SilverMine remind us all to do our own part in the community," Anderson said. "I am grateful to have this talented group in my district that are making a positive difference and inspiring others to do the same."

Doogan was grateful for the recognition.

"What we do seems so insignificant to what other people do... But everybody's got something to give and this is our little thing to give," he said. "Better to give something little than nothing."

—Kaytlan Camarero is a legislative intern for California State Senator Joel Anderson.■



Local rock band SilverMine (Facebook)

to these types of events brings the band closer to the community, creating personal connections and giving an opportunity for people to let their hair down and enjoy themselves. The reason for SilverMine's dedication to these events, though, has recently become tremendously personal for some of the band members.

has been enormous on her family as well as the band. In an effort to do her part, Trivoli has followed the guidelines of an inspiring motto: "Nobody can do everything, but everyone can do something." In their journey to do something, Trivoli and SilverMine are doing what they do best to add spirit and joy to the fight against cancer.



# ANTHONY'S FISH GROTTOLa Mesa

## CELEBRATES RESTAURANT WEEK SEPT 25-OCT 3



### 2 COURSE LUNCH - \$15

CAJUN SALMON REUBEN  
ARTISANAL BEET, SPINACH, & GOAT CHEESE SALAD  
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(All served with dessert selection)



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**Appetizer Selections:**  
CUP OF WHITE OR RED CHOWDER  
CRISPY BRUSSELS SPROUTS  
CAESAR SALAD  
COCONUT SHRIMP W/ ASIAN SLAW  
SHRIMP & PORK WONTONS

**Entree Selections:**  
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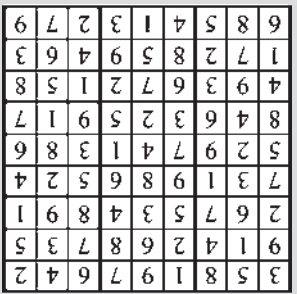

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[sdgoodwill.org](http://sdgoodwill.org)

### Sudoku & Crossword puzzle answers from page 19





# Books to brush up your politics



Jake Sexton

Last month, my colleague Heather wrote about a variety of conspiracy theories that have been spread about conservative politicians this year, most of them hilariously ludicrous. I'll lightly touch on a few for liberal politicians, and give some relevant book recommendations. But then we'll move onto more educational topics, because the election is on its way.

Outgoing President Barack Obama is no stranger to conspiracy theories, and one of the most widespread was the idea that he was not actually born in the United States. This conspiracy theory refused to die, no matter how much counter-evidence was presented, and is still with us in disturbing numbers. A substantial number of Americans seem to think that the president was born in Kenya, so why not celebrate it by reading "A Grain of Wheat," by Kenya's most renowned novelist Ngugi wa Thiong'o? It's a powerful tale of secrets, friendships and betrayal set during the Kenyan struggle for independence from Britain.

Recent conspiracy theorists have also surmised that Hillary Clinton has a mysterious illness or injury that she hides from the public. Their evidence is that she took a bad fall some months back, and recently left early from a political event because of pneumonia and dehydration. Some folks are worried (or maliciously gleeful) about the state of her health. For people who want to know more about the effect of brain injuries in general, you could read "Concussion," the new book by Jeanne Marie Laskas about the epidemic of traumatic brain injuries in professional football.

But let's get into some actual election information.

First, how to vote. If you haven't already, register with the San Diego Registrar of Voters at SDVote.com. At that same site, you can find your polling station, see sample ballots, and apply to receive mail ballots so that you don't have to wait in line on Election Day. Your deadline to register is 15 days before the election, or Oct. 24. Even if you think your vote for president won't matter, there will still be plenty of local offices, ballot initiatives and state propositions that are just waiting for you to weigh in.

As for our presidential candidates, you can start by reading their own words. Within the

past year, both Donald Trump and Hillary Clinton have published books, both probably written with a healthy dollop of help from unnamed ghost writers. Earlier this year, Trump released his book "Crippled America: How to Make America Great Again" (later re-titled "Great Again: How to Fix Our Crippled America") with his political proposals for the presidency. Last year, Hillary Clinton released a biography called "Hard Choices" about her time as Secretary of State. And just this month, she and vice presidential running mate Tim Kaine released a book with their proposed policies for the country called "Stronger Together."

As for criticism of the candidates, it's hard to find fairly written books, and these are the least biased ones I can find. "The Making of Donald Trump" is highly critical of the candidate, but is written by a

Pulitzer Prize-winning reporter, David Cay Johnson, and is a compilation of 30 years of reporting about the businessman and candidate. "Trump Revealed" by Michael Kranish and Marc Fisher is a similar look at the candidate's roots and rise, by a pair of long-time political reporters from the Washington Post. On the other side, we have "Who Is Hillary Clinton?" an anthology of critical articles and essays from The Nation magazine, edited by Richard Kreitner. And although it's on the older side, "A Woman in Charge" is an in-depth biography of the candidate by famed investigative journalist Carl Bernstein.

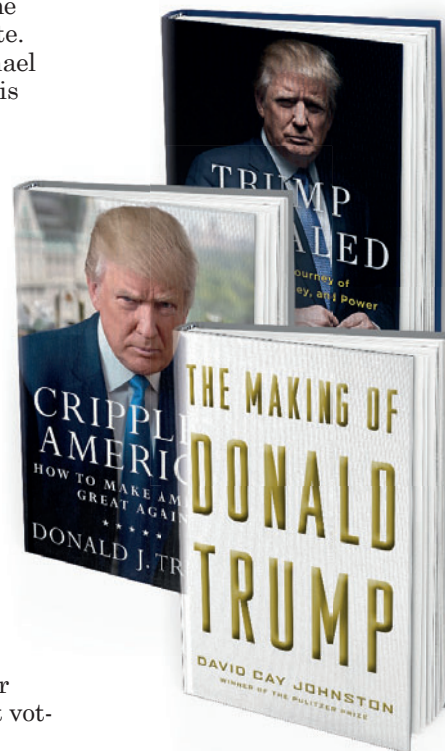
So get out there, do your homework, and be a smart voter in November!



## News from Our Friends

The Friends of La Mesa Library will be part of Oktoberfest this year, selling high-quality art and photography books and signing up new members. Visit our booth on Friday through Sunday, Sept. 30 through Oct. 2, to join the Friends, find a gift book, or just say "guten tag" to our generous volunteers.

—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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# Wine Works expands tasting room possibilities

Katie Callahan

A winemaker, an industrial psychologist, a city farmer and his wife literally committed their blood, sweat and, well, wine, to open a new tasting room in La Mesa.

La Mesa Wine Works, a co-operative tasting room between San Pasqual Winery and Wyatt Oaks Winery, wants to create a different type of venue to put La Mesa on the map for wines and brews.

"I think if we get to be known as an area of breweries and wineries, I think that will just attract more customers and become a destination place where people can come and taste beer from a couple different breweries and wine from a couple different wineries and then maybe more will join," said Mike McWilliams, co-owner of La Mesa Wine Works with his wife, Linda, and president of San Pasqual Winery. He's also an industrial psychologist,



Guests enjoy tasting local wines at La Mesa Wine Works' grand opening. (Photo by Katie Callahan)

providing services to the Space and Naval Warfare Systems Command (SPAWAR).

The location will host live music, trivia and food truck nights. The wineries each feature six wines and sell by the

bottle (\$18-30) and the glass (\$7-9). Customers can taste any three wines, a flight, for \$10.

Mike and Linda McWilliams chose a wine bar as a retirement project after their initial idea of a Champagne bar fell through in 2008. After buying San Pasqual in 2009, Linda took over as the company's winemaker. A former speech pathologist, she took classes, was tutored by local winemakers and went to UC Davis' extension program.

"We've been working on this for over a year now and we actually thought we would be open in February, and so of course it's open the same time as harvest and crush, so it's such an exciting time," Linda said. "It's hard to explain. It's really nice to see the dreams actually come to life like this."

For the past two years, Linda has served as the president of the San Diego County Vintners Association. When they joined the Vintners Association eight years ago, there were only about 13 or 14 wineries in the region. Now, there are over 115 commercial wineries in the county, Mike said.

San Pasqual was the first urban winery in San Diego city proper, Mike said. This will be their fourth location; they have two La Mesa locations and one Seaport Village location. Their winery produces about 3,500 cases of wine a year.

The winery moved to La Mesa from Pacific Beach after

changing the area's zoning to allow alcohol and fruit fermentation. McWilliams credits former Mayor Art Madrid for the zoning change to this day. There are now also two breweries on either side of Wine Works.

continue to contribute to the winemaking.

Wyatt Oaks Winery distinguishes itself by using local grapes and produces about 300 cases of wine a year. This is their first opportunity to get their wine into a tasting room.

"Our hearts are here in La Mesa and we'd like to stay here local, so this is really cool to be where we started," said Stacy, co-owner of La Mesa Wine Works. Stacy works out of Grossmont Hospital and attended Helix High School. "We're definitely family-friendly, definitely trying to keep it an open warm feeling [at La Mesa Wine Works]."

The La Mesa Wine Works space at 8167 Center St., a previous manufacturing facility, became available last spring. The owners acted on it in May. The McWilliams wanted to expand from their 4,500-square-foot location across the street to provide more space for wine tasting and barrel storage.



Wines by the glass cost \$7-9 and bottles run \$18-30. (Photo by Katie Callahan)



A flight of wines (Photo by Katie Callahan)

Gavin and Stacy McClain run Wyatt Oaks Winery. Gavin has been planting and managing vineyards in East County since their first commercial wine release in 2009. Gavin, a city farmer since 12 years old, owns a tree and landscape company.

About 20 years ago, Gavin and his father would get grape juice north of La Mesa and ferment it from home for friends and family. Their extended family and three children

San Pasqual Winery has developed a reputation for its passionfruit wines. Their latest addition, a 2015 Rosé of Cabernet Franc, won gold at the county fair, Ramona Valley Vineyard Lum Eisenman Awards and Toast of the Coast 2016; the Rosé also won bronze at the 2016 International Women's Wine Competition in Sonoma County.

Mike said his wife Linda likes to experiment with varietals and will release a Tannat and Teroldego in the near future. She tries not to overly oak the wines to let the varietals speak for themselves, he said.

La Mesa Wine Works may consider adding more local wineries to their menu in the future, but they're currently focused on growing their customer base. The tasting room will be open Wednesday through Sunday in the afternoons and evenings. McWilliams said they'll continue to succeed because of their great staff, great wine and great customer base.

And because, as their latest tagline states, when all else fails, wine works.

—Katie Callahan is a San Diego-based freelance writer. Reach her at [katie.anne.callahan@gmail.com](mailto:katie.anne.callahan@gmail.com). ■



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FEATURED EVENTS

10th annual Spring Valley Library Fiesta  
Saturday, Sept. 24

**SEPTEMBER 24** Free entertainment, refreshments and activities will highlight this celebration of Latino Heritage Month from 1–4 p.m. at the Spring Valley Library (836 Kempton St.) There will be performances by Danza Azteca Calpulli Mexihca of San Diego and Mariachi Del Pacifico; a low-rider car display; crafts and face painting for kids; and more. Visit facebook.com/SVfotlibrary for more.

‘Carousel of Fashion’  
Saturday, Sept. 24

**SEPTEMBER 24** Friends of East County Arts, Inc. will present this event at the El Cajon Elks Club #1812 (1400 E. Washington Ave., El Cajon) from 11 a.m.–2 p.m. There will be a catered lunch, Champagne greeting, and fall fashions by Draper’s and Damon’s. There will also be a silent auction, drawings and a vendor corner to participate in. This event benefits arts in East County. Tickets are \$65. For reservations, call Margie Hartman at 619-440-2449 or mail your check to: Margie Hartman at P.O. Box 1061, El Cajon, CA. 92022. Checks should be made payable to: Friends of East County Arts, Inc.

Global March for Elephants and Rhinos – San Diego  
Sunday, Sept. 25

**SEPTEMBER 25** This annual event takes place in over 100 cities around the world to “incite a complete and total ban on the ivory and rhino horn trade.” The San Diego contingency of the Global March for Elephants and Rhinos has teamed with NSEFU Wildlife Conservation Foundation for this event. NSEFU is a nonprofit that creates strategies and programs to fight poaching of endangered species in Southern Africa. The San Diego march will take place from 11 a.m.–4 p.m. at San Diego Waterfront Park (1600 Pacific Highway, Downtown). Marchers are encouraged to bring posters, banners and comfortable shoes for the event. Visit march4elephantsandrhinosaurs.org for more information.

La Mesa Chamber breakfast meeting  
Wednesday, Sept. 28

**SEPTEMBER 28** The La Mesa Chamber will hold their last breakfast meeting of the year featuring guest speaker Senator Joel Anderson. The breakfast program will feature a raffle and is open to chamber members (\$15) and the public (\$20 in advance; \$25 at the door). The meeting will be held from 7:30–9 a.m. at Marie Callender’s (6950 Alvarado Road, College area bordering La Mesa). Visit lamesachamber.com for reservations.

La Mesa Oktoberfest  
Friday, Sept. 30–Sunday, Oct. 2

**SEPTEMBER 30 – OCTOBER 2** The weekend will kick off with an official keg tap featuring La Mesa Mayor Mark Arapostathis and the Oktoberfest Meister. The entire weekend will include authentic German food, beer and entertainment along the streets of La Mesa Village on La Mesa Boulevard between Spring and Fourth streets. Admission is free; public transportation is recommended. Visit thelamesaoktoberfest.com for details and a full schedule.

Business mixer  
Wednesday, Oct. 5

**OCTOBER 5** The La Mesa Chamber of Commerce will host its last business mixer of the year at BJ’s Brewhouse in Grossmont Center (5500 Grossmont Center Drive, La Mesa). The mixer begins at 5:30 p.m. and ends at 7 p.m. Attendees will enjoy hors d’oeuvres plus two complimentary glasses of wine hosted by Riviera Supper Club. The mixer will feature a chance to learn more about BJ’s, a raffle, a chance to mingle and more. \$15 for non-members and \$20 at the door. RSVP to rsvp@lamesachamber.com and visit lamesachamber.com for more information.

‘Mt. Helix’s Mid-Century Modern Heritage’  
Saturday, Oct. 8

**OCTOBER 8** Part of the History Roundtable Lecture Series, this talk is presented by the La Mesa Historical Society with president and historian Jim Newland serving as emcee and presenter on the area’s architectural history. The presentation will also feature Todd Pitman talking about San Diego Modernist pioneer Lloyd Ruocco and architect John Mock presenting on homes he designed on the upcoming Historic Home Tour and other notable projects. A Q&A will follow the presentation. Members of the historical society can attend for free; a \$5 donation is suggested for other attendees. This event will be held from 9 a.m.–noon at St. Andrew’s Episcopal Church (4816 Glen St., La Mesa) Visit bit.ly/2d3bBdd for more information.

Craft and bake sale  
Saturday, Oct. 15

**OCTOBER 15** St. Andrews Lutheran Church (8350 Lake Murray Blvd., San Carlos) will hold this event from 8 a.m.–2p.m. with a bean soup lunch available. Visit standrewslcsd.org.

6th Annual Fair Trade Gift Faire  
Sunday, Oct. 16

**OCTOBER 16** Shop for fair trade items such as gifts, home décor, hand-crafted jewelry and more at St. Martin of Tours Parish Hall (7710 El Cajon Blvd., La Mesa). Enjoy fair trade teas, coffee, ice cream, chocolates and more while you browse the merchandise. The event goes from 8 a.m. to 1 p.m.■

ON FILM



Movies at the city of La Mesa Adult  
Enrichment Center  
Thursdays

Each Thursday, the Adult Enrichment Center (8450 La Mesa Blvd.) hosts a movie screening in its main hall. The movies start at 1 p.m. and cost \$1 to attend. Upcoming films include:

- Sept. 29 – “My Big Fat Greek Wedding”
  - Oct. 6 – “My Big Fat Greek Wedding 2”
  - Oct. 13 – “Criminal”
  - Oct. 20 – “13 Hours: The Secret Soldiers of Benghazi”
  - Oct. 27 – “The Haunting”
- Visit cityoflamesa.com for more information.



Grossmont College Latino Film Festival  
Tuesdays through Oct. 11

**OCTOBER 11** As part of Latino Heritage Month, Grossmont College will host free, public screenings of films that explore Latino/Latina culture and history. The screenings will start at 7 p.m. in Building #26, Room #220 (8800 Grossmont College Drive, El Cajon bordering La Mesa). The following films will be shown on their noted dates:  
Sept. 27: “Wild Tales”  
Oct. 4: “Pelo Malo”  
Oct. 11: “Pan’s Labyrinth”  
Visit gcccd.edu for more information.

STAGE CUES



‘Duck Hunter Shoots Angel’  
Through Sunday, Oct. 2

**OCTOBER 2** Lamplighter Community Theater (5915 Severin Drive, La Mesa) will present this comedy written by Mitch Albom. The play is “an out-of-this-world tale full of magical moments, stereotype projections, unexpected second chances and has a surprise ending that few theater-goers see coming.” Performances will be held at 8 p.m. on Fridays and Saturdays with Sunday matinees at 2 p.m. Tickets are \$20 for adults and \$17 for seniors, students and military. Visit lamplighterslamesa.com for more information.



‘Blood at the Root’  
Friday, Sept. 30–Sunday, Oct. 9

**SEPTEMBER 30 – OCTOBER 9** This show is being produced by the SDSU School of Theatre, Television and Film in special arrangement with Pennsylvania State University. The piece was inspired by the true events surrounding the “Jena Six.” Playwright Dominique Morisseau crafted the story about racial tensions escalating in a small town when rivalry among football team members becomes violent. Directed by Randy Reinholz. It will be performed in SDSU’s Experimental Theatre (5500 Campanile Drive). Visit artsalive.sdsu.edu for showtimes and tickets.

MUSIC NOTES



Concert on the plaza  
Sunday, Oct. 9

**OCTOBER 9** This afternoon performance will feature wind band classics performed by the SDSU Wind Symphony outside on the Performing Arts Plaza just off Campanile Walkway. The concert is suitable for all ages and attendees are encouraged to bring a blanket or folding chair, picnic and even leashed pets. Visit artsalive.sdsu.edu for more information.

Sock Monkeys  
Saturday, Oct. 22

**OCTOBER 22** The newest tasting room in the area, La Mesa Wine Works (8167 Center St.) will host soft-rock band Sock Monkeys from 7–10 p.m. The band plays original tunes as well as classic and contemporary rock songs. Visit facebook.com/sockmonkeysband and lameawineworks.com.



GALLERY VIEWS



‘Nature’s Expressions’  
Through Friday, Oct. 7

**OCTOBER 7** Mission Trails Regional Park (1 Father Junipero Serra Trail) will present this exhibition in the Visitor Center Art Gallery featuring six award-winning artists who work in various mediums. The works of Robyn Garcia, Elaine Harvey, Joan Nies, Jennifer Spencer, Penelope Vining and Cathryn Ward will be on display through Oct 7. Visit mtrp.org for more information.

The Fifth Annual Art in the Park  
Friday, Oct. 8 through Nov. 4

**OCTOBER 8 – NOVEMBER 4** The Mission Trails Regional Park Foundation presents its annual fine art exhibit in the Visitor Center Art Gallery (1 Father Junipero Serra Trail). The exhibit features 48 art works referencing Mission Trails Park in a variety of mediums. A reception will be held on Sunday Oct. 9 from 1 to 4 p.m. The Visitor Center Art Gallery is open 9 a.m. to 5 p.m. daily. Admission is free.



With Abandon:  
Works by SDSU Alumni 2011–2016  
Through Sunday, Nov. 6

**NOVEMBER 6** This exhibition features five years of work from alumni of the SDSU School of Art + Design. Surveying approaches from multiple areas of 2-D and 3-D study, the works share a common element of use of familiar, every-day materials or subject matter. Artists include Adam John Manley, Lee Lavy, Kaiya Rainbolt, and Marisa Scheinfeld, among others. Guest curated by Ginger Shulick Porcella, Executive Director, San Diego Art Institute. The exhibition is being shown at the SDSU Downtown Gallery (725 West Broadway). The gallery is open Thursday–Monday from 11 a.m.–4 p.m. Admission is free. Visit artsalive.sdsu.edu for more info.

The Art Glass Association of Southern  
California presents its 35th annual show  
Thursday, Sept. 29–Monday, Oct. 10

**SEPTEMBER 29 – OCTOBER 10** The art glass will be on display daily from 11 a.m. to 4 p.m. at Studio 21 in the Spanish Village Arts Center in Balboa Park and the public is invited to come see this exhibition free of charge. A reception will be held Saturday, Oct. 1 from 4–7 p.m. Members of the Art Glass Association sponsor workshops, teach techniques, and offer educational trips to studios and businesses related to all aspects of the glass arts industry. Visit agasc.org.■



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October  
and  
November  
are the Last  
Robust Real  
Estate Months  
of the Year...

Let's Talk Turkey!

Most homes sold in La Mesa  
last 13 years!\*

\* Source: MLS data Jan. 03 - Present

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RealEstate.com  
CalBRE # 01362585



4310 Nabal Dr., Mt. Helix

Stunning hillside contemporary with views all the way to the coast! 5br/4ba,  
"floating" glass deck, 3 car garage + carport!



4531 Date Ave., La Mesa Village, \$600k

Sold in one hour at the Sneak Peek Event Open House!

Laura's 2016 SOLD properties so far...



Mt. Helix



Mt. Helix



Mt. Helix



Mt. Helix



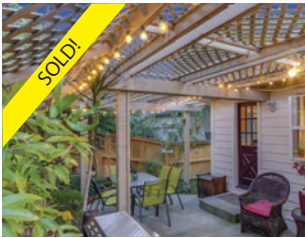
Mt. Helix



Windandsea La Jolla



Windsor Hills



La Mesa Village



La Mesa Village



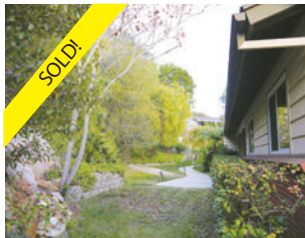
La Mesa Village



La Mesa Village



La Mesa Village



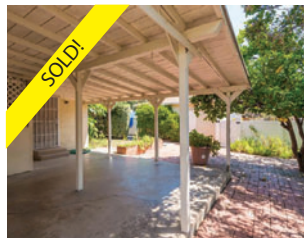
La Mesa Highlands



Talmadge



San Carlos



La Mesa



Hillcrest



Santee



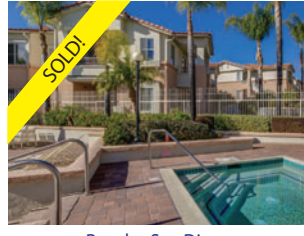
Rancho Bernardo



Rancho San Diego



Mission Valley



Rancho San Diego



Del Cerro



Allied Gardens



Spring Valley Estates