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## DEALING WITH DISPENSARIES

### City prepares for changes after voters approve medical marijuana shops

Dave Schwab

Now that Measure U has passed overturning La Mesa's ban on medical marijuana, including dispensaries, it's up to the city do an about-face to implement the initiative.

Measure U received 51.41 percent of La Mesa's votes Nov. 8, more than the simple majority needed.

La Mesa rejected a similar ballot measure in 2012, and banned the cultivation and manufacturing of medical marijuana, as well as the operation of dispensaries.

The citizen-sponsored initiative authorizes and regulates medical marijuana dispensaries, and limits commercial cultivation sites to industrial and manufacturing zones with a permit issued by the city. It prohibits growing marijuana in a residential zone.

See MARIJUANA page 7

### New El Cajon Animal Shelter will serve La Mesa

Jeff Clemetson

Dianne Hutchings wants to make sure that La Mesa residents are aware of the El Cajon Animal Shelter where she has worked as an animal care attendant for more than 19 years.

"A lot of people who live in the city of La Mesa who lose their animals, they actually don't know where to go look for them," she said. "They don't know that there is a shelter in El Cajon."

Not just any shelter, but the one that is contracted by the city of La Mesa to take its strays and relinquished pets.

And thanks to funding from Proposition O, passed way back in 2004, that shelter is soon to be replaced with a larger, more modern facility.

"We expect the contractors and the architect and the city staff to continue working



Artist rendering of the northwest view of the new El Cajon Animal Shelter  
(Courtesy of city of El Cajon)

together to finish up the design by late spring [2017]," said Majed Al-Ghafry, El Cajon assistant city manager and project manager for the new animal shelter. "Construction will start in the summer and the completion is anticipated to be in the late summer [of 2018]."

Right now, the project has finished its feasibility studies and the El Cajon City Council

has approved the guaranteed maximum price for the facility — slightly more than \$9.3 million — and has authorized the city manager's office to negotiate the contract with CW Driver to build the shelter. Amanda Shultz of Ferguson Pape Baldwin Architects designed the building.

See SHELTER page 9

### School Ridge Lane takes back the night

Margie M. Palmer

The long-awaited street light install on School Ridge Lane has finally been completed. The project, which was spearheaded in September 2015 by La Mesa resident Larry La Haye, has been more than a year in the making.

"School Ridge Lane had been, for years, a place that had crime and drugs, especially at night," La Haye said. "Some of the property owners were not actively involved in managing their properties and the tenants were bringing down the neighborhood. There was one complex in particular that was the worst of them all. I contacted the owner, we made a deal and my wife and I bought it. He hadn't been on that property for over a year. We evicted all the tenants and gutted and fixed up the building."

That was just the beginning.

In August 2015, neighbors in the area participated in the National Night Out, an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie. As it started to get dark, La Haye realized that School Ridge Lane did not have any lighting.

"I saw what happened at the end of the cul-de-sac, and at the park area that's over there. People who don't even live in that area were

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# World-class pipe band makes its home at Helix High School

Cynthia **Robertson**

The bagpipe, with its heart-tugging, full-bodied sound, is one of the most difficult instruments to master. However, the pipers in the world-class Cameron Highlanders Pipe Band — who rehearse weekly at their home at Helix High School — make playing the instrument look easy.

The band always receives very high marks in major competitions in California and the West every year and just a few months ago in August, the Cameron Highlanders Grade 3 band finished fifth in a field of 30 pipe bands in their division at the World Championships in Glasgow, Scotland.

Drum Major Mickie Shaw said the experience of competing in Scotland is always a beautiful one.

“This year, it rained constantly. It was difficult to play in it,” he said. “But I remember that the people back there said, ‘If we stop because of the rain, we would never get anything done.’ That really stuck with me.”

The Cameron Highlanders were one of only two bands in North America to bring home a prize out of 240 total bands in competition.

That makes band director Charles Rosenberger stand tall and proud.

As a result, spirits were especially high at the 68th Annual Tartan Ball, the most important

fundraiser for the Highlanders, held on Nov. 19 at Crowne Plaza in Mission Valley. The pipers and drummers filled the ballroom with sound and the Highland Dancers leapt about as light as air.

The pipe band then returned to their weekly practice the Wednesday night after the ball.

“Rosenberger is the calmest, most gentle pipe band director I’ve ever met,” said Ian Kelly, who was Master of Ceremonies at the ball. “A lot of pipe band directors can be quite harsh and loud. But not Rosenberger. He demands hard work, but he is fair.”

The Cameron Highlanders was first formed in 1946 by Rosenberger’s own father and grandfather. One of their first performances was at the annual Mother Goose Parade in El Cajon.

Charles Rosenberger, who now directs the band, fell into step with the pipers when he was just 7 years old. Ever since he became the Pipe Major in 1970, he has been both the administrative and musical leader of the Highlanders.

When Helix High School was first opened, they needed a theme. Two younger members of the Camerons were going to Helix at the time and they proposed that the theme would be “The Highlanders” so that they could have a pipe band at the school. John Rosenberger, founder of the Camerons, was instrumental in establishing a bagpipe band at Helix High School in 1952.



The Cameron Highland Pipe Band performing at the 68th annual Tartan Ball on Nov. 19 (Photo by Cynthia Robertson)

“We have been associated with Helix ever since,” said Rosenberger.

Many Helix graduates have gone on to play with the Camerons and other pipe bands over the years.

One of Rosenberger’s greatest joys is seeing a piper or student become a prize-winning competitor.

“And, of course, when the whole band is successful in the competition world,” he said. “Our band has been the Western United States Pipe Band Association Champions in Grade 3 for the past two years, places fifth in the Worlds and has been moved up to Grade 2.”

The biggest challenge is keeping a group of over 60 members in three bands working and growing together and dealing with 60 personalities.

“The band is like a family,” said Bill Hoover, who has been playing the bagpipes for 12 years.

Hoover had started with the Cameron Highlanders as a drummer in 1971 while he was attending Helix High School. One evening, the drummers did not show for practice and so he asked John Rosenberger to teach him to play the bagpipes.

Hoover stayed with it. He can now play 22 songs just from memory.

“I never imagined that I would ever be able to play in front of people. It’s very addictive,” he said.

Fellow piper Kathleen Mars agreed. She has played for 37 years.

“I’ve always loved them, always used to run around and follow them in parades when I was a kid. I wanted to learn so badly how to play ‘Amazing

Grace’ and ‘Scotland the Brave,’” Mars said.

But life kept Mars too busy until one day she was able to enroll in adult education class and learn bagpipes from John Rosenberg.

“The pipes are a whole set of skills to learn — in blowing the reed, squeezing the bag, and keeping the rhythm, and then you have to know how to play the reed,” Mars said. “Technically, it’s a simple reed to play, with only nine notes from A to G, but it is amazing what you can do with nine notes.”

Both Hoover and Mars admitted that playing the bagpipes can be difficult, sometimes even aggravating to learn. But the rewards are great, particularly since even beginning players can participate in parades.

“It took me about two or three years to play confidently in a performance,” Mars said.

Perhaps one of the best features of the Cameron Highlander Pipe Band is that lessons are free, offered for pipers and drummers each Wednesday night at Helix High School from 6:30 until 9 p.m.

“We welcome anyone who is interested in learning how to play. And you definitely do not have to be Scottish, just love the music,” said Rosenberger.

For more information, go to [camerons.org](http://camerons.org).

—Cynthia Robertson is a San Diego-based freelance writer. Reach her at [clg2robertson@gmail.com](mailto:clg2robertson@gmail.com).■

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# Local inventor leaves sand at the beach

Joyell Nevins

La Mesa resident Marla Deck loves the beach. She is a Southern California girl through and through — but the sand that stays on her car and on her kids she could do without. She could also do without the harsh carcinogens found in many body products.

Hence her new concoction, patent pending, of Beach Behind: an all-natural powder that works as an easy sand remover. Brush Beach Behind on, brush the sand off (the silky smooth skin left behind is a bonus).

The idea started with a short stint in Charleston, South Carolina. Marla and her husband David moved there for his work as an aircraft mechanic with the Department of Defense. Charleston is on the East Coast, and Marla and her three children would frequent the beach Isle of Palms with another mom and her kids.

This mother had an interesting way to control the sand flow in her car and children.

“She was super meticulous. Her kids would be covered

in baby powder, head to toe, pasty white,” Deck recalled. “I thought, there’s got to be a better way.”

Fast forward to about a year ago. The Deck family is back in San Diego (the humidity and bugs in Charleston sent them running). They’re attending a surf competition, and the sand-remover idea tickles at Marla’s mind again.

“I started doing research — what’s safe or not, what’s available now,” Deck said.

She turned her kitchen into a laboratory and her kids into the subjects, mixing different

powders together and seeing how the combinations worked after a day at the beach. Finally, Deck hit upon a mixture of a cleansing ingredient and a cooking ingredient that both removed the sand and felt comfortable on the skin.

It was still an idea she

was only floating until about two months ago, when Deck used the mixture on her feet after another stint at Imperial Beach (Mission Beach is also a favorite of the Deck family).

“I called my husband and said, ‘dude, I love my Beach

Behind,’” Deck said. “Up until then, I didn’t commit my heart. Now I was saying ‘I do.’ I was ready to put a ring on it.”

Beach Behind is a family affair. The name is courtesy of David. When putting the bottles together, 8-year-old Jordan holds the funnel, and 5-year-old Jedidiah sticks the label on the bottles. Three-year-old Jonathan is still a little young to help in the process, but his energy keeps everyone in high spirits!

Beach Behind is currently available online in unscented, coconut and surf-wax scents. Deck is working with Target and the state beaches (which still have showers turned off) to have it available offline as well. She feels her expertise in business management and aviation planning, photography, and other self-employed commerce has set her up to have great success in the Beach Behind project.

“I feel like I’ve been learning character development and business through these other endeavors,” Deck said.

Go to [beachbehind.com](http://beachbehind.com) for more information or to order the product. You can also follow and like Beach Behind on Facebook, Instagram and Twitter.

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



Beach Behind is Marla Deck's invention that helps get sand off the body without water. (Photo by Joyell Nevins)



Deck with her children and helpers Jonathan, Jordan and Jedidiah (Photo by Joyell Nevins)

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| Burger                            | Late Night Dining   | Auto Dealer                  | Massage                     |
| Burrito                           | Live Music Venue    | Auto Repair Shop             | Men's Apparel               |
| Business Lunch                    | Lunch               | Bank                         | Museum                      |
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| Casino Buffet                     | Martini             | Bicycle Shop                 | Optometrist                 |
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| Chinese Cuisine                   | Micro Brewery       | Boutique                     | Personal Trainer            |
| Cocktail                          | New Restaurant      | Bridal Shop                  | Pet Boarding                |
| Coffee Shop                       | Nightclub           | Car Wash                     | Pet Grooming                |
| Comfort Food                      | Outdoor Dining      | Chiropractor                 | Plumber                     |
| Dance Club                        | Pet Friendly Dining | College/University           | Preschool                   |
| Deli                              | Pizza               | Consignment/Resale           | Property Management Company |
| Dessert                           | Romantic Dining     | Cosmetic Surgeon             | Real Estate Agent           |
| Dinner                            | Rooftop Lounge      | Credit Union                 | Real Estate Office          |
| Donut Shop                        | Salad               | Day Spa                      | Retirement Living           |
| Family Restaurant                 | Sandwich            | Dentist                      | Tanning Salon               |
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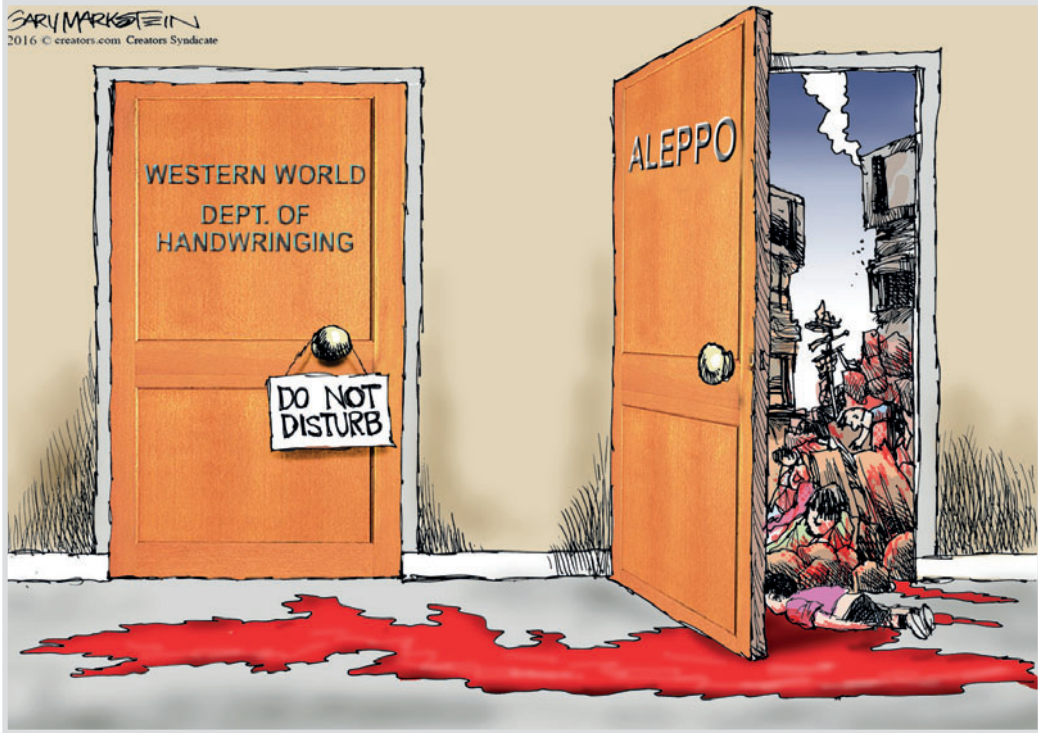
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## GUEST EDITORIAL

### How much will your Medicare cost in 2017?

Cate Kortzeborn

Not long ago, I had dinner with a group of friends from college. One of the big topics of conversation was Medicare, for which we'll all be eligible in the next several years. (Farewell, callow youth!) And one of the biggest questions about Medicare was, "How much is it going to cost me?"

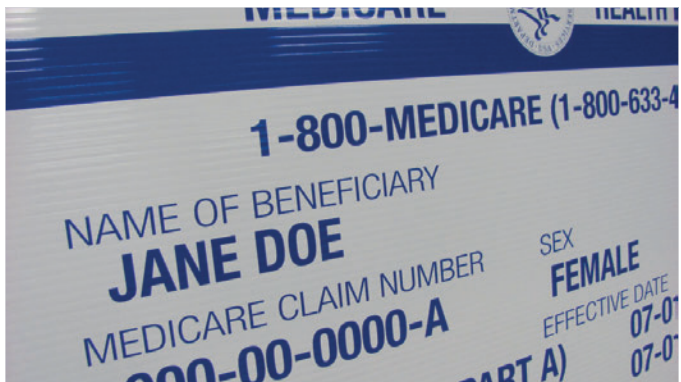
Like private health insurance, Medicare has premiums, deductibles, and co-pays. These costs can — and often do — change from year to year. What you actually pay depends on your work history, income, and inflation.

Only about 1 percent of people with Medicare pay a monthly premium for Medicare Part A, which covers inpatient hospitalization, skilled nursing care, and some home health services. That's because they paid Medicare paycheck deductions for 40 quarters or longer during their working lives.

Most people do, however, pay a monthly premium for Medicare Part B, which covers doctor fees, outpatient treatment, durable medical equipment, and other items. Part B premiums are rising for next year, but for most people, the increase won't be very much.

The law protects most seniors from Part B premium hikes if the cost-of-living adjustment (COLA) in their Social Security benefit doesn't go up in a given year. Since the Social Security COLA for 2017 will be 0.3 percent, about 70 percent of Medicare beneficiaries will pay an average Part B premium of \$109 per month in 2017. That's up from \$104.90 for the past four years.

The remaining 30 percent of Medicare's 58 million beneficiaries will pay the standard Part B premium of \$134 for 2017, a 10 percent increase over the 2016 premium of \$121.80.



This smaller group is not protected under the statutory "hold harmless" provision linked to the Social Security COLA. It includes people who don't receive Social Security benefits; enroll in Part B for the first time in 2017; are directly billed for their Part B premium; are eligible for both Medicare and Medicaid and have their premiums paid by a state agency; and pay higher premiums based on their higher incomes.

This year, as in the past, the government has worked to lessen projected premium increases for these beneficiaries, while maintaining a prudent level of reserves to protect against unexpected costs. The U.S. Department of Health and Human Services will work with Congress as it explores budget-neutral solutions to challenges created by the "hold harmless" provision.

Part B also has an annual deductible, which will rise to \$183 in 2017 (compared with \$166 in 2016). After your deductible is met, you typically pay 20 percent of the Medicare-approved amount for most doctor services (including most doctor services while you're a hospital inpatient), outpatient therapy, and durable medical equipment.

The Part A deductible, which you pay when admitted to the hospital, will be \$1,316 per benefit period in 2017, up from \$1,288 in 2016. This deductible covers your share of costs for the first 60 days of Medicare-covered

inpatient hospital care in a benefit period.

People with Medicare pay coinsurance of \$329 per day for the 61st through 90th day of hospitalization (\$322 in 2016) in a benefit period, and \$658 per day for lifetime reserve days (\$644 in 2016).

For beneficiaries in skilled nursing facilities, the coinsurance for days 21 through 100 in a benefit period will be \$164.50 in 2017 (versus \$161 in 2016).

Since 2007, higher-income people with Medicare have paid higher Part B premiums. These income-indexed rates affect about 5 percent of people with Medicare. So, for example, a person with Medicare who files an individual tax return showing an income between \$85,000 and \$107,000 will pay a Part B premium of \$187.50 per month next year.

Some people choose to get their benefits through privately-operated Medicare Advantage health plans, or purchase a Medicare Part D plan to help cover their prescription drug costs. Many of these plans carry their own monthly premiums.

For more information about 2017 premiums and deductibles, go to medicare.gov, or call Medicare any time of day or night, at 1-800-MEDICARE (1-800-633-4227).

—Cate Kortzeborn is Medicare's acting regional administrator for Arizona, California, Hawaii, Nevada, and the Pacific Territories. ■

## GUEST EDITORIAL

### San Diego County's economic trends to follow in 2017

Dan McAllister

Changes in the local economy impact every San Diegan, and it can have a large effect on what happens at the San Diego County Treasurer-Tax Collector's Office (TTC). Here are some of the biggest economic trends we at the TTC tracked through the third quarter of 2016 that could affect you, too.

San Diego County's unemployment rate declined to 4.7 percent in September and remained below that of Los Angeles (5.2 percent) and Riverside (6.5 percent) counties, California as a whole (5.3 percent), and the nation overall (5 percent). The rate declined 0.1 percent year-over-year as local nonfarm payrolls grew by 30,700 workers, or 2.2 percent. Private sector gains drove much of the employment growth, accounting for 24,100 new jobs, although the government sector also added 6,600 workers.

Within the private sector, the educational and health services industry posted the best performance, adding 7,600 jobs since September 2015, or a 3.9 percent increase. Most of these new positions were in health-related fields, indicating a core segment of our innovative local economy remains strong.

Other industries with significant year-over-year growth included professional and business services (plus 7,200 jobs), leisure and hospitality (plus 6,100 jobs), trade, transportation and utilities (plus 2,100 jobs), and financial activities (plus 1,700 jobs). Other than healthcare, specific sub-sectors that outperformed were architecture and engineering, administrative and support services, and restaurants.



The University of San Diego's Index of Leading Economic Indicators remained virtually unchanged during Q3. The Index hit its highest level in almost 10 years in April, but has since declined slightly as local construction activity has slowed. Still, modest economic growth is expected for the region over the near term.

The reduction in building permits highlights a primary area of concern for the local economy over the next few years: a lack of affordable housing supply. SANDAG estimates the region will need to add about 325,000 housing units by 2050 to accommodate demand, or about 12,000 per year just to keep up with population growth. The last year in which permits reached that level, however, was 2005. Even worse, the vast majority of permits are issued for properties only

See TRENDS page 12 →



► Marijuana, from page 1

On the same ballot, statewide Proposition 64 legalizing recreational marijuana for adults age 21 and up also passed by a 57.13 percent to 42.87 percent margin.

Carol Dick, La Mesa's director of community development, said medical marijuana will get first — and top — priority.

"Prop. 64, we're not even dealing with that yet," Dick said noting, "So much depends on the state getting their licensing put into place."

The city staffer said Jan. 12 is when Measure U takes effect, 30 days after being certified.

"We have taken that measure and created an application form and a map," Dick said. "We're feverishly working on that. These are our two highest priorities."

Pointing out Measure U's implementation is being done on "a very tight timeframe," Dick said, "We can commit to that date (Jan. 12)" adding "we want to make sure it's well thought out."

However, despite the city's being well versed in doing conditional use permits (CUPs), which will be required of dispensaries, Dick cautioned, "It's a very specific type of use — with very specific restrictions."

Two La Mesa council members, Kristine C. Alessio and Bill Baber, weighed in on Measure U's implementation, and what they'd like to see done with it.

"My main concern is with our ability to handle, from a staffing perspective, the applications for Conditional Use Permits which I am quite sure we will be deluged with," said Alessio.

She added, "Dispensaries will have to comply with existing law as to the issuance of Conditional Use Permits, which includes factual findings that must be met in order for the permit to be granted. Our Planning Commission will be the first to hear the applications, and the City Council will be the final say should someone appeal a Planning Commission decision."

Baber, who's worked on several citizen initiatives, including La Mesa term limits, confided he was "neutral" on U's passage.

"I respect the authority of citizens to legislate via an initiative without the politicians mucking up the process," Baber said. "This was a citizen initiative that established objective rules for obtaining a CUP for medicinal (not recreational) marijuana dispensaries. The citizens, by their votes, exercised their legislative control of the issue. The City Council must follow the initiative, we can not change it or 'fix' it or ignore it."

Baber added there's a failsafe in the initiative in that "neighbors can raise objections to the granting of any CUP."

Baber pointed out medicinal dispensaries still need to be licensed by the state adding, "We don't expect state licenses to be granted until January 2018, so I don't expect to see medicinal dispensaries fully functioning for another 13 months."

Paradoxically, Baber noted La Mesa "may ban recreational dispensaries under Prop. 64, but we cannot ban medicinal dispensaries under Prop. U. Medicinal is for patients, not partiers, and that is an important distinction."

Concerning medical marijuana's future, Baber said, "This medicinal initiative was written and passed

independent of Prop 64. With the passage of Prop. 64, I think future initiatives will focus on recreational, not medicinal, issues."

Vey Linville, who campaigned in favor of the first unsuccessful medical marijuana initiative in La Mesa, is secretary of the San Diego Chapter of Americans For Safe Access (AFSA). AFSA is the largest medical marijuana patient organization in the nation with more than 50,000 members.

A resident of unincorporated Spring Valley who lives near La Mesa, Linville and AFSA were elated by Measure U's passage.

Noting the La Mesa City Council previously "fought tooth and nail" against allowing medical marijuana, Linville said he hopes that "would change now that there have been some changes to the council. Hopefully this situation will change over time, and there will be more and more support going forward."

Added Linville, "I would think you would want folks who are legally entitled to have safe access to their medicine, to have somewhere in the community where it is actually legal for them to go and take care of that. There shouldn't be anything less than that. It's important we provide those patients access to their medicine in a safe and rational manner — just like everyone else."

Unlike recreational marijuana, Linville noted taxes, which are significant, "aren't going to apply on the medical side." He added, "That's a fundamental difference," pointing out that, for most, "there isn't a tax on their medicine."

Linville noted great strides were made nationally with medical marijuana, as eight of nine proposed ballot measures for legalization passed this November. He added San Diego County did its part, with local measures passing in both La Mesa and Lemon Grove (by a mere 87 votes).

"It's a watershed time in history for marijuana proponents," said Linville noting law "is changing all over the country and all over the world."

"It's all part of a bigger picture," Linville concluded.

**La Mesa's existing dispensaries**

There are several dispensaries listed on Weedmaps and in the San Diego Reader in La Mesa and environs, which declined comment for this article. The Reader also carries a nine-page list, in the back of the publication, of existing medical marijuana dispensaries dispersed throughout San Diego County, including La Mesa.

In La Mesa proper, Weedmaps/The Reader list 11 dispensaries that are currently operating. They have names like Greener Side Wellness, Diamond Collective, Green Nature Collective, Cloud 9 Wellness Center and La Mesa Greens. Most of them clustered along University Avenue, and a few more are located on Jackson Drive, El Cajon Boulevard, Center Drive and Case Street. In addition to walk-in dispensaries, there are also delivery-only establishments that list La Mesa as their operating address.

After the city reviews where dispensaries will be allowed to operate, some, if not all, of these establishments may have to move — that is, of course, if their CUPs are approved.

—DaveSchwab can be reached at dschwabie@journalist.com.■

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La Mesa -

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La Mesa -

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## Conflicts of interest, civil rights issues examined at next meeting



Linda Armacost  
and Jeff Benesch

Author, activist and law professor Marjorie Cohn will headline the Jan. 4 meeting of the La Mesa Foothills Democratic Club (LMFDC). Cohn will examine the inherent conflicts that arise when a president-elect doesn't disassociate from his business interests while in office. We've also never before had a chief executive not release his tax returns, thus failing to disclose his company's foreign entanglements and potential conflicts of interest on a global scale. Cohn will also discuss her recent article on the prospects and consequences of a Trump-appointed Supreme Court.

Cohn is professor emerita at Thomas Jefferson School of Law where she taught from 1991–2016, and a former president of the National Lawyers Guild. She lectures, writes, and provides commentary for local, regional, national and international media outlets. Professor Cohn has served as a news consultant for CBS News and a legal analyst for Court TV, as well as a legal and political commentator on BBC, CNN, MSNBC, Fox News, NPR, and Pacifica Radio.

We are also honored to have ACLU Advocacy Director

David Trujillo speaking about social justice and civil rights for immigrants and minorities during a Donald Trump presidency. Recently, the ACLU lauded California lawmakers for standing by immigrant communities in the face of possible future federal executive orders that would endanger them, such as mass deportations, internment camps and deportation squads.

Trujillo has spent his career working on issues of social justice and has years of experience in community organizing, political campaigns and the legislative process. Prior to joining the San Diego ACLU, Trujillo served as Planned Parenthood Northern California's public affairs director. Trujillo helped pass legislation that made California the only state in the country in the last five years to expand access to birth control and abortion services. Trujillo grew up in San Diego and has a degree in Political Science from the University of California, San Diego.

With each Trump cabinet nomination, local Democrats are alarmed at the potential back-sliding of civil liberties, social justice, environmental protections, public school education, workplace safety,

wage and pension protections, banking regulation, women's reproductive rights, affordable healthcare, middle-class housing and job opportunities, income equality, Medicaid and Social Security protection, immigrant rights, and most other progressive ideals that we've supported and nurtured for decades.

Instead of reforming Washington, DC as promised in campaign rhetoric, we've seen a succession of Wall Street insiders; big money donors; military mavericks; anti-science and climate-denying elected officials; fast food and professional wrestling executives; anti-union and working class enemies; anti-Semitic bigots and hate-mongering fake news purveyors; and fossil fuel industry proponents and lobbyists put into the highest positions of power and influence. Instead of "draining the swamp," we've seen a progression of very wealthy

alligators nominated for and appointed to cabinet posts and White House advisory positions.

We'll begin our 48 months of protest and activism with a campaign to "Write, Advocate and Resist" these ultra-conservative demagogues in the best way we know how. By peacefully and stridently gathering together to spread truth, education, and social action, we can protect our communities, our planet and our children's futures from the mindless onslaught of greed and neo-conservatism.

We'll begin with two excellent social justice advocates and continue with four years of outstanding programming that you'll not want to miss. If you are not part of the solution, then you are part of the problem.

Join LMFDC, which serves the communities of La Mesa, the College area, San Carlos, Del Cerro, Allied Gardens, Mt. Helix, Santee, Spring Valley, Casa de Oro and other nearby East County enclaves.

We meet the first Wednesday of each month at the spacious La Mesa Community Center, 4975 Memorial Drive, just north of University Avenue. Our meetings begin with a 6:30 p.m. social time with refreshments and drinks provided by the club membership. The programs and business meetings start at 7 p.m. and last about 90 minutes. We are just beginning our 2017 membership drive and new memberships are available for as little as \$30 annually. All members and guests are welcomed at all meetings and other community events which are listed on our website at [lamesafoothillsdemocraticclub.com](http://lamesafoothillsdemocraticclub.com), and visit our Facebook page for updates.

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



Marjorie Cohn



David Trujillo

## Navajo Republican Women celebrate holidays, install new officers



Judy  
McCarty



The celebration continued as Navajo Republican Women gathered at the home of NCRWF member Ginny Wisely for our annual holiday celebration and installation of officers for the new year. Gifts were also presented to the Military Outreach Ministries for military children.

After a very busy 2016, Sally Steele was installed for her second year as president as were all the other officers, with the exception of Glenda Boerner (Ways and Means) and Cathie Johns (Programs) who have completed two years of exceptional service. New first vice president Colleen White will take over Programs duties. Waskah Whelan was once again lauded for her extreme leadership as precinct and campaign chairman for the San Diego County Federated Women. Those who contributed so much of their time during the campaign were also thanked.

Our first meeting of the new year will be Tuesday, Jan. 10, 2017, at La Mesa's Brigantine Restaurant. Sgt. Maj. Juan Hidalgo, USMC (Ret.) will give the keynote address called "Defending Freedom!" A well-decorated combat veteran, Hidalgo retired in October 2015 after more than 31 years of proven leadership and faithful service to our country. Recently, Hidalgo ran for California's 51st Congressional District seat but lost to incumbent Juan Vargas.

Check-in time for the 11 a.m. luncheon meeting is 10:30 a.m. A full-course luncheon will be served at noon with the speaker following at 12:30. To join us, RSVP to [NCRWF99@gmail.com](mailto:NCRWF99@gmail.com) or call Marjie at 619-990-2791. Cost is \$20 and reservations are required.

Our membership drive for 2017 begins at the meeting. Dues are \$35 for new members and we welcome all registered Republican women who would enjoy camaraderie with like-minded women. For more information on all our activities, visit us at [navajocanyonrnf.org](http://navajocanyonrnf.org), and like us on Facebook.

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



Sgt. Maj. Juan Hidalgo Jr., USMC (Ret.) (Pinterest)

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► Shelter, from page 1

Although construction for the new facility now has a timeline, Hutchings and the other staff at the animal shelter have been waiting for a long time and point out that other Prop O projects like the new El Cajon police station and fire house are already built and operating.

“We’ve been waiting a long time,” said Cindy Cullinan, Animal Control officer. “We can’t wait to get to the new place.”

Al-Ghafry said the delays are due to an original project idea that had a more regional facility in mind that would be large enough to serve El Cajon, La Mesa, Santee, Lemon Grove and other East County areas. The new site also allows the existing shelter to remain open while the new one is built, saving money that would have had to go toward renting an interim facility.

“The feasibility studies probably took us a little bit longer, but we wanted to do it right. We figured if we wait a little bit longer and do it right, it is better than just go off an idea or a plan that may or may not be the best for us,” Al-Ghafry said. “We wanted to make sure that 10 years down the road, 15 years down the road, people will look back and say, ‘Yeah, you know they did a really good job here. They waited a little bit longer but they didn’t miss much.’”

The existing animal shelter, located at 1275 N. Marshall Ave. in El Cajon, was built in 1957. The aging, 5,900-square-foot, cinderblock building houses up to 103 animals at a time. The new shelter, which will be

located just up the street at 1305 N. Marshall Ave., will be 13,500 total square feet when including the play yards and will house up to 190 animals.

In addition to the play yards, the new facility will include a community room that will be used for education; separate dog and cat areas; rooms for the animals with glass walls so they can be showcased for adoption; a full veterinarian center; combo indoor/outdoor cages for dogs; and a separate evaluation area.

“That gives you the ability to come into the sally ports, look at dogs or cats that have health issues or have behavioral issues and treat them in a separate area than where you have your community cats or dogs that are ready for adoption,” Al-Ghafrey said.

Al-Ghafrey visited similar animal centers such as the Humane Society campuses in San Diego and Escondido, the Palm Springs Animal Shelter as well as the county shelter for “lessons learned” in building those facilities and to see what would be helpful to put into the new El Cajon facility.

One idea that came from those trips was to have two entrances — one for adoption and one for intake.

“The intake folks who are giving up their dog or cat, their state of mind is a little bit different than if you are excited about coming to adopt a pet so we wanted to give a dynamic of privacy and respect people’s state of mind,” he said.

La Mesa has contracted to use the shelter for animal care services since 2001, and that



The southwest view of the new El Cajon Animal Shelter (Courtesy of city of El Cajon)

contract will continue with the new facility. The city plays a flat fee for each animal that is kept in the shelter. The cost varies per animal but so far the shelter averages around 300 animals per year from the La Mesa, Al-Ghafrey said.

Of those 300 — and of all the animals brought to the shelter — Hutchings worries that some owners might lose their pet just because they are unaware of where to go to look for a lost pet.

“People could come in here two weeks later and their animal could be gone and they

wouldn’t even know it was here,” Hutchings said, adding that people whose lost pets end up in the shelter have only four to five working days to come and claim them — after that they are up for adoption.

Cullinan would also like to get the word out about the shelter to all East County and San Diego residents that the shelter also has animals waiting adoption.

“We have people come in all the time saying ‘I never know you guys were here’ from all different parts of town — San Diego, La Mesa, El Cajon,” she said.

Al-Ghafrey is excited that the new shelter will soon be built for the animals that will be housed there and especially for the staff and volunteers who will work there.

“The staff does a fantastic job,” he said. “This is my personal observation. They are all very passionate. They deserve a state-of-the-art building that is going to allow them to do what they really do fully for animal care services.”

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

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# Grossmont cross country teams live up to their history



## Foothiller Footsteps

Connie and Lynn Baer

Grossmont has a rich athletic history. cross country is one of its more recent sports, with the first boys team appearing in 1951 and the first girls team in 1977.

### Boys cross country

Boys cross country began auspiciously, with the teams winning league championships in 1952, 1953, and 1954.

The past two years, the boys have been coached by Oscar Talamantes.

"I'd have to say one of the most enjoyable parts of coaching cross country is seeing our students progress and mature throughout the season, or if they're a returning athlete, from one year to the next," Talamantes said. "Thanks to record keeping, we can see how our team has changed from year to year and how our current team stacks up against some of our older teams."

"This season was a very important milestone in their development as runners. Since last year was a building year with younger athletes, this year allowed them to find their

stride and they were able to compete against some of the best teams in our district."

Proof of this improvement was the GUHSD Conference League meet, where the Foothillers finished second overall out of 11 schools, something the boys hadn't done for at least the past six years.

### Girls cross country

In the museum's archives, the first photo we have of girls cross country is from 1979 when the team consisted of just three girls. In 1989, 1991, and 1992, the girls cross country team had a celebrated group of girls who were league champions all three years!

In 2015, cross country runner Courtney Clifford broke a school record and dual meet course record for the Grossmont Conference. Courtney was unanimously selected Athlete of the Year for the Grossmont Hills League and was First Team All-San Diego County for cross country.

For 13 years, Ross Bartell has been the coach. In 2004, 12 girls were on the team; this year's team had 37 girls. According to Coach Bartell, this year's team was the strongest and most successful team he has coached at Grossmont — most of the nine seniors on the team had been on the team for four years and wanted their final season to be their best.

To prepare for the season, most of the varsity girls ran over 250 miles during the

summer, and at the end of the summer, with the Steele Canyon girls varsity team, participated in a Mt. Laguna summer running camp. After the challenging, hilly, 5,000-foot elevation workouts, the team returned with a stronger work ethic.

As proof of their accomplishments, this year's girls team set a team-time school record at the Mt. Carmel Invitational at Morley Field and a week later placed second out of 20 teams at the South Bay Invitational in the JV and varsity girls races, finishing in the top two at that meet for the first time in 20 years.

Two girls were selected for 2016 First Team All-League honors — senior Rileigh Dunning placed sixth in the Hills League and seventh overall in conference and junior Lisset Dominguez placed 10th in the Hills League, her second year in a row as an All-League Honoree.

Due to the dedication of coaches and student athletes, both the GHS boys and the girls cross country teams finished second in the 11-team GUHSD league meet.

To learn more about Grossmont's rich history, visit us or explore our museum website at [foothillermuseum.com](http://foothillermuseum.com). The museum is open noon-3:30 p.m. Jan. 4 Contact us at [ghsmuseum@guhdsd.net](mailto:ghsmuseum@guhdsd.net) or 619-668-6140.

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



The 2016 Grossmont High School Girls Cross Country team (Courtesy of GHS Museum)



# Thank you, Helix supporters



## Helix Highlights

Jennifer Osborn

On Dec. 2, we hosted the 7th Annual Helix Supporters' Breakfast. More than 200 members of the Helix community attended and enjoyed breakfast, entertainment, and highlights of the school's success. The breakfast is an annual fundraiser to support the College 4 Me program (C4Me), which sends 150 students every year on a college tour around the state. C4Me is an integral part of Helix's mission, which is to provide every graduate with the opportunity to attend college, if they so choose. Students are able to set foot on a college campus, talk with Helix alumni attending the school, and they can see that college is not a far-away dream, but can be their reality. We thank the community for their support of this event and program, and look forward to the eighth breakfast next December.

### Fall sports achievements

Our fall sports teams enjoyed plenty of success this year. Helix is proud of its tradition

in excellence in athletics, as sports provide just one more method of connecting students to school and enhancing academic success. Congratulations to the following programs:

- Football: League Champions and CIF Open Division runners up
- Water polo: League Champions and CIF Div 3 Champions
- Field Hockey: League Champions and CIF Quarterfinalists
- Tennis: Venous Ghazi – CIF Quarterfinalist

### Little Theater goodbye

The Little Theater stood on the Helix campus for many years, and was the site of many productions, including some with award-winning actor Dennis Hopper in the 1950s. Because it was built so long ago, it did not meet the needs of a modern theater, and was not in compliance with many building codes. As such, it was replaced with the current state-of-the-art Performing Arts Center, and was demolished during Winter Break. Many former Highland Players visited before the demolition, reliving some of their best memories in the building and saying goodbye. The space will become part of a concourse as an entrance to campus. Goodbye, Little Theater!

CAD and Robotics visit NAVAIR

In December, 38 students from the Computer Assisted

Design (CAD) class and Robotics program took a tour of NAVAIR on Coronado Island. This field trip was to provide students with the knowledge of STEAM/STEM career opportunities. Students received an overview of NAVAIR and toured the base. Students ran live simulations as if they were pilot and co-pilot and learned about the responsibilities of the engineer who keeps the simulations up-to-date. They also ran a night vision simulation. Other students saw the "CSI side" of NAVAIR, showcasing the tools/techniques used to identify where problems may have occurred after an incident/accident.

This was just a small part of the great experience offered to these students. The students and staff were excited to have the opportunity to kick off what will hopefully be on ongoing relationship between Helix and NAVAIR.

### 2017-18 enrollment

Enrollment for the 2017-18 school year is rapidly approaching. Families interested in enrolling their incoming 9th grader, or new students grades 10–12, will need to attend an upcoming Intent to Enroll meeting in order to be considered for enrollment. The following are the scheduled dates and locations (all are on Wednesdays):

- Jan. 11, 6 p.m. – Helix Charter High School
- Jan. 18, 6 p.m. – Vista La Mesa Academy



Crews demolish the old Little Theater on the Helix High School campus. (Courtesy of Helix High School)

- Jan. 25, 6 p.m. – Lemon Grove Academy
  - Feb. 1, 6 p.m. – Parkway Middle School
  - Feb. 8, 6 p.m. – La Mesa Arts Academy
  - Feb. 15, 6 p.m. – Mount Vernon Academy
  - Feb. 22, 6 p.m. – Helix Charter High School
- More details regarding the enrollment can be found on the school website, [helixcharter.net](http://helixcharter.net) (click on "Entrance Boundary/Lottery Information" on the left side of the page).

If you are interested in finding out more about Helix Charter High School, please attend one of our Excellence in Education Tours, held twice monthly. The upcoming tours are Jan. 5 at 8:10 a.m. and the Jan. 19 at 5:30 p.m. Reserve your spot using our website, [helixcharter.net](http://helixcharter.net).

As always, we welcome your input. Please don't hesitate to contact me at [josborn@helix-charter.net](mailto:josborn@helix-charter.net).

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

# San Diego Unified School District Connected to Fast, Reliable Network

Ninety two San Diego Unified School District schools now have access to a 175-gigabit network as part of an agreement with Cox Business. As part of the agreement, Cox Business built out 54 miles of fiber in San Diego. A total of 189 schools in the district are now connected to a fast, reliable Ethernet network through Cox Business that will enable all types of digital learning, not only inside the classroom, but also distance learning between schools and organizations outside of the district.

"San Diego Unified students already have access to some of the best technology in education today, but as anyone who has ever left their cell phone service area knows, the best technology is only as good as the Internet service that connects you to the world," said Cindy Marten, superintendent of San Diego Unified School District. "Thanks to this partnership with Cox Business, our students will have access to enterprise class WiFi service, allowing them to collaborate with their teachers and peers in amazing new ways."

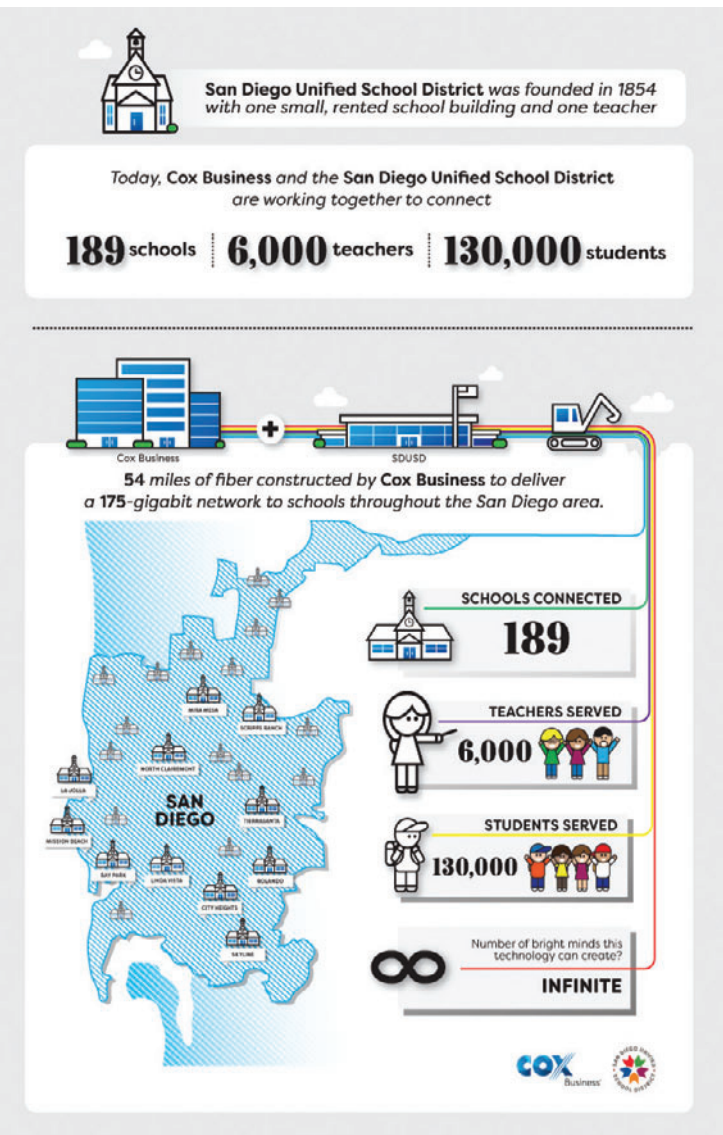
The network that Cox Business has built for the district is the

largest fiber project the company has undertaken for a single customer in San Diego to date.

"The network that we've designed for the school district is unique in its construction, the large number of sites being connected, and the high bandwidth capacity that is being delivered," said Larry Coval, Vice President of Cox Business in San Diego. "We've built a network that has the bandwidth to serve the district's needs for its teachers and students now and in the future."

Serving more than 130,000 students, from pre-school through grade 12, San Diego Unified School District is the second largest district in California, with a diverse student population representing more than 15 ethnic groups and more than 60 languages and dialects.

Cox Business is the commercial division of Cox Communications that serves business customers of all sizes, school districts, medical facilities, hotels, local government and the military. For more information on Cox Business, visit [coxblue.com](http://coxblue.com).



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## ► Trends, from page 6

upper-income residents can afford. Just 7 percent of units approved in 2015 were valued below the median County home price.

Real estate values have risen to a point where over 70 percent of area residents cannot afford to purchase a median-priced home. These same residents have also been squeezed by rising rents.

Average rents are up 32 percent since 2000, despite median wages falling 2 percent. Clearly, this issue needs to be addressed to attract and retain the best workers, including millennials.

Nevertheless, it should be noted that San Diego County's median sales price in September of \$569,000 is still lower than in other parts of Southern California, such as Orange County, and far below average prices in the Bay Area. However, prices locally are rising faster than in most other areas, indicating the lack of supply is affecting our market.

—Dan McAllister is San Diego County Treasurer-Tax Collector. You can reach his office online at [sdtreastax.com](http://sdtreastax.com), or by calling 619-595-5231. ■

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# 'The Real' meaning of Christmas

Daytime talk show surprises La Mesa family with gifts



The Harris family with their gifts from Santa on "The Real" (Photo by Robert Voets/Warner Bros. Television)

David Dixon

A recent episode of the talk show, "The Real," featured a local La Mesa family. For readers who aren't familiar with BET's Daytime Emmy Award-nominated series, the program stars four female hosts.

Adrienne Houghton, Loni Love, Jeannie Mai and Tamera Mowry-Housley spend time discussing topical issues, sharing personal stories and interviewing an eclectic selection of celebrities. Not long ago, they shed light on a story involving a mother from San Diego County.

Tai Harris is a single mom living with her two children, Mark and Marlene. Before she was featured, Harris was a devoted viewer of the talk show. "I am a *real* big fan of 'The Real,'" she said. "I love the important subjects they talk about. My favorite segment is 'Girl Chat.'"

The matriarch works at a KinderCare facility full time to provide for her kids. Owing to money problems, including high expenses for child care, the three of them moved in with Tai Harris' mom and

sister. In spite of hardships, Harris really enjoys living in La Mesa. "What I love best about living in La Mesa is that there are a lot of family events going on," she said. "It seems there is always something to do on the weekend."

Unfortunately, all of Harris' hard work didn't pay enough money for her to provide presents for Christmas. After inviting the family to share their story on television (their segment can be viewed on "The Real Daytime" YouTube channel), the hosts and Santa Claus surprised the children with gifts and \$1,000 for mom. Some of the goodies included toys, necklaces, earrings and an iHome speaker.

Being on "The Real" was a wonderful experience for Harris, especially when she talked to Mowry-Housley. "I cried when I met her," Harris said. "She is the sweetest person and is so genuine. I was blessed to sit next to her during the taping."

In spite of leaving a positive impact, Harris doesn't have any major small screen appearances planned for the very near future. "My family

and I are not scheduled to be on TV anytime soon, but my son loved seeing himself on 'The Real,'" she said. "He wants to be on TV again."

Even though Harris was given plenty of Noel gifts, her yuletide celebration will likely be a simple one. "The only plans I have is to spend it with my family and thank God for allowing all of us to see another Christmas," she said.

Harris remains to be humble sharing her experiences on live TV. "I truly appreciate everyone that made it possible for me and my family to be on the show," she said. "My family and I were truly blessed."

Harris and her kids now have everything they need to celebrate a wonderful Christmas. With any luck, "The Real" will be able to aid families going through similar hardships very soon.

"The Real" is on KUSI-TV in La Mesa on weekdays. For more information, visit [thereal.com](http://thereal.com).

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



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# Sharp Hospital goes off the grid

Rick Griffin

Sharp Grossmont Hospital in La Mesa and the Grossmont Healthcare District (GHD) celebrated the completion of the hospital's taxpayer-funded Central Energy Plant (CEP) on Dec. 20.

A ceremony featured remarks from elected officials and a celebration photo with an oversize electrical switch and confetti cannon.



David Ornelas shows Dianne Jacob around the new Central Energy Plant at Sharp Grossmont Hospital. (Photo by Carol Sonstein)

Construction of the \$47 million plant was financed through Proposition G, a bond measure sponsored by GHD and approved by East County voters in June 2006. With the completion of the CEP, the hospital's typical electric bill to SDG&E of about \$180,000 per month is now zero.

"We're very proud that the Central Energy Plant is now fully operational and the hospital is officially off the electrical grid," said Michael Emerson, GHD board president. "Taxpayers can be assured that their publicly-owned hospital is equipped to handle future energy capacity needs with on-site electric power generation at the lowest possible cost. For decades into the future, the new CEP will save millions of dollars in energy costs, plus reduce the hospital's emission of greenhouse gas pollutants by 90 percent. Even in the event of an outage or other emergency, the hospital will continue to operate as needed."

Other speakers at the flip-the-switch event included San Diego County Supervisor Dianne Jacob and Dave Grundstrom, chair of the Grossmont Hospital Corp.

(GHC). GHC is the operating entity for the hospital lease agreement between Sharp HealthCare and GHD.

"We are grateful for the entire community's support of the hospital, especially the taxpayers who approved Proposition G, as well as philanthropic support from the community," Grundstrom said. "We now have the capacity to sell surplus electricity back to the utility company."

Jacob praised the efforts of Sharp Grossmont Hospital and GHD for assuring taxpayers that their publicly-owned hospital is equipped to handle future energy capacity needs at the lowest possible cost.

"In addition, I'm especially pleased that this new Central Energy Plant will ... reduce the hospital's emission of greenhouse gas pollutants by 90 percent," she said. "The CEP is emitting less than half of the allowable emissions, which makes its one of the five least polluting plants recently constructed in the state of California."

The three-story, 18,400-square-foot building, visible from the State Route 125 on the southwest side



(l to r) GHD board members Randy Lenac and Gloria Chadwick, County Supervisor Dianne Jacob, GHD board members Michael Emerson, Virginia Hall, Bob Ayres (Photo by Carol Sonstein)

of the hospital campus, also houses a new \$18 million cogeneration system paid for by Sharp Grossmont Hospital as part of the continuing partnership with GHD. The hospital is managed and operated by Sharp HealthCare under a lease agreement between GHD and Sharp HealthCare.

Built by Solar Turbines of San Diego, the cogeneration system utilizes a combustion turbine generator (CTG),

similar in function to a spinning engine on a passenger jetliner. In addition to electrical power, the 52-ton CTG produces heat that is converted to steam used to operate medical equipment, space heating and air conditioning, plus it provides hot and cold water to the hospital. Powered by natural gas, the CTG has a capacity to produce up to 4.4 megawatts of electricity, which is more than the hospital's current need of about 3.2 megawatts, officials said. GHD said the new facility was designed to allow for future growth and expansion of the hospital.

Also inside the plant are boilers, chillers, cooling towers and auxiliary systems. It has a state-of-the-art control room that monitors the heating and refrigeration equipment, medical air and vacuum pumps. Officials said the hospital typically consumes about 2.3 million kilowatt hours per month. In comparison, SDG&E says the average household uses about 500 kilowatt hours in a 30-day period.

McCarthy Building Co. constructed the CEP with 131 tons of reinforced steel rods or bars surrounded by 4.23 million pounds of concrete with a 106-by-70-foot concrete foundation slab that is four feet thick.

On one side of the CEP, a sign states "Brady Family Cogen" in honor of a donation from La Mesa residents Ron and Mary Alice Brady, founders of the Brady Companies, a La Mesa-based contractor.

Taxpayer-funded construction is ongoing at the hospital. Other Proposition G construction projects includes construction of a 71,000-square-foot Heart and Vascular Center and the recently completed renovation of floors two through five of the seven-story East Tower building. In 2009, the top three floors of the Emergency and Critical Care Center opened with 90 new patient beds, including 24 intensive care beds on one floor and 66 medical/surgical beds on two other floors.

For more information about GHD, visit [grossmonthealthcare.org](http://grossmonthealthcare.org).

—Rick Griffin is a public relations specialist who writes on behalf of the Grossmont Healthcare district. Visit him online at [rickgriffin.com](http://rickgriffin.com). ■

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By Charles Preston

ACROSS

1 Flower part

6 American Indian

9 Farewells

14 Worship

15 French money

16 Harden

17 Polaris

19 City of Light

20 One of the Carolines

21 \_\_\_ irae

23 That: Sp.

24 Moslem VIP

27 Apportion

29 Appear

30 City of Seven Hills, to her natives

32 Old-fashioned tear-jerker

34 All shook up

35 Black's partner in the Irish revolution

36 Abet

37 Ennui

39 Place to eliminate moisture

43 Siesta

44 Red dye

45 Ages

46 Lefties

50 In days of \_\_\_

51 Chooses

52 Beasts of burden

55 For each

56 Lease

57 Lawrence \_\_\_

58 Inlet

60 Behind

62 Resident of Mayfair

67 Prepare for serving

68 Spain's last queen

69 Some are from Canada

70 City on the Rhine

71 Small amount

72 Colorado park

DOWN

1 Criticize

2 Tokyo's former name

3 Rocky pinnacle

4 Bohemian

5 The Merry Widow composer

6 Congeal

7 Type of Louisianan

8 Doodads and knick-knacks

9 Inside information: pl.

10 Collection of sayings

11 Serving vessel

12 Originated

13 Famous opener

18 Mineral spring

22 Involve

24 Horse breed

25 '60s dance craze

26 Cupid

28 Baseball nine

29 Australian city

31 Active causes

33 Diamond \_\_\_

35 Overthrow

38 Burmese knife

39 Abyssinian weight

40 Abandon

41 Welsh \_\_\_ bit

42 River to the North Se

44 Calls forth

46 Soothe and comfort

47 Norma and Fra Diavolo

48 Voices

49 Misguided

53 Craft

54 Wearying time

57 Small bird

59 One's: Scots

61 \_\_\_ atque vale

63 Tree syrup

64 Gumshoe: abbr.

65 Language suffix

66 Legal matter

SUDOKU

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

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Anthony's Fish Grotto La Mesa is East County's favorite spot to entertain family and out-of-town guests. With Anthony's setting on a small private pond, beautiful patio, dog-friendly area, and a dining area designed to promote conversation, it's the perfect place to unwind after the hectic holiday season.

Anthony's also features East County's largest selection of fresh seafood dishes, a well-priced wine list and a terrific happy hour, Monday thru Friday 3:30–6:30 p.m. Anthony's Downtown waterfront location is slated to close Jan. 31, 2017, so make your holiday reservations now and relive your memories at the Embarcadero while you still can.

The La Mesa location will remain open, so come and enjoy a San Diego tradition started by Catherine "Mama" Ghio in 1946 and still owned and operated by her grandchildren. Her recipes and sauces are still closely held secrets made to the same exacting standards she demanded 70 years ago.

## Holiday Legislative Open House a bipartisan affair

Angeles Barrios

Over 4,000 people attended California State Senator Joel Anderson's Holiday Legislative Open House on Dec. 7. The rich music performed by the East County Youth Symphony and the International Academy of Jazz welcomed the attendees who were quick to find themselves saying hello to their neighbors. This was an opportunity for Anderson's constituents to come and speak to Anderson and his staff about any concerns and legislative ideas they might have as well as receive a 2016 legislative update from the Senator.

"I am life-long Democrat and I voted, over 52 years of voting, for very few Republicans,"

Aaron Landau, a La Mesa resident who attended the event, said. "But he is one Republican that I would vote for, for whatever office he would like. I admire his integrity, his concern, his determination, and his abilities to work across the aisles with Democrats, since he is in the minority party."

Food and drinks were donated by generous community organizations and businesses including La Mesa's Dream Dinners and The Hills Local Pub. There were also various services offered other than food and music. In particular, attendees were able to ask questions about their issues with state agencies at the constituent services table. Some also left their legislative ideas for the state government and others learned about Anderson's

award-winning internship program by talking to current and former interns.

At the end of the long but exciting night full of energy and new ideas, Anderson spoke to the crowd.

"I want to thank my constituents for taking the time to attend this event and share so many great ideas about how to make government work for them," he said. "Thanks to all the businesses that came and generously donated their time and talents to contribute to the success of this event." For those interested in sharing their ideas with Anderson, they can call 619-596-3136 or email [senator.anderson@sen.ca.gov](mailto:senator.anderson@sen.ca.gov).

—Angeles Barrios is a legislative intern for Sen. Joel Anderson's office. ■



Aaron Landau (left) poses with Sen. Joel Anderson at this year's Holiday Legislative Open House (Courtesy of Sen. Anderson)

## News and notes from your County Supervisor

### DIANNE'S CORNER

Dianne Jacob



**Backcountry beauty:** It was great to recently join horse riders, hikers and others who enjoy our great outdoors to formally dedicate a new 2.2-mile trail along San Vicente Road near Ramona.

The completion of the wide, roped-off path was a big step forward in our efforts to open up even more of our beautiful backcountry to the public and was part of a bigger project to improve San Vicente.

I want to thank residents — especially in Ramona and San Diego Country Estates — for their patience over the past couple of years as the county

realigned parts of the road and took other steps to make it safer.

And a big thank you to all those who made the new path possible!

**Reducing fire danger:** Financial assistance is available for qualified San Diego County landowners dealing with dead and dying trees.

The federal government is making more money available to help private property owners address tree mortality and other drought-related damage. For more information, call 760-745-2061.

**Boosting our economy:** The Board of Supervisors recently took another step to help our boutique wineries and craft breweries.

We approved new rules that give more flexibility and opportunity to caterers, food vendors,

wineries and breweries looking to grow and expand.

Under the procedures, caterers are allowed to handle food service for wineries, breweries and businesses that don't have full service capabilities, while making sure the food is properly handled.

County staff recommended the new rules following a study of catering events at wineries, breweries and private functions.

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 District 2 San Diego County Supervisor. ■





HOPPIN’ JOHN

Julie Ann White

Hoppin’ John is a classic Southern dish served on New Year’s Day. The black-eyed peas are supposed to bring you good luck in the coming year. It was shared with me by my good friend Pam Crooks, a southern girl from North Carolina. Happy New Year and hope you have a great 2017!

Ingredients

- 2 tablespoons of olive oil
- 1 large ham hock (ham, smoked turkey or bacon can be substituted)
- 1 pound of fresh black-eyed peas (Or you can use dried peas and soak them in cold water for six hours. Rinse well before using. Black-eyed peas are also

- found in the freezer section).
- 1 yellow onion, chopped
  - 1 stalk of celery, chopped
  - 1/2 cup of red or green bell pepper
  - 1 quart of chicken stock
  - 2 cups of water
  - 2 carrots, diced
  - 1 bay leaf
  - Salt and pepper to taste
  - 1 tablespoon of apple cider vinegar
  - 3 cups of steamed white or brown rice
  - Chopped green onion or chopped parsley for garnish
- You can also add chopped garlic, canned chopped tomatoes, chopped or frozen kale or collards if you desire.

Directions

Heat oil in large pot. Add the veggies and brown. Add the ham hock and remaining ingredients except the rice and garnish. Bring to a boil, reduce heat and simmer for 45 minutes or until tender. You may need to add more water. Taste for seasonings. Serve over the rice and sprinkle garnish over dish and enjoy! ■



Hoppin’ John is a traditional meal for the New Year. (Stock image)

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Rev. Suzette

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► **Lights**, from page 1

taking over that area. So the next month I went to the City Council meeting and made a proposal, and Mayor Mark Arapostathis agreed this was an ongoing problem and he promised we'd get lights."

The process took over a year but, La Haye said, the end result was well worth the effort. Especially since the city decided to add not one, but two lights to the street.

City of La Mesa Associate Engineer Michael Kinnard said the timeframe of this project, from start to finish, is not entirely unusual.

He also said that in this particular case, there was no available electrical service in the street. La Haye's original suggestion to the City Council was to use solar-powered lighting, but that ended up being unnecessary because the city and the utility company worked out a solution.

"San Diego Gas and Electric needed to obtain easements from private property owners to supply the necessary power to the street lights," Kinnard said. "The logistics in laying out proper street light locations, negotiating easements, obtaining street light materials, and scheduling them to be installed can take months."

He also said he believes the installation will benefit residents by promoting security as well as improving safety for drivers, riders, and pedestrians. La Haye agrees.



SDG&E workers finish installing one of two street lights on School Ridge Lane. (Courtesy of Larry La Haye)

"The lights benefit the community in a few ways. One, kids can play in the street after dark. It will also help reduce the crime that would be taking place during the night. Now, 94 families can hopefully regain their street back from the drug dealers and loiterers who work in the darkness," he said.

"The tenants are very happy. I'm not surprised this took so

long, but I'm not disappointed because I know it takes a while for wheels to get moving. I think the mayor and the City Council all did a great job; I'm proud of them."

—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). ■

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FEATURED EVENTS

Winter camps for kids  
Through Friday, Jan. 6

**JANUARY 6** La Mesa Community Services is offering five winter camps for children ages 5-12 during the winter break from school:

“Buckaroo Time for Young Farmers” is for kids ages 5-12 who love animals. There are two sessions to choose from; Dec. 22 and 23 or Dec. 27 and 28. Both run 9 a.m.-2 p.m.

“Minecraft: Build using LEGO” for children brings Minecraft to life with the help of an experienced Play-Well instructor. This camp is held Dec. 27-30, 9 a.m.-noon for children ages 5-6; and 1-4 p.m. for ages 7-13.

“Jedi/Master Engineering Using LEGO” is an introduction to engineering for children. This camp will be held Jan. 3-6, 9 a.m.-noon for kids ages 5-6; and 1-4 p.m. for kids ages 7-12.

“Fun Food and Silly Snacks Cooking” is a hands-on, three-day camp focusing on nutrition and making food fun. Children will be taught to measure correctly and to read product labels. This camp will be held Dec. 27-29, 1-4 p.m. for ages 7-12.

“Gymnastics Camp” will help kids work on flexibility, strength, tumbling skills and basics on bars, beams, vault and floor exercise. This camp is for children ages 5 years and up, beginning to advanced levels. The camp will be held Jan. 3-6, 9 a.m.-3 p.m.

Camps will be held at the La Mesa Recreation Center (4975 Memorial Drive). Visit [cityofflamesa.com/camps](http://cityofflamesa.com/camps) for costs and to register, or call 619-667-1300.

Little League registration  
Through Jan. 14, 2017

**JANUARY 14** Online registration for the La Mesa National Little League’s 2017 Spring Season is underway through Jan. 14. Those who register online before Jan. 1 will receive a \$20 discount. A one-time walk-up registration will be held Jan. 10. Children ages 4 to 12 are welcome to play in the league. Regular cost is \$180, but T-ball (4-5 years old) is \$95. Each player is required to provide the league with a copy of their original birth certificate and three proofs of residence or proof of school attendance. These documents must be presented in person during document presentation night (date to be determined), or at walk up registration. The documents are required for registration to be completed. Player assessments are scheduled for Jan. 14 and 15, 8 a.m.-2 p.m. at Meeker Field both days. Player assessment makeup day is scheduled for Jan. 17, 4-5 p.m. The opening ceremony will be Feb. 25. To register visit [bit.ly/2hIp1QX](http://bit.ly/2hIp1QX). For more information about La Mesa National Little League visit [lmnll.com](http://lmnll.com) or contact the league with questions at [registration@lmnll.com](mailto:registration@lmnll.com).

Hanukkah lunch and celebration  
Friday, Dec. 23

**DECEMBER 23** College Avenue Center (6299 Capri Drive, Del Cerro) will host this celebration with latkes and sufganiyot. There will also be live entertainment by Debra Davis and members of the 2nd Avenue Klezmer group. Visit [jfssd.org](http://jfssd.org) for more information.

San Diego International Auto Show, SD Convention Center  
Thursday, Dec. 29-Monday, Jan. 2

**DECEMBER 29** – **JANUARY 2** Automotive enthusiasts will be in four-wheeled heaven as the San Diego International Auto Show descends on the San Diego Convention Center (111 W. Harbor Drive, San Diego). See more than 400 automobiles from 40 global manufacturers. Visitors can participate in interactive activities and enjoy family entertainment. Admission: \$12 adults; \$9 active duty military with ID; \$9 senior citizens 62 and older; \$8 children ages 7-12; and free for children 6 and younger. Sunday, Jan. 1 is Chevy Family Day and children ages 12 and under are admitted for free when accompanied by an adult. Opens at 10 a.m. each day and closes at 9 p.m. on Dec. 29, 30 and Jan. 1; 6 p.m. on Dec. 31 and 7 p.m. Jan. 2. Visit [bit.ly/2hNkZ7B](http://bit.ly/2hNkZ7B) for e-tickets. For more information, visit [sdautohshow.com](http://sdautohshow.com).

New Year’s Eve live dance music  
Saturday, Dec. 31

**DECEMBER 31** Welcome the new year and dance the night away to the music of Blue Zone at the La Mesa Adult Enrichment Center’s New Year’s Eve Party, 6:30-10:30 p.m. (8450 La Mesa Blvd.). Includes party favors and noisemakers. Sandwiches, salads, snacks, non-alcoholic beverages and desserts will be served. Cost is \$25 per person. For ticket information, call 619-667-1322. Visit [bit.ly/2hBhT8I](http://bit.ly/2hBhT8I).

Holiday Model Train Display  
Dec. 24, 27, 31

**DECEMBER 24**, **DECEMBER 27**, **DECEMBER 31** Bring your imagination and visit the Holiday Model Train Display at Grossmont Center (5500 Grossmont Center Drive), presented by the San Diego S-Gaugers. Visitors will enjoy the scene as the model trains move through the exhibit. Visit and become “junior engineers” for free. The display is open noon-6 p.m. next to Super Brows (#103 on the mall map). For more information, visit [bit.ly/2hNoUKy](http://bit.ly/2hNoUKy). ■

MUSIC NOTES



Jazz piano master class  
Sunday, Jan. 8

**JANUARY 8** Accomplished jazz pianist and Steinway artist Lenore Raphael will present a master class in jazz piano techniques at 2 p.m. in Room 220, the recital hall at Grossmont College (8800 Grossmont College Drive, El Cajon). Raphael is a jazz pianist and educator from New York who, as a classical prodigy, performed at Carnegie Hall. The event is presented by the SoCal Jazz Society and the Amateur Pianists in conjunction with the Music Department of Grossmont College. Admission is \$15, \$5 for college and high school students. Parking is \$2 per car. Tickets are available at [bit.ly/2hj5oP8](http://bit.ly/2hj5oP8).



STAGE CUES



‘What the Butler Saw’  
Friday, Jan. 20-Thursday, Feb. 19

**JANUARY 20** – **FEBRUARY 19** Lamplighters Community Theatre presents “What the Butler Saw,” an outrageous farce and incredible modern comedy. When a psychiatrist tries to seduce an aspiring secretary, his botched efforts lead to comic bedlam involving his insatiable wife, a randy bellhop, a befuddled police officer and Sir Winston Churchill. Psychiatry, religion, marriage, government, definitions of gender and even language are all targets of British playwright Joe Orton’s poison pen. Directed by Keith A. Anderson. Located at 5915 Severin Drive, in the La Mesa Village Station Center, corner of Amaya Drive and Severin Drive. For times, tickets and more information, visit [lamplighterslamesa.com](http://lamplighterslamesa.com).

ON FILM



‘The Poseidon Adventure’  
Thursday, Dec. 29

**DECEMBER 29** Enjoy a dramatic and thrilling adventure by viewing the 1972 classic “The Poseidon Adventure” for only \$2 at the La Mesa Adult Enrichment Center (8450 La Mesa Blvd.) in the Main Hall. The luxury liner Poseidon is hit by a titanic tidal wave and capsizes, leaving just 10 survivors. Led by a no-nonsense reverend, the group must maneuver through airshafts, electrical cables and a burning engine room to the boat’s hull, which is their lone chance for escape. The film earned an Oscar for Best Song: “The Morning After.” Rated PG-13; 117 minutes. Show starts at 1 p.m. For more information, call 619-667-1322. Visit [bit.ly/2hBhT8I](http://bit.ly/2hBhT8I).



GALLERY VIEWS



‘Natural Views’  
Through Friday, Jan. 6

**JANUARY 6** The Mission Trails Regional Park Foundation (MTRP) presents an art exhibit featuring works from student artists in the Grossmont Union High School District. The exhibit will be displayed in the MTRP Visitor Center Art Gallery through Jan. 6. Schools with students participating in the exhibit include Grossmont, Idea, Monte Vista, Mount Miguel, Steele Canyon, Valhalla and West Hills. The MTRP Visitor and Interpretive Center is located at 1 Father Junipero Serra Trail, and is open daily from 9 a.m. to 5 p.m. For more information, visit [mtrp.org](http://mtrp.org).

‘Mission Trails Mix’  
Saturday, Jan. 7-Friday, Feb. 3

**JANUARY 7** – **FEBRUARY 3** Mission Trails Regional Park Foundation presents an exhibition at the Visitor and Interpretive Center (1 Father Junipero Serra Trail) featuring seven award-winning artists who work in a variety of mediums. Works by Lois Adler-Roussell (etching and drawing), Susanne Flowers (charcoal and oil), Ralph Kingery (watercolor), Caroline Morse (oil), Shannon O’Dunn (pastel), Roz Oserin (oil and watercolor) and Susan Weinberg-Harter (watercolor) will be on display in the Mission Trails Regional Park Visitor Center Art Gallery. The public is invited to a reception in honor of the artists on Sunday, Jan. 8, 1-4 p.m. The Visitor and Interpretive Center is open daily, 9 a.m.-5 p.m. Admission is free. For more information, visit [mtrp.org](http://mtrp.org).



Artists’ Reception  
Friday, Jan. 14

**JANUARY 14** Nainsook Framing + Art (8130 La Mesa Blvd.) holds its first artists’ reception, 6-9 p.m. Open to the public. Visit for an evening of art, food, drinks and acoustic guitar by 2B1. For more information, visit [nainsookframing.com](http://nainsookframing.com) or call 619-303-8060.

Paint & Palate (and sip)  
Wednesday, Jan. 18

**JANUARY 18** Find your inner Picasso as you paint while sipping wine during this Paint & Palate event at San Pasqual Winery (8364 La Mesa Blvd.) in La Mesa Village. Everything you need is provided, including a 16-by-20-inch canvas, supplies, art apron and step-by-step instruction by a local artist. Cost: \$35 per person. Time: 6-9 p.m. Wine and food available for purchase. No art experience required. For more information or to reserve your space, visit [paintandpalate.com](http://paintandpalate.com) or [bit.ly/2hNCPYb](http://bit.ly/2hNCPYb). Wine Club members email [Brenda@sanpasqualwinery.com](mailto:Brenda@sanpasqualwinery.com) for a \$10 discount code. ■

RECURRING EVENTS

Boulevard Stroll

Visit the shops and restaurants along La Mesa Boulevard on the first Wednesday of every month 5–8 p.m. for special deals,

entertainment and getting to know your fellow La Mesans. Visit [lamesaboutlevardstroll.com](http://lamesaboutlevardstroll.com) for more information.

Farmers Market

Visit La Mesa’s open-air market every Friday afternoon,

2-6 p.m. at the intersection of University Avenue and Spring Street. Sponsored by the city of La Mesa, the market offers produce, flowers and plants. For more information, call Suzanne Bendixen, 619-249-9395; or send an email to [outbackfarm@sbcglobal.net](mailto:outbackfarm@sbcglobal.net). ■





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