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La Mesa COURIER

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Idea Field owner Debbie Solan is creating an art space that caters to a variety of mediums and teaches art to all different age groups and skill levels. (Photo by Jeff Clemetson)

A big idea

Art blooms in new studio

Cynthia Robertson

Until a few months ago, Debbie Solan was co-owner with Paul Fernandes of Fusionglass Company in La

Mesa. Now she is the sole owner of Idea Field, a studio and shop where art of every kind can bloom.

The road bringing Solan to Idea Field has been a long one, but worth every moment. She grew up as the middle child of five in Dublin, Ireland. Times were difficult then, with money being tight for everyone there. But Solan found beauty in painting and coloring.

"I don't remember a time when art wasn't in my life. I come from a family of creators," she said.

By the time she was in her teens, the Irish artist Jim Fitzpatrick was her biggest inspiration. Solan developed what she calls "itchy feet," and at 19 years of age, she left Ireland and traveled throughout Europe for a number of years. She met many Americans along the way, so she decided to come see what America was all about.

"And then the age-old story. I met a guy and stayed. He

See **IDEA** page 14 →

Final funding push for festival

July 4 event still short of its goal

Doug Curlee

Editor at Large

The on-again, off-again saga of Fourth of July fireworks at Lake Murray are apparently back on again, but there are "ifs" involved.

The fireworks went away in 2012, after a 2011 lawsuit against them was filed by an environmental group upset about setting off fireworks over water — especially over water that is to become drinking water.

Since then, all of those legal questions have been answered, the lawsuit has been resolved and now the road is clear to once again put on the popular event.

"We're good to go legally," said Tracy Dalkamp, the leader of the effort to reinstitute the afternoon-long music festival and fireworks show.



The Lake Murray Fireworks and Musicfest committee: (l to r) Owen Dalkamp, Melissa DeMarco, Gil Koury, Tracy Dalkamp, Diane Sipe, Robert Hotz, Jay Wilson, and Brandy Kern (Photo by Jeff Clemetson)

"What the big 'if' is now is, can we raise the money to make it the event we want to put on for the community? We want to put on a day's entertainment of music, food, refreshments and everything else such a party needs to have to be a success. What we don't want to do is just have a 15-minute fireworks display

and call it good. Right now, we've raised enough money to take care of a few expenses, but we're way short of what we need to put on the full afternoon."

There are a number of fees the organizers need to take care of — things like the bill

See **FIREWORKS** page 13 →

EDCO turns 50

Waste business has evolved over the years

Dave Schwab

When the Snyder family acquired the company now known as EDCO Disposal back in the '60s, they never imagined half a century later the business would be more about recycling than trash collecting.

"I like to say that landfills are going out of business," said John Snyder, vice president of EDCO Waste & Recycling, which is celebrating its golden anniversary this year.



EDCO Vice President John Snyder

EDCO has been picking up La Mesa's trash for 50 years, ever since Snyder's grandfather from Orange County purchased La Mesa Disposal in 1967.

"From 1967 to 1990, we were just a garbage hauler," said Snyder. "From 1990 to today we've evolved, getting more into recycling than trash collecting."

Snyder noted EDCO was one of the first companies to participate in residential and commercial curbside recycling, as well as handling construction recycling.

"More than half of the business is involved in the recycling end (now)," he pointed out.

Looking ahead, Snyder sees more change coming.

"The future will be involved with how we manage the waste stream," he

See **EDCO** page 4 →

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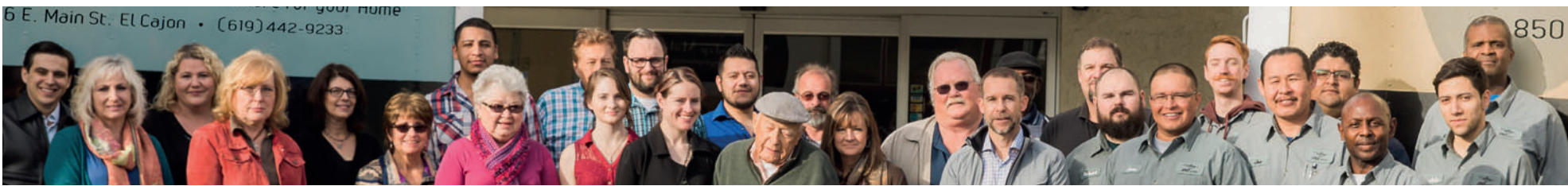


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Representatives from Sycuan ceremoniously dig the dirt at a groundbreaking event for the casino's hotel expansion. (Photo by Jeff Clemetson)

Sycuan breaks ground on hotel expansion

Jeff Clemetson

Sports celebrities, radio personalities and business and community leaders from across San Diego County joined tribal elders and leaders of the Sycuan band of the Kumeyaay Nation on March 28 to break ground



An artist rendering of the 12-story hotel expansion currently under construction at Sycuan Casino. (Courtesy of Sycuan)

on a new hotel expansion for the Sycuan Casino.

Tribal chairman Cody Martinez introduced the new expansion with a brief history of the casino and what it has brought to Sycuan and the surrounding communities.

"It is with great, great excitement and pride that we are making this investment, not just on behalf of the tribe, but on behalf of our team members and our customers, we are taking Sycuan to the next level," Martinez said as he revealed a 3-D video rendering of what the new hotel will look like. Guests at the groundbreaking were also able to take a virtual reality tour of the new facility using VR goggles that immersed them in 360-degree views of the hotel drawings.

Sycuan's next level is an expansion that includes a 12-story hotel tower with 300 rooms and suites; a full-service spa and fitness center with sauna facilities and exercise equipment; an 11,400-square-foot conference

and event center; an expansion of 60,000 square feet of new gaming areas that will house 2,500 new slot machines and 80 table games; new bars and restaurant options, from casual to fine dining; and a resort-style pool area, complete with a lazy river. In total, the new expansion will be around 500,000 square feet. The \$226 million expansion's grand opening is slated for 2019.

And the casino expansion wasn't the only news announced at the groundbreaking event.

"So, everybody's wondering, 'What about the golf course?' Well its day is yet to come. There will be a plan for that as well, however we are launching today that we are going back to [the name] Singing Hills Golf Resort at Sycuan," Martinez said as he revealed new logos for the casino and golf resort.

For more information about Sycuan Casino, visit sycuan.com.

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

How Owners Lose Thousands When Selling Their Homes

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

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

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

Get your free special report Now to find out how you can get the most money for your home.

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► EDCO, from page 1

predicted. “The next material we’ll be handling (more of) is organics — green, wood and food waste. That’s the next opportunity. We’re getting into it.”

EDCO Disposal Corporation provides solid waste disposal and recycling services in the city of La Mesa under an exclusive franchise agreement. Services provided include collection, transfer and disposal of all solid waste, recyclables and yard waste generated at all residential and commercial properties in the city.

On its website, edcodisposal.com, EDCO claims to have “a trash solution for everyone regardless of whether that involves curbside pickup, a dumpster, a roll off box or a storage container. EDCO operates clean, well-maintained equipment offering innovative waste collection and recycling services to meet the needs of each customer.”

During the past 50 years, the Snyder family business has grown from 10 employees to about 300, many of whom work in recycling, which didn’t even exist when the company first started out.

Growing — and changing — with the times over the past half century has been a transformative experience for the trash hauler, noted Snyder.

“Back then, there were no big publicly traded companies in the industry, just small owner-operators,” he said, adding the biggest change over the last 50 years came in 1989 when the California legislature passed AB 939.



An EDCO truck in the 2016 La Mesa Flag Day Parade (Courtesy of EDCO)

“That bill mandated California’s cities and counties to recycle 50 percent of their solid waste by 2020,” Snyder said adding EDCO responded by “opening our first recycling materials recovery facility in Lemon Grove.”

Like many other industries today, trash hauling has undergone technological innovation.

“Along with curbside recycling, we went to automatic collection in the ‘90s, where an automatic arm on the truck picks up the trash, which is much more efficient and takes less time allowing you to pick up many more (receptacles) than before by doing it manually,” Snyder said. “That’s become the industry standard.”

EDCO also has a well-deserved reputation for being involved in, and giving back to, the communities it serves.

“We’ve been involved in charities,” said Snyder, adding that organizations such as La Mesa National Little League, La Mesa Parks and Rec, and the Grossmont Hospital Foundation have all benefited from the company’s largess.

Snyder noted EDCO has made a major investment in environmental sustainability, “converting our diesel trucks to compressed natural gas, a far cleaner and better alternative power than diesel that we started using in 2009. Now more than half of our fleet is compressed natural gas.”

Snyder said EDCO’s future looks promising, in part due to more recycling mandates passed this year by the California Legislature and Gov. Jerry Brown, which has set an ambitious goal of 75 percent for recycling, composting or source reduction of solid waste by 2020.

“Our goal is to divert as much waste as possible from landfills, which we don’t own and don’t intend to,” Snyder said. “The state has also set new goals for a few years ahead for cities and counties. That’s going to help keep us in business. We’re going to have to plan for it.”

—Freelance reporter Dave Schwab can be reached at dschwabie@journalist.com.■

Slight rate increase coming

Jeff Clemetson
Editor

At its April 25 meeting, La Mesa City Council recognized EDCO’s 50 years of service in the region — it also voted to initiate the required notification process for a proposed rate increase for trash services in the city.

The city will be sending notices of a public hearing for the rate increase by May 12. The hearing will be held June 27 and the new rates would take effect on July 1.

“The rate is actually a two-year rate, so this rate will be through June 30, 2019,” EDCO CEO Steve South said after the City Council meeting.

Currently, the residential trash rate in La Mesa is \$19.77 per month and the commercial rate for a 3 cubic yard bin

served once a week is \$100.74. The proposed 2.8 percent increase would raise residential rates by 56 cents per month or \$6.72 per year. Basic commercial rates would go up \$2.89 per month or \$34.68 per year.

“It’s a formula-driven rate that takes into account both disposal fee increases, consumer price index adjustments as well as recycling markets and other factors,” South said.

The notification of a public hearing for the rate increase, required under Proposition 218, will cost the city around \$12,000 to print and mail. At the meeting, Councilmember Bill Baber requested that the notifications be written in clear language and to avoid “legal language” so that the public understands what the hearing is for.

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

NEWS BRIEFS

Donate Life Month at Grossmont

On April 17, Sharp Grossmont Hospital celebrated Donate Life Month by honoring organ donors and donor recipients.

Sofia O’Laughlin, wife of organ donor John O’ Loughlin, received a floral portrait of her husband from the 2017 Donor Life Rose Parade Float. The

Navy veteran died shortly after returning from deployment nearly four years ago. As an organ donor, he saved the lives of three people — giving sight to two people and helping 50 others as a tissue donor.

Donor recipient Linda LeVier shared her story as a heart recipient 10 years ago.

See BRIEFS page 13 —————>



Conservation Heroes Wanted

\$10,000 grant up for grabs for environmental nonprofit

Do you know someone planting a community garden, organizing beach and trail cleanups, or being a community advocate for open spaces? Cox Communications and The Trust for Public Land want to help San Diegans recognize their conservation heroes who are volunteering their time to create, preserve and protect our region’s outdoor spaces and natural habitats for all to enjoy.

Nominate your volunteer for the Cox Conserves Heroes Award **from April 24 through May 12** at **coxconservesheroes.com**. Your hero could be named California’s Cox Conserves Hero and receive \$10,000 to donate to his or her favorite environmental nonprofit.



Green Facts:

300 million tons – Amount of plastic produced each year to make bottles, bags and other items for worldwide consumption

10% – How much of that 300 million tons of plastic is recycled properly and reused

4 Pounds – The amount of garbage produced by the average American on a daily basis

450 Years – How long it takes plastic bottles to break down in a landfill

1 million – How many years it takes a glass bottle to break down in a landfill

25 minutes – How long a computer can be powered by the energy saved from recycling one plastic bottle

5 trillion – The number of pieces of plastic floating in the world’s oceans

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For breaking news and investigative story ideas contact the editor by phone or email.

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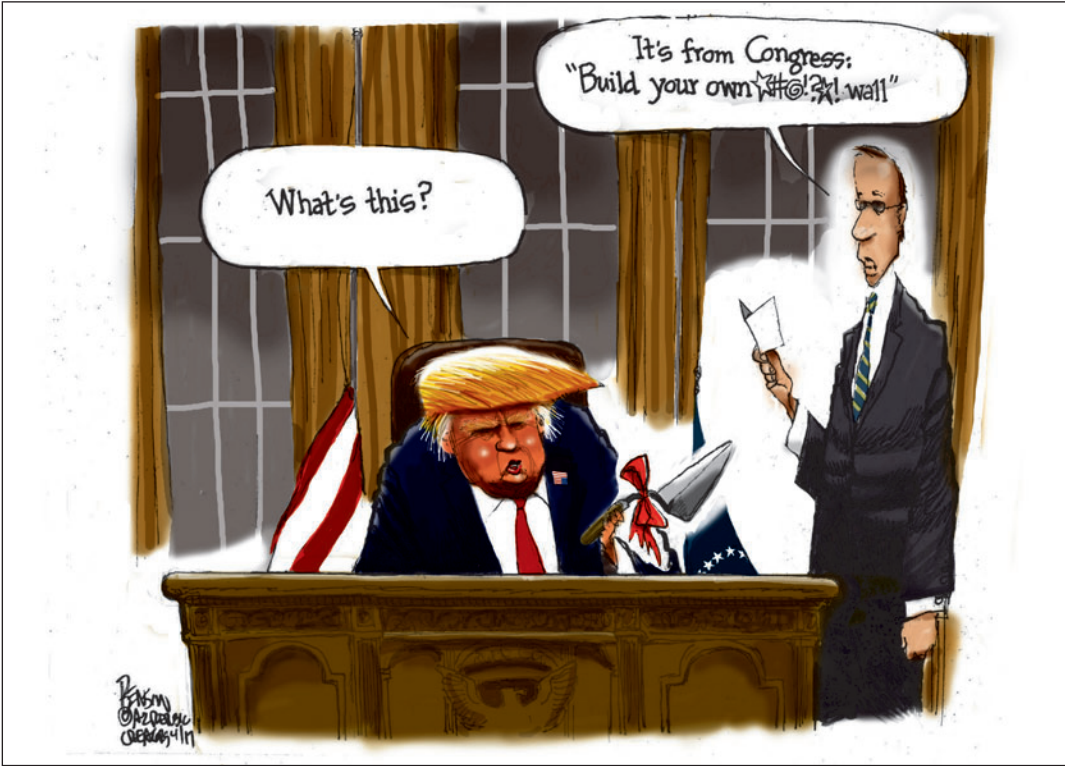
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Guest Editorial

How immigration status affects children

Dr. Trish Hatch

Studies show there are more than 11 million people currently residing in the United States that do not have legal status or authorization from the government to be here. Of that 11 million, approximately 3.9 of them are children. Children, at no fault of their own, are at great risk regarding the impacts of deportation, with the total numbers of “undocumented” parents — one or both — rising for children K-12.

In a guide they wrote for schools regarding the stress that immigration status has on children, Marquette University educators Lisa M. Edwards, PhD, department of counselor education and counseling psychology, and Jacki Black, MA Ed, associate director for Hispanic initiatives, focused on a number of specific areas of concern when it comes to these children. They drilled down on subjects, including the context of immigration stress; how detention and deportation affects children; toxic stress: how the threat of detention and deportation affects children; behavioral/emotional signs of immigration status-related stress in the classroom; and they offered a list of ways school personnel can support students in the classroom and their families.

While Edwards and Black agree that every child is different, they state that every child that suffers the loss of one or both parents to deportation, or are hindered by the threat of losing them, can show various negative symptoms or behaviors at school.

Many of these are akin to PTSD-like symptoms and can include withdrawal; anger and aggression; hyper-arousal or hyper-vigilance; difficulties focusing at school; somatic complaints; crying and sadness; poor appetite; poor or disrupted

sleep; anxiety and academic decline.

The Center for Excellence in School Counseling and Leadership (CESCaL) is a nonprofit Center within San Diego State Universities College of Education.

CESCaL's mission, in addition of promoting excellence in the field of school counseling, is to assist school counselors, their schools and their central office administrators as they design, implement and evaluate their school counseling programs.

Over the years to supplement our regular services, we have held various conferences to further assist school counselors who support ESL students, special needs students, and LGBTQ students, where we bring myriad resources together in one place that may not be otherwise be as readily available.

In April 2016, CESCaL hosted the first annual conference to ensure access and equity to higher education for immigrant and undocumented youth by ensuring those who work with them received expert training on how to mentor, counsel, and advise future college candidates.

CESCaL chose to address this specific student population due to CESCaL's commitment to advocate for marginalized student groups, improve effective practices among educators, provide a forum for collaboration and networking, problem solve critical training issues, and provide ongoing professional development.

On April 23–25, CESCaL presented the second annual conference of this type, called: “Supporting Access to Higher Education for Immigrant and Undocumented Students.”

Currently, millions of undocumented immigrant students and families are eager to pursue postsecondary education but they face significant barriers to educational attainment. Most are unaware of the financial

opportunities available to them and are subject to institutional gatekeeping that impacts access to post-secondary opportunities.

Undocumented immigrant students also graduate at drastically lower rates than U.S. born citizens and only 5–10 percent of undocumented high school graduates go on to enroll in college, according to the College Board, 2009.

There is much work to be done.

A pre-survey of conference attendees revealed that more than 40 percent of the school counselors and college access partners who responded reported lacked the knowledge of the laws and rights and undocumented and/or immigrant students.

Similarly, more than 40 percent reported lacking the knowledge of the college application process for undocumented and/or immigrant students, and only 47.68 percent felt confident advising undocumented and/or immigrant students regarding the college application process.

Average school counselors know far less.

The goal of the April 23 conference was to teach and empower school counselors and college access partners with this information as well as the attitudes necessary to take personal responsibility as advocates for immigrant and undocumented students.

We provided them with the skills to navigate the college application process, locate funding options, access post-secondary opportunities, and utilize culturally competent techniques to mentor, counsel, and advise future college candidates.

—Trish Hatch, PhD, is a professor at SDSU and former director of the school counseling program (2004-2015). For more information about this conference, contact Dr. Diana Camilo, coordinator of special projects, at events@cescal.org or visit tinyurl.com/l499s26. ■

Letters

Keeping residents uninformed

The Strategic Planning Workshop (this year held on March 23) is arguably the City Council's most important public meeting of the year. Police, Fire and city employees are always well represented, but few residents are in attendance. The city does little to promote civic engagement. If anything, it actively discourages community involvement in the following ways:

- The workshop is not properly noticed in accordance with the Brown Act. The law requires that the agenda be posted at least 72 hours before meetings are scheduled to begin, and in a location that is “freely accessible” to members of the public. This is not the case in La Mesa.

- The workshop is poorly advertised and promoted. It gets scant mention at City Council meetings, but is not listed on the city's website calendar. There is no signage outside the venue in the days preceding the event.

- The workshop is held on a weekday, when most residents are at work.

- The workshop is held in the Emergency Operations Center, one of the city's smallest venues with a maximum occupancy capacity of 77 persons.

- Unlike City Council meetings, the workshop is not broadcast on Cox Cable channel 25. Residents are not able to view the proceedings remotely in real time.

- The session is not videotaped. Residents are unable to purchase a DVD copy from the city as they are City Council meetings.

- The proceedings are not available for viewing on the city's website.

- An audio tape is the only live record of the eight-hour proceedings. Audio recording of past events have sounded more like a FBI wiretaps between Tony Soprano and Paulie Walnuts than the official record of a government meeting.

The La Mesa City Council talks a great deal about transparency, accountability, and open government, but when it has the chance to back up those words with actions, it once again pays only lip service to its lofty ideals.

—Joseph Glidden, La Mesa

Not happy with Lookout

Re: “Meet me at The Lookout”
[Volume 6, Issue 6 or bit.ly/2ntf100]

Dear La Mesa:

Thanks for fixing that clock with frozen time at the entrance to our beautiful village (across from Sheldon's) where the metal snail burns small children on sunny days and the tiles are such dull colors they suggest a boring town. Next time ask people on the street before you spend good money on great art. (No offense to the artist intended.)

—Ronald Young, La Mesa

Story about tax return vote?

I was hoping you could pick up a story. On Mar. 28, SB149 passed the judiciary committee. This is a California bill that would require presidential tax return disclosure. There were two no votes. One was Joel Anderson, from District 38 – East San Diego. He voted to keep Trump's returns secret even though the latest poll showed 74 percent of all voters and 53 percent of Republican voters favor disclosure. Do you have a political beat reporter that could write about this so constituents know Sen. Anderson is voting to keep Trump's returns secret?

—Dan Wohl, via email ■

Guest Editorial

SB 54 will bring unintended consequences for immigrants

Sen. Joel Anderson

California's sanctuary state bill will expose more dreamers and their families to possible deportation.

SB 54 by Senator Kevin de Leon (D – Los Angeles) aims to build on existing state law, the TRUST Act, which prohibits local law enforcement from detaining undocumented immigrants in order for Immigrations and Customs Enforcement (ICE) to take custody for deportation proceedings. The TRUST Act does not apply, however, to people convicted of serious felonies.

SB 54 goes even further by saying that local law enforcement cannot allow ICE to interview any prisoner, and will only share the names and release dates for criminals who were convicted of certain felonies. This list of felonies does not begin to cover the most dangerous criminals in our jails. Felons convicted of human trafficking, child abuse, stalking, exploding a destructive device to terrorize, elder abuse, and street gang recruiting are not part of the list.

The federal government has made it clear that their priority is to find undocumented people convicted of serious crimes already in our jails and prisons and deport them before their sentence ends and they are returned to the streets to prey on their community.

SB 54 may very well make a reality what has thus far only been social media hoaxes and fear mongering: immigration checkpoints and neighborhood raids.

ICE agents have said they would have no choice but to go door to door looking for convicted felons if local law enforcement is prohibited from assisting them to locate these violent criminals already within our jails and prisons.

With limited or no information exchanged with local law enforcement, ICE would have to carry out their duty to apprehend those



Sen. Joel Anderson

identified as the greatest threat to our public safety by combing through our neighborhoods.

This endangers the remainder of the undocumented community because, as we saw with the ICE enforcement actions in Los Angeles earlier this year, their priority is violent criminals but will arrest others if encountered in the process.

With over 11,000 felons in our prisons with ICE holds, there are more than enough to keep immigration officers busy without having to search the streets for deportable felons. Cutting off their access to the jails and prisons is only going to slow down the deportation of felons while exposing the rest of the undocumented community to more contacts with immigration officers.

For those who agree that cutting off ICE's access to felons in our jails and prison puts everyone in our community at risk, please visit my website and sign my petition at senate.ca.gov/anderson.

—Sen. Joel Anderson's 38th Senate district in the California Legislature includes La Mesa, Lemon Grove, El Cajon, Santee, Poway, Escondido, San Marcos, Lakeside, Valley Center, Rancho Santa Fe, Julian, Ramona, Rancho San Diego, Bonsall, Borrego Springs and Fallbrook. He was first elected to the State Assembly in 2006 and to the State Senate in 2010.■

Carl DeMaio to speak on fighting tax increases



Judy McCarty



Our May 9 luncheon meeting of the Navajo Canyon Republican Women, Federated will feature Carl DeMaio, the government-reform host of his own daily radio show on NewsRadio 600 KOGO. He will present his strategy to repeal the new car tax and gas tax recently enacted by Democrats in the California Legislature.

According to DeMaio, the typical California family could

end up paying \$350 to \$700 more per year under these new tax hikes! There goes workers' new minimum wage increase.

This will certainly hold the interest of our NCRWF members and guests who resist having government take money from citizens' pockets to put in the government coffers – especially without any accountability of how it will be spent.

We invite all to attend and learn how to get involved in overturning these tax hikes! The meeting will take place at The Brigantine restaurant in La Mesa. Check-in time for the 11 a.m. meeting is 10:30 a.m. A full-course lunch will be served at noon with DeMaio's talk

See NCRWF page 8 →

Beware of Home Inspection Pitfalls Before You Put Your La Mesa Home Up for Sale

La Mesa-

According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether. In most cases, you can make a

reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help homeseller's deal with this issue before their homes are listed, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved. To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-866-220-9502 and enter 1003. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to learn how to ensure a home inspection doesn't cost you the sale of your home.

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10 Myths Surrounding Reverse Mortgage Loans.

Confused by reverse mortgage loans? Who can you trust? It is very important to get the facts to make a truly informed decision about this financial product. There is so much misinformation and outdated facts surrounding reverse mortgages that it makes it feel difficult to navigate. "There is in general, a lot of confusion about reverse mortgages," says Stacy Canan, assistant director of the Consumer Financial Protection Bureau's Office for Older Americans.

The benefits can be wonderful, so it is critical to truly discover what is "urban myth" and what is fact. So, we did the research for you and have found 10

Reverse Mortgage Myths that persist, along with a few other critical things you need to know if you are considering a reverse mortgage loan now or in the future.

Before you make any mortgage decisions call and get a copy of this FREE report entitled "10 Myths many surrounding Reverse Mortgage Loans" To order your FREE copy of this report call toll free 1-866-220-9502 and enter 2001. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to find out what myths you need to know!

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Election hijacking proof discussed at next meeting



Linda Armacost and
Jeff Benesch

Recent news reports published in the Huffington Post and Buzzfeed, and appearing on many network news programs including “The Rachel Maddow Show” on MSNBC, alluded to Russian hacking and manipulation of the 2016 presidential election, decidedly in favor of Donald Trump’s campaign. During the heat of the primary campaign, several website administrators of Bernie Sanders’ Facebook sites, including John Mattes (who was a Bernie supporter at our springtime Bernie/Hillary forum) noticed a disturbing trend. Many posts and posters, hundreds of them in fact, were originating in Eastern Europe.

John Mattes is an attorney and veteran award-winning investigative journalist who spent many years with XETV and other local news outlets, as well as stations in Miami and Los Angeles and ABC World News. He’s been based in San Diego since 2002 and runs The Investigative Guy website.

Mattes first suspected outside interference in the campaign when he detected strange posts from Eastern Europeans on Bernie Sanders support Facebook pages. The posters had no profile or ties to Sanders but had started dozens of faux-Sanders groups. The users, who Mattes suspected were plants, posted only vicious anti-Hillary Clinton stories from U.S.-based websites, but were strangely all located in Albania and Macedonia.

In early September, Mattes alerted several investigator friends with a list of the suspect sites he had uncovered. Digging deeper, Mattes uncovered dozens of anti-Hillary websites all hidden behind private registrations or addresses in Macedonia. Posts from the suspect websites were flooding



John Mattes will discuss the evidence he discovered of election tampering by foreign nationals during the Democratic primary. (YouTube)

Sanders’ media and online platforms nationwide in October with anti-Hillary posts claiming Clinton was to be indicted, or had a stroke, or was involved in human trafficking.

Come late October, Mattes shared his findings.

“What is most disturbing is that the Macedonia stories worked to directly help Trump,” he told Buzzfeed. “The stories targeted Sanders supporters, creating doubts about Hillary among a key voting bloc.”

Buzzfeed reported that Mattes thought this was part of a concerted effort to suppress the votes of Sanders’ supporters in order to help Trump win the election. “Some [of the Sanders supporters] are newly-energized Democratic voters,” he said, “If you have the ability to suppress and poison the well and reduce participation, that’s a win.”

After the election, Mattes expanded his investigation into the potential role of Russian tampering with the election. His findings were included in a story in the New Yorker titled “Trump, Putin and the New Cold War.” Mattes’ investigation then was profiled in Huffington Post and The Raw Story, and now has reached numerous other publications.

In March, Mattes’ assertions were proven correct when the former director of the NSA testified that Russia had employed more than 1,000 trolls to plant anti-Hillary disinformation on Sanders social media platforms. Currently, he is continuing this investigation,

and working to spread his findings across the U.S. and the globe.

Mattes will present his latest findings at the next meeting of the La Mesa Foothills Democratic Club on May 3 at the La Mesa Community Center, 4975 Memorial Drive.

Also appearing at the meeting is Nathan Fletcher who will talk about what we can do locally to counter Trump (particularly on voting rights and ballot access) and give an update on efforts to bring deported veterans home.

Fletcher is a father of two boys, a UCSD political science professor, former Marine and former State Assemblyman. He is also involved in several political groups like Organizing for Action, the Public Policy Institute of California, the Aspen Institute Global Alliances Program, the Truman National Security Project, the World Economic Forum Global Agenda Council on Human Rights and is a delegate for the California Democratic Party.

The meeting begins with social activities at 6:30 p.m., followed by the presentations at 7 p.m. All members and guests are welcomed.

Please check out our future events and pictures of our last ones on our website at lamesafoothillsdemocraticclub.com or like us on Facebook.

—Linda Armacost is president and Jeff Benesch is vice president of programming for the La Mesa Foothills Democratic Club. Reach them at jeffbenesch@gmail.com.■

► NCRWF, from page 7

following at 12:30 p.m. Cost is \$25 and reservations are required. RSVP to NCRWF99@gmail.com (put “luncheon rsvp” in the subject line) or call Marjie at 619-990-2791.

Our April evening meeting was a lot of fun as expected with the Road Show, Live Auction (two free weekends in Las Vegas were awarded), great dinner with guests, Lady Liberty, Uncle Sam and Donald Trump.

A great crowd of men and women heard our former state party chairman, Tom Del Beccaro, talk about the vital importance of a restored economy, reconciliation in America, sanctuary cities, etc. So, a fun but purpose-filled evening for conservative Republican women who want to make a difference.

The swearing in of new citizens will take place at San Diego’s Golden Hall on April 26 and May 24 and members of NCRWF will be there to register them as new voters, too.

Our June 13 meeting speaker will be Wendy Patrick, special

operations at the District Attorney’s office. July and August are dark for meetings at The Brigantine, but we will start back up in September with Brett Winterble, KFMB 760 radio personality.

For more information on all our activities, visit us at navajocanyonrnf.org and also like us on Facebook.

San Diego’s District 7 lost a true friend and strong leader on April 10 with the death of our former City Councilmember, Jim Ellis. Jim served in the early ’70s before being elected to the state Assembly, and then to the state Senate.

Many of you will recall that Jim, along with Supervisor Dick Brown, and citizen Dorothy Leonard, established the concept of a regional park (which later became Mission Trails Regional Park), and that Jim also created the Friends of Rte. 52 that worked for years to get that highway started by taking their ironing boards into the nearby communities and gathering signatures.



Radio personality and former San Diego City Councilmember Carl DeMaio will be the featured speaker at the May 9 meeting of the Navajo Canyon Republican Women, Federated. (Facebook)

We have all benefitted from his leadership and extend our deepest sympathy to his family and to his wife, Carol Bentley Ellis, who also served as an elected state Assembly member.

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

Women's Club honored for scholarship program

Bryanna Kessler

On Friday, Mar. 31, over 120 community members gathered at the La Mesa Woman's Club (LMWC) House as members hosted their 10th annual Scholarship Card Party Fundraiser in support of Grossmont Union High School District seniors.

The event's activities included games of Bunco and bridge, lunch, an auction, and an opportunity raffle for baskets comprised of local donations.

Special recognition was provided by state Senator Joel Anderson to the Scholarship Committee Chairperson Margie Howard-Hartman, who began the scholarship program in 1971 with a \$100 scholarship. Anderson expressed his gratitude for the work of Howard-Hartman and her team.

"Margie is an exemplary model of a leader who serves her community by providing a solution where she saw a need," he shared. "Her efforts reflect the dedication of La Mesa Woman's Club as contributors to the well-being of their neighbors."

Under Howard-Hartman's guidance, the LMWC has provided more than 225 scholarships totaling nearly \$83,000. Howard-Hartman was inspired to start the program when, as a teacher, she witnessed students who longed to attend college, but lacked the means to do so.

"We thought this was a good project to help out these deserving students," she explained.



Attendees look at baskets of donated goods available through the opportunity drawing at the La Mesa Women's Club annual Scholarship Card Party Fundraiser. (Courtesy Sen. Joel Anderson's office)

The group of philanthropists work together in committees raising funds, coordinating events, and screening students based on their GPA, SAT scores, leadership in student programs, essay, and community involvement.

This is the 41st year that the club has provided scholarships for the graduating class through support from local businesses and community members. The LMWC also actively supports their community members through various programs which include assistance for victims of domestic violence, families of deployed service members, and national park reforestation.

More information on the La Mesa Women's Club and their programs can be found at lame-sawomansclub.org.

—Bryanna Kessler is a legislative intern for Sen. Joel Anderson. ■

Notes from your County Supervisor

DIANNE'S CORNER
Dianne Jacob



Pioneer path: A long-held dream of re-opening the historic Stowe Trail to the public is finally becoming a reality.

MCAS Miramar has agreed to make the scenic path, which skirts the eastern edge of the air base, accessible again. Those wishing to hike or bike along the trail must obtain a permit. For more information, go to the "Resources" section at miramar.marines.mil.

I started working with military officials in 2001 to reopen the trail – and with our hiking and biking community before that. A big thank you to Marine Corps Col. Jason Woodworth and the San Diego Mountain Biking Association.

San Diego's earliest pioneers created the Stowe Trail in the 1800s. It's so important to our history that the White House in 2000 designated it a "Millennium Trail."

Helping our most vulnerable: I've teamed up with Supervisor Kristin Gaspar, Sharp Grossmont Hospital, Grossmont Healthcare District,

Alzheimer's San Diego and others to help seniors who end up in crisis.

We're developing a model for Alzheimer's patients that start with the call for help and ends with in-home services.

Too often, seniors who suffer from dementia end up in a hospital bed or a jail cell when steering them to services might be the best option.

The effort is an outgrowth of The Alzheimer's Project, the county-led initiative to find a cure and help families struggling with the disease.

Parks and recreation: With my full support, the Board of Supervisors recently moved to tackle the policy and financial hurdles for building and maintaining parks.

Parks keep our communities healthy and whole – and building and maintaining them is one of the county's core responsibilities.

We've aiming to make our awesome park system even better!

—Dianne Jacob is San Diego County Supervisor for District 2. For more District 2 news, visit diannejacob.com or follow her on Facebook and Twitter. To reach her, call 619-531-5522 or email dianne.jacob@sdcounty.ca.gov. ■

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(l to r) Kirk Williams, Mugen Blue, Hannah Ghana and Shawn Corrao won a \$5,000 grant from the National Foundation for Teen Safe Driving for the Helix chapter of Students Against Destructive Decisions. (Courtesy NFTSD)

News from Helix Charter High School



Helix Highlights

Jennifer Osborn

Helix students win national slogan contest

"Dance with your date, not with your fate." This is the winning slogan selected by the National Foundation for Teen Safe Driving (NFTSD) to be used for their national safety campaign, Senior Promise 2017, as prom season approaches. The slogan was created by seniors Kirk Williams, Mugen Blue and Shawn Corrao, who are members of Helix's Students Against Destructive Decisions (SADD) club. The club received a \$5,000 grant for their winning submission.

Senior Promise 2017 is an awareness campaign that urges all members of the community to learn about the facts and do their part to help teens and all members of the community stay safe. Schools and organizations interested in participating are encouraged to partner with participating local auto dealerships. The campaign began on April 15 and will continue through Memorial Day. More information can be found at nftsd.org.

School safety

The city of La Mesa recently completed the addition of a new crosswalk spanning Highlander Way, near the tennis courts. This action was the result of a project in Business teacher Giff Asimos' class that focuses on entrepreneurialism. Students identified a problem in their community and set out to find ways to solve it.

One group determined that many students cross Highlander Way on a daily basis, and found several safety issues to address. Through their efforts, they formed a partnership with the city, and

the crosswalk was added, helping make the area safer.

Performing arts

The Helix Vocal Music Show Choirs competed in the Katella High School King of Champions competition. The Girls' Choir, HD, took first place in their division, as well as the award for Best Show. The Mixed Choir, HLC, took first place in their division, as well as the award for Best Music and Best Show overall. All of the vocal music groups, as well as some specialty acts, will be featured at their upcoming concert on Friday, May 12 in the Mainstage Theater. Ticket information can be found at helix-choirs.ticketleap.com

The Helix Instrumental Music Department will hold their annual Giving Gala on Saturday, May 6 at the Lemon Blossom Hall in Lemon Grove. This fundraiser features catered dinner, live entertainment, and plenty of silent and live auction items. This event is for adults only. Tickets information can be found at helix-instrumental.ticketleap.com

Seven members of the Helix Speech & Debate team have qualified to compete in the National Speech and Debate Association Championship Tournament in Birmingham, Alabama in June. The following students will represent Helix:

- Anthony Alvarez and Jonathan Bojorquez – Duo Interpretation.
- Luke Babbitt – Dramatic Interpretation.
- Rilyn Gardner – Program of Oral Interpretation.
- Ivan Jimenez – Student Congress.
- Shane Robles – Program of Oral Interpretation.
- Sophia Rogers – Informative Speaking.

Sports updates

The Helix Boys' Basketball team finished a very successful season with a trip to the State Championships in Vallejo after winning the Southern California championships. The team lost in a tough game, but the accomplishments of the team are to be commended.

The Boys' Golf team finished as co-champions of the Grossmont Valley League. They will participate in a team playoff to determine which school will compete in the CIF tournament.

The Baseball team made it to the championship game of the Classic Division of the prestigious Lions Club Tournament, which draws teams from all over the region.

Judges needed for senior boards

Community members are invited to participate as judges for upcoming Senior Boards. All Helix seniors must complete the Senior Project, which entails creating a product, coordinating an event, planning a performance, or providing an actual service that has been designed by them. The final phase of the Senior Project is "Senior Boards," which provide an opportunity for our students to shine and to feel a sense of accomplishment as they demonstrate their knowledge and skills to their community.

Senior Boards will take place on Tuesday, May 23, and Wednesday, May 24, from noon–4 p.m. Community members are welcome to participate in either or both dates. Please contact me at josborn@helixcharter.net to confirm your participation.

The Senior Project is just one example of Helix's ongoing efforts to provide graduates with the tools necessary to succeed in their future endeavors, whether it is college, full-time employment, trade school, or the military.

Excellence in Education

If you are interested in finding out more about Helix Charter High School, please attend one of our Excellence in Education Tours. The final tour of the school year is Thursday, May 11 at 5:30 p.m. Reserve your spot using our website, helixcharter.net.

—Jennifer Osborn writes on behalf of Helix Charter High School. Input is welcome, reach her at josborn@helixcharter.net. ■

Foothillers lawyer up for Mock Trial Competition



Foothiller Footsteps

Connie and Lynn Baer

For the fourth year, in March Grossmont High School students participated in the San Diego County High School Mock Trial Competition, which is sponsored by local, state, and federal courts and the San Diego County Bar Association (SDCBA). Each high school team consists of between eight and 25 students. SDCBA assists in providing lawyer coaches while the courts provide the judges and the courtrooms. This year, 29 county high schools participated in the competition.

Advanced Placement Government teacher Holly Jones said that the mission of the program is “to foster understanding and respect for the American legal system and for the rule of law. The program seeks to develop high school students into better citizens by familiarizing them with the Constitution and the Bill of Rights through academic competition, enhancing students’ ability to think critically, to communicate effectively, and to work as a team.”

The Foothiller team was comprised of 15 seniors and one junior. The students dedicated over four months of training, including more than 40 hours of their time. Most of the 16 students are AP Government students who volunteered for the team and were selected after trying out.



Mock trial team members: (l to r) front row: Jennifer Truong (attorney coach), Kennedy Nolta, Isabella Gargano, Megan Williams, Sophia Wulftange Mungia, Pamela Torresdey, Liliana Guerrero, Jillian Dawson; back row: Holly Jones (teacher coach), Carley Freedman, Sarvenaz Karbasi, Cristina Misas, Ashley Prus, Alyssa Chong, Brycen Carter, Caleb Cheek, Luis Escobar. Not pictured: Cayla Macres, Tenenma Sirleaf (Courtesy GHS Museum)

Grossmont’s three attorney coaches from the California State Attorney General’s Office were Kimberley Donohue, Laura Glennon, and Jennifer Truong.

“This is our first year breaking into the top 10,” said Truong after she received the team’s scores. “Thanks to all your hard work and commitment, we placed sixth out of 29 schools. And one of our many amazing students, Bella Gargan, won Outstanding Prosecution Attorney!”

Only three of the top 10 teams are public schools, while the rest are private schools. This was the first year that Grossmont was ranked in the top 10. In the last round of competition, Grossmont received nearly perfect scores in nine categories: 19 out of 20 in five, and 18 out of 20 in four.

“Our Mock Trial team this year was focused, hard-working, and determined,” said Jones. “We were all very excited with our sixth (out of 30) place win and, as coaches, we were very pleased all of their hard work paid off. They were an outstanding group this year.”

Jones had her students comment on the experience. Their

comments were anonymous so they could be more honest, she said. Here are some examples:

“Mock Trials gave me much greater confidence in public speaking.”

“I gained respect for the arduous process and the judicial system as a whole through experiencing it first hand.”

“Mock trial has taught me perseverance, passion, and belief in what I’m doing and the value of hard work.”

“I was able to meet wonderful people who I would not have interacted with before. I am grateful for the experience.”

To learn more about Grossmont’s 96-year history and wonderful student experiences such as these, visit us or explore our GHS Museum website. The Museum is open noon-3:30 p.m. Wednesday, May 3, and by appointment.

—Connie and Lynn Baer write on behalf of the Grossmont High School Museum. To reach the museum, email ghsmuseum@guhsd.net, call 619-668-6140, or visit online at foothiller-museum.com.

Help your child breathe easier this spring

Scripps Health

After a very wet winter, spring is in full bloom – and for children with environmental allergies, that may mean itchy noses, watery eyes, congestion and other allergy symptoms. Allergic rhinitis, which is more commonly known as nasal allergies, is extremely common in children. According to the American Academy of Pediatrics, nearly 50 percent of kids age 6 to 18 are sensitive to one or more allergens in the environment.

Allergic rhinitis is part of a family of atopic disorders that includes asthma, eczema and other allergic conditions.

“Often, allergies, asthma and eczema are interrelated and can run in families,” said Shaun Berger, M.D., a pediatrician with Scripps Clinic Rancho San Diego. “You want to control your asthma and allergies so they don’t control you.”

Nasal allergies don’t happen all of a sudden. Rather, they develop over time; the body becomes sensitized through multiple exposures to a given allergen. While spring may be a prime time for allergens

to bloom, many people experience nasal allergies year-round. Grass and molds are among the most common allergens.

Symptoms of nasal allergies may resemble a common cold symptoms, such as a runny or itchy nose, watery eyes, sneezing, congestion and a scratchy throat. However, allergies do not cause a fever, and their symptoms often persist for weeks or months.

Without treatment, allergies can lead to other health problems. Chronic or long-term congestion in the airways and nasal passages can make it difficult to breathe, which can affect sleep quality; tired kids may be more irritable and less attentive in school. In kids with asthma, nasal allergies may also trigger attacks. Fluid buildup in the ears can cause stubborn infections, decreased hearing, slowed speech development or language delays.

Allergens exist indoors, as well. Dust mites, for example, infest pillows, mattresses and bedding, so it can help to wash bedding weekly in hot water, and get dust mite-proof encasements for mattress and pillows. Stuffed animals, another dust mite

magnet, can be washed in hot water or put in the dryer for 30 minutes once a week.

A saline nasal rinse, available over the counter, can be used daily to rinse nasal passages. Be sure to follow the directions closely and use distilled water, not tap water, to mix the saline solution. Pre-mixed saline nasal sprays are another option.

If you suspect your child has allergies, your pediatrician can help relieve symptoms.

“Treatment is often a multi-pronged approach that depends on the individual and what they have already tried,” Dr. Berger said. “There are things you can do to control your exposure, but often patients are beyond that and need some type of medication.”

Talk to your pediatrician before using any medications, even over-the-counter, to make sure you’re using the right treatments for your child.

—“To Your Health” is a column by the physicians and staff of Scripps Health. For more information, please visit scripps.org/sdcnn or call 619-319-9379.

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FOSTERING SUCCESS

Angels Foster Family Network CEO turns personal into business

Joyell Nevins

La Mesa resident Jeff Weiman's specialty is taking great businesses or organizations and making them better.

"I've made it my career to go into organizations, and grow them," he said. "I believe I can go in and make anything better."

The Navy veteran has worked with Arc of San Diego, helped revamp the San Diego Red Cross chapter, and boosted Fleet Week. This latest project, though, is more than a business project; it's personal. Weiman was hired as Angels Foster Family Network CEO in 2013 after he and his wife, Peri Lynn Turnbull, were foster parents through the organization themselves.

Between Turnbull and Weiman, they have four children: a 14-year-old daughter, 11-year-old fraternal twins, and a 6-year-old son. And they wanted more. An exploration of many options landed them at Angels' door. After attending an orientation in April 2013, Weiman and Turnbull knew this was it.

Three months later, in the middle of the day, they got a phone call. A mother with outstanding warrants had been picked up at a traffic stop. She went to jail; her 6-week-old son went to the Polinsky Children's Center.

"It's always the most surreal thing," Weiman explained. "We got a call at 2:30 in the afternoon, and by 4, 4:30 we were there picking up a baby. We showed our license, signed some papers and boom, we got a child. Even as experienced parents, it was still like going from zero to 100 mph."

Weiman related taking in a foster child like going into the movie theater and seeing "The End" roll across the screen.

"You're trying to roll that movie back and figure out who the characters are and what the history was," Weiman said.

Like when Weiman and Turnbull took the child to the doctor, and couldn't give any medical history. The baby was physically, emotionally and cognitively delayed from being virtually ignored for the first six weeks of his life (they learned later he spent almost all of his time in a car seat or a play pen and had very little parental interaction). Weiman and Turnbull were learning on the fly, but one thing was certain.

"We said we're just going to jump in and love this kid," Weiman said.

Fundraising gala

Angels is holding a "Fostering Futures: Putting on the Ritz" gala from 6–11 p.m. Friday, May 12 at the U.S. Grant Hotel. There will be dinner, dancing and an auction in a speakeasy-style atmosphere.

This significant fundraiser is a huge bolster to what Angels does.

To learn more, purchase tickets, or explore being a foster parent yourself, visit angelsfoster.org or call 619-283-8100.

And they did. They also incorporated his biological father — when the dad called Weiman spewing hatred for taking his kid, Weiman "walked him off the ledge." Weiman invited the man into the child's and their life, and helped show him how to be a dad (even simple things like playing on the floor with his infant). Weiman said it was clear the dad had an "undying love" for his child; he had just never been shown before what it meant to be a father.

Four months later, that kid was placed with his paternal grandmother. Four years later, he and his father are still a part of the Weiman family's life. The child and Weiman's own 6-year-old son start asking about each other if they go a few weeks without seeing one another.

"Here's a young kid who had a bad start, but it didn't end there," Weiman said. "We see how we rewired his brain."

In the final meeting with Angels concerning this child, Weiman heard the organization was in transition and looking for an interim executive director. Between his CEO experience, business mind, and appreciation for their mission, Weiman thought he could be a perfect fit. He started in November 2013 as interim director, and in June 2014 was hired officially as executive director.

Then he did what he does best — make a terrific thing better. Weiman related that the organization itself had a "great foundation," set by founder Cathy Richman. They were incredible and had a lot of experience working with the children, but on the business side it was more of a startup.

Weiman came in and helped update technology, streamline the budget, and clean up the financial side of the house. He also assisted Angels into moving into a new facility, complete with a child care area, and pushed his staff to get outside of the office.

"To me, a good day is when there's nobody there," Weiman said, referring to the staff working with the families and out in the field.

Weiman praises the employees for their passion, creativity, and commitment to Angels' mission. He noted that giving people the freedom and resources to do what they need to do and do it best is vital.

"It's treating people like adults — setting expectations and saying 'now, go do that,'" Weiman said.

Angels program director Sara Lucchini shared that the feeling of respect and admiration is mutual.

"Jeff is admired by the staff as being a visionary and someone who definitely leads by example," Lucchini said.

Angels is now the largest private provider of foster families out of the 10 foster family agencies (FFA) that work with San Diego County.

"A key to Angels' growth needs to be attributed to Jeff's leadership," Lucchini said.

Another key to their success, according to Weiman, is that Angels focuses on one thing, and they do it really well. That niche



Angels Foster Family Network CEO Jeff Weiman with his family (Courtesy Angels Foster Family Network)

is working with children five years and younger only in a goal to get them housed back with family members.

Sixty percent of the children that come through Angels' doors go back to their family; 30 percent are adopted; and 10 percent end with a non-relative extended family member (like a close family friend). None get stuck back in the revolving system.

How come? Weiman noted that Angels' model focuses on *care* — both for the foster child and his or her foster family.

"Many foster systems operate in reactive mode — moving from crisis to crisis," Weiman said.

Angels tries to operate proactively. They set the expectation with their families that they keep the foster child until the child is back with a family member or a permanent home situation. There is no seven-day or 30-day grace period for sending a child back into the system. Weiman noted that in many of those cyclical situations, the system ends up doing more damage than good.

To help make that expectation a reality, Angels first does a detailed home study on potential foster families to place the child that "best fits" each family. Staff provides 24/7 personal support to the foster families.

The organization also only allows their families to only have one foster child or sibling set at a time (Weiman pointed out that it's not about the number of kids in the house; it's the natural age progression — even the best parent would find it hard to provide the attention needed to six 2-year-olds all at once).

Angels is welcoming of foster parents from all walks of life, as long as they have an interest and love of children. Their family network includes straight and gay couples, single parents, retirees, military families, and families with and without their own children.

Now that Weiman has helped Angels get some extra momentum, will he be moving on to another company that needs a boost? Not likely.

"I don't see myself leaving Angels until it is has reached its full potential — that any kid five and younger in the San Diego area has the ability for a quality of foster home like Angels," Weiman declared.

—Freelance writer Joyell Nevins can be reached joyellc@gmail.com. You can also follow her blog *Small World, Big God* at swbgblog.wordpress.com. ■

► Fireworks, from page 1

for police and fire and public safety officials to be there from both San Diego and La Mesa. There'll be port-a-potty rentals to pay for, and a host of other expenses. Paying bands who play will eat up a lot of money.

As of this writing, the committee has raised a little over \$56,000 for the effort. That's a nice total, but it won't pay for everything. Despite the enormous generosity of those major donors, the operational budget the committee has come up with — to do the festival the right way — is \$76,000.

There has been pretty good support from businesses and companies in the San Carlos-Del Cerro-Allied gardens area so far, and more is hoped for. There are several levels of business sponsorship. Star sponsors who donate \$500 will appear on the event website and receive a certificate of sponsorship. Liberty Sponsors who donate \$1,000 will, in addition to the same rewards as the Star Sponsors, also be promoted in print materials, be verbally recognized at the event and promoted on social media. Freedom sponsors who donate \$2,500, get all the same perks as the other levels plus a space at the festival to place a large banner near the music stage and a space for company presence. American sponsors who donate \$7,000, get all the perks as the other sponsors plus a VIP viewing area and a reserved parking space

Major donors so far include Stormberg Orthodontics (who is the title sponsor for the event), FBS Property Management, Precision

Concrete Designs, High Dive San Diego and Windmill Farms and Life Deck. Other major donors include Orchard Supply Hardware and Ideal Plumbing.

Although business sponsors are starting to come in, unless a more substantial amount is raised in the fairly near future, the whole effort may be doomed, or at least scaled back dramatically.

Dalkamp, for one, is not willing to sign contracts until the money is actually in the bank.



"I wouldn't be comfortable signing anything just hoping the money will come in to make those checks good," she said.

Dalkamp believes people will come through with donations to make up a lot of the shortfall, because a lot of people have really missed the Fourth of July at the lake, and will be willing to help guarantee its return.

But heartfelt faith and belief isn't negotiable at the bank.

Volunteers are going through the communities, passing out fliers with return envelopes asking people to donate,

which has so far raised around \$3,000. And on April 22, local sports is getting in on the donation action.

"The board at San Carlos Little League and Navajo Softball have unanimously agreed to donate 50 percent of the [Lake Murray ballfield] snack bar earnings from this Saturday, April 22 to the Lake Murray Fireworks and Musicfest event," wrote San Carlos Little League president Sheila Gigante in an email to festival organizers. "It's also closing day for Navajo so we expect it to be pretty crowded at the lake. We will also plan to put collection jars on the counters for anyone who's not interested in buying at the snack bar."

There are also other ways to contribute. The website, lakemurrayfireworks.org, offers a form to make your donation, and there is a GoFundMe page at gofundme.com/lakemurrayfireworks. All donations are tax deductible and are processed by the San Carlos Lake Murray Recreation Council.

Where all this will wind up is an open question right now. The committee will meet again in mid-May to assess where they stand with the effort.

That may be the pivotal decision time.

No one is quitting on this — the fireworks were always popular in the past, and they may be again. But the final decision will be up to the result of that constant obstacle:

Show me the money. For more information about the event, visit lakemurrayfireworks.org.

—Doug Curlee is Editor at Large. Reach him at doug@sdcdn.com.■

► Briefs, from page 4



Sharon Ross, executive director of Donate Life San Diego, and Mrs. Sofia O'Loughlin, wife of Sharp Grossmont donor John O'Loughlin, hold a floragraph in the likeness of Mr. O'Loughlin. (Courtesy Sharp Grossmont Hospital)

Sharp Grossmont Hospital COO Anthony D'Amicowas also awarded the platinum Medal of Honor from the U. S. Department of Health and Human Services for saving lives through organ and tissue donation. Grossmont donors saved 32 lives in 2016, the most ever for the hospital in a single year.

Volunteer for city commissions

La Mesa is looking for volunteers for city boards and commissions. Applications for positions are currently being accepted, and the deadline for submission of applications is 5:30 p.m., Monday, May 22. Application forms may be obtained at City Hall or from the city of La Mesa website, cityoflamesa.us. Applications must be returned to the City Clerk's office at La Mesa City Hall, 8130 Allison Ave.

La Mesa City Council will be interviewing applicants for appointments to the city's advisory boards and commissions at its meeting on June 13. A total of 24 vacancies will become available on the Community Relations and Veterans Commission, Community Services Commission, Design Review Board, Environmental Sustainability Commission, La Mesa Community Parking Commission, Personnel Appeal Board, Planning Commission, Traffic Commission, and Youth Advisory Commission.

"The mayor and city councilmembers value the input from our community volunteers," City Clerk Megan Wiegelman said in a press release. "By serving as

a member on one of the boards or commissions, residents have an opportunity to assist in the decisions that affect their neighborhoods and city."

Further information can be obtained from the Office of the City Clerk, by calling 619-667-1120 or visiting the city's website.



Annual fundraiser returns May 28. (Facebook)

Sophie's Cookies for a Cure sets date

The 10th annual Sophie's Cookies for a Cure will be held May 28, 11 a.m.–2 p.m. at 6821 Rolando Knolls Drive.

The popular fundraiser event was started by Patrick Henry junior Sophie Pruden to honor the memory of her aunt Amy McFadin, who died

See BRIEFS page 14

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Sudoku & Crossword puzzle answers from page 15

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► **Idea**, from page 1

remains one of my best friends to this day,” Solan said.

When she moved to San Diego, Solan took a part-time job at a real estate office. That is where she met Paul Fernandes. They both discovered they had a passion for art. Fernandes did stained glass as a hobby and took a glass fusing class. He asked Solan if she would be interested in helping him with the kiln.

Solan had already had experience with pottery kilns and thought that glass fusion would be worth looking into.

“We were enjoying experimenting with this wonderful medium and were creating so many pieces of jewelry we just gave them away to anyone who liked it.

“With glass there is the intrigue of translucency. I loved working with the glass from the first moment — the colors, textures and the gorgeous translucency were intriguing to me, there are so many ways to work with glass and every artist does it their own way, I felt a sense of freedom,” Solan said.

One day Fernandes and Solan were asked to set up a booth at a local church to help raise money to pay the medical bills of a young boy. They made \$1,200 in two days.

“We realized we had something that people really liked,” she said.



(l to r) Silk painter Marjorie Pezzoli, Debbie Solan and Sophie’s Gallery Art administrator Wendy Morris (Photo by Cynthia Robertson)

Fernandes and Solan set up a small workshop and started selling their work at gift shows all over America. Soon after, they opened Fusionglass, a shop and studio specializing in the art form.

Though Fernandes retired late in 2016, he and Solan remain friends. “He comes by to visit all the time,” Solan said.

For Idea Field, Solan is keeping many of the same elements of Fusion Glass, especially the feel of a studio where people can drop in and create. Solan will keep the name Fusionglass Company for a few more months as the art studio transitions.

Currently, Idea Field is displaying an exhibit of glass panels made by the artists at St. Madeleine Sophie’s Center. For

the past two years, Solan has been teaching the art of glass fusion to the students at the center.

Also on exhibit are silk painting, mosaics and jewelry as well as paintings. Other mediums that Solan will be featuring in the future include photography and drawing.

In addition, Solan has added a lot of new options for classes, as the studio is no longer focused primarily on glass. People can now also take classes in silk painting, drawing, photography and mosaic. Starting in June, Idea Field will introduce “Pocket Money Projects” for kids on Saturdays.

Solan will continue with the popular Ladies Night Out, which is a time when women can come together and create

a simple project and hang out with friends. The de-stressing time is powerful, Solan said. She remembers one particular LNO where at the end of the session, a student came up to her and gave her a great big hug.

“I’m a big advocate of hugging. She told me that she was battling cancer and said she had absolutely forgotten all about it for the first time while she focused on her creative task. The incident made us both cry.

“I remember thinking ‘that’s some powerful medicine’ to be able to take a person away from their troubles and worries. This is a gift I want to keep giving,” Solan said.

Another gift Solan is giving is a free glass pendant for people who order one online at events.r20.constantcontact.com. The pendants usually run \$13 to \$20, but to get the word out around the country about her art, Solan is sending the pendants for the cost of shipping to anyone who wants one. They are not free to people dropping by the studio.

For more artistic endeavors of Idea Field, Solan is collaborating with friends Marjorie Pezzoli, a silk painting artist from La Mesa, and Wendy Morris, the art administrator for St. Madeline Sophie’s Center.

For people who want to drop in and do some art for a few hours, Idea Field is available any day that the shop is open. Solan has made available an entire “menu” of projects using very simple techniques that anyone can do.

Just as Fusionglass was popular with the community for its well-attended and fun art receptions, Solan is planning the same for Idea Field. The next big event will be Tea Under the Sea on May 13.

—Cynthia Robertson is a San Diego-based freelance writer. Reach her at c1g2robertson@gmail.com.■

Idea Field

8872 La Mesa Blvd.

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for more information.

► **Briefs**, from page 13

from blood cancer. So far, the annual event has raised over \$65,000 over its nine years for the Leukemia and Lymphoma Society.

This year’s event will be its last, according to Pruden, and it has a goal to raise another \$15,000.

Leading up to the event, Pruden is looking for community support in the form of:

- Donated gift certificates or items to raffle off.
- Matching donations raised by Patrick Henry students.
- Direct donations.

For more information, visit bit.ly/2oJdiCh; email sophiapruden@yahoo.com; or call 619-990-2935.



Sam Buse (Courtesy Lawrence University)

La Mesa organist wins competition

Sam Buse of La Mesa recently earned first-place honors in the first round of the American Guild of Organists (AGO) Regional Young Organists Competition conducted at First United Methodist Church in Glendale, California.

He received \$1,000 for his winning performance and advances to AGO’s regional convention June 10 in Salt Lake City, Utah. The competition is open to competitors up to 24 years of age.

Buse, a junior at Lawrence University majoring in organ performance and Spanish, is the son of Kimberly Connell of La Mesa. He is a 2014 graduate of St. Augustine High School in San Diego.

See **BRIEFS** page 18 —————>



Glass panels created by artist from St. Madeleine Sophie’s Center on display at Idea Field (Photo by Jeff Clemetson)



The helmet from a costume piece Solan created titled “Chrome Ballerina” (Photo by Jeff Clemetson)



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PUZZLES | ANSWERS ON PAGE 13

CROSSWORD

1	2	3	4		5	6	7	8		9		10	11	12
13					14				15		16			
17					18						19			
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ACROSS

- 1 Erstwhile breadwinners
5 Lectures
9 Enrich
13 Et ____; and others
14 Poetry muse
16 Century plant
17 Holly
18 Gunpowder ingredient
19 Tunnel
20 Asian boat
22 Double-croser
24 Pitcher
26 Stupefy
27 Mosque tower
30 Dangerous
34 Ornamental
35 Seine tributary
37 Promise
38 French river
39 Stacked
40 Weight allowance
41 One, in Paris
42 Nautical chaps
43 Defeats
44 Type of store
46 Advanced age
48 Crisp cookie

DOWN

- 50 Makes lace
51 Unfair
55 Mistakes
59 Track-meet event
60 Girl's name
62 Expe!
63 Printery stock
64 Egyptian
65 Josp Broz
66 Hardy heroine
67 Triangle sides
68 Short distance
1 Platform
2 Actress Nazimova
3 Per ____
4 Coventry coin
5 Vaccination pioneer
6 Jackie's ex
7 Scottish inventor
8 Meat dishes
9 South Americans
10 Astrigent
11 Flowing garment
12 Game animal
15 Pompous
21 Absent
23 Song
25 Send money
27 One of fifty

- 28 Something put in
29 Narratives
31 Nautical command
32 ____-niners
33 Farm animals
34 Afternoon hour
36 Adjust anew
39 Knightly defender
40 Playing cards
42 Short skirt
43 Fraternity letter
45 Evaluate
47 Servants
49 Jeopardy
51 Overlook
52 Athletic team
53 Fraternal order
54 Cross out
56 Apparel item
57 Beatrice d' ____
58 Organ part
61 Strong ale

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				5			
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New neighborhood coffee shop picks up steam

Frank
Sabatini Jr.



A long overdue niche has been filled in La Mesa with the arrival of Brew Coffee Spot. The urban-rustic coffeehouse affords caffeine enthusiasts a spacious place to sip, eat and relax, if not spread out with school or work projects on roomy tables made of wood and metal pipes.

Anchored within the Big Lots shopping center at 6101 Lake Murray Blvd., the business model was conceived in just over the time it takes to swig down a couple of frothy lattes.

“My wife and I had some friends over and we started talking on a whim about opening a coffee shop because of the need for one in this area. By the end of the night we had a name for it, came up logo ideas and even created a web page,” said Joe Paraiso, a graphics designer who runs the business with his wife, Heather, and their friend, Ralf Wilkowski.

The trio soon began looking for a location and eventually found two adjoining storefronts that previously housed a shoe store and Mail Boxes Etc.

After knocking down a wall to combine the spaces, they designed the 2,300-square-foot shop themselves. Their combined efforts resulted in stained concrete flooring,

shiplap wood accents, an expansive brick wall, LED light pendants and live plants, which gracefully dissect the sleek, open space.

The shop’s pride and joy, however, is a high-end water filtration system installed specifically to spotlight the rich, natural flavor of the coffees — whether consumed hot or cold. Loose teas such as white rose, blood orange, peppermint, coconut-cacao and more are also made with the super-pure water.

“There’s no aftertaste to our coffee and tea drinks because of it,” Paraiso said. “The filtered water also extends the life of our La Marzocco espresso machine, which is the work-horse of the industry.”

Brew Coffee Spot uses organic coffee beans sourced from San Diego’s Café Virtuoso. The roaster provided guidance in equipment selection and barista training during the lead-up to the shop’s March opening.

“Going into this business can be very intimidating because there are a lot of people who are very particular about their coffee,” Paraiso added. “Café Virtuoso had everything we wanted from a roaster.”

Paraiso and his wife reside in nearby Fletcher Hills. She works for an online school, and both have maintained their established careers since launching the business.

Wilkowski previously owned a signage company in Pacific



(l to r) Owners Joe Paraiso and Ralf Wilkowski (Photos by Frank Sabatini Jr.)



Brie and butter ficelle sandwiches

Beach. He now runs Brew’s kitchen, which offers a menu of hearty sandwiches and paninis

using assorted breads from Bread & Cie.

The sandwich choices extend to turkey caprese with pesto; roast beef with provolone; ham with Swiss; a PB&J; and brie and butter on slim French-style ficelle baguettes.

Bread & Cie also supplies a variety of pastries although the shop’s cinnamon rolls are made by Paraiso’s sister and the baklava hails from Baklava King in Santee.

The coffee menu covers all bases, many of which were uncommon to this area of La Mesa until now. They include everything from pour-over Guatemalan coffee and café au lait to various lattes and a cold nitro brew that’s keg-aged for a few days. There’s also a crafty selection of espressos such as affogato with vanilla bean ice cream and Viennese spiked with honey and cinnamon.

“We’re still in soft opening and some things will change soon,” Paraiso noted, referring a likely extension of operating hours and a couple of blank walls that will make way for art.

Brew Coffee Spot is currently open from 6 a.m. to 8:30 p.m., Monday through Thursday, and until 9:30 p.m. on Fridays and 2 p.m. on Sundays. In addition, live jazz is held from 6 to 8 p.m. on Thursdays and Fridays and game night takes place from 5 to 9 p.m. on Saturdays.

For more information, call 619-713-6698 or visit brewcoffeespot.com.

—Frank Sabatini Jr. is the author of “Secret San Diego” (ECW Press), and began his career as a local writer for the former San Diego Tribune. Reach him at fsabatini@san.rr.com. ■



A mug of cold nitro brew and a café au lait



Café au lait with a foamy design



Julie White

PANZANELLA: TUSCAN BREAD SALAD

This recipe was inspired by my friend Karen, an amazing Italian girl who talked of her mother making this recipe. It was originally used as a way of using stale bread.

Using the best tomatoes you can find, such as heirloom, makes this a delicious salad. You may add cut-up romaine lettuce or arugula for a bit of crunch to your finished salad; add any ingredients you like; or keep it classic — you can’t go wrong.



(Courtesy of Julie White)

Ingredients:

- 2 pounds of fresh tomatoes, cherry or large tomatoes that are ripe and juicy, cut into bite-sized pieces. Using red and yellow tomatoes makes the salad extra pretty
- 2 teaspoons salt
- Pinch of black pepper
- Loaf of crusty or day-old bread, such as sourdough, ciabatta or French, cut up into ½-inch squares
- 1/4 cup of extra virgin olive oil, divided. (Use part for the bread and the other half for the dressing.)
- 2 cloves garlic, minced
- Zest of 1 lemon
- 1 teaspoon of Dijon mustard
- 3 tablespoons of red wine vinegar

You can also add cubes of mozzarella, pepperoni, cut up cucumbers, olives or fresh basil leaves — whatever you like.

Directions:

Add salt and pepper to the cut-up tomatoes and put aside. Heat oven to 350.

Toss the bread cubes with half of the oil. Place on a baking sheet and bake until crisp, about 15 minutes. Cool.

Add the remaining ingredients and toss with the tomatoes. If the tomatoes are juicy, that’s a good thing, it will add flavor.

Toss in the toasted bread and allow to sit for 15–20 minutes.

Toss well and enjoy! ■



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Festival gives student promoters a chance to howl

Della Elliott

Cuyamaca College's answer to Coachella returns Saturday, May 6, with the ninth annual Coyote Music Festival, organized, produced and promoted by students in the innovative Music Industry Studies program.

The free, family-friendly event from noon to 4 p.m. will feature two outdoor stages on the Grand Lawn with six local bands playing homegrown music ranging from alternative rock to folk.

The students benefit from Cuyamaca College being the only school in the county to offer a transfer degree program that combines training in music theory, literature and performance with studies in music technology and business. That mix of instruction helps students develop as musicians; learn to operate and use the college's recording studios; work with bands to create demos and other promotional materials; and to plan and produce concerts and festivals with multiple stages.

"The Coyote Music Festival is a great way for the community to enjoy original live music in a relaxed setting and it offers students invaluable experience in producing a major event that teaches them a multiplicity of skills," said Annie Zuckerman, a Business Office Technology instructor who teaches the marketing and promotions aspect of the event.

Team teaching the course is Taylor Smith, head of the

college's performing arts program who is also a musicologist and performing artist.

The Coyote Music Festival is the culmination of a semester-long project that teaches students all the production aspects, including planning, auditions, promotions, staging and sound engineering. The class, called the Music Industry Seminar, is a course so rich in content that students are able to take it up to four times, each year learning a new aspect of putting on an event of the music festival's scale.

The musicians or bands and their scheduled performance times are:

(Noon–12:35 p.m.) Geoff Bradley and David Woody, a bluegrass, acoustic rock and alternative-folk duo who have played off and on for 40 years at venues including Java Joe's, a staple in San Diego's acoustic music scene, and California Sol Restaurant and Bar in Spring Valley.

(12:40–1:15 p.m.) Barrie Dempsey, a folk/blues artist who has performed with a band and as a solo artist for more than 30 years, is making a return engagement at the Coyote Music Festival, where he played in 2015. With his guitar, harmonica and flute, he performs one to three times a week at farmers



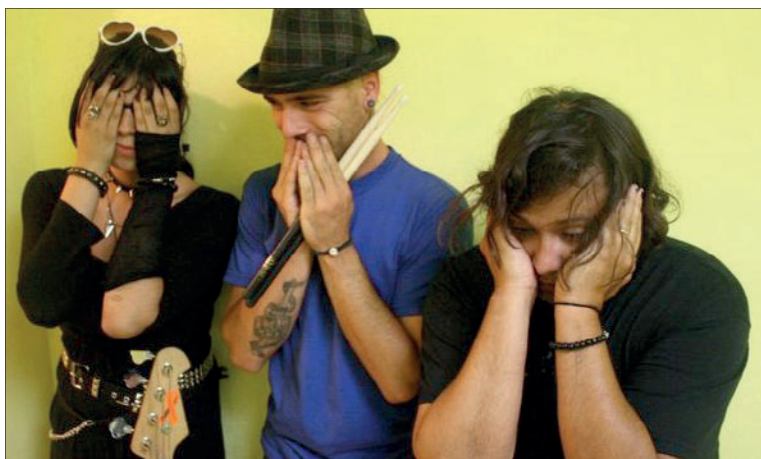
Barrie Dempsey (Facebook)

markets, Seaport Village and similar venues. The La Mesa musician and songwriter won Artist of the Year honors in the country music category at the 25th Annual Los Angeles Music Awards in 2015.

He recently won an honorable mention in the San Diego Songwriter's Guild Annual Song Contest and in March, was named the Best of Las Vegas Solo Artist at the 2017 Las Vegas Producers Choice Awards. He is currently in the studio, working on his next CD.

(1:20–1:55 p.m.) Peter Ray, an Americana duo with Pete Filacio on vocals and guitar, and Doug Tyler on guitar, plays monthly at venues including Bolt Brewery and Hooleys Irish Pub, both in La Mesa.

(2–2:35 p.m.) Hocus, a rock/pop/punk and alternative-rock trio led by vocalist and guitarist "Fat" Lando Martinez,



Hocus (Facebook)



Geoff Bradley and David Woody (Facebook)

with Carlos Lopez on drums and Harlan Saiz on bass. The band which plays at local venues including House of Blues and the Tower Bar in San Diego, will headline in July at Kurt Cobain Days, a weeklong music festival in Aberdeen, Washington, the hometown of the late lead singer of the grunge rock band, Nirvana. As a lead-in to the music festival, Hocus will embark on a tour of the Pacific Northwest to promote its CD, "Damage with Care."

(2:40–3:15 p.m.) Bobby Michaels, a solo folk rock vocalist for 30 years who plays the guitar, ukulele and mandolin several times a week at such venues as Brick 15 Coffeehouse. He is a return act at Cuyamaca College, having played at the college's Winter Wonder Jam in 2015.

(3:20–3:55 p.m.) Everything Undone, an alternative/hard rock band with brothers Tristan Brooks on guitar and vocals and Jagger Brooks on drums; Eric Lawrence, guitar and piano; and Jagger Saling, bass guitar, vocals. Influenced

by '90s alt, electronic, and Japanese rock, the band released its EP, "Disappear," in 2016, and has performed at many venues in San Diego and Los Angeles, most recently at SOMA San Diego, a leading venue for punk and alternative-rock concerts.

"The students do a good job putting on the festival," said Barrie Dempsey. "I think the program the college is offering is great – anything that has to do with music education is a good thing and I feel like I am contributing to a worthy effort. And the class where they put on this festival is not a music course per se, it teaches students about production. If I were not a performing musician, I probably would have gone in that direction, myself."

In addition to original live music, festival-goers can enjoy Auntie Lynne's food truck, which sells Pacific Rim-inspired cuisine, and other vendors selling various wares. Parking is free and lawn chairs are permissible.

For further information, contact Taylor Smith at 619-660-4627 or visit coyotemusicfest.com or facebook.com/CoyoteMusicFestival/.

For information about the Music Industry Studies program, go to cuyamaca.edu and navigate to the music department page under "Academics."

Cuyamaca College is located at 900 Rancho San Diego Parkway, El Cajon, California 92019.

—Della Elliott is marketing and communications director for the Grossmont-Cuyamaca Community College District. ■



Everything Undone (Facebook)

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The art of the memoir



Heather **Pisani-Kristl**

On the surface, reading memoirs is a curious pastime. We latch on to someone we know superficially — from a movie role, political office, historical event, etc. — and eagerly follow their first-person progress through college, careers, marriages, dalliances, and maybe even rehab. Sometimes the writer is as ordinary as ourselves, but has experienced an event in their lives that makes us question how we would react in the same situation. Readers of memoirs know that deep truths and sympathetic understanding can be extracted from the author's brutal self-examination. Below are some upcoming memoirs that have been purchased for the County Library system.

"Thank You for Coming to Hattiesburg" by Todd Barry. What's it like to be a famous comedian touring a circuit of secondary cities? Well, you hunt for coffee shops, rack up frequent-flyer miles, dodge dirty toilets — and meet a lot of appreciative fans. Readers who enjoy travelogues, and fans of standup comedy, will appreciate this glimpse of life on the road.

"The Price of Illusion: A Memoir" by Joan Juliet Buck.

The former editor-in-chief of Paris Vogue — the only American woman ever to hold that position — recalls life in London, New York, Los Angeles and Paris during the 1960s through the 1990s. Even the most star-studded careers come to a close eventually, and as Buck faces the future, she struggles to connect with the self that was submerged under the superficial successes of the fashion world.

"The Family Gene: A Mission to Turn My Deadly Inheritance Into a Hopeful Future" by Joselin Linder. After experiencing the same life-threatening symptoms that led to her father's, uncle's, and great-grandmother's deaths, Linder embarks on a journey to solve a genetic mystery. The path leads her through family memories, moral questions, and a molecular genetics lab at Harvard, where she discovers that her family has a private mutation — a unique genetic code not seen outside of her lineage.

"The New Old Me: My Late-Life Reinvention" by Meredith Maran. Sixty is the new mid-life ... crisis! Former Bay Area resident and freelance writer Meredith Maran changes cities, jobs and marital status in a seismic shift of life's priorities. But is Los Angeles the right place to start over as a woman of a certain age? Reviewers are lauding this funny, poignant and well-written account of life

after divorce.

If you're interested in one of these titles, place your request online at sdcl.org or by calling 619-469-2151 with your library card ready.

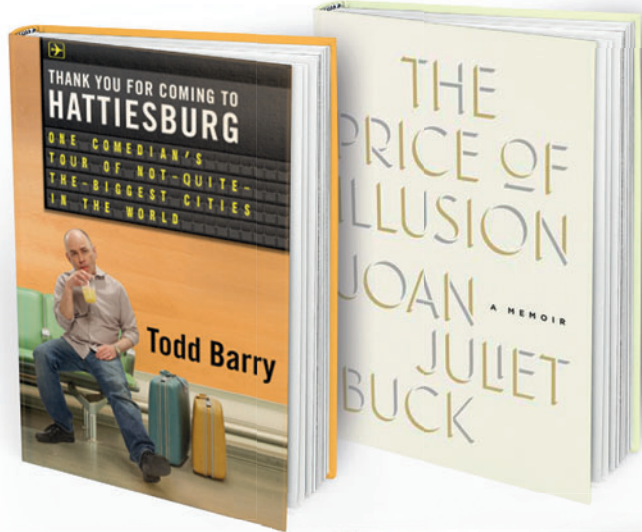
Memoir Writing Class — Tuesday, May 23 at 10 a.m.

Writing coach Marni Freedman will help you with the journey toward creating a dynamic, original, well-structured memoir. She will touch on the basics of creating your memoir, such as crafting the hook, selecting memories, sculpting narrative from memories, editing, transitions, theme, character arc, dialogue and flashbacks. Enrollment is limited; call 619-469-2151 or visit the library's front desk to sign up.

Local Author Event — Thursday, May 11, 6:30 p.m.

Local writer Roger L. Conlee will read from his latest historical thriller "Deep Water." During the Cold War, reporter Jake Weaver runs afoul of powerful banking interests while proving they took illegal profits from the Nazis during World War II. Meanwhile, his friend, Marine Corps officer Kenny Nielsen, is trapped in the civil war between Chairman Mao's communists and Chiang-Kai-shek's Nationalists. This author event is free, and Mr. Conlee's books will be for sale after the reading.

Second Saturday Concert — Saturday, May 13, 1 p.m.



The Friends of La Mesa Library and San Diego County Library are hosting the Shirthouse Bluegrass Band at the library. This popular group has recently played at the Ramona Music Festival and at Urban Solace Restaurant's "Bluegrass Brunch." All performances in this concert series take place on the second

Saturday of each month and feature local talent in a family-friendly environment.

—Heather Pisani-Kristl is branch manager of 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 go online at sdcl.org. ■

Learn the facts before you go solar!

Center for Sustainable Energy and Climate Action Campaign present the:

- La Mesa Solar Experience -

What: Educational seminar and electric vehicle test drive

When: Tuesday, May 16
6 p.m. - 7:30 p.m.

6 p.m. - 6:30 p.m. EV showcase, 6:30 p.m. - 7:30 p.m. seminar

Where: City of La Mesa
Nan Coutts Cottage
5042 Memorial Drive
La Mesa, CA 91942

Why: This event is in response to a growing demand for independent and accurate facts about solar power for homeowners to help clear up any misinformation and to be a resource for looking to declare energy independence.

Refreshments will be provided

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- Common pitfalls to avoid
- Latest solar technologies
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► Briefs, from page 14

Competitors in the AGO's Young Organists Competition are required to play four selections during a 45-minute performance. Buse played the hymn "In Babilone," Frank Ferko's "Mass for Dedication," J.S. Bach's Toccata and Fugue in D Minor "Dorian," and Max Reger's "Introduction and Passacaglia in D Minor."

He was one of five finalists at the Glendale competition.



(l to r) Damien Patterson and Kathryn Worley (Courtesy GUHSD)

Grossmont High teacher selected to compete for state Teacher of the Year

On April 6, the Grossmont Union High School District Governing Board honored Teacher of the Year nominees from each of its schools.

School site nominees are interviewed by a panel of their peers, comprised of previous Teacher of the Year award-winners and district personnel. The panel selects two representatives from this distinguished group to recommend to the district's Board of Trustees for consideration for the San Diego County Teacher of the Year competition. If selected to represent the county, the next step is the California Teacher of the Year competition.

Grossmont High School English teacher Damien Patterson and West Hills High School Industrial and Manufacturing teacher Kathryn Worley were chosen to compete for the state competition.

Patterson began teaching at Grossmont in 2005 and in 2010 he received a Golden Apple Award. He is involved with the English Learner program and took on the role of teaching transitional English, which serves the long-term English Learners at Grossmont High School.

A GUHSD press release stated that Patterson was nominated because his "creativity and experience helped ensure the effective teaching at these pivotal learning levels for students. He is dedicated, energetic and passionate about teaching and connecting with his students."

Patterson and Worley will now compete for 2018 County Teacher of the Year and be honored at A Salute to Teachers next fall. They will also be honored as the GUHSD Teachers of the Year at the San Diego Padres' Teacher Appreciation Night on May 19. ■

FEATURED EVENTS



(Courtesy Cuyamaca College)

APR 29 Cuyamaca College Spring Garden and Butterfly Festival
Saturday, April 29

One festival, all the fun! The Spring Garden and Butterfly Festivals will merge this year for a joint event. Family-friendly event with face painting, butterfly releases and more for kids. Wine tasting for adults. Free admission and parking. 9 a.m.-3 p.m. at Cuyamaca College. Visit bit.ly/2pQb83S.

MAY 6 AmpUp! Walk to End Bladder Cancer
Saturday, May 6

Walk for BCAN! Help Bladder Cancer Advocacy Network fundraiser to increase awareness of bladder cancer. Registration at 8:30 a.m.; walk at 9:30 a.m. Refreshments provided. Lake Murray, 5540 Kiowa Drive. Visit bit.ly/2pQbdEQ.

MAY 6 Spring Chic 2017 Fashion Show and OASIS Tutoring Fundraiser
Saturday, May 6

OASIS hosts a fashion show fundraiser to raise money for OASIS Intergenerational Tutoring Program. Refreshments provided. Early bird registration \$30; \$40 after April 28. 1-3 p.m. Riverwalk Golf Club, 1150 Fashion Valley Road. Visit sandiegoasis.org.

MAY 6 - MAY 7 La Mesa Beautiful Annual Plant Sale
Saturday, May 6–Sunday, May 7

Buy plants to support the efforts of La Mesa Beautiful, including local scholarship programs and Arbor Day celebrations. Master gardeners will be available to answer questions. 9 a.m.-4 p.m. on May 6 and 9 a.m.-2 p.m. on May 7 at St. Andrew's Episcopal Church, 4816 Glen St. Visit lamesabeautiful.org.

MAY 12 East County Senior Health and Information Fair
Friday May 12

Receive free health screenings, health and community resources, and exercise demos. No reservation required. 10 a.m.-1 p.m. at La Mesa Community Center, 4975 Memorial Drive. Call 619-667-1322.

MAY 20 Lions, Tigers and Bears Gala
Saturday, May 20

Lions, Tigers and Bears present their Wild in the Country fundraiser "Casino Royale at the Ranch." Ticket prices vary. Features auctions, a catered meal, live music, casino games and more. 3 p.m. to 7 p.m. at 24402 Martin Way, Alpine. Visit bit.ly/2qbuZdN.

MAY 20 Caregiver Coalition Conference for Family Caregivers
Saturday, May 20

Caregivers of family or friends are invited to attend a free conference with educational programs and community resources. Refreshments provided. Registration required. 9:30 a.m. at Chinese Community Church, 4998 Via Valarta. Visit bit.ly/2qbi2Ru.

MAY 20 - MAY 21 Relay for Life of La Mesa, Lemon Grove and Spring Valley
Saturday, May 20-Sunday, May 21

Fight cancer every step of the way with Relay for Life! The walk includes a survivors lap, caregivers Lap, Luminaria ceremony and closing ceremony. 9 a.m. on May 20 to 9 a.m. on May 21. Monte Vista High School, 3230 Sweetwater Springs Blvd. Visit bit.ly/2qc03u3. ■



(Courtesy Lions, Tigers and Bears)

GALLERY VIEWS

APR 28 - MAY 4 Foothills Art Association Show and Presentation
Friday, April 28-Thursday, May 4

May 4 (Closed Sunday, April 30 and Monday May 1)

Foothills Art Association presents the Annual Member's Juried Show through May 4. Entry fee required. May Demonstration Artist Marsha Austin-Rogers will also give a presentation on May 4 at 6:30 p.m. Gallery hours 11 a.m.-4 p.m. Tuesday-Saturday at Porter Hall, 4910 Memorial Drive. Visit bit.ly/2pwnAti.

MAY 8 East County Art Association Art Demonstrations
Monday, May 8

East County Art Association host free art demonstrations by celebrated artists. Offered the second Monday of the month at Rancho San Diego Library, 11555 Via Rancho San Diego. Visit bit.ly/2pwFwEj.

MAY 7 - MAY 10 - MAY 15 - MAY 24 Nainsook Framing & Art Classes

Sunday, May 7; Wednesday, May 10; Monday, May 15 and Wednesday May 24

Nainsook Framing & Art offers events including Abstracts + Surrealism and Hi Flo Yupo. Art styles and times vary. \$35 cost per person. Events held at Nainsook Framing & Art, 8310 La Mesa Blvd. Email nainsookframing@gmail.com or call 619-303-8060.



APR 29 - MAY 20 'Natural Instinct' Art Exhibit
Saturday, April 29–Saturday, May 20

Mission Trails Regional Park Foundation will display artist Chris Witnik's exhibit 'Natural Instinct.' Free admission. Exhibit open 9 a.m.–5 p.m. at MTRP Visitor and Interpretive Center, 1 Father Junipero Serra Trail. Contact Vicky DeLong at 619-286-1361.

MAY 31 Calling all nature photographers!
Through Wednesday, May 31

Mission Trails Regional Park's 25th Annual Amateur Photo Contest runs through May 31. Visit the park and take a photo to enter. The reception and award presentations will be at the Visitor Center on June 25 with photos displayed June 17 until July 14. Visit mtrp.org/news.

MUSIC NOTES

MAR 25 - APR 1 - APR 8 - APR 15 - APR 22

Live music at San Pasqual Winery
Saturdays, March 25, April 1, 8, 15, 22

San Pasqual Winery presents music acts: The Waits on April 29; Joel Tuttle on May 6; Andrew Parker Davis on May 13; and Jim Earp & Bill Benzil on May 20. Seating is first come, first served. No cover. 7–10 p.m. at La Mesa Village, 8364 La Mesa Blvd. Visit bit.ly/2kIRWXx.

MAY 6 Cuyamaca College's 9th annual Coyote Music Festival
Saturday, May 6

Enjoy a family-friendly festival featuring local bands, ranging from folk to alternative rock. Free parking. Lawn chairs allowed. Noon–4 p.m. on the Grand Lawn at Cuyamaca College, 900 Rancho San Diego Parkway. Visit coyotemusicfest.com.

APR 30 - MAY 7 Free Concert Series
Sunday, April 30 and Sunday, May 7

The Mission Trails Regional Park Foundation presents free monthly concerts. Upcoming shows: Sunday, April 30: Yale Strom, Klezmer music; and May 7: Danny Green, jazz keyboard. Donations appreciated. 3 p.m. at the Visitor Center, 1 Father Junipero Serra Trail.

STAGE CUES



(Courtesy SDSU)

APR 28 - APR 30 'The Full Monty' at SDSU
Friday, April 28–Sunday April 30

SDSU School of Theatre, Television and Film presents musical comedy "The Full Monty." Rated R for nudity. Thursday, Friday and Saturday at 7:30 p.m. and Sunday at 2 p.m. in SDSU's Don Powell Theatre. Tickets \$15–17. Visit bit.ly/2peGUv2.

MAY 11 - MAY 20 'Taming of the Shrew'
Tuesday May 11-Thursday, May 20

Grossmont College Theater Arts Department presents "Taming of the Shrew," William Shakespeare's comedy about love and marriage. Performed at Stagehouse Theatre on May 11-13 and May 18-20 at 7:30 p.m. Visit bit.ly/2m5mumO.



MAY 12 - JUNE 4 "They're Playing Our Song" at Lamplighters Theatre
Friday, May 12 - Sunday, June 4

Lamplighters Community Theatre presents a romantic, musical comedy about a professional composer and quirky lyricist falling in love. Tickets \$17-20 online, through the Box Office or by phone at 619-303-5092. Group rates available. 8 p.m. on Fridays and Saturdays; 2 p.m. on Saturdays and Sundays. 5915 Severin Drive. Visit bit.ly/2pjsdnB. ■

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