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# La Mesa COURIER

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San Diego Community News Network



At the grand opening of Re-Animated Records, customers browse the aisles of music that are just below the collection of horror movie posters. (Photo by Joyell Nevins)

## Re-Animated Records features music, horror film kitsch

Joyell Nevins

La Mesa Village has a new storefront — they don't sell food, and they don't sell cute gift items, but they do sell epic music and movie memorabilia.

"This is the perfect spot for this place," said Cynthia Tecson, customer at the new

Re-Animated Records. "La Mesa needed something cool."

Re-Animated Records, which celebrated its grand opening on June 10, is the first of its kind in all East County. You can find records, cassettes, VHS, DVDs, posters, books, even movie dolls, from several of the past decades. A George Carlin record sits next to a Kris Allen album, underneath a Kiss poster.

You may find a "Rocky Horror Picture Show" plastic Dr. Frank-n-Furter figurine, or an original feminist literature title. The shop also supports local bands and smaller labels.

Re-Animated Records is named for the campy '80s horror film "Reanimator," in which medical student Herbert West 'wakes up' dead tissue and brings the dead back to life in a gore-rific fashion. "Reanimator," "Phantasm" and anything by John Carpenter

See **RECORD STORE** page 5 —>

## Oasis Learning Center celebrates grand opening

Sara Appel-Lennon

For the last 35 years, San Diego Oasis has served over 6,000 members in a space on the third floor of Macy's in Mission Valley. Monday through Friday, 10 a.m. to 3 p.m., Oasis offered classes there to the 55-plus population at a nominal cost.

However, with the impending closing of the Mission Valley Macy's store (one of 67 store closures nationwide), Oasis staff was forced to search for a new location — preferably, one with ample parking, 24-hour security and easy access by bus and trolley.

Oasis found a perfect spot that fit the bill in Grossmont Mall. Even better, mall owners the Cushman family offered the space for the Oasis Wellness Center rent-free.

To announce their new location, San Diego Oasis hosted a grand opening on Wednesday, June 7. The more than 600 people in attendance enjoyed refreshments, speakers and samples of the kinds of programs and classes the center will provide.

See **OASIS** page 4 —>



Cutting the ribbon on the new San Diego Oasis center in Grossmont Mall: San Diego Oasis President and CEO Simona Valenciu and national Oasis founder and Chairman Emeritus Marylen Mann. (Photo by Michael Rander Photography)

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## Goodbye Sun Valley Golf Course

Hello to the future  
of MacArthur Park

Jeff Clemetson  
Editor

On Thursday, June 22, Sun Valley Golf Course hosted its last rounds of golf. The nine-hole executive course in La Mesa has seen what other golf courses have experienced in the last few years — a decline in public interest for the sport.

"The business in and of itself has slowed down and is not sustainable," said Mary Jane Gonzalez, who along with her husband Johnny have operated Sun Valley since 1997. "We've pumped more money in here in the last couple years just to keep it going for the love of golf and for the love of this place because we've been here so long. Our kids grew up here, the whole nine yards."

In addition to declining interest in golf, Gonzalez pointed to rising costs of doing business and rising water costs as other factors in closing Sun Valley.

"The upkeep for ball golf itself is tremendous, to keep a course the way golfers like to see it," she said.

Sun Valley's five-year lease agreement with the city was supposed to expire in October, but the Gonzalez family had already decided to not renew another five years and requested to terminate the lease a year early and have been on a month-to-month agreement since March. Their plan was to stay open until October but business went down after it was announced the course would be closing and it was "squeaking" by on sometimes as little as \$25 a day.

"It was tough to make the decision to be done, but it had

See **GOLF** page 16 —>





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# Fireworks show is a go

## Lake Murray July 4 festival returns

Jeff Clemetson  
Editor

There was a moment when Tracy Dahlkamp doubted that she could pull off bringing back the Lake Murray Fireworks and MusicFest. She wasn't sure that people cared enough to bring back the annual July 4 event.

"When we started this project, I was concerned because I wasn't sure that the community wanted it and my husband said to me, 'You know what, if people give you money, that will tell you they want it,'" she said. "And we got a lot of money. We got a lot of support."

Dahlkamp and the other volunteers who took it upon themselves to revive the annual event at the Lake Murray playground found both the money and the community support they needed to put on the fireworks and music festival — around \$76,000 — much of it coming in during the last few months of fundraising.

"We really hit the ground hard in April and it really paid off," she said, adding that the group even raised some beyond the needs of this year's event.

"[The surplus money] will roll over for next year," she said. "In order to get the event started, it's about \$2,500 to get the first permit. So [now] there are fees to get the next year's event up and running."

Although enough money has been secured to produce the festival the organizers wanted, Dahlkamp said they are still looking for the community's help.

"We are looking for volunteers," she said. "A handful of day-of [volunteers] but mostly looking for 50 to 60 volunteers to help with cleanup on July 5, to not only help cleanup the park, but also help cleanup the surrounding streets."



The return of the Lake Murray Fireworks and MusicFest is expected to bring back crowds like this one from a previous event. (Photo by Bret Alan Photography)

Interested people should contact lakemurrayfireworks@gmail.com.

The push for volunteers to help clean up the surrounding neighborhoods after the event is part of an overall message the festival organizers want to convey to the public about being aware of noise, trash, traffic and parking in the surrounding area.

"We really want to drive home how important it is to be respectful of the neighbors," Dahlkamp said. "The message we want to bring to the community at this point is that we're excited to bring [the festival] back and we need your help in creating this tradition by being respectful and understanding that these are people's homes."

### Parking, seating and rules

Like all large events that draw people from all over, parking will be limited and traffic will increase. There will be traffic and parking control on both the La Mesa and Lake Murray Community Park sides of the lake.

"[La Mesa police] anticipate the La Mesa side to be full by noon," Dahlkamp said, adding that there will be parking along the baseball fields but some of it will be closed off. Some areas behind the park will also be closed off for loading and unloading. Handicapped parking will be available near the park.

Alternatives to driving, like walking or biking, are preferred whenever possible.

"I would really encourage Uber. I think that's a great idea," Dahlkamp said.

### Lake Murray Fireworks and MusicFest July 4 Lake Murray Playground 7001 Murray Park Drive

Schedule of events:

- 11 a.m.–noon — Community Band
- 12:30–2 p.m. — North Star (blues, rock, reggae, mix)
- 2:30–4 p.m. — The Rollers (Beatles tribute)
- 4:30–6 p.m. — I-90 (classic rock)
- 6:30–9 p.m. — Republic of Music (Top 40 dance)
- 9 p.m. — Fireworks show

In the festival area, there will be designated locations for people to set up canopies or tents without stakes.

"If that is something people are interested in, I would encourage them to come early, because we are going to be blocking off the center of the park itself to be open," she said, adding that the area close to the stage will be for blankets and low-back chairs only.

As per the rules of the Lake Murray Community Park, there will be no bottles allowed and all dogs must be leashed.

Dog owners should be aware how their pets react to fireworks and are encouraged to visit the Humane Society's information sheet on fireworks at [bit.ly/1RDYIYV](http://bit.ly/1RDYIYV).

See **FESTIVAL** page 3

Lake Murray Music Fest2017

- H & C Sink
- Food
- ADA Restrooms
- Restrooms
- Hand Sink
- Sponsors
- EMT
- Light Tower

### 2017 Site Map



Canopy area

Blanket, Low back chairs Only

Stage

Generator

Band, Committee Parking

Dumpster

Security Guard

Light Tower

Back park Exit/Entrance

Info Booth

Open area

Drop off Zone No Parking

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Lake Murray Fireworks and MusicFest presented by Stormberg Orthodontics

(Graphic courtesy of Lake Murray Fireworks and MusicFest)



# Destination India

## Girl Scout to go on cultural immersion trip

Cynthia **Robertson**

Being in Girl Scouts has taught St. Martin’s Academy student Alexandria Freeman to go the extra mile in all she does. She had that in mind when she applied for travel opportunities with the Girl Scouts Destinations program. As a result, on July 8, Freeman will be going on a trip for 10 days with 14 other Girl Scouts from around the world to India.

But Freeman did not simply win the trip, as in a contest or expense-paid program.

“She applied, met the criteria, and was chosen for the trip as a good fit and asset to the leadership experience,” said her mother Amanda Freeman, who is also an assistant troop leader.

Girl Scouts who apply to the Destinations program can try for up to four trips or adventures. In fact, Freeman had applied for two, writing one cover letter each for the trip to Pune, India and the Space Academy in Huntsville, Alabama. She was accepted for both, but she had to choose between the two.

“I picked the India trip because I am interested in their culture. It started when I was a little girl when I used to dress up as Jasmine, my favorite Disney princess.”

Freeman was chosen for the trip largely because of the cover letter in her application to the Destinations program.

“She had to tell why she would be a good candidate to go on the trip,” said Alana Snyder, who is Freeman’s troop leader. “Learning to promote yourself is a very hard but important skill for teens to learn. Teens tend to naturally think of it as bragging, but it’s so much more.”

In her cover letter, Freeman wrote about some of her skills and personality traits that point to leadership.



Alexandria Freeman with her Language Arts teacher Maria Mosel at St. Martin’s Academy (Photo by Cynthia Robertson)

Calling herself a “people person” in the letter, she wrote: “I love to talk, especially if I get to talk about things that better my city, my country, and women everywhere. I have planned and led stations at many Girl Scout workshops hosted by my troop to earn Journey badges, and continuously tell girls about how to stop stereotypes and how to see them as their best self.”

Freeman consistently reaches for the best she can be, too. As soon as she found out that she had been accepted into the travel opportunity to India, she went to the library to get books about India and she downloaded an app to teach herself some Hindi. In addition, Freeman is learning about the spices used in Indian cooking.

Her mother is often right alongside her in learning all things India.

“We looked India up on a map and studied what she may see and hear and experience while there,” Amanda said.

“We went to a travel clinic and got the required shots and medicines and such. We have been getting clothes ready and talking about how we will attempt to communicate with their time zone and ours — and with spotty internet and electricity.”

During her stay at Pune, India, Freeman will be visiting a women’s shelter and orphanage as part of her community service.

“Just the other night, Alex asked to use some of her recycling money to purchase supplies. We came home with a giant bag of stuff she wants to take,” Amanda said.

The trip was open to girls 11 and older nationwide. The Destinations trips are advertised on the local level as well as on GSUSA’s website.

Freeman was asked if she wanted some financial assistance through Girl Scouts to help fund the trip, in exchange for community service hours, but she chose to give those dollars to girls who may truly need assistance.

Snyder said that the Destination Program has been going on at least since the 1980s when she herself was a Cadette. Back then the program was called Wider Opportunities.

When it comes time to apply for the Destination Program in the fall, each Girl Scout may apply up to four trips. The travel program is designed to allow girls to be involved in various experiences.

“The idea is that the best learning is by doing,” Snyder said.

Trip opportunities include the U.S. and international. The six categories for the trips are International, Outdoors, Science, People, Apprenticeships, and Gateways, the latter of which are typically two-to-four-day trips.

The main point of Girl Scouts is to get out and explore the world and other places; doing so gives one a better perspective and understanding of other people.

“I really want Girl Scouts to continue to open new doors for me, especially through traveling. Going to India will open my eyes and see ‘a whole new world’ that I never knew existed,” Freeman said.

“I’ve been counting down the days on my calendar until I leave. I even started packing some things early,” said Freeman.

—Cynthia Robertson is a San Diego-based freelance writer. Reach her at [c1g2robertson@gmail.com](mailto:c1g2robertson@gmail.com).■

## 27 Quick and Easy Fix Ups to Sell Your Home Fast and for Top Dollar

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

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

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

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“Darren has been providing In-Home/ Mobile Physical Therapy and increasing home safety for seniors in San Diego since 2004.”

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### ► Festival, from page 2

There will also be an information booth onsite, which will serve as a lost and found and first-aid station.

For a more complete list of rules, updates on parking and answers to frequently asked questions, visit [lakemurrayfireworks.org](http://lakemurrayfireworks.org).

### Festival lineup, food and sponsors

The music will start at 11 a.m. and the festival music lineup is a mix of blues, classic rock, Top 40 dance hits, a Beatles tribute and a community band.

Food vendors onsite will include Windmill Farms, Bullseye Kettle Corn, Rita’s Ice Cream, Admiral’s Experience Restaurant & Catering, and

the Kiwanis Club will be cooking hot dogs and hamburgers.

“We are still looking for a taco vendor,” Dahlkamp said.

After the music, the fireworks display will begin at 9 p.m. and will be set to a soundtrack mix created by Vincent Dornisch of Pacific Sotheby’s International Realty.

Dahlkamp said a special thanks should be given to the San Carlos Recreation Council for its support in organizing the fundraising for the festival. In addition to title sponsor Stormberg Orthodontics, the following are also major sponsors: Perry Family; Windmill Farms; High Dive Bar & Grill; Converge Community Church; Orchard Supply Hardware; FBS Property

Management; Brothers Family Restaurant; Sporting San Diego; The American Dream Company; Ideal Plumbing and Air; Life Deck Coating Installations; San Diego City Firefighters AFL–CIO; Nevium Intellectual Property Solutions; Precision Concrete Designs; Mission Trails Financial; Brian and Michelle Cox; Hanken Cono Assad & Co., Inc.; April Boling; San Carlos Little League; Navajo Softball; Rita’s Ice Cream; Spine & Sport; The Print Button; Law Office of David J. Hollander; RHOTZ Creative Media; Primo Concrete; Harold Swartz Jr.; KTA Construction, Inc.; and Jeff Katz Architecture (JKA).

—Jeff Clemetson can be reached at [jeff@sdCNN.com](mailto:jeff@sdCNN.com).■



► Oasis, from page 1

George Chamberlain, a 20-year Oasis instructor and member of the board of directors, MC'd the event and introduced the various speakers and presentations.

Lori Moore, director of advertising and marketing for Grossmont Mall presented a \$2,500 check to Oasis president and CEO, Simona Valenciute.

"We were on a 50-year ground lease that expired Jan. 11, 2015. We rebranded the mall with a new logo and bright colors," Moore said. "Our goal was to bring family fun and free events to the mall to help support our retailers and the local community. We now host more than 50 events a year. We are excited to welcome San Diego Oasis to our mall family and the La Mesa community."

Chief of Staff at San Diego County Board of Supervisors Salvatore Giametta brought a round of applause from the audience after he proclaimed June 7 "San Diego Oasis Day." He presented the proclamation to Valenciute as they hugged.

Afternoon speakers included Susan Taylor, vice president of external affairs at Scripps, who gave a presentation about "Gadgets, Gizmos, and Good Health." Visiting authors Suzy Spafford, creator of "Suzy's Zoo," and Tom Hom also gave presentations.

In her presentation, Valanciute thanked Suja Juice, AT&T, Grossmont Center Mall owners the Cushman family, and First American Trust for sponsoring the grand opening.



(l to r) Grossmont Mall representative Trevor Moore, Grossmont Mall director of advertising and marketing Lori Moore, mall representative Nick Parrish, and general manager Ben Potter present a check to San Diego Oasis. (Photo by Sara Appel-Lennon)

She said the purpose of the event was to inform the public San Diego Oasis is ready to meet the needs of the growing 55-plus population.

"People are living longer. Longer can also be lonelier," she said, adding that Oasis' goal is to "chase away the aging blues" and keep seniors actively engaged by offering participation in various classes.

Valanciute also touted the new location's improvements over the third floor of the Westfield Macy's building.

"We're the only Oasis to have our own sign on the building," she said. "We have our own space that we built and designed."

Former San Diego State University professor Judy Lewis attended the grand opening of the new Oasis location. She is a longtime Oasis participant,

having attended around 700 classes, including fitness.

"I hate exercise but I love coming to Oasis," she said. "I was afraid. I didn't want to look wimpy."

#### VIP reception

The night before the grand opening, a special reception was held to honor the national Oasis founder and Chairman Emeritus Marylen Mann, hosted by San Diego Oasis' past director Harry Matheny.

Mann, who resides in St. Louis, Missouri, said the Grossmont Mall site will serve as a model for other Oasis locations and spoke to the organization's mission.

"The overall goals of Oasis are to improve quality of life and set a new standard of what older people are capable of," she said.



(l to r) Oasis founder and Chairman Emeritus Marylen Mann and San Diego Oasis President and CEO Simona Valenciute (Photo by Sara Appel-Lennon)

Mann then spoke about founding the organization in 1982 when she discovered that most senior programs offered only Bingo and "low-level crafts."

"It hurt my heart," she said. "This was condescending. That started me off."

With a background developing college curriculum, Mann set out to help seniors "age productively."

In 1985, with \$10 million from government grants, Mann conducted a 10-year study about seniors and aging.

Mann discovered seniors can age productively by meeting three sets of needs — social engagement, fitness and volunteerism. Oasis is the only organization in the country to meet all three needs.

To address volunteerism, Mann started the country's largest intergenerational

tutoring program in East Harlem. Half of a million kids have been taught to read by Oasis volunteers over the years.

Oasis now offers full programs in nine cities, including San Diego, Los Angeles, San Antonio, Albuquerque, St. Louis, Indianapolis, Rochester, Syracuse and Washington D.C. Partial programs are offered in 50 cities.

San Diego Oasis is located at 5500 Grossmont Center Drive, Suite 269 in La Mesa. For more information, visit SanDiegoOasis.org or call 619-881-6262.

—Sara Appel-Lennon is a creative writing instructor, children's author and a former professional clown. Her website is sara-appel-lennon.upweb.com.■

## The Home Automation Trend

### Home Automation Gaining in Popularity

Tech-savvy parents are joining the home automation trend.



According to a 2016 survey, home automation - such as home entry notifications and video monitoring- is gaining in popularity among parents. Today, nearly one in four parents either uses a home automation system or plans to within one year. The use of technology has become so prevalent that parents prefer using it to check on what's happening at home, rather than friends or neighbors. According to survey results, **73%** of parents rely on texting to check in with teens and tweens who are home alone at least once or twice a month; **71%** rely on phone calls, and only **18%** rely on a friend or neighbor.

Home automation provides dependable, real-time, unfiltered information about what's happening at home. For parents, it can provide peace of mind, especially during the summer months when kids are home alone. Parents may not realize the extent to which they are able to automate their home.

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Parents consider certain features of smart home technology "must haves" rather than "nice-to-haves."



According to those surveyed, certain technologies are considered "must haves" for smart home technology:

- Emergency alert, 89%
- Home alarm control, 84%
- Entry and lock control, 81%

Furthermore, four out of five parents surveyed are comfortable leaving teens and tweens home alone, and technology helps ease concerns.

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► Record store, from page 1

comprise owner Nicholas “Nick” Friesen’s favorite films.

The store also represents the ‘re-animation’ of a dream. Friesen tried several times over the last five years to open a store such as this one, even looking at the same spot before all the downtown construction. But something always fell through, or an obstacle became too overwhelming. Then in April, Friesen and his wife Lynn decided to partner together and just do it.

“Finally, we were like, ‘What’s the worst thing that could happen?’” Lynn recalled. “We said, ‘Life’s too short, let’s do this.’”

So far, they have been welcomed with open arms by both the business and public community of La Mesa. They gush about their business neighbors and walk-in customers.



(l to r) Nicholas, Lynn and Owen Friesen (Courtesy Nick Friesen)

“We already have so many regulars,” Lynn said. Nick handles all the inventory, of which there is plenty. The store is sitting on 10,000 records aside from what’s on the

shelves, and people are continually bringing in new items.

“We always want more!” Nick said. “We never say we’re not accepting items, because you don’t know what you might miss out on.”

Lynn handles the book-keeping and other business activities.

“I do the behind-the-scenes work, so he can just buy and sell records all day,” Lynn said with a smile.

That’s definitely where Nick’s passion lies. He’s a bass player and has worked in music and record stores since high school.

“He’s so passionate — this is his jam,” friend Dustin Harner said of the new store. “People will definitely get the best of the best.”

They will also get an opportunity to purchase one-of-a-kind clothing. Lynn populates the



Customers Josh Weintraub and Toni Ontiveros pose next to a cutout of Freddy Krueger. (Photo by Joyell Nevins)

store’s clothing racks with her own line from the Etsy shop “Lynn’s Rags.” From a Rainbow Brite sheet-turned-skirt to an upcycled Iron Maiden T-shirt, her clothes have charm and character. And all are hand-sewn.

“Most record stores are focused towards guys,” Nick explains. “I thought it was a good thing to bring girls’ items in, too. It adds a nice touch to the shop. I don’t want to just run a guy’s club.”

Lynn started sewing when she was in high school, when she figured out she could take thrift store clothing and tweak it to her liking and her style on the cheap (is it any wonder Lynn’s favorite movie is “Pretty in Pink”?). People liked her clothing as much as she did, and eventually it went from a hobby to a business.

Just like how Nick’s love of camp and media has turned into what could be a viable



Women’s fashion items, handmade by Lynn Friesen, are also sold at Re-Animated Records. (Etsy)

income. This is his baby, and along with a lot of help from family and friends (and three days without sleep before the grand opening), he and Lynn have made it happen.

“Both of us teared up on opening day,” Nick said. “It felt like our wedding day. Totally overwhelming and surreal and incredible.”

Re-Animated Records is located at 8320 La Mesa Blvd. Open hours are 11 a.m. to 7 p.m. Monday to Saturday, and 11 a.m. to 5 p.m. on Sundays. For more information, follow “reanimated records” on Instagram or visit reanimate-drecords.com.

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



The store front sign on La Mesa Boulevard (Photo by Joyell Nevins)

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## Guest Editorial

# Protect teens from ‘Summer Slide’

Tom Cesarini

For teens, the summer season is often associated with carefree days of family vacations, part-time jobs, and hanging out with friends. Shelving the schoolbooks and curbing academic learning during the summer, however, can create a significant learning loss that can potentially affect students for years. It's called the “summer slide.”

The term “summer slide” was born from a longitudinal study conducted by Johns Hopkins University researchers who studied and tracked student academic abilities throughout the school year. The study identified the loss of knowledge over summer break when the students returned the following year. Subsequent to this study, other organizations have conducted research and have found the following:

- On average, two and a half months of grade-level equivalency in math computational skills are lost during the summer.

- Approximately one month of reading and spelling abilities are reduced, particularly for low-income students who may not have resources or support to continue reading over the summer.

- Summer slide can affect students in high school, college and beyond.

- Summer-learning loss is a chronic problem as it can be cumulative, possibly resulting in students performing below their grade level.

- Low-income students suffer the biggest impact with lower test scores and higher dropout rates.

- Only 9 percent of 48 million American students attend summer school, resulting in more than 90 percent of students experiencing summer-slide loss.

- Summer slide may be attributed to as much as 85 percent of reading achievement gaps between low-income students and their more affluent peers.

The effects of summer slide can be devastating for students at all grade levels, as well as for youth from lower income households—thus widening further the achievement gap. School-age care, summer camps, and enrichment programs can be expensive—on average \$225 a week per child. Therefore, it can be cost-prohibitive for families to enroll in learning programs in the summer.

There is a financial impact to schools as well. Teachers can spend between four and six weeks re-teaching materials when students return from summer break. One study revealed that re-teaching forgotten material when students return to school after the summer costs more than \$1,500 per student each year, or more than \$18,000 over the course of a K-12 career. We can save on this cost – or at least close this gap – if our schools and the community at large can work to prevent the negative effects of summer slide.

### What parents and schools can do

While many students have limited access to quality, relevant summer programs, there are many things parents, educators, and the community at large can do to be a part of the solution for youth and teens:

- **Read:** Embrace and share the joy of reading. Visit your local library and check out some books that are of interest to your teen and set summer reading goals. If you have books you can donate, consider providing to a neighbor or a school in need of support.

- **Bring academic concepts to the real world:**

Big dividends can result from giving high school students the chance to solve real-world challenges by applying what they have learned in the classroom during the school year. Organizing a fundraising drive for a neighborhood nonprofit or creating a plan to promote a youth event or center through social media may be great ways to build upon student knowledge, embrace a passion, and create a solution for a social challenge.

- **Cook:** Culinary learning can be one of the best and most fun ways to engage in reading and math, as well as hone a life skill.

- **Garden:** Start a garden to learn horticulture.

- **TRIP!** Go to a museum, the theater, a zoo or a park and make it a fun, educational experience with scavenger hunts or trivia about the destination you are visiting.

- **Library:** Libraries aren't just for reading anymore. Your local library now has robotics classes, chess clubs, gaming rooms, book clubs, exercise classes and much more!

- **Road trip:** Incorporate educational audio books on your summer road trip. Plan stops at national parks and museums along the way.

- **Volunteer:** Provide a ride or help with transportation to get a child to a summer program. Donate your time and talent to a summer program or nonprofit that helps kids during the summer.

There is no simple answer to the problem of summer slide, but what is clear is that we all need to work together to develop solutions and re-evaluate old ways of doing new things. Perhaps the traditional nine-month school year needs to be re-evaluated and upgraded like we update our smartphones. The traditional school year was developed at a time when most families worked in agriculture and was based around the farming season. Summer school is not for bad students; it is an asset to ensure that our students are successful in an increasingly competitive global landscape.

Summer Learning Day is July 13. What is your family's summer plan?

—Tom Cesarini is the chief business officer of The School for Entrepreneurship & Technology (SET High) in San Diego, Calif. SET is the first high school in California based on developing the entrepreneurial mindset. ■

## Letters

# Old Glory

In all her majesty, unfurled  
Stars illuminating the dark corners of the world —  
Her freedom, an icon burning bright  
In our deepest hours of despair  
People view her proudly waving there —  
A shining guiding light

Burning yearning hearts — incessant flame  
Multitudes marvel at the mention of her name —  
Fulfillment at rainbows end, a dream comes true  
Seekers of peace and justice —  
Have placed their faith and lives in you.

Ring the bells in triumphant chorus  
Let them peel mighty on air —  
Reflect on heroes, patriots and martyrs  
Sacrificing lives —  
So she might fly in splendor  
Free and proud forever there!

—Dolores E'nama, La Mesa ■

## Correction

In the May 26–June 22 issue of the La Mesa Courier's Best Of section, we printed the wrong website address for the Gold winners for Pet Grooming, The Barking Lot. The correct web address is tblpetgrooming.com and not thebark-inglot.net. We regret the error. ■



Guest Editorial

Yes, we need a wall — between local police and federal immigration enforcement

Norma Chavez-Peterson

[Editor's Note: This op-ed was first published on June 8, 2017 on the Voice of San Diego website.]

A few years ago, a San Diego County Sheriff's deputy walked into a liquor store in Vista to deliver a letter on new synthetic drug policies. He asked the man behind the counter, who received the letter on behalf of the owner, for an ID. And when the clerk produced a Mexican ID card, the deputy called Border Patrol and had the man deported.

Less than two months later, the body of Ildefonso Martinez Sanchez was found on the grounds of the Tohono O'odham Indian Reservation in Arizona. He was attempting to return home to his wife and five U.S.-born children.

This is just one tragic example of what occurs every day when local police act as deportation agents. Through these types of actions, scores of families are broken up throughout the country, leaving countless more fearful that any interaction with local law enforcement might end in deportation.

Although California has since made strides to ensure local law enforcement agents

do not serve as deportation agents, there is still much to be done to keep families together and communities whole.

That is why California legislators must pass Senate Bill 54 by state Sen. Kevin de León to prohibit state and local law enforcement agencies from using their limited resources to investigate, detain, report or arrest people for the sole purpose of immigration enforcement.

It's not difficult to assume that the message received by undocumented immigrants in Vista who heard the sad story of the Martinez family was: Don't come into contact with local law enforcement. Don't call them when you've been the victim of a crime and don't call them if you were a witness to a crime. You, too, might end up deported.

Now, under President Donald Trump's administration, that is exactly what could happen. Central to his deportation regime is Trump's plan to force local law enforcement to become part of his deportation dragnet.

Here in San Diego County, most police departments say they don't go out of their way to ask the immigration status of people they come into contact. But immigration agents have been stationed in county jails for more than a decade.

Local police chiefs, such as San Diego's Shelley Zimmerman, can say their departments do not check the immigration status of victims of crimes to encourage all people to come forward, but that is not always what happens.

Take the case of Elena Cabrera of Escondido: In 2011, the mother of four called Escondido police when her live-in boyfriend attacked her. Both were taken to the Vista jail. He, a legal resident, was released a few days later. She, an undocumented immigrant, was turned over to immigration agents and put in removal proceedings. Cabrera was lucky because she was able to contact an immigration attorney, and her deportation was averted.

Already the state is seeing the effects of the Trump administration's immigration plans, according to law enforcement officials.

In a recent Los Angeles Times story, Los Angeles Police Chief Charlie Beck said reports of sexual assault dropped 25 percent among the city's Latino population in the beginning of 2017. He said reports of domestic violence also fell 10 percent. He said there was a "strong correlation" between the drop and the panic in the community over ramped-up ICE deportations.

Ramped up immigration enforcement and blurred lines

See WALL page 8

Anderson recognizes Oasis at grand opening

Lauren Smith

San Diego Oasis, a local branch of the nonprofit organization Oasis, which promotes successful aging in adults over 50, had its ribbon-cutting ceremony in La Mesa on Wednesday, June 7.

The organization is excited about its move to the Grossmont Shopping Center in hopes of being able to reach more senior community members.

The event attracted over 500 people from local San Diego communities interested in learning more about what Oasis has to offer. Event attendees were eager to hear about the weekly dance, art, and technology classes being offered.

Oasis was founded in 1982 by Lifetime Director and Founder Marylen Mann and since then has expanded across the United States to cities like San Diego, providing older-aged adults with health and learning programs as well as volunteer opportunities.

State Senator Joel Anderson provided a Senate certificate of recognition to honor the organization for bringing senior community members together.

"I am inspired by the way that San Diego Oasis is promoting lifelong learning," Anderson said. "This organization full of dedicated team members is going to be enriching our community with amazing resources and activities for our residents in their golden years."

During her speech, Mann recognized the noteworthy research on successful aging that has been conducted by the MacArthur Foundation. Mann points out that according to the foundation's study released in 2010, components proven to help with successful aging are healthy habits, which include diet, exercise, volunteer work, and connection with others. Mann said that Oasis promoted those things through their diverse programs for 28 years before that study was released.

For more information about San Diego Oasis and the programs offered, visit [oasisnet.org/San-Diego-CA](http://oasisnet.org/San-Diego-CA).

—Lauren Smith is a legislative intern for Senator Joel Anderson and a senior at San Diego State University studying Recreation Administration and Sustainable Tourism Management.■

Notes from your County Supervisor

DIANNE'S CORNER  
Dianne Jacob



There's no place like home: A growing number of San Diegans struggle to keep a roof over their head. I'm talking about folks from across the entire county — seniors, veterans, families and others.

We need to step up our game in a big way and give them a helping hand — a hand up, not a handout.

That's why I recently joined with Supervisor Ron Roberts to propose the creation of a \$25 million trust fund to spur the development of more affordable housing. Drawn from the county's unallocated reserves, the money would allow us to team up with developers on low-cost housing projects.

The fund represents a huge investment in San Diego's future — and for many of those who are struggling, it would help make the American Dream come true.

Local heroes: Among the folks I've recently given well-earned county proclamations to: child care expert Deborah Gould, champion mountain

biker Gwendalyn Gibson of Ramona, and home building innovators Amy McQuillan and Pierre Beauregard, also of Ramona.

Be prepared: The recent Gate Fire in our backcountry and other wildfires remind us that we can't let down our guard. With peak fire season coming, we must make sure we're as ready as possible.

Since the 2003 firestorms, the county has invested \$400 million-plus on fire protection improvements. Today we have a stronger, more unified firefighting force, and more firefighting aircraft and other resources in place.

Residents must also do all they can to prepare. Be ready. Be safe. Be vigilant. And go to [ReadySanDiego.org](http://ReadySanDiego.org).

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

Have a great East County day!

—Dianne Jacob represents District 2 on the San Diego County Board of Supervisors.■

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# Mara Elliott to be honored at Party in the Park



Yahairah Aristy and Jeff Benesch

On Wednesday, July 5 from 6 to 9 p.m., the La Mesa Foothills Democratic Club (LMFDC) will celebrate the Fourth of July by holding our now annual Party in the Park at the beautiful Mission Trails Park Visitors Center.

Party in the Park will feature food, talk and camaraderie on the beautiful patio overlooking Mission Trails Regional Park and the San Diego River canyon. It's particularly convenient for our many members living in San Carlos, Del Cerro, Allied Gardens, La Mesa, Santee, Mt. Helix, Casa de Oro, and the College Area. The dinner costs \$5 for members and \$15 for non-members. We'll be signing up new members at the door.

San Diego County Democratic Party chair Jessica Hayes will be a featured taster

and judge of our pie-baking contest. All attendees are invited to enter their best attempt at a delectable dessert to share with our many epicurean enthusiasts. Prizes to the best three entries.

LMFDC will honor San Diego City Attorney Mara Elliott, who has hit the ground running since pulling off her big win in the 2016 city-wide election, for her bold and newsworthy initiatives such as her legal opinions on short-term vacation rentals (illegal), the SoccerCity proposal (which may be bad for taxpayers), and the presidential travel ban (negative impacts on San Diego families). Her office, while non-partisan, is nevertheless capable of showing the mayor and City Council that policies they promote and laws they enact have real and lasting consequences on working people and taxpayers of San Diego. More than that, she is setting an example for San Diego County City Attorneys, an organization she chairs. For her compassion and courage, we honor Mara Elliott.

We'll also have appearances by a host of Democratic Party stars, including Rep. Susan Davis, former assemblyman Nathan Fletcher, San Diego City Councilmembers Barbara Bry and Georgette Gomez, La Mesa City Councilmember Colin Parent, Mike Levin (candidate for the 49th congressional district seat held by Darrell Issa), and several others. We can expect a surprise appearance by La Mesa's own, basketball superstar and keen observer of life, Bill Walton. Bill loves Mission Trails Park!

Another highlight of the evening will be a fabulous presentation by Volunteer Trail Guide Jim Parker who will engage us with talk of the flora and fauna that we can expect to find throughout the park. We are sure to experience something unexpected with this very knowledgeable and engaging speaker. And added to the evening's entertainment, we will have telescopes for star-gazing and traditional music featuring flutes and percussion to enthrall the attendees.



San Diego City Attorney Mara Elliott (Courtesy LMFDC)

The Party in the Park is also a tribute to our own success as a growing and powerful influence in the East County political scene. Winner of the San Diego County Club of the Year, 2016, we are one of the largest and fastest growing chartered Democratic clubs in San Diego County. We meet regularly the first Wednesday of each month at the La Mesa Community Center.

Become a member and enjoy the programs, events, and

camaraderie of fellow progressives this most tumultuous year as we commit to write, resist, and act to preserve our democracy. All guests are welcomed. Check out our website at [lame-safoothillsdemocrateclub.com](http://lame-safoothillsdemocrateclub.com), and visit us on Facebook.

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

## Republican Women introduce 'Navajo Nights'



Judy McCarty



Although Navajo Canyon Republican Women Federated (NCRWF) has no official luncheon meetings in July and August, there's still time for Republican fun! So, we will be hosting "Navajo Nights" during the summer months.

This social, informal event is for any Republican woman who wants to spend an evening with other like-minded conservative women, meet new friends and partake in lively discussions.

"Navajo Nights" will be held once in July and again in August at Black Angus Restaurant in El Cajon. We'll have hors d'oeuvres and beverages, and comments from a guest speaker.

As plans develop, details regarding day, times and speaker will be posted on the front page of our website, [navajocanyonrwf.org](http://navajocanyonrwf.org). These get-togethers will also be a great opportunity to join in the conversation for those who can't make our daytime luncheon meetings.

Since we all agree there is plenty to talk about regarding national, state and local politics (and we all have opinions), this evening should be exhilarating.

### Charities

Based on members' research and votes, NCRWF has chosen its charities for the next year.

We'll be raising funds for the East County Transitional Living Center, which changes lives through proven programs that guide homeless and distraught individuals and families into becoming self-sustaining, independent, productive members of society.

We will also be helping out the Warrior Foundation Freedom Station, an organization that aspires to be the leading force in assisting, honoring and supporting the military men and women who have bravely served our country.

Finally, we will be providing money towards Final Hour, to provide a complimentary horse-drawn funeral carriage at Miramar National Cemetery.

This past May we contributed funds for Veterans of North County. We know that "freedom isn't free" and we are happy to express our gratitude.

### Registration drives

Registering voters is keeping NCRWF club members busy at the San Diego County Fair, the Santee Street Fair and new citizen ceremonies.

We're finding that visitors to our booth are eager to sign up against the new GasTax/CarTax and the single-payer health care system winding



Final Honor provides horse-drawn funeral carriages at Miramar National Cemetery. ([thefinalhonor.com](http://thefinalhonor.com))

its way through the state Legislature.

Our regular luncheon meetings will start back up Sept. 13 at The Brigantine with Brett Winterble, KFMB 760 radio personality.

For more information on all our activities, visit us at [navajocanyonrwf.org](http://navajocanyonrwf.org) and also like us on Facebook.

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

### ► Wall, from page 7

between local police and federal immigration authorities have already broken up too many families. In the future, California must be a shining example for the rest of the country – a place where people feel safe regardless of what they look like, where they come from, or how they speak.

California must draw a bright line between local police and federal immigration agents, making sure victims of crime and witnesses in investigations don't get deported or refuse to come forward because they fear being deported.

The law would rightly remove immigration agents from jails. We need that in California.

SB 54 is that bright line.

—Norma Chavez-Peterson is executive director of the ACLU of San Diego and Imperial Counties. ■



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### Sudoku & Crossword puzzle answers from page 15

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## SLURPS AND TWIRLS ON THE BOULEVARD

Frank  
Sabatini Jr.



Comforting ramen has arrived to La Mesa. So have a couple of unique sakes that are hard to find outside of BLVD Noodles, the neighborhood's first and overdue Japanese-inspired eatery that opened on the village strip a few months ago.

One of the sakes is a sea-green Bushido on nitro, which imparts a faint,

broths are available in classic varieties: pork-based tonkotsu; soy sauce-based shoyu; and pork or vegetarian miso.

Before delving into our big bowls of goodness, we encroached on a few crafty appetizers while imbibing on flights of smooth sake.

My companion was wildly smitten over the gelatinous canned ver-

sion parked alongside, choosing peach flavor over berry.

A trio of bao bun "tacos" was crowned with slow-braised brisket that practically melted into its bedding of cucumber-carrot slaw. Sriracha aioli, hoisin sauce and fresh cilantro added lushness and complexity, yet without sending them over the top.

Filipino house-made lumpia makes a surprise appearance on the menu with crispy casings capturing mildly spiced beef. They're served with seasoned vinegar and sweet chili sauce, either of which breathes life into these otherwise plain-tasting noshes.

White miso mingled superbly with

### Sake flight

creamy fizz to the Japanese rice wine. The other comes in a can that you have to shake 20 times before it turns into something of a sparkling Jell-O shot. It's fun and novel.

The colorful establishment is actually full of whimsical surprises. A shelving unit perched near the order counter shows off 100 "lucky cats" in neat alignment and with their paws moving in celebratory gestures from solar power.

Further in, an elaborate mural of a dragon spans a 52-foot-long wall. It was painted adeptly by La Mesa artist "K.J.," whose monkey mural and ethereal makeovers of globe lights add flair to the charming back patio.

As for the wall-paper that owner Aaron Dean chose for the gender-neutral restroom, I'll say no more other than it's fabulously eye-popping.

Dean also owns Sheldon's Service Station, a restaurant down the street serving healthy, contemporary fare that gained instant popularity when he opened it last year in a circa-1920 building.

For this newest venture, he brought in Chef Reo Goto who worked previously at Sushi Ota and for a ramen kitchen in San Diego's Convey Street district.

Goto uses medium-width ramen noodles imported from Japan. And his spot-on



An interior dragon mural spanning 50 feet decorates a wall at BLVD Noodles. (Photos by Frank Sabatini Jr.)

### BLVD Noodles

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beef broth and low-sodium shoyu. It's finished tastefully with ginger-onion oil. Floating above the curly noodles was a stockpile of the aforementioned ultra-tender brisket plus wilted spinach, enoki



The Misa bowl with braised brisket

mushrooms, pickled ginger and soft boiled eggs sporting gorgeous orange yolks.

Like the BLVD ramen I ordered, but with tonkotsu pork broth and cha-siu (pork belly) instead, it wasn't salty or bland — the two common pitfalls of ramen.

His broth flaunted a soothing, fermented flavor brightened by the ginger. Mine was laced with the richness of fat and marrow from pork bones, but without the obnoxious heaviness I've encountered in other places. Both were outstanding and needed no help from the chili condiments on our table.

With a passionate chef and artful family-friendly environment in place, Dean has filled a culinary niche on La Mesa Boulevard, sparing foodies the trek into San Diego for sating their ramen cravings.

And he's sweetened the experience with live entertainment on the back patio from 7 p.m. to close, Friday through Sunday — and happy hour from 8 p.m. to close, Tuesday through Sunday, when bargains on wine, beer, sake and small plates are available.

—Frank Sabatini Jr. is the author of "Secret San Diego" (ECW Press), and began his local writing career more than two decades ago as a staffer for the former San Diego Tribune. You can reach him at fsabatini@san.rr.com. ■



Miso corn

butter, sesame oil, jalapenos and cilantro in a generous bowl of corn shaved straight off their cobs. The light-yellow kernels were like garden candy, popping with sweetness in every mouthful.

My companion opted for the Misa ramen made with



Bao bun tacos



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Happy summer and Fourth of July! This salad is perfect for your picnics, parties or summer dinners. It is very colorful and when served ice cold, very refreshing.

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- 1 medium size seedless watermelon, cut into bite-size chunks
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- 1 cup fresh blueberries
- 1 cup chopped fresh mint
- 1/2 small red onion, chopped
- 1/3 cup of good olive oil
- Juice of 1 lemon
- Pinch of salt and pepper

Directions:

Mix all ingredients in a bowl and chill well before serving. For a creative display, salad can be made into the shape of a flag before mixing!■



An oasis where women begin again

Cassandra Penalver

Inspiration, empowerment, and revitalization are key goals promoted to the community by Dana Bryant, founder of Eleanor's Place for Women — a safe haven for women in the San Diego and La Mesa communities to turn to if they are looking to turn over a new leaf.

Eleanor's Place Transitional Housing opened in 2004 at a location in Rolando with one thing in mind: to provide shelter for women who were trying to adjust to life post-incarceration, overcoming substance addiction, avoiding homelessness, or seeking refuge from domestic abuse. Bryant named the transitional home after her mother-in-law who had inspired her leading up to the grand opening.

Following the great success of the transitional home, Bryant expanded her organization and opened Eleanor's Place Boutique in 2009 at another Rolando location near the Kroc Center at 6760 University Ave. The latest expansion is a thrift store located in San Diego at 2958 Imperial Ave. that was opened in 2014.

All Eleanor's Place staff are either volunteers,

women who have court-ordered community hours, or staff from other organizations who are assigned to work there. Bryant explained that she partners with various organizations that pay their staff to go to Eleanor's Place on work assignments.

Eleanor's Place hosts two major events every year: a fashion show in January and a walk-a-thon in May. The January fashion show titled, "Celebrating the Journey of a Woman," is a celebration of the women associated with Eleanor's Place who have been living substance-free or have overcome homelessness for an entire year. Every woman being celebrated is a participant in the fashion show. Eleanor's Place provides them with four different outfits to model on the runway in order to portray how proud they are of how far they have come in the past year.

The walk-a-thon in May, called, "Loving the Me I See," promotes overcoming self-esteem issues, depression, and anxiety. Bryant teams up with speakers from organizations throughout San Diego who make an appearance and talks to the attendees to motivate overcoming issues. The organization encourages the public to



Eleanor's Place founder Dana Bryant (center) speaks at "Celebrating the Journey of a Woman" fashion show fundraiser. (Courtesy Dana Bryant)

attend the event to support the women there.

According to Bryant, Eleanor's Place acquires its funding through the county, thrift store, and individual donors but anticipates growing in the development field in the near future.

Eleanor's Place Boutique encourages any women in need to make an appointment to receive four outfits, two pairs of shoes, and a purse to kick-start their journey with the organization. As of now, most of the women who are associated with Eleanor's Place have overcome incarceration and substance addiction. At the Transitional Housing, there are currently 10 women and one baby who live there — women have come when they needed living assistance and left

when they were stable on their own.

With the noticeable success from all three Eleanor's Place locations, it would not be a surprise to see the organization grow to reach more women in the future. Bryant has a real passion for not only her organization, but specifically for all the women she encounters and works with. Women have come seeking assistance and have left transformed and filled with confidence that was promoted by the Eleanor's Place community. For more information, please visit [eleanorsplace.org](http://eleanorsplace.org).

—Cassandra Penalver is a freelance writer living in San Diego. Reach her at [cassie.penalver@gmail.com](mailto:cassie.penalver@gmail.com).■

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# Summer happenings at Helix



## Helix Highlights

Jennifer Osborn

Graduation marks the end of the school year, and on June 1, 542 Helix students donned their caps and gowns to participate in Helix's commencement ceremonies. This is the largest graduating class in at least the past two decades.

People might picture a quiet campus with no activity during the summer months, but nothing could be further from the truth at Helix. This campus never sleeps! There is still work to be done, and there is plenty going on at Helix.

Students will return to some changes to the school facility. First, renovations continue on the former performing arts buildings, transforming them into a Student Services building, which will be completed before the start of the school year.

The hardscaping surrounding the renovated buildings will feature a "Brick Garden," which will also be constructed over the summer break. Members of the public can purchase personalized bricks to be placed in this area and are available through the Helix High School Foundation. The

bricks are a great way to honor a loved one, celebrate a graduation, recognize an accomplishment, and be a permanent part of the Helix campus.

The student parking lot will undergo a transformation, as the installation of covered parking will begin. The shade structures will serve as the foundation for multiple solar panels to provide power to the school. This project will be completed this fall.

Construction will also continue on the Career and Technical Education (CTE) buildings on the south end of the campus. These buildings will house the classrooms for the Helix Explore, Develop, Gain and Earn (EDGE) program, which includes technology and visual arts classrooms and the sports medicine classrooms. This will also be the site of the fitness center and weight room (which will include equipment provided through a grant from the former San Diego Chargers), as well as team rooms for the athletics department.

Along with the CTE classrooms, additional accommodations are being provided for Helix EDGE, which will focus on high-need, high-skill, and high-wage career areas in Sports Medicine, Business Entrepreneurship, and Computer Science Engineering. A large section of the library will be converted to a Makers' Space, where students will be able to work together or alone on various projects using

different types of technology and equipment.

Besides work on facilities, staff and students also account for school activity on and off campus. Through the month of June, each Helix student, along with a parent or guardian, participated in a meeting with a member of their Grade Level Team to discuss their short- and long-term goals, and create a class schedule that reflects those goals.

At their meeting, incoming freshmen and juniors received a book to read over the summer as part of the "One Book, One Helix" program. Freshmen will read "I Am Malala," a book about a young girl who was shot by the Taliban in Pakistan for attempting to access an education. The focus of the book is how one person can make change in the world. Juniors will read "Who Owns the Icehouse," and will learn about the entrepreneurial mindset through lessons learned by an unlikely entrepreneur. All of the students will complete a project related to their book, and their classes will incorporate themes and ideas taken from the books.

Some students are participating in summer school, as well. Courses are being offered to students to ensure they are ready for the next school year, and to help meet their requirements for graduation. Incoming freshmen have the opportunity to participate in a summer math enrichment program to prepare them for the rigor of Helix's math program.



Jordan Martinez greets Helix staff after receiving her diploma.

Other students are taking advantage of Helix's college readiness program by participating in "Rise Up" and "Summer Personalized Assistance with College Enrollment" (SPACE). Approximately 100 Helix sophomores are working with teachers to explore college options and find out more about what it takes to go to college by attending Rise Up sessions. The week-long program will culminate in a visit to the campuses of University of California, Riverside and California State University, San Marcos. In addition, members of the class of 2017 are participating in the SPACE program to ensure they have everything in place to attend college in the fall. The program is offered as an antidote to "summer melt," a phenomenon where 10 to 40 percent of students across the country who intended to attend college fail to enroll the following year. Students from low-income backgrounds are especially affected by summer melt. A Harvard University study shows that intervention programs such as SPACE can alleviate the effects, and increase college enrollment rates.

Teachers and staff participated in a series of workshops through Helix's Summer Institute. Several short courses were offered for staff to work on improving instruction with a focus on student learning. In addition, a Leadership Academy was offered for campus leaders (Grade Level Principals, Teachers on Special Assignment, Department Chairpersons, Course Level Team Leaders, etc.). Through this workshop, staff members focused on the current status of Helix and what changes need to be made and what actions

need to be taken in order for the school to continue to move forward.

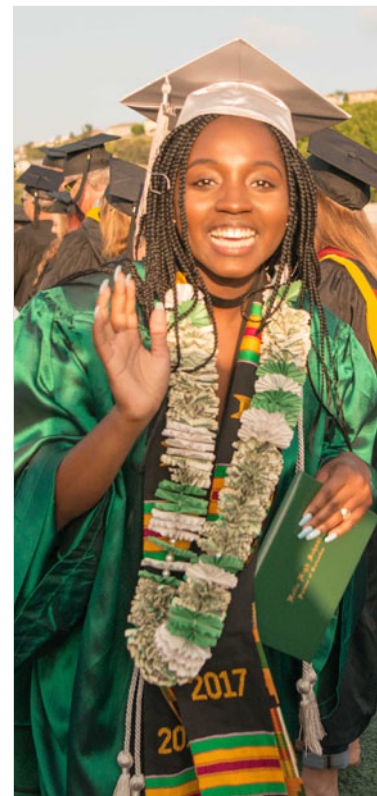
With all of this activity, it's hard to believe that there was time to celebrate, but it happened! Congratulations and best wishes to our 2017 retirees Lisa Cooper, Kris Irving, John Singer, and Claudia Zoumaras. Remember, once a Scottie, always a Scottie!

While there will be activities on campus in July as noted, the main office will be closed until Aug. 1. If you have specific questions regarding Helix, please leave a message and someone will return your call when we return. Have a great summer!

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



Helix seniors celebrate graduation at a ceremony on June 1. (Photos courtesy Helix Charter High School)



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# Graduation traditions honored at Grossmont



## Foothiller Footsteps

Connie and Lynn Baer

For 96 years, Grossmont High School's students and staff have taken great pride in the traditions surrounding graduation. Thursday, June 8, 459 seniors became part of an amazing group — the total 36,200 Foothiller graduates.

Since 1936, the graduating seniors have been led into the ceremony by the Daisy Chain, an 81-year tradition. The teaching staff selects 50 young men and young women on the basis of their school activities, scholarship, and citizenship. Each year the students create two ivy chains with daisies interwoven into them, which these outstanding juniors carry; being selected is the highest honor awarded juniors. This year, as in earlier years, the students used ivy growing on campus, some of which was originally planted by Kate Sessions in 1926.

Each year at graduation, outstanding seniors are

recognized for their achievements. Four students were recognized for their academic excellence: two Valedictorians, Jillian Dawson with a GPA of 4.791 and Megan Williams with a GPA of 4.786; and two Salutatorians, Caleb Cheek with a 4.767 GPA and Pamela Torresdey with a 4.698.

"This school has been the site of so many memories for me and my peers," Dawson said in her valedictorian address to the class. "From pep rallies and homecoming games to dances and more, Grossmont has worked hard to give us the best high school experience possible. So thank you, Grossmont, for being what you are and thank you to the people who keep you amazing."

Williams had a similar message for her classmates. "These past four years at Grossmont have built the foundation on which we will form our futures," she said. "We will go on to our next stage in life, whether it be going to community college, attending a four-year university, joining the workforce, enlisting in the military, or taking a gap year, and we will be taking our memories from Grossmont with us."

Yearly, three perpetual graduation trophies are awarded to seniors. Since 1927, for 90 years, two identical silver loving cup trophies have



The 2017 Grossmont High School graduation ceremony (Courtesy GHS Museum)

acknowledged one outstanding young woman and one outstanding young man. The 90 recipients' names are engraved on the trophies. Joining them this year are Kaeli Thompson and Connor Selander.

The most prestigious service award given at graduation is the Norman Freeman Award, first given in 1953 as a memorial to Norman Freeman, ASB President, Class of 1947. The trophy is engraved "For the Grossmont student who has most strengthened democracy through participation and leadership in student government."

This year's recipient, the 64th, is Alyssa Chong.

In 1925, outstanding seniors were first recognized with a Circle G, which was the highest award then given to graduating seniors. In 2017, for the 92nd year, six seniors were honored: Rileigh Dunning, Elizabeth Felix, Isabella Gargano, Luis Matias-Escobar, Lauren Pyiar and Kelsey York. Each student received a gold pin — a "G" enclosed in a circle — a reminder of the legacy binding GHS graduating seniors.

Since 1965, the Principal's Letters of Commendations are awarded to students who have distinguished themselves in particular areas at Grossmont. This year, principal Dan Barnes recognized 12 students: Chloe Camarero, John "Jack" Curtin, Kyle Crews, Jillian Dawson, Lizbeth Hernandez, Emily Hinton, Sarvenaz Karbasi, Christopher Laethem, Andrew Nguyen, Allison Schaefer, Pamela Torresdey and Megan Williams.

"All of you are (and will continue to be) the finest ambassadors for Grossmont goodwill," said Barnes during the ceremony, reflecting on the Class of 2017 and their accomplishments. "The diploma you are about to receive tells the world that you have met extremely high standards and are ready for the next stage in your lives."

To learn more about Grossmont's unique heritage,

visit the Museum this summer: noon-3:30 p.m. on July 5 or Aug. 3, or by appointment. Contact by email at [ghsmuseum@guhsd.net](mailto:ghsmuseum@guhsd.net) or phone at 619-668-6140. Visit our website, [foothillermuseum.com](http://foothillermuseum.com), for our Saturday summer hours.

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



The 2017 Daisy Chain juniors who led the graduating seniors into the ceremony (Photo by Boyd Anderson Photography)

### Upcoming Foothiller Reunions

- Class of 1956's 61st Reunion** (combined with El Cajon Valley HS Class of 1956) — Sept. 22  
Contact: [classof-56@cox.net](mailto:classof-56@cox.net)
- Class of 1967's 50th Reunion** — Aug. 26  
Contact [scottcordry49@gmail.com](mailto:scottcordry49@gmail.com)
- Classes of 1971 and 1972 Reunion** — Sept. 23  
Contact [ghs7172@gmail.com](mailto:ghs7172@gmail.com)
- Class of 1977's 40th Reunion** — Sept. 23  
Contact [cin91941@yahoo.com](mailto:cin91941@yahoo.com)
- Class of 1982's 35th Reunion** — July 8  
Contact [grossmont82@gmail.com](mailto:grossmont82@gmail.com)
- Class of 1987's 30th Reunion** — Aug. 4  
Contact [reunionspecialists.com](mailto:reunionspecialists.com)

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# Surprising facts about migraine headache

## TO YOUR HEALTH

Scripps Health

Migraine headache is one of the most common medical conditions in the United States – and also one of the most commonly misdiagnosed. Despite the belief that migraines are rare, statistics estimate that migraine headache affects about 20 percent of the population. Moreover, because migraines are often missed by physicians or not reported by patients, the actual number is likely much higher.

Here are five facts about migraine that might surprise you.

### A “sinus headache” or “tension headache” is likely migraine

Although sinusitis, or inflammation of the sinuses, is a common diagnosis, it typically doesn't cause a headache. An actual “sinus headache” is extremely unusual, and most headaches in the sinus region are really migraines that affect the nerves in that area.

Tension headaches are more common, but are generally not painful enough to need medical attention. In other words, if your headache is bad enough that you need to call the doctor, it is probably a migraine.

### Most people with migraine don't see an “aura”

You often hear that migraine headache is accompanied by visual disturbances such as flashing lights or blurry vision, but these “auras” actually are rare, affecting only about 10 percent of people with migraine. Similarly, only about 15 percent of patients vomit. Nausea, however, is a common migraine symptom, as is sensitivity to light and dizziness.

Additionally, not all migraine headaches are one-sided or pulsating; a headache that affects the whole head or feels like a tight band may be a migraine if there are other symptoms such as nausea and light sensitivity.

### Foods don't trigger migraine

Chocolate, cheese, citrus, dairy and other foods have long been blamed for triggering migraine headaches, but they may not be to blame. “Food



Around 20 percent of people suffer from migraine headaches. Learn the facts about this affliction in June, which is Migraine Headache Awareness Month. ([scrippshealth.org](http://scrippshealth.org))

triggers, for the most part, are not supported by the evidence and in fact some, such as chocolate, have actually been disproven,” says neurologist Emily Rubenstein Engel, M.D., associate director of the Dalessio Headache Center at Scripps Clinic. “So many patients have been given limited diets to avoid migraine triggers but they haven't been told not to go hungry, and ironically hunger itself is one of the major triggers of migraine.”

Dr. Engel adds that hormones are a significant trigger. “Hormones are under-recognized and under-addressed, especially among women in perimenopause. These patients with migraine often get unusual symptoms such as dizziness that they didn't used to have.”

### Frequent headaches aren't normal

Migraine headaches are divided into two classes: episodic and chronic. Chronic migraine occurs more than 15 days a month; episodic is less frequent. Because chronic migraine patients have headaches so often, they start to believe it is normal to have some type of headache almost every day. Many take over-the-counter pain relievers daily instead of seeking medical help, so their condition often goes undiagnosed. Moreover, non-prescription pain relievers aren't meant to be taken on a regular basis, and doing so can lead to other health problems such as stroke. If you have frequent headaches, don't try to treat them on your own; make an appointment with a neurologist for an evaluation.

### Migraine can be treated and prevented

With the right treatment, migraine can be prevented. Several prescription medications, taken daily for six months to a year, are intended to break the migraine cycle. Botox injections are another FDA-approved alternative for chronic migraine prevention; patients receive 31 injections in specified sites every three months. These preventive approaches work by blocking the release of inflammatory pain chemicals that lead to migraine. Other prescription medications can help stop migraine headaches after they have started.

Dr. Engel notes that The American Headache Society recommends against narcotics such as Vicodin for migraine pain. “Part of problem is it doesn't treat the underlying inflammation that causes pain, so you're numb to it but you're still having injury in the brain,” she says. “You're not properly treating it, so it pushes you into chronic migraine.”

New therapies on the horizon include a preventive treatment that targets migraine pain receptors, and a handheld device that stimulates the vagal nerve, which may help prevent migraine pain.

“It's important to know that if you have migraine headaches, you're not alone and it is treatable,” says Dr. Engel. “Help is out there.”

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## NEWS BRIEFS

### Local named Jewish Family Service chair

Marie Raftery, businesswoman and philanthropist from La Mesa, was named chair of the Jewish Family Service (JFS), Board of Directors during JFS' Annual Meeting Luncheon on June 13.

JFS, located at 8804 Balboa Ave, is a nonprofit human service agency in San Diego that aims to provide services for community members.

Raftery previously served as director of the UCLA Dental Clinic and then opened her own Dental Practice Management Corp. After that, she opened



Marie Raftery (Courtesy JFS)

and managed 10 offices spanning San Diego County. She has since then sold all but one of her offices, and was recently introduced to JFS by a friend.

“I saw how JFS served the whole community, from children and parents with

its parenting programs and BigPals, all the way through to services for seniors with its nutrition and On the Go programs,” said Raftery in a press release. “I knew from my dental offices that when you serve the entire family, you can stay connected and that's what JFS does.”

And so, she served as chair for the JFS Development Committee and its “Friends of the Family” campaign. Since joining JFS, Raftery also started the David Rubenstein Memorial Scholarship program

See BRIEFS page 18 →



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PUZZLES ANSWERS ON PAGE 8

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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.

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

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CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
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58				59	60				61			
62				63					64			
65				66					67			

CREATOR'S NEWS SERVICE

By Charles Preston

- ACROSS**
- 1 Garbage disposal
  - 5 Sparse
  - 10 Donkey's call
  - 14 Diva's solo
  - 15 Debate
  - 16 Hawkeye State
  - 17 Takes advantage of
  - 18 Root vegetables
  - 19 Shine
  - 20 Walling Irish specters
  - 22 Fishes from a moving boat
  - 24 Recreation area
  - 25 X marks the
  - 26 Type of tie
  - 29 Careless
  - 33 Red table wine
  - 35 Type of bulrush
  - 36 French affirmative
  - 37 Hue
  - 38 Friend: Sp.
  - 40 Erstwhile private eye Peter
  - 41 Short poem
  - 42 Flesh
  - 43 Sleeplike state
  - 45 Fragrant
  - 47 Below
  - 48 Highway
  - 49 Saucerlike bell
  - 51 Garland
  - 54 Military VIP
  - 58 Sword handle
  - 59 Assumed name
  - 61 Slate
  - 62 Atoll
  - 63 Courage
  - 64 Rim
  - 65 Lake near Las Vegas
  - 66 Tenderfeet
  - 67 Quantity of paper
  - 11 Bakery product
  - 12 Mil. misdeemeanor
  - 13 Steers wildly
  - 21 Despise
  - 23 Heavy cord
  - 25 Hit with force
  - 26 Thespian
  - 27 Scoot along
  - 28 Beat with a stick
  - 29 Be frugal
  - 30 Pursue unrelentingly
  - 31 Small weight
  - 32 Café
  - 34 Intervene and assist
  - 39 Brain
  - 40 Criminal
  - 42 Narrow opening for a coin
  - 44 Operates, as a business
  - 46 Made a formal speech
  - 49 Serious
  - 50 Desert garden spots
  - 51 Caprice
  - 52 Ascend
  - 53 Songstress
  - 54 Fitzgerald
  - 55 Put in a secret place
  - 56 Seaweed
  - 57 Swarm
  - 60 Rumanian coin

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### ► Golf, from page 1

to be done,” Gonzalez said, adding that the only reason they stayed open past the agreement was to honor golfers who had already purchased multi-day passes and to host some tournaments that were already scheduled.

“Some [golfers] have come by and expressed their grief about us closing, but it’s still slow,” Gonzalez said.

### City takes over

On June 30, the city of La Mesa will take back responsibility of the 13-acre golf course and incorporate it back into MacArthur Park. Starting on that day, the course will be closed until an inspection and maintenance can be completed.

“We’re going to transition,” said Greg Humora, assistant city manager. “We’re going to figure out, when the city comes on board, what the city is going to need to do — what the city’s responsibilities are — because basically the keys get turned over to us.”

Some of the immediate transition work has already been figured out. Tree and landscaping work will be done, maintenance on the irrigation system will be performed, and the ball and foot golf holes will be taken out because the city will not be upkeeping the tees and greens.

“That’s the highest-cost maintenance aspect out here,” Humora said, adding that the parks maintenance budget will not be affected because workers already maintain the other nine acres of MacArthur Park.

“It will cause stress a little with the schedules and routines, but we have mowers and crews already in place,” he said. “It is something that we are prepared to take on.”

### ‘Central Park La Mesa’

The city has been preparing for its takeover of the golf course since the Gonzalez family announced it wouldn’t renew its lease. A City Council subcommittee, led by Vice Mayor Guy McWhirter and Councilmember Kristine Allesio, was formed to decide what to do with the added acres to MacArthur Park.



Mary Jane Gonzalez looks over the now-closed Sun Valley Golf Course in La Mesa which she and her husband have operated since 1997. (Photo by Jeff Clemetson)

“Right now, [the golf course] meets the needs of hundreds of people in La Mesa. We’re asking, ‘How can we meet the needs of thousands?’ That is kind of the driving effort,” McWhirter said. “What can we do to make this a viable park where people will come and get involved?”

A landscape architect has been hired to prepare a draft design of short-term uses for the added park space, which will include open space, a walking trail, new access points and some possible amenities, like a new disc golf course, a dog park and a community garden.

The city is also looking to partner with businesses to offset costs.

“We have people that are giving us presentations already saying, ‘Hey here’s what we can do to benefit the city and it could help us in what we’re trying to do as well,’” McWhirter said.

Proposals already heard by the subcommittee include putting in a splash zone near the clubhouse; turning the clubhouse into a café or restaurant; and creating a space for a wedding venue.

“Once the word got out [that the golf course was closing] ... all of a sudden there was a huge interest from people and corporations approaching us and saying, ‘What are you going to do? We could do some sort of development over there and everything,’” McWhirter said. “But we said from the

very, very beginning that this is always going to be a park. There is no way this can turn into development or anything like that. It has to stay a park.”

The city will soon announce the release of official request for proposals (RFPs), for partnerships with private businesses for ideas for the golf clubhouse, putting green and driving range areas of the course.

A presentation on the first phase design concept is scheduled for a public meeting in August.

As far as the long term future for the entire 22-acre MacArthur Park, an RFP for planning firms to perform an Opportunities and Constraints Study has been released and can be found by accessing the city’s bid portal at [cityoflamesa.com/90/Purchasing](http://cityoflamesa.com/90/Purchasing).

The study is planned to look at the property and existing facilities to recommend ideas for its reuse, renovation and increased benefit to the community for park and recreation purposes. Public input will also be a part of the study.

The renovation and expansion of MacArthur Park is long overdue and once completed, the hope is that it will be utilized more than it is today.

“This is really an unknown gem,” McWhirter said. “The location and the size could make this a Central Park La Mesa.”

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

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## Cuyamaca to offer degree in elementary education

Anne Krueger

Students looking to become an elementary school teacher can earn a bachelor’s degree in elementary education at Cuyamaca College through a new partnership launching this fall with one of the Midwest’s top regional public universities.

Under the agreement, Valley City State University (VCSU) in Valley City, North Dakota, will provide instruction both online and at Cuyamaca College to students who have earned an associate degree at the Rancho San Diego campus. A VCSU counselor will also be stationed at Cuyamaca College to work with students in setting up an educational plan.

The new program at Cuyamaca College comes at an

opportune time, as the number of elementary school teachers in California, excluding those focusing on special education, is projected to grow by nearly 10 percent in the decade between 2014 and 2024. Elementary school teachers in California earn an annual average salary of \$74,270, according to the U.S. Department of Labor, and \$72,130 in San Diego County.

“Cuyamaca College is among the leaders in our region when it comes to workforce development, and partnering with VCSU will enable us to help fill a void in preparing students for careers as elementary school teachers,” said Cuyamaca College President Julianna Barnes. “We’re excited for the opportunity to work with a university that has a long history and stellar reputation in

educating elementary school teachers across the country.”

VCSU was rated the top school among regional public colleges in the Midwest by U.S. News & World Report in its 2017 rankings. Its School of Education and Graduate Studies is accredited by the National Council for Accreditation of Teacher Education, the Higher Learning Commission and the North Dakota Educational Standards and Practices Board.

VCSU has been training teachers since 1890 when it opened its doors as a teacher’s college, and the National Council for Accreditation of Teacher Education has recognized the university for exemplary practice since 1954.

See **EDUCATION** page 16 —————→



► Education, from page 16

“We at Valley City State University are excited to partner with Cuyamaca College to offer our bachelor’s degree program in elementary education,” said VCSU President Tisa Mason. “I commend President Julianna Barnes for seeking out baccalaureate opportunities for Cuyamaca students, and I know we can provide an outstanding opportunity for those who wish to teach in elementary schools.”

Registration is open now for the fall semester. The program to open to anyone with an associate degree, although Cuyamaca College graduates with a degree in elementary education or an associate degree for transfer in elementary education will have a seamless path to admission. Other students will need to have their college transcripts evaluated to determine if they have any gaps in their coursework.

Students will pay the same in-state tuition and fee rates charged to North Dakota residents, which is approximately \$16,300 for the entire two-year program.

Valley City State provides laptops to qualified distance learners as part of the university’s technology fees. Because VCSU is a nationally accredited institution, graduates will be able to teach in California after obtaining a North Dakota teaching license and securing a California teaching credential.

The bachelor of science degree in elementary education is the latest baccalaureate program offered at Cuyamaca College. In fall 2016, Cuyamaca College and Point Loma Nazarene University teamed up to offer bachelor degrees in both child development and organizational management.

Students interested in the elementary education program should contact advisor and assistant professor Daisy Figueroa at 562-822-7606 or daisy.figueroa@vcsu.edu

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

# Playing young in ‘You’re A Good Man, Charlie Brown’

Alex Owens

Eleven years ago, Dr. Mark Arapostathis had his hands full running Peter Pan Junior Theater and working on his doctorate.

The program maxes out at the eighth grade, but when former students had a request he couldn’t let them down.

“Some former student came to me and felt there was nothing for them as freshmen,” Arapostathis said. “I was in graduate school and I said, ‘If I finish my doctorate, I will start a theater program for teens.’”

Arapostathis got the Ph.D. in 2006 and started Captain Hook Theater the next year.

The company’s 2017 presentation, “You’re A Good Man, Charlie Brown” runs June

28–July 1 at the Performing Arts Center at The Salvation Army Ray & Joan Kroc Corps Community Center Theatre in Rolando.

Captain Hook did the play in 2012 and Arapostathis admits it’s an easier set up compared to “My Fair Lady,” the play he did with Peter Pan Junior Theater this past April.

“That one had a cast of 90, while this has a cast of 25 — plus a 40-person chorus made up of students in the junior theater program,” he said.

Although many of the students are familiar with Charlie Brown, Snoopy and Lucy from their TV specials and newspaper strips, Arapostathis had to educate them on the musical, which debuted on Broadway in 1965, and was revived in 1999.

“I told the kids that Gary Burghoff from ‘M.A.S.H.’ played Charlie Brown in the original and they had no idea who he was,” Arapostathis laughed. “The 1999 version featured Kristin Chenoweth as Sally. She won a Tony for Best Supporting Actor.”

This musical theater version of the “Peanuts” strips shares much in common with the source material.

“It is not broken into scenes like a normal play, but vignettes,” Arapostathis said. “It’s meant to be watched as if you’re reading the Sunday funnies. You



(l to r) Nathan Massey as Shermy, Emily Alessio as Sally and Danielle Uzman as Naomi

know, three panels and the next strip.”

Most of the students in the show have some theatrical experience so Arapostathis gives them some freedom in their performance.

“I give them a body and they fill it out,” he said. “Younger kids are more like claymation — I have to mold them.”

Still, playing the parts of established characters like the “Peanuts” gang can present challenges for the teen thespians.

“They have to play the parts of 5- and 6-year-olds without using an adolescent voice,” Arapostathis said. “I explain that the audience will suspend disbelief. Typically, these roles are played by 25- to 38-year-olds and the audience realizes they’re not 6-year-olds.”

The actor, or in this production, the actress playing Snoopy also has to play the character differently than in the comics (where it communicates with thought balloons) or pantomime like in the animated specials.

“In the musical, Snoopy has dialogue,” Arapostathis explained. “There are two ways to do this: You can have everyone on stage freeze while Snoopy speaks, or he talks and the other characters ignore him except for Woodstock.”

In addition, the kids can’t mimic the flat vocal tones used on the cartoon specials.



Timmy Lancia as Charlie Brown and Jamie Boyd as Lucy (Courtesy PPJT)

“This is a musical and these kids are playing cartoon characters so you need bigger emotions and bigger expressions,” he said.

—Alex Owens is a La Mesa-based freelance writer.■



(l to r) Kira Sutherland as Woodstock and Stella Mae Coleman as Snoopy



(l to r) Rerun, played by Cole Atencio, looks on as Lucy (Jamie Boyd) tries to take a blanket from Linus (Dylan Ryder) in a scene from Peter Pan Junior Theater’s “You’re A Good Man, Charlie Brown.” (Courtesy PPJT)

**“You’re a Good Man, Charlie Brown”**  
June 28 through July 1

The Salvation Army  
Ray & Joan Kroc Corps  
Community Center  
Theatre  
6845 University Ave.,  
San Diego

7 p.m. for evening shows,  
1 p.m. for the matinee  
Tickets: \$15 individual; \$10  
group rate (10 or more); \$5  
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# Discover the world of design through reading



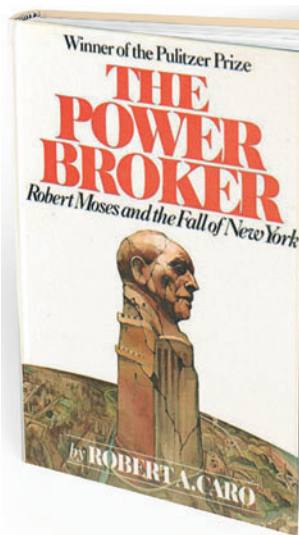
Heather Pisani-Kristl

As we noted in June, the theme of the library's Summer Reading Challenge is "Reading by Design." This month we're focusing on the exterior and interior design of our homes.

Jane Jacobs was a journalist who was galvanized by love of her Greenwich Village neighborhood to launch a protest movement against a highway that would have bisected Washington Square Park. In her landmark 1961 work, "The Death and Life of Great American Cities," Jacobs shared her vision of cities as places that arise organically from the chaotic needs and movement of the people who live there.

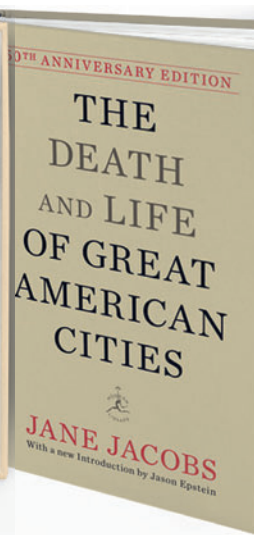
City planners don't take human relationships into account, she wrote, and the result is that urban renewal and new architecture — with their emphasis on order, efficiency, and separation of uses — choke vibrant street life and isolate neighbors from each other. "Death and Life" questioned the future of city planning, seeking a humanistic approach to preserve a feeling of community between residents.

Jane Jacobs' nemesis was New York City planner Robert Moses, a cautionary example



of excessive power focused in the hands of one appointed official. Moses was responsible for the modern expressways in and around New York City, citing efficiency in his quest to demolish low-income neighborhoods and move large volumes of vehicles. Wearing more than one hat, he also shaped the look of public parks and facilities in the boroughs at that time, favoring automobile access over public transportation.

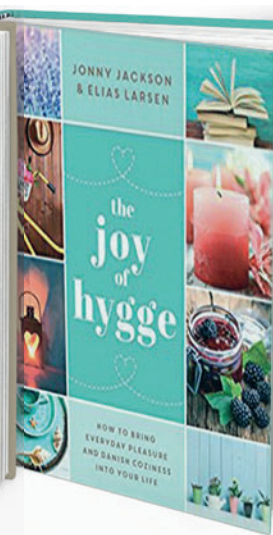
If you have a political outlook and are looking for a title that has nothing to do with the presidency, start with "The Power Broker: Robert Moses and the Fall of New York" by Robert Caro. Caro, also Lyndon Johnson's tireless biographer, had several years of access to Moses' unguarded commentary on poverty and race relations before Moses realized that he



wasn't going to be lionized in the fashion to which he'd become accustomed. Caro's result is a multifaceted look at political power, urban design, the rise of the automobile, and the effects on subsequent generations of city dwellers.

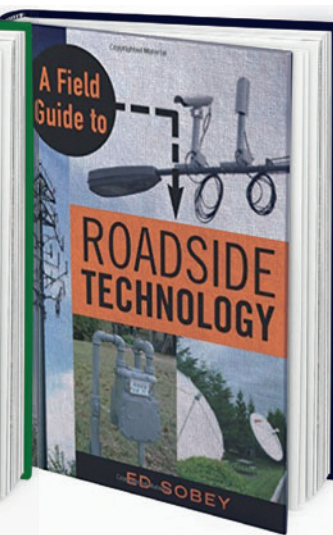
If you're taking a road trip this summer, play a modern version of "I Spy" with your kids by packing "A Field Guide to Roadside Technology" by Ed Sobe. This small book is a fascinating guide to items seen by the side of the road — electrical pylons, traffic signals, antennas, and other necessary infrastructure for modern life. Placed against the backdrop of a sunset or a forest, most technology recedes from view, but once you're aware of what it's doing, you'll easily spot it.

Need a quick and visually striking beach read for your



iPad or color tablet? "Making Midcentury Modern" by Palm Springs designer Christopher Kennedy offers 100 two-page examples of midcentury modern ideas that you can introduce into your home. You'll recognize elements of Southern California design from the 1950s and 1960s in the full-color photos that accompany Kennedy's cheerful text.

You can also connect with the lifestyle trend of hygge (pronounced "hoo-gah") with the e-book "The Joy of Hygge: How to Bring Everyday Pleasure and Danish Coziness Into Your Life." As some of the happiest people on earth, Danes know how to chase away the shadows and create a warm feeling of connectedness with friends and family. Interior design, cooking, crafts, and conversation are all components of hygge. Both



of these books can be found via OverDrive, the library's e-book app.

## Summer Reading Challenge

Read 10 books or 10 hours through July and August, and receive a toy, book or library tote bag when you finish. You'll also receive a chance to win a Target gift card (all ages) or Kindle Fire (adults only) for every multiple of 10 that you complete. The more you read, the more chances you have to win. Register online at [sdcl.org/src](http://sdcl.org/src) or visit the library for a reading log.

— Heather Pisani-Kristl is branch manager for 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](http://sdcl.org). ■

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## ► Briefs, from page 14

with her partner Dr. Robert Rubenstein. The scholarship annually grants 15-20 scholarships of up to \$2,500.

In addition to Raftery, Sheldon Derezin, CPA, CFP; Gregg Kornfeld and Joel Smith were also added to the board.



Valerie Victor (Courtesy UCCLM)

## Organist celebrates 50 years with church

La Mesa resident Valerie Victor is celebrating her 50th year as an organist and pianist for United Church of Christ of La Mesa (UCCLM) located at 5940 Kelton Ave.

Victor was born in National City and started playing piano there when she was 7. A year later she was told not to return to piano class because she was too good.

After that, Victor was her teacher's private student for the next seven years. Then she began playing the organ for Lemon Grove Congregational church at age 14 and moving to

East San Diego Presbyterian church when she was 18.

Victor began playing for UCCLM in June 1967 and also worked for the Grossmont and Cajon Valley School Districts, playing for high school glee clubs and choirs, as well as Greenfield Elementary's musical theater group.

The people of UCCLM will celebrate Victor with a musical service at 10 a.m. on Sunday, June 25 at the church, located at 5940 Kelton Ave.

was honored as part of the La Mesa Rotary Charitable Giving Campaign. At the event, Looser and Marsha Starr, club sponsor, presented Troyes with a \$750 check.

Shannon Murphy, Camp Director of the Davis Family YMCA was at the event where the Davis YMCA was given \$1,000 for their summer programs by Looser and Rotarian Rob Sauvajot.

The Rotary Club of La Mesa also donated \$750 to La Mesa Parks and Rec.

## City shuts down illegal dispensary

The La Mesa City Attorney's office has obtained a Temporary Restraining Order (TRO) to shut down Herbal Trust, an illegal marijuana dispensary located at 6903 University Ave.

Judge Pollack, Judge of the Superior Court in San Diego, ordered that within 10 days, city officials like the La Mesa Police Department must be allowed to perform shutdown inspections in compliance with the La Mesa Municipal Code.

Herbal Trust has been under fire from La Mesa citizens and businesses for excessive noise, littering, public marijuana smoking, and drug paraphernalia found near a preschool according to La Mesa City Attorney Glenn Sabine.

The dispensary is the 15th illegal marijuana dispensary the La Mesa has shut in the past two years. ■



(l to r) La Mesa Rotary president Steven Looser, LMPD officer Tim Cook and Dani Womack (Courtesy La Mesa Rotary)

## Rotary Club gives awards

On Wednesday, June 7, The Rotary Club of La Mesa located at 4975 Memorial Drive honored local groups and individuals during its lunch meeting.

President Steven Looser and Dani Womack honored Officer Tim Cook of the La Mesa Police Department as Officer of the Year with a check for \$250, a plaque and gift certificates to local La Mesa Businesses.

Additionally, Jerry Troyes from Urban Street Angels



FEATURED EVENTS

**JUNE 24** **Paper Shredding Event**  
**Saturday, June 24**

The city of La Mesa and EDCO Disposal Corporation present a free paper-shredding event for residents to get rid of household documents. 9 a.m.-1 p.m. at La Mesa's EDCO Station, 8184 Commercial St. Call 619-667-1167.

**JUNE 26 - AUGUST 10** **Summer basketball camps**

**Monday, June 26-Thursday, Aug. 10**

Cuyamaca and Grossmont colleges offer youth basketball camps for ages 7-16 years old. Classes are taught on-campus by college basketball coaches. Prices vary. Registration required. Visit [bit.ly/2rnNpNw](http://bit.ly/2rnNpNw).

**JUNE 28** **'Qigong: Meditation in Motion'**  
**Wednesday, June 28**

Dr. William C. Herrick Community Health Care Library hosts a free program on the ancient breathing technique, Qigong. Light refreshments provided. 9001 Wakarusa St. Call 619-825-5010 or visit [herricklibrary.org](http://herricklibrary.org).



**JUNE 29** **JULY 6** **JULY 13** **JULY 20**

**JULY 27** **La Mesa Classic Car Show**  
**Thursday, June 29; Thursday, July 6, 13, 20 and 27**

La Mesa Village Association presents the La Mesa Classic Car Show every Thursday night through Aug. 31. The event features pre-1974 vehicles, live music and shopping. 5-8 p.m. on La Mesa Boulevard. Visit [bit.ly/2qTTeiy](http://bit.ly/2qTTeiy).

**JUNE 30** **Social Media Day**  
**Friday, June 30**

Learn the latest in social media marketing from the industry experts. The conference features various speakers who will share updates in the world of social media. A networking party and boat cruise will follow. Tickets \$150 online before June 26. 7:30 a.m.-7:30 p.m. at Bahia Resort Hotel, 998 West Mission Bay Drive. Visit [bit.ly/2sxx7tk](http://bit.ly/2sxx7tk).

**JULY 3** **Independence Day Celebration**  
**Monday, July 3**

College Avenue Center hosts a holiday lunch with entertainment by Emma's Gutbucket Band. Come dressed in red, white and blue. 12 p.m. at The College Avenue Center, 6299 Capri Drive. Visit [bit.ly/2pPTBZx](http://bit.ly/2pPTBZx).



**JULY 4** **Lake Murray Fireworks and Music Fest 2017**

**Tuesday, July 4**  
Lake Murray Fireworks is back! Celebrate the Fourth of July with food, music and fireworks at Lake Murray Regional Park. Free and family-friendly. 11 a.m.-10 p.m. at 5540 Kiowa Drive, La Mesa. Visit [bit.ly/2rnIbBF](http://bit.ly/2rnIbBF).

**JULY 11** **Luau on the Boulevard**  
**Tuesday, July 11**

Celebrate local art, music and businesses with the La Mesa Boulevard Stroll. Entertainment includes a historical walking tour as well as performances from Marissa Grace and Jessie Howard. Free and family-friendly. 5-8 p.m. on La Mesa Boulevard. Visit [bit.ly/2sxxm4Gi](http://bit.ly/2sxxm4Gi).

**Creative Writing Class**  
**Wednesday, July 12**

College Avenue hosts a new creative writing class taught by Lisa Balderston, a published writer and SDSU alumna. All skill levels and genres welcome. 10:30 a.m.-12 p.m. at The College Avenue Center, 6299 Capri Drive. Visit [bit.ly/2pPTBZx](http://bit.ly/2pPTBZx).



**JULY 15** **Fifth Annual PAWmicon Convention**  
**Saturday, July 15**

Cosplay for a cause! Stop by Hazard Center for PAWmicon and play with some superhero pups. The event, which raises awareness for orphan dogs, features a Comic-Con costume contest, carnival games and more. 10 a.m.-noon at 7610 Hazard Center Drive. Visit [bit.ly/2swXYeE](http://bit.ly/2swXYeE).

**JULY 15** **Charley Brown Preschool's 45th Anniversary Party**  
**Saturday, July 15**

Join former students, parents, friends and neighbors for Charley Brown Preschool's anniversary celebration! The event features a bounce house, petting zoo, face painting and lots of food. 10:30 a.m.-2:30 p.m. at 5921 Jackson Drive. Call 619-463-5126. ■

MUSIC NOTES

**JUNE 25** **JULY 9** **JULY 16** **JULY 23** **Sundays at Six**  
**Sunday, June 25, July 9, 16 and 23**

The city of La Mesa presents a free Summer Concert Series featuring local bands in June and July. Family-friendly. 6-7 p.m. at Harry Griffen Park, 9550 Mildren St. Visit [lamesaparks.org](http://lamesaparks.org).

Upcoming concerts:  
**June 25:** Fanny and the Atta Boys  
**July 9:** Dim the Lights  
**July 16:** Fringe Benefitz  
**July 23:** Sonic Epidemic



'90s soul group Bel Biv DeVoe perform at Sycuan Casino June 26-28. (Facebook)

**JUNE 25 - JULY 29** **Summer of Sycuan Concerts**  
**Sunday, June 25-Saturday, July 29**

Sycuan Casino hosts a concert series this summer. Must be 21-and-over to attend. Buy tickets online or at the Live & Up Close box office. 5469 Casino Way, El Cajon. Visit [sycuan.com](http://sycuan.com) or call 619-445-6002.

Upcoming concerts:  
**Sunday, June 25:** The Broadway Tenors, 7 p.m.  
**Monday June 26-Wednesday, June 28:** Bell Biv DeVoe, 8 p.m.  
**Friday, July 7 and Saturday, July 8:** Superstars on Stage, 5 p.m. and 8 p.m.  
**Friday, July 14:** Craig Morgan, 8 p.m.  
**Friday, July 21:** Jody Watley, 8 p.m.  
**Thursday, July 28 and Saturday, July 29:** Psychedelic Furs, 8 p.m.

**JULY 2** **JULY 16** **Free Concert Series**  
**Sunday, July 2 and 16**

The Mission Trails Regional Park Foundation presents at least two free concerts each month. All concerts begin at 3 p.m. and are performed at the Visitor Center, 1 Father Junipero Serra Trail. Donations for the musicians are appreciated.

Upcoming concerts:  
**Sunday, July 2:** Peter Sprague on guitar  
**Sunday, July 16:** Vocalist Lillian Palmer

GALLERY VIEWS

**JUNE 23 - JUNE 30** **Foothills Art Association's Members Show**  
**Friday, June 23-Friday, June 30**

Foothills Art Association invites you to their June Gallery Members Show. No specific theme or entry fee. Gallery hours: 11 a.m.-4 p.m.; Tuesday-Saturday. Porter Hall, 4910 Memorial Drive. Visit [bit.ly/2sxxpMj3](http://bit.ly/2sxxpMj3) or contact 619-464-7167.

**JUNE 23 - JUNE 30** **Herrick Library's Spring 2017 Art Exhibit**  
**Friday, June 23-Friday, June 30**

The Dr. William C. Herrick Community Health Care Library hosts their first photography exhibit. The collection features art from Sharp Grossmont Hospital scientists. 9001 Wakarusa St., La Mesa. Visit [bit.ly/2rojiWn](http://bit.ly/2rojiWn).

**JUNE 23 - JULY 14** **'Masters of the Moment' Juried Art Show**  
**Friday, June 23-Friday, July 14**

East County Art Association will display 110 juried paintings by local artists. Free. Museum

hours: 10 a.m.-3 p.m.; Tuesday-Saturday. Olaf Wieghorst's Museum, 131 Rea Ave. Visit [bit.ly/2pwFwEj](http://bit.ly/2pwFwEj).

**JULY 24** **'New Works' Art Reception**  
**Saturday, July 24**

Celebrate local artist Lisa Bebi and her one-woman show "New Works" at Nainsook Framing + Art. Enjoy wine and snacks as you learn more about Bebi and her work. 6:30-9 p.m. at 8130 La Mesa Blvd. The exhibit will run through Thursday, June 29. Visit [bit.ly/2sxHmU6](http://bit.ly/2sxHmU6).

**JUNE 25** **MTRP Art Reception: Amateur Photo Contest Awards**  
**Sunday, June 25**

Join Mission Trails Regional Park for an art reception and awards ceremony to celebrate the winners of the 25th Annual Amateur Photo Contest. 1 p.m. at the Visitor Center, 1 Father Junipero Serra Trail. All photos from the contest will be on display until July 14. Visit [bit.ly/2rocBNJ](http://bit.ly/2rocBNJ).

**JUNE 25** **La Mesa Craft Corner**  
**Sunday, June 25**

Calling all artists and art lovers! Show, sell or buy handmade items every second and fourth Sunday at La Mesa Craft Corner. 10 a.m.-4 p.m. at La Mesa Boulevard and Allison Avenue. Visit [bit.ly/2q8NrZd](http://bit.ly/2q8NrZd).

**JULY 3** **JULY 5** **JULY 6** **JULY 20** **JULY 24** **JULY 26**

**Nainsook Framing & Art Classes**  
**Monday, July 3; Wednesday, July 5; Thursday, July 6; Tuesday, July 20; Monday, July 24; Wednesday, July 26**

Nainsook Framing & Art offers events including Alcohol Ink on Tile and Hi Flo YUPO. Art styles and times vary. \$35-40 cost per person. Events held at Nainsook Framing & Art, 8310 La Mesa Blvd. Email [nainsookframing@gmail.com](mailto:nainsookframing@gmail.com) or call 619-303-8060.

**JULY 8** **heART Juried Art Show Winner's Reception**  
**Saturday, July 8**

In conjunction with the upcoming heART of Mt. Helix gala/fundraiser, Nainsook Framing + Art will host a juried art show to benefit Mt. Helix Park. Enjoy wine and snacks as prizes are awarded. 6-8 p.m. at 8310 La Mesa Blvd. Visit [bit.ly/2sxB0nx](http://bit.ly/2sxB0nx).

STAGE CUES

**JUNE 23 - JUNE 25** **San Diego Follies 10th Anniversary Celebration**  
**Friday, June 23-Sunday, June 25**

Christian Community Theatre presents the San Diego Follies' summer music and dance performance. Tickets \$25-40 online. 2 p.m. and 6 p.m. shows on Thursday-Saturday; 2 p.m. show only on Sunday. Lincoln Performing Arts Center, 4777 Imperial Ave. Visit [bit.ly/2q8ICiE](http://bit.ly/2q8ICiE).

**JULY 7 - JULY 30** **'Women In Jeopardy' at Lamplighters Theatre**  
**Friday, July 7-Sunday, July 30**

Lamplighters Community Theatre presents a comedy about two divorcees' suspicion over their friend's new boyfriend turns them into Nancy Drews. 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 Sundays. 5915 Severin Drive. Visit [bit.ly/2sxarPE](http://bit.ly/2sxarPE). ■





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Mt. Helix **SOLD**



Mt. Helix **SOLD**



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Bankers Hill Penthouse **SOLD**



San Diego Country Estates **SOLD**



Mt. Helix Foothills **SOLD**



Escondido **SOLD**



Campo Horse Ranch **SOLD**



San Carlos **SOLD**



La Mesa **SOLD**



City Heights **SOLD**