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# La Mesa COURIER



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## Ferret-friendly

A movement is underway to legalize pet ownership of ferrets at city levels in California, one of only two states that still outlaw the animals. (Photo by Megan Mitchell)

### Group aims to make La Mesa a sanctuary for ferret owners

Joyell Nevins

A group fighting a 20-year legal battle is now employing a new tactic. “Legalize Ferrets,” founded by La Mesa resident Pat Wright, still has the ultimate goal of having ferrets as legal domestic pets in the

state of California — but now they are working with council members to declare the city of La Mesa a “ferret-friendly” or “ferret sanctuary” city.

“We know there are ferrets and people who love ferrets in our city,” La Mesa councilwoman Kristine Alessio told the Legalize Ferrets group at a meet-and-greet on July 15. “I have taken on the challenge.”

#### How the law stands now

The Mustelidae or mustelids family of animals was first banned in California in 1933. The species family of fur-bearing carnivores includes

ferrets, weasels, otters, badgers and polecats, according to Britannica.

Ferrets remain on the restricted species list, pursuant to Fish and Game Code Section 2118 and California Code of Regulations Title 14, Section 671. Within Section 671, ferrets are further designated as “detrimental animals.” California and Hawaii are the only two states that still ban ferrets from domestic ownership (in fact, Legalize Ferret supporter Tyler Jernigan, who is out in San Diego for flight school for

See FERRETS page 4 —————>

## Boys & Girls Clubs of East County breaks ground on La Mesa clubhouse

Rick Griffin

The Boys and Girls Clubs of East County (BGCEC) has begun construction of its new Brady Family Clubhouse in La Mesa that will house the Gagon Academy and Bill Walton Gymnasium. The new clubhouse is located past a ball field on the west end of the La Mesa Arts Academy.

The new 26,000-square-foot Brady Family Clubhouse will be the largest of the six Boys and Girls Clubs of East County. The clubhouse will



The groundbreaking ceremony for the new Brady Family Clubhouse on July 12 (Courtesy of Boys & Girls Clubs of East County)

See CLUBHOUSE page 3 —————>

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# Alvarado Hospital expansion well underway

Jeff Clemetson  
Editor

On June 29, construction workers raised and installed the final beam for the frame of Alvarado Hospital's emergency room expansion.

To celebrate the milestone, construction workers and hospital staff gathered for a ceremony that included speeches, food and the signing of the last beam. In a tradition of ironworkers, the final beam was strapped with an American flag and a small pine tree.

"The tree signifies the safe completion of the structural framing and a wish for continued good luck with the project and, eventually, its occupants," said Jim Roherty, president of Pacific Building Group, the general contractors building the expansion.

Roherty described the addition to Alvarado as a "state-of-the-art facility that will directly benefit our community."

The expansion project started 18 months ago and the 21,000-square-foot building is expected to be completed in early 2018.

The expanded emergency room will have 21 more beds — nearly double the current patient capacity. The new beds will be on the first floor. A second floor in the expansion will be a designated staff area and have space for future expansion.

In addition to the main building expansion, Pacific



Workers prepare to hoist the last beam with the ceremonial flag and pine tree onto the frame of the Alvarado Hospital expansion. (Photo by Jeff Clemetson)

Building Group will also be completing an expanded covered ambulance entry; making improvements to the parking lot area; upgrading sidewalks and street lights; installing new landscaping; and upgrading the main hospital's energy system, including a new emergency generator.

In her speech to the gathered workers and hospital staff, Alvarado Hospital CEO Robin Gomez said the expansion has been in the planning for over 20 years — going all the way back to when her father worked at the hospital as a lead engineer in the late 1990s. The expansion has only become more necessary because having only 12 emergency room beds in a hospital with more than 300 beds "doesn't make any sense" in today's health care environment, she added.

"These beds are so important because there is a backlog

of patients and waiting times all over the county. Patients are holding in emergency rooms because we don't have beds for them," she said. "And these beds here are vital to the safety net of this county — especially East County."

Alvarado Hospital was built in 1972 and its upgrade will bring it more in line with the only other emergency room serving the area — Sharp Grossmont Hospital.

"There are just two hospitals in East County and it goes all the way past Alpine. It's Grossmont and us," Gomez said. "We both have the same service signs. We both are stroke receiving centers. We receive heart attacks from the field as well. We have open heart [surgery capabilities] we can still do and this building signifies so much."

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

## ► Climate plan, from page 1

"Climate Action campaign and SanDiego350 are really pushing to have a goal of 100 percent clean energy by 2035," he said. "The city of San Diego adopted that goal and we think every city should consider it."

Another criticism Harris had of the draft plan is that the language for implementing a CCA in La Mesa was "pretty light," even though much of the GHG reductions from 2020 to 2035 relied on one.

"We would have liked to see more information provided in the Climate Action Plan on CCA," he said. "Really just to work with other cities on a feasibility study."

Another program added to the CAP is the adoption of zero net energy (ZNE) construction standards for new residential construction starting in 2020 and new commercial construction starting in 2030. ZNE buildings consume only as much energy as can be generated with an onsite renewable energy system, such as solar panels.

"This is something that can be done at the local level with new construction and even with redevelopment to require that certain energy standards be met to zero net energy," Harris said. "We know the technology is out there to do it. It's just how much it will add to the cost of development and will that discourage development in La Mesa. I'm sure that's a concern."

The CAP's solid waste strategy will mostly be carried out in conjunction with EDCO. The goal is to divert 75 percent or more of all waste from the landfills to recycling and composting.

"That's a very doable thing," Harris said. "Overall EDCO has a reputation of working well with cities. I would be optimistic about their ability to work toward that goal."

The other new program added to the CAP is an urban forestry program that would expand the city's tree canopy by promoting planting of trees in both new and existing neighborhoods, parks and business areas.

One of the more hot-button issues in the CAP is the transportation and land-use strategy section which, among other

items like investing in electric vehicle charging stations and updating the city's fleet with energy-efficient vehicles, calls for building higher density, mixed-use developments along the trolley line.

"Certainly, transit will be more successful if we can build up housing and retail businesses along our trolley corridor," Harris said. "The potential is definitely there and it is going to take some political will to move forward on that."

That could prove to be one of the hardest parts in implementing the CAP considering La Mesa's historic reluctance to building high-density projects.

Getting the city's residents and businesses on board and implementing the CAP will also take education and outreach — a determination reached by a cost benefit analysis — and that will involve hiring more staff.

"That's really important because this is not just the city government of La Mesa becoming more efficient, this is about the businesses and residents and institutions working together to become more energy efficient to reduce greenhouse gasses. They realize that this will take a concerted effort and involve the public," Harris said.

The next step is for the public to comment on the plan during the 45-day public review period starting Aug. 3. On Oct. 4, the CAP goes before the Planning Commission for review before sending a recommendation to the city council for its vote to be held sometime in November or December — the goal is to have a plan finalized by the end of the year.

"I think we're further along than a majority of cities," said Councilmember Bill Baber, who also serves on the CAP subcommittee. There isn't a long precedent for how to do these. It's tough to be at the cutting edge of it, but our staff is doing its best. Are we going to stumble? Yes, but we are going to reach our goal and I think that's good for La Mesa."

For more information on the La Mesa CAP, visit [bit.ly/2v0yEAP](http://bit.ly/2v0yEAP).

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

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# Climate Action Plan

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The 129-page Climate Action Plan is available online at [bit.ly/2v0yEAP](http://bit.ly/2v0yEAP).



► **Clubhouse,** from page 1

feature a learning center and homework study room named the Gagon Academy, plus a full-service kitchen and nutrition center and the Little Rascals area for 5- to 7-year-olds. It will also showcase the 10,000-square-foot Bill Walton Gymnasium, named after the Helix High graduate (class of 1970) and TV basketball broadcaster on the PAC 12 network.

When completed, the Brady Family Clubhouse combined with the existing Brady Family Teen Center — located on the east end of the La Mesa Arts Academy campus — will serve up to 300 children a day, ages 5 to 18, BGCEC officials said.

“This dream has become a reality because of the incredible partnerships we’ve built with the La Mesa-Spring Valley School District, the County of San Diego, city of La Mesa, Ron and Mary Alice Brady and Beth LeFriant of the Gagon Estate,” said Forrest Higgins, CEO of the Boys and Girls Clubs of East County. “This project is a credit to La Mesa, the community and its leaders. The primary mission of the Boys and Girls Clubs is to save lives and the new clubhouse will give more kids the opportunity to a successful future. We cannot wait to open our doors in the spring of 2018.”

Attendees at the July 12 groundbreaking ceremony included: Bill Walton, La Mesa native and former professional basketball player; Ron and Mary Alice Brady, owners of the Brady Companies, who have donated \$3 million to BGCEC; and Kathy Aylott, banker and acquaintance of the estate of Eleni and Wolfgang Gagon of San Diego, also responsible for a \$3 million donation. Also attending were County Supervisor Dianne Jacob, La Mesa Mayor Mark Arapostathis and La Mesa Spring-Valley School board member David Chong.

“It’s another perfect La Mesa day,” Walton said at the groundbreaking attended by more than 200 people. “I’m the luckiest person on earth. Thank you to everyone here for your passion and for creating a phenomenal community of love and support. Let’s keep dreaming and keep working.”

“We are thrilled for the opportunity to leave this world a better place,” said Ron Brady. “The location for the new clubhouse is perfect with the Teen Center on one end, La Mesa Arts Academy in the middle the clubhouse on the other end of campus and adjacent to Helix High School. It creates a chain of support and progress for these kids, from kindergarten through high school, as they prepare for college.

“There’s no better feeling in the world than supporting the Boys and Girls Clubs because it’s better to build kids than try to mend adults. They’re teaching kids the importance of personal responsibility and accountability, which ensures kids receive the consequences of their own behavior. I love



**An artist rendering of the Boys & Girls Club Brady Family Clubhouse in La Mesa.**  
(Courtesy Boys & Girls Clubs of East County)

the sound of construction. But, soon the noise will change to laughter and fun and joy and teambuilding of children. We’re honored be part of a living legacy because this place will be alive.”

Mary Alice Brady shared why the new clubhouse is important to her personally.

“We are so very grateful and proud to be part of this effort that will impact young people for future decades,” she said. “I grew up as a foster child and I know what it means to provide a safe place for our children. It’s a dream come true. Our dream is now a reality.”

“Today it’s all about the kids,” said Supervisor Jacob, who grew up in La Mesa and whose district includes La Mesa. “I’m honored to be part of a unique opportunity for the County of San Diego to contribute \$500,000 for this project. I’m looking forward to the ribbon cutting next year.”

“The new clubhouse will be a catalyst to help change the entire western La Mesa area,” said Arapostathis, also a co-founder of La Mesa Arts Academy and the director of theater arts at the school, as well as director of Peter Pan Jr. Theater and C. Hook Theater. “When the doors open on the first day, the impact on our youth will be tremendous and immediate.”

“For 50 years, the Boys and Girls Clubs of East County have made a direct investment in the hearts of our children and we are all honored to be part of their future investment,” said Chong.

Also speaking at the groundbreaking ceremony was Steve South, president/CEO of Edco Disposal Corp., who has served as chair of the La Mesa Capital Campaign, a fundraising program that launched in 2014 (Walton has served as the campaign’s honorary chairman). “This facility will be a game-changer for La Mesa’s west side community,” said South.

According to BGCEC officials, the La Mesa Capital Campaign has raised roughly \$8.5 million needed to fund construction of the new Brady Family Clubhouse. Fundraising will continue towards a goal of \$1 million needed for an operational endowment. The campaign previously raised funds for renovations to the existing Brady Family Teen Center. Renovations completed in 2014 to the Teen Center included an exterior face lift and interior upgrades, along with flooring and carpeting, new furniture, computers and a security system.

The Brady’s \$3 million donation to the La Mesa Capital Campaign included \$1 million to renovate the existing teen center, which was renamed the Brady Family Teen Center, along with \$2 million to build the Brady Family Clubhouse.

The estate of Eleni and Wolfgang Gagon has pledged another \$3 million to BGCEC. Furthering education and academics in young people was a focus for the Gagons, according to Beth LeFriant, estate trustee and family friend.

“The Gagons were immigrants, educators and lifelong learners who pledged their philanthropy to educating young children,” LeFriant said.

A difficult childhood complicated by the pressures of World War II drove Eleni Bukuvalas and Wolfgang Gagon from their respective native countries to San Diego, where they met and were married in 1971. During the 1970s and 1980s, the Gagons built a substantial real estate portfolio after investing in apartments and renovating properties in San Diego’s Golden Hill and Kensington communities. Wolfgang, originally from Germany, passed away at age 60 in 1997, and Eleni, originally from Greece, passed away at age 83, in 2012.

Also at the groundbreaking, Priscilla Schreiber, chair of the Boys & Girls Clubs of East County Foundation, reminded attendees of previous successful capital campaigns.

“In 2006, we opened the Brady Family Teen Center. In 2007, it was the Conrad Prebys Clubhouse in Santee,” she said. “In 2011, we finished remodeling the Conrad Prebys Complex Clubhouse and Teen Center in El Cajon. When the Brady Family Clubhouse opens in 2018, it will be our fourth successful major capital campaign in 12 years.”

The Boys & Girls Clubs of East County, a chartered member of Boys & Girls Clubs of America, has 2,000 members, ages 5 to 18, and operates five facilities, including: the Conrad Prebys Complex with the El Cajon Clubhouse, 1171 East Madison Ave., and El Cajon Teen Center, 1153 East Madison Ave.; Lakeside Clubhouse, 12824 Lakeshore Drive; Brady Family La Mesa Teen Center, 7775 Junior High Drive; and, Conrad Prebys Santee Clubhouse, 8820 Tamberly Way.

—Rick Griffin is a public relations and advertising consultant based in La Mesa. Reach him through his website [rickgriffin.com](http://rickgriffin.com). ■

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### ► Ferrets, from page 1

the summer, said his girlfriend stayed in South Carolina 90 percent due to the fact that she couldn't move her ferret out here).

Erin Chappell, wildlife supervisor of the California Fish and Game Commission, said those regulations exist because animals like ferrets pose a threat to native wildlife, the agricultural interests of the state, or to public health and safety. She explained those laws and regulations are intended to prevent depletion of animals in the wild and to restrict animals that pose a threat to native wildlife, agriculture, and public health and safety.

However, the Center for Disease Control, the Humane Society of the United States, and U.S. Department of Agriculture all classify ferrets as domestic animals, linking them with pets like dogs and cats. According to a study done by the California State University in 2010, no state has reported a major detrimental impact on agri-business by ferrets or from having a feral ferret population.

In California, permits are allowed for qualified businesses like zoos and research laboratories to keep ferrets; however, individuals are not permitted to own them. Currently, a possessor of ferrets could be fined and have their animal confiscated (although ferret owner Megan Mitchell noted that many California regions operate under a 'don't ask, don't tell' policy).

To get the ferrets off the restricted species list would require one of three things — the California Fish and Game Commission to amend the code, the California Legislature to remove ferrets from the list through a bill, or for a ballot initiative to be passed by California voters.

### The fight for legalization

Legalize Ferrets has tried all of these routes. From 1994 to 1999, four different bills to legalize ferrets were introduced in the legislature. In 2004, SB89 actually made it to the floor, but was vetoed by then Governor Schwarzenegger on the last day (ironically, Schwarzenegger worked with a ferret in the film "Kindergarten Cop.") Since then, no legislator has picked the cause back up.

"It's not a sexy issue," Alessio said. "But it's one of those ridiculous laws in California that needs to be changed."

La Mesa Councilmember Bill Baber elaborated, "These

domesticated pets are legal in 48 states. The main impediment to legalization here is an intransigent state bureaucracy."

In 2015, Legalize Ferrets launched a ballot initiative, and collected 10,000 signatures — but they needed 91,470 to trigger a legislative hearing.

Starting in the mid-1990s, the group has advocated for regulation changes at the California Fish and Game Commission public hearings. But as recently as April of this year, the commission refused to move ferrets off the restricted species list.

"The commission chose not to issue permits for ferrets as pets," Chappell said. "They are not willing to consider that."

Chappell's memo to the commission, written with the legal counsel of Mike Yaun, recommended this course of action. To move the species into non-restricted territory would first require an environmental impact report.

Legalize Ferrets had submitted a report with their petition from a professor at California State University analyzing the impact of domesticated ferrets on human health and agriculture. Chappell's memo noted that the purpose of the report was to "fully summarize the body of knowledge on the domesticated ferret for potential impacts and an analysis to identify potentially significant issues so that commission could proceed with the preparation of an Environmental Impact Report."

The staff recommendation to the commission was to deny the petition to remove ferrets from the restricted species list, and if the commission wanted to move forward, establish a "contract selection process" and proceed with a "petitioner-funded" EIR. The commission chose to let the issue drop.

### Time to open a new door

But the Legalize Ferrets organizers have not been deterred. Wright connected with his neighbors, Alessio and Baber, and have introduced them to a region of ferret lovers.

"Ferrets are just too cute," Sandra Ignosci said, who loves her pet ferrets so much she has cremated former ferrets on her mantle. "They really are good animals. I love it when you can let somebody learn what ferrets are really like."



A Legalize Ferrets sign expresses the group's position that ferrets should be classified as pets. (Photo by Joyell Nevins)

Somebody like Mary Abbott, who after being around the ferrets belonging to Legalize Ferrets' friends, has a new perspective.

"People say ferrets deserve to be in the wild, but they don't seem dangerous at all," she said. "They've really changed my mind! These ferrets like to cuddle. They are really not going to cause any harm."

Nick Scofield, who was introduced to the species when he married Mitchell, also had a conversion experience.

"There was a stigma attached to ferret owners, being kind of weird," he laughed. "But ferrets play and interact just like a dog would."

Mark Raszowski, who now dates a ferret lover, agreed, "Ferrets are amazing. They're like a curious little puppy — totally harmless."

Scofield and Mitchell run a similar organization in the Los Angeles area called "Angel City Ferrets," and refer to Wright as the figurehead of the legalization movement in California.

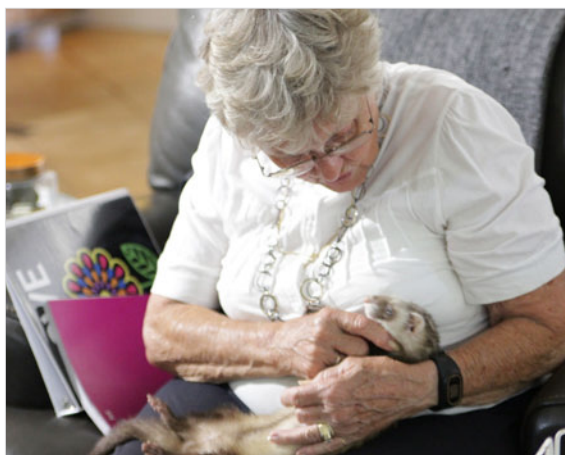
"He's put so much effort into this cause," Scofield said.

And Wright is still going full bore. His next step is to create a petition to present to the La Mesa City Council, along with video interviews asking Mayor Arapostathis to support the idea of a ferret-friendly or sanctuary city. Then it's back to the capitol.

"It's a freedom issue," Wright emphasized. "We need to live and let live. All these years of lies and deceptions — it's our duty to resist. We're going to win this one!"

For more information or to get involved, visit [legalizeferrets.org](http://legalizeferrets.org) or call 619-303-0645.

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



Sandra Ignosci and her ferret (Photo by Megan Mitchell)



Nick Scofield and Megan Mitchell with their pet ferrets Kudzu and Krampus (Photo by Joyell Nevins)



Notes from  
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**Scram, scammers:** Many crooks think seniors are easy to rip off, so it's important we do all we can to fight these frauds.

I recently had the chance to speak with leaders of the Greater San Diego Association of Realtors as they launched an initiative to combat financial crimes against older residents.

In recent years, the District Attorney's Office and other law enforcement agencies have stepped up their efforts to fight scammers, with the help of a public awareness campaign called "Don't Get Hooked."

I've held a series of "Don't Get Hooked" forums across my district to educate seniors and caregivers on the issue. These are lot of different scams out there and folks need tools to fight back.

I'm looking to host another forum this fall. Stay tuned for details.

**Problem pipeline:** A pipeline route proposed by SDG&E threatens to disrupt business and traffic — and could destroy critical habitat.

I recently joined Poway Mayor Steve Vaus and others in asking state regulators to take a hard look at the route and consider other options. The pipeline should steer clear of any open space preserves, such as Goodan Ranch and the Sycamore Canyon Preserve.

**Wildfire warning:** It's a message we can't say enough this time of year — be prepared! Peak wildfire season will soon be here and now is the time to make sure you're as ready as possible.

The county, working closely with Cal Fire, has many firefighters and resources at the ready across our vulnerable backcountry, but property owners need to take steps too.

Wondering where to begin? Go to ReadySanDiego.org.

For more District 2 news, go to 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

Have a great East County day!

—Dianne Jacob is San Diego County Supervisor for District 2.■

Special education teacher honored

Nathaniel Malicdem

Business leader, teacher, scholar, pioneer, administrator, and mother of three daughters: these are just a few words that can be used to describe Evelyn Wills' lifetime of achievements and remarkable success.

Wills was recognized at Grossmont Union High School District's (GUHSD) Governing Board meeting on Thursday, July 13 for service as a Board Trustee from 2002 to 2006. California State Senator Joel Anderson provided a Senate Resolution for Wills to celebrate her professional accomplishments and her support for our community's students, especially those in special education.

"I have known Evelyn for a long time, and she has always been a fantastic leader and friend to many," Anderson said. "I am grateful to have had the opportunity to work with such a caring and dedicated educator."

Her career in the public sector included being as an Instructional Special Education Aid, long-term substitute and special education teacher. While developing future leaders as a teacher, she earned Master of Science degrees in special education and general education. She also earned an administrative credential.

When she was elected to the Governing Board of the GUHSD, she became the first African-American woman to



Evelyn Wills with Sen. Anderson's chief of staff Collin McGlashen (Photo by David Wortman)

serve on the board. She was passionate about creating the best environment for students and staff to grow.

In her current role as administrator for GUHSD's Special Education Career Connection programs, Wills prioritizes advancing students with special needs, assisting students through a job-readiness curriculum, and on-the-job training. Wills' clear love for the job led her to receive an award of recognition for her 10 years of dedicated service from the Special Education Department.

Whatever role she was serving in her career, Wills made sure to be a positive role model for her daughters. At the board meeting, the room was full of joy and sharing of cherished memories, and the recognition Wills received that night displayed how her commitment and integrity left an everlasting legacy.

— Nathaniel Malicdem is a legislative intern for Senator Joel Anderson.■

NEWS BRIEFS

Dropping in for a visit



On July 17, campers at The Salvation Army Ray & Joan Kroc Corps Community Center's Police Academy Camp were treated to a helicopter demonstration by the La Mesa Police Department. The helicopter pilots spoke to the 300-plus campers about various aspects of law enforcement, the uniqueness of helicopter protection and the importance of citizenship. (Photo by Peter Delgado)

La Mesa Rotary holds a shoe drive

La Mesa Rotary, located at 4975 Memorial Drive, is holding a shoe drive from Aug. 1-Oct. 1 to send to Haitians and Africans in need.

Based on the total weight of shoes collected, Funds2Orgs will issue the Rotary a check which they can use to benefit local and international charities supported by the Rotary, one of which is the total eradication of polio.

Funds2Orgs is a social enterprise company based in Orlando, Florida that redistributes donated shoes throughout their network of small business partners. Funds2Orgs works with

micro-entrepreneurs in "helping them create, maintain and grow small businesses in developing countries where economic opportunity and jobs are limited."

Proceeds from the sales of the shoes collected in shoe drive fundraisers are used to feed, clothe and house families.

"We are excited about our shoe drive," said Marsha Starr, Shoe Drive chairperson in a press release. "We know that most people have extra shoes in their closets they would like to donate to us. By doing so, we have the chance to help families in developing nations who need

See BRIEFS page 16

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

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## Guest Editorial

# Taming Big Pharma

James D. Veltmeyer, M.D.

Millions of people were outraged in 2015 when Turing Pharmaceuticals raised the price of a 62-year-old drug considered the gold standard in the treatment of a life-threatening parasitic infection from \$13.50 to \$750 overnight — a 5,000-plus percent increase. Likewise, the cost of the drug cycloserine, used to treat multidrug resistant tuberculosis, jumped from \$500 for 30 pills to \$10,800 after its acquisition by Rodelis Therapeutics. We also learned of the soaring cost of EpiPen as well as price increases ranging from 200 percent to 500 percent for two life-saving heart treatments manufactured by Valeant of Canada, the nation that is the Promised Land to advocates of single-payer health care. In one especially notable case, Questcor Pharmaceuticals raised the price of a multiple sclerosis drug from \$1,235 per vial to more than \$29,000!

A House of Representatives report issued in 2014 found 10 generic drugs experienced price increases just a year prior, ranging from 420 percent to more than 8,000 percent.

With Americans shelling out over \$370 billion on prescription drugs each year, we need to ask ourselves why these costs are escalating beyond all reason.

There's a saying attributed to the late Congressman Jack Kemp that "if you subsidize something, you get more of it, and if you tax something, you get less of it." No truer words were ever spoken.

In 2006, the federal government added a benefit to the 40-year-old Medicare program. It was called Part D and it provided for the coverage of prescription drugs for Medicare recipients.

Medicare Part D handed 56 million new customers to America's giant drug companies.

With the federal government footing the bill

instead of the purchaser, what happened? Well, the combined profits of the largest pharmaceuticals soared 34 percent in the first year alone, to \$76.3 billion. And, in the decade ending in 2012, the eleven largest global drug companies saw an incredible \$711 billion in profits.

Medicare prescription drug coverage has proved extremely profitable to Big Pharma, less so to the average consumer who sees galloping cost increases for relatively routine medications. Of course, Big Pharma can charge you the taxpayers anything they want for drugs as Medicare is legally prohibited from negotiating the price of prescriptions with the government. That fact alone amounts to a massive \$137 billion subsidy to the drug companies, according to the Congressional Budget Office.

We are told by Big Pharma that the true reason for these outrageous prices is the cost of research and development. That may be partially true, but only partially. The truth is that half of the scientifically-innovative drugs approved in the United States from 1998 to 2007 were developed in university and biotech labs, not by Big Pharma. The drug companies also spend 19 times more on marketing than on R&D as they blanket our TV airwaves with ads for pills that promise instant relief from everything from erectile dysfunction to insomnia.

This massive marketing campaign (something unheard of just 30 years ago) has undoubtedly resulted in thousands, if not millions, of unnecessary prescriptions being written for patients who see the ads and demand the pills

from their doctors, just like children will demand the latest cereal they see advertised on television from their parents. Have no doubt about it, the cost of advertising is built into the cost of every prescription you take.

What can we do?

A number of things come to mind.

First of all, Medicare should be allowed to negotiate the prices of prescriptions with the drug companies, just like the Department of Veterans Affairs does. On some commonly-prescribed medications, Medicare pays between 64 and 100 percent more than the VA. Why?

Second, reform Medicare Part D so that the drug companies aren't subsidized but the seniors are.

Third, permit the importation of less-expensive medications from overseas so that Big Pharma is forced to compete with nations like Canada and Mexico, where people are hardly dropping dead in the streets from adulterated drugs.

Finally, streamline and reduce the length of time the FDA requires to approve new drugs.

America has the longest approval process anywhere in the world, which only increases costs and delays getting new life-saving medications on the market.

Big Pharma spends tens of millions of dollars (\$246 million spent on lobbying alone in 2016) buying the Congress. Isn't it time we fought back?

—Dr. James Veltmeyer is Chief of the Department of Family Medicine at Sharp Grossmont Hospital in La Mesa, California. His views are his own and do not necessarily reflect the views of Sharp Grossmont Hospital or its staff. Dr. Veltmeyer can be reached at cadoc06@yahoo.com. ■

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## Letters

### Pedestrian traffic tribulation

Individuals, twosomes, three-somes, twosomes with five dogs, joggers, individuals with dogs, parents pushing strollers — even four-somes — are hazarding themselves and the operators of motor vehicles by walking in local roadways.

In the hills above the Village — replete with narrow roads, blind corners, ascents and descents, sweeping curves, multiple intersecting streets, and parked cars — folks can be seen almost every day taking unreasonable risks. Some are not merely content with walking near the curbs or edges of the roads, but actually walk out in the near middle of the streets. All too many walk with traffic, rather than facing it. (At least they should walk facing traffic.)

It seems most serious when folks intentionally ignore adjacent sidewalks to walk in the roadways. (Certainly, some streets have no sidewalks, but many do.) It is particularly dangerous and frequent during the hours of the morning and evening commutes when traffic is at its heaviest.

As the old saying goes, "It's only a matter of time."

—J. S. Anderson, La Mesa

### A crime is a crime

Re: Guest editorial: Yes, we need a wall — between local police and federal immigration enforcement [Volume 7, Issue 6 or bit.ly/2ujtnVs]

We have way too much crime in San Diego County. The author obviously doesn't care or is oblivious to this fact. She must not see what everyone else sees: gang graffiti creeping into La Mesa. It can be seen near schools, neighborhoods and shopping centers. A crime is a crime and police are charged with protecting us from criminals, regardless of their nationality.

I'm a little surprised to see these types of articles. The last administration turned a blind eye to crimes committed by illegals. But we can no longer afford to allow criminal aliens to walk free.

If non-U.S. citizen criminals are brought to the attention of local police, they should be turned over promptly to federal immigration authorities.

Crime is crime and liberals who insist on shielding criminals from law enforcement officers don't have best interests and safety of U.S. citizens and legal residents in mind.

Enforce the laws on the books or change them. But please stop trying to find ways to violate the laws on the books.

—Carrie Torres, via lamesacourier.com ■



Guest Editorial

Balanced budgets: a good habit to have

Sen. **Toni G. Atkins**

This is beginning to be a habit — a good one for the people of California: For the seventh year in a row, the Legislature on June 15 passed a state budget that is balanced and forwarded to the governor on time. The 2017-18 budget is strong, prudent and progressive. As in recent years, it saves more money for a rainy day and at the same time invests in programs that will help our residents succeed. I was proud to vote for it.

When I was Speaker of the Assembly, I fought hard for the creation of a state-level Earned Income Tax Credit (EITC) to supplement a federal EITC, which is a proven way to combat poverty. The state EITC was created as part of the budget in 2015, and last year it helped 385,000 working Californians with tax refunds worth an average of \$519.

The just-passed budget expands the state EITC, increasing the eligibility ceiling from roughly \$14,000 to approximately \$22,000 and adding self-employed people to the program. Tens of thousands of San Diego County workers will be newly eligible.

There had been some talk of eliminating the Middle Class Scholarship, but the new budget preserves the program, meaning our families will continue to

receive help in sending their kids to college.

We're continuing to invest in education. The new budget increases K-12 funding by \$3.1 billion over last year, including \$1 billion more than what was proposed by the governor in January. Never before has California invested more money per student than it's investing now.

Thanks to the voters who last year passed Proposition 56 to raise the cigarette tax, California is able to allocate more than half a billion dollars to enhance access to health care. Specifically, \$465 million will go toward raising reimbursement rates for doctors and dentists who accept Medi-Cal patients, and \$50 million will raise Medi-Cal rates for Planned Parenthood providers. Raising rates will only increase chances that providers will take part in in Medi-Cal, which means access to care grows.

More families will be eligible for childcare assistance, as we were able to spend \$25 million on increasing the income eligibility limit. Now, those whose pay has gone up because of the increase to the minimum wage will still be eligible for help. Also, another \$31 million will help our foster families who have urgent need for childcare services.

Due to the federal government stepping up immigration enforcement, we've allocated \$30 million

to the OneCalifornia program to help residents who are facing deportation. We want to make sure that immigrants who have become important parts of our communities and our economy are treated fairly, and we want to do as much as we can to keep families together.

Meanwhile, this budget allocates \$2.8 billion toward repairing our state highways and local roads. Residents will begin to see real results for the contributions they are making. Our roads will become safer, and we'll begin to pay less for repairs to our cars.

We were able to do all of this while still contributing to our state's reserves. This budget adds \$1.4 billion to our Rainy Day Fund, bringing the total to \$8.5 billion since it was created just three years ago. It is scheduled to grow to more than \$12 billion by fiscal year 2020-21. When you include our regular reserves, we now have \$9.9 billion socked away.

Progressive and prudent. Since the end of the Great Recession, California has made tremendous investments in its residents and its programs while also guarding against the next downturn. Our state is heading in the right direction.

—Toni G. Atkins represents District 39 in the California Senate. Reach her through her website at [sd39.senate.ca.gov](http://sd39.senate.ca.gov). ■

Navajo Nights II



Judy McCarty

If you missed our terrific “Navajo Nights” in July, you will want to mark your calendars now for our Aug. 10 reprise. This time, Barry Jantz, CEO of Grossmont Health District and retired La Mesa City Council member, will provide timely and informed comments and have time to answer lots of questions.

This informal event is for any Republican woman who wants to spend an evening with other like-minded women, meet new friends and partake in lively discussions. It's also an excellent opportunity for those who can't attend our daytime meetings.

“Navajo Nights” will be held once again from 6–7:30 p.m. on Thursday, Aug. 10 at the Black Angus Restaurant in El Cajon. (The restaurant is at 1000 Graves Ave. off Broadway — two blocks east of Parkway Plaza and plenty of parking.) Once again, we'll have a wonderful assortment of heavy hors d'oeuvres and happy hour beverages — no



Barry Jantz will be the featured speaker at the next Navajo Nights. (Courtesy Grossmont Health District)

need to eat dinner before you come!

We hope you'll join us. Cost is \$15 which you can pay at the door. Let us know you're coming by sending your RSVP to [NCRWF99@gmail.com](mailto:NCRWF99@gmail.com) (subject line: Navajo Nights.)

At the July get-together, good food, the chance to visit without our regular meeting calls to order, and then hearing from the energetic mayor of El Cajon, Bill Wells, made for a memorable evening.

Lots of good things are happening in El Cajon: a modern 10,000-square-foot animal shelter; the revitalization of the Performing Arts

See NAVAJO page 8 →

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Sudoku & Crossword puzzle answers from page 15

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# Local reps share why they were inspired to run



Yahaira Aristy and Jeff Benesch

Democrats outnumber Republicans in La Mesa, Lemon Grove and San Diego, yet there are scores of seats on local boards and jurisdictions where Republicans run unopposed every election cycle. How do we convince Democrats to run for office? What inspired some of our area's most notable political heavyweights to run for public office in the first place? Ego, power, money, fame, or altruism? Or a combination of these factors?

We've secured a great cross-section of political leaders to talk about their own experiences in making that profound decision to run for elective office. Sometimes it's ambition or involvement with local issues that drives people to public service. Sometimes it's a frustration with the status quo, or a fundamental disagreement with the political direction of a governing group. Whatever the motivation, we need more Democrats — especially in East County — to become aspiring candidates for office and to make their own contributions to the governance of our communities.

A great, notable panel of representatives will highlight the Aug. 2 meeting of the La Mesa Foothills Democratic Club (LMFDC) and share why they were inspired to run for local offices.

**Rep. Susan Davis** proudly represents California's 53rd Congressional District in the U.S. House of Representatives. Her interest in public affairs and service grew out of her experiences as a social worker, parent, youth mentor, and military spouse. Through these life experiences, Davis developed an understanding of and deep



(l to r) Assemblymember Lorena Gonzalez, Rep. Scott Peters, Rep. Susan A. Davis, Mark Gracyk and Dr. Kayla Greene (Courtesy LMFDC)

commitment to improving her community and country.

Prior to Congress, Davis served in the California State Assembly (1994-2000). In addition to her state legislative experience, Davis brought to Congress nine years of experience as a member of the San Diego Unified Board of Education (1983-1992). As a senior member of the House Education and Workforce Committee, Susan has played a key role in bringing reforms and improvements to primary, secondary and higher education.

In the House, as she has throughout her public service, Davis has approached legislating as a bipartisan consensus builder, achieving legislative successes in education, military families and veterans support and health care.

**Rep. Scott Peters** serves California's 52nd Congressional District, which includes the cities of Coronado, Poway and most of northern San Diego. First elected in 2012, Peters has worked across the aisle to fix a broken Congress and stand up for San Diego's military and veterans community.

After a 15-year career as an environmental lawyer, Scott was elected to the San Diego City Council, where he later became the City's first City Council President. On the council, he helped lead the \$2 billion

redevelopment of downtown San Diego, the cleanup of the city's beaches and bays, and the completion of major infrastructure projects.

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

**Assemblymember Lorena Gonzalez** was elected in May of 2013, promising to fight for our state's working and middle classes, and she hasn't stopped yet. In 2015, The Atlantic Magazine labeled her "The California Democrat setting the National Agenda" for her practical, progressive legislation aimed at alleviating real issues in people's lives.

Prior to being elected to the Assembly, Gonzalez was a labor leader and organizer, serving as the first woman and first person of color to be elected CEO and Secretary-Treasurer for the San Diego and Imperial Counties Labor Council, AFL-CIO. She also previously worked as the Senior Advisor to California's Lt. Governor Cruz Bustamante, and she served on the California State Lands Commission and the California Coastal Commission.

**Mark Gracyk** is a U.S. Army Veteran, a LMFDC club member, and newly-elected director of the Helix Water

District representing Division 3. He has over 20 years of professional water management experience and currently works as the Reclaimed Water Manager at MCAS Miramar.

Gracyk and his family have lived in Lemon Grove for over 20 years where they have been involved in the community through Boy and Girl Scouts, soccer, Little League, their church and more.

Gracyk is very proud of his involvement as chairman of the Prop W Oversight Committee, working with the Lemon Grove School District to oversee the completion of its beautiful new library.

**Dr. Kayla Greene** is executive director of The Center on Policy Initiatives (CPI) — a nonprofit research and action institute dedicated to creating economic prosperity, sustainable communities and a healthy environment for all.

CPI serves a unique role in the San Diego region, providing the analysis, policy solutions, education and alliances that advance social and economic justice. Dr. Greene is in an ideal position to relate how much of our political direction is determined by our early life experiences and socioeconomic background. And how clearly this is delineated in legislative agendas on all levels.

Before joining CPI, Dr. Greene was an assistant

professor of Sociology at San Diego State University, where she taught courses on socioeconomic inequality, race, and qualitative research methods. She has served as an instructor in sociological courses on public policy at both Rider University and Stanford University. She was also the Diversity Coordinator for Enhancing Diversity in Graduate Education in the Social, Behavioral and Economic Sciences (EDGE-SBE) program at Stanford University.

La Mesa Foothills Democratic Club serves the communities of Allied Gardens, Del Cerro, San Carlos, the College Area, La Mesa, Santee, Mt. Helix, Casa de Oro, and other close-by East County areas. Meetings take place the first Wednesday of every month starting at 6:30 p.m. at the La Mesa Community Center, 4975 Memorial Drive and are open to everyone. Come join the resistance!

Half-year club memberships are now available for new members for as little as \$15. Please visit our Facebook page, or check out our website at lame-safoothillsdemocraticclub.com.

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

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### ► Navajo, from page 7

Center (ECPAC); the new four-star Marriott Hotel and Hilton Hotels coming in; and keeping the city's parks for kids, not homeless tent cities. A lot of perceptions about El Cajon were changed!

All this, plus the new strength and stability of the city's financial situation, buttressed our belief in the success of positive conservative approaches to governance. It was good to hear of the success of one of our San Diego cities.

We'll be back at La Mesa's Brigantine Sept. 13 with Brett

Winterble, KFMB 760 radio personality as our speaker. For more information on all our activities, visit us at navajocanyonrnf.org and also like us on Facebook.

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

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# 'Hands of love'

Frank  
Sabatini Jr.



hard-pressed to find anywhere on this side of the border mole sauces as sensational as hers.

There's a green version made with pureed pumpkin seeds; a creamy white rendition bursting with pulverized almonds and pistachio nuts; and a dark-brown admixture of 52 ingredients that includes chocolate, bananas and multiple varieties of chili peppers.



Chile Azteca stuffed with mashed potatoes

"Amazing, incredible and yummy" my dinner companion effused after his fork made the first round through Ranas' top-selling tri-color enchiladas, which are served with rice and silky vegetarian refried beans made with extra virgin olive oil.

Each enchilada was separately bathed in the



A pambazo sandwich filled with carnitas

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three mole sauces. Per our request, one of the enchiladas was stuffed with mild cheddar and the other two with queso fresco. I fully concurred with my friend's raves when trying them, concluding it was impossible to pick a favorite.

Unless visiting for breakfast or lunch, you're out of luck finding burritos and tacos on the late-day menu. In the face of so many dishes obscure to local Mexican restaurants, I would have skipped them anyhow.

Pambazos, for example, are super tasty sandwiches filled with a choice of meat. Served on large, puffy rolls similar to tortas, the bread is dunked into bright-red guajillo chili sauce and grilled before the sandwich is constructed.

I chose carnitas, layered also inside with cotija cheese, lettuce, sour cream and peppery green sauce. The pulled pork was flavored deeply with fresh orange and lemon juices, and the soaked roll offered a spicy tang in every bite. All combined, it was one of the



Colorful Talavera frogs appoint the restaurant's walls (Photos by Frank Sabatini Jr.)

most ravishing sandwiches I ever ate.

Equally complex was the "chile Azteca," a roasted poblano chili stuffed with house-made mashed potatoes and grated cotija cheese. The pepper was crowned with non-acidic tomato sauce that completely loses its rosy color due to black huitlacoche mixed in.



Tri-color enchiladas with beans and rice

as in the "ying & yang, an appetizer of two modest-size quesadillas — one with a thin layer of the earthy tasting blossoms seasoned with epazote and the other with huitlacoche.

Served naked without any garnishments, we dipped them into some of the house sauces that included creamy chipotle and a fabulously rich peanut butter sauce used for dressing a chicken breast dinner as well as shredded chicken served over a huarache (dense masa shaped like a sandal).

As new, enticing flavors kept emerging from the dishes we ordered, a live harpist supplied a mesmerizing feel to the colorful dining room with his soft, plucky melodies. Compared to scores of Mexican restaurants I've patronized north of the border, this was no ordinary meal.

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

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Known also as corn smut, huitlacoche is a luscious, edible fungus that grows naturally on ears of corn. A delicacy in American kitchens, it's used commonly throughout Mexico to impart a bewitching truffle-like essence to food.

Zucchini blossoms show up in a number of dishes, such



Julie White

## Cold rice chicken noodle salad

When the hot August summer nights hit, this is a go-to salad. Don't be afraid to use the fish sauce in the recipe. It adds a delicate, salty flavor that is hard to duplicate. You can even buy a rotisserie chicken from the store and ginger in a tube to make your salad.

### Ingredients:

- 6 boneless, skinless chicken thighs (or you can use a store-bought rotisserie chicken)
- 3 tablespoons soy sauce
- 4 tablespoons Asian fish sauce

- 2 tablespoons brown sugar
- 1 minced clove of garlic
- Zest and juice of 1 lime
- 4 tablespoons peanut butter

- 8 ounces of rice noodles, cooked according to package directions (You can substitute ramen noodles but leave out the seasoning pack)
- 2 carrots sliced into a matchstick size
- 2 cucumbers, peeled and sliced thinly
- 1 cup bean sprouts
- 1/2 cup chopped mint leaves
- 2 green onions thinly sliced
- 1/3 cup of dry roasted peanuts

### Directions:

Brush the chicken with any oil and salt and pepper to taste. Roast in a 400 degree oven for 45 minutes, or until done. (You can also use a rotisserie chicken.) When cool, shred the chicken meat.

Cook the noodles while your chicken is cooking. Cool.

Combine the next six ingredients to make a dressing.

Make your salad with the vegetables. Add the cooled noodles, the dressing, chicken and sprinkle with the peanuts. Toss and serve well chilled. ■



# Celebrate the arts at heART of Mt. Helix

Kit-Bacon Gressitt

La Mesa's Mt. Helix will come alive with the sound of music — and food, drink, art, dancing and general frivolity — at the 10th annual heART of Mt. Helix fundraiser on Saturday, Aug. 10, from 5 to 10 p.m. The event is for adults only, age 21 and older.

The fundraiser is organized by the Mt. Helix Park Foundation, which serves as trustee of the private family trust that established the park in 1929. The event raises a third of the park's annual \$300,000 budget, which funds park operations.

More important for those in search of a fun outing, heART of Mt. Helix is the best party of the summer, or so Dianne McCann, chair of the organizing committee, hears from past partygoers.

"There are a lot of fundraisers around the county," McCann said, "but nothing compares to this venue. It's amazing, the view, there's

nothing like it. It's just magical."

It takes a complex brew to make the kind of magic that produces heART of Mt. Helix. Its success depends on local support, as Nicole Roberts, the park's executive director, explained: "We do not receive any government funding — a lot of people think it's a government park. So we do have to fund-raise and we look for community support, private donations, and local business support. And they are really great. Sixteen local restaurants donate their food and time, which is wonderful. Local vendors donate beer and vodka — Helix Brewing Company, Ballast Point and St. Petersburg. And Goldfield Stage donates the shuttle from the parking lots. We also have a wonderful new presenting sponsor this year: Ron and Mary Alice Brady, local philanthropists."

Food at this year's heART of Mt. Helix will be provided by Anthony's, the Brigantine, Cali Comfort BBQ, Casa De



heART of Mt. Helix organizing committee chair Dianne McCann (Courtesy Mt. Helix Park Foundation)

Pico, Dream Dinners, The Edge Mediterranean Grill, Edible Arrangements, The Hills, Himalayan Cuisine, Pick Up Stix, Starbucks Coffee, Terra American Bistro, Hooleys, Menchie's, Posh Nosh, and D'Amatos Pizza.

In addition to food tastings and beverages, heART of Mt. Helix offers guests an eclectic lineup of musical performances, headlined by The Mighty Untouchables, a multicultural cover band. There will also be five visual arts demonstrations and an exhibit, and a silent auction with classic fundraiser items, including golf outings, vacation packages, gift baskets and artworks.

If not the food and drink, the music and dance, or the art and camaraderie, the location alone is a powerful draw to the heART of Mt. Helix. Event organizers and supporters alike rave about the setting,



The Mighty Untouchables headline the music entertainment. (Photo by Angie Crompton)

especially the 360-degree views of San Diego County—including sunsets over the Pacific.

"I've lived on Mt. Helix for 31 years," McCann said. "I absolutely love the park. It's one of the most wonderful places — it's the best view in the county — to see all of San Diego. It's a serene place, especially early in the morning when the sun is coming up. It's therapeutic. We have a trail, places where people can have picnics. It's a wonderful place for families and great when people have friends from out of town, to show them our beautiful county."

But, if you can't make the event, the park is open to the public 365 days a year, free of charge, and it offers programs for children, families and adults.

As Pat Walsh, general manager of the Brigantine suggested, "Take a day trip, go up there and hang out. On a clear day the view is absolutely great."

Tickets for heART of Mt. Helix are \$75 for general admission, which includes seats in the park's amphitheater, and

\$125 for reserved table seats. Organizers have recommended purchasing tickets early, as the event capacity is about 500 to 550 people, and they expect to sell out.

The park is located at 4901 Mt. Helix Drive, in La Mesa. Parking will be in the two lots at the intersection of Mt. Helix Drive and Vivera Drive, next to the San Miguel Fire Station, and at Grossmont High School, 1100 Murray Drive, in El Cajon. Free shuttles will transport guests to the park.

For more information and to purchase tickets, visit the Mt. Helix Park website at MtHelixPark.org.

—Kit-Bacon Gressitt writes narrative nonfiction and commentary, published at [ExcuseMeImWriting.com](http://ExcuseMeImWriting.com) and is a founding editor of [WritersResist.com](http://WritersResist.com). She formerly wrote for the *North County Times*. She also hosts *Fallbrook's monthly Writers Read authors series* and open mic, and she can be reached at [kbgressitt@gmail.com](mailto:kbgressitt@gmail.com). ■



Gift baskets and other items will be auctioned off to raise money for Mt. Helix Park's operational costs. (Photo by Angie Crompton)





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# Breathing new life into popular music

David **Dixon**

One of the fresh aspects about San Diego Musical Theatre’s production of the 1990s-themed musical, “Pump Up the Volume: A Musical 90s-Palooza”, is the casting of up-and-coming performers. Seven players take part in a revue that features renditions of songs from the likes of Celine Dion, Destiny’s Child, U2, Jennifer Lopez and Boyz II Men. There are also references to shows like “Animaniacs,” “Mighty Morphin Power Rangers”, “Pokemon” and “Hangin’ With Mr. Cooper.”

A major star in the show is La Mesa resident/performer/singer, Cassie Bowerman. Bowerman grew up in the city and has lived there for almost her entire life. She attended La Mesa Middle School before the name changed to La Mesa Arts Academy. During her time there, Bowerman was part of a show choir.

“I think that’s what really kept me educated about music,” she said.

Later, she was cast in shows produced by Christian Youth Theatre. Bowerman doesn’t sing professionally in La Mesa as much as she used to, but she would take part at open-mic nights in Cosmos Coffee (which is now the coffee shop, Public Square). Although Cosmos Coffee has changed since Bowerman was younger, she likes how artsy the space remains to this day.

One reason that Bowerman is an appealing presence in “Pump Up the Volume,” according to the co-creator/music arranger/music director Jon Lorenz, is her versatile singing. “We needed somebody who could sing like Mariah Carey and Bowerman gets to perform songs from her, Britney Spears and Lisa Loeb,” he said.

The star wasn’t as familiar with grunge music prior to being involved with the world premiere show at the Horton Grand Theatre.

“Learning about that kind of music and diving into different styles has been really interesting,” Bowerman said. “It definitely said a lot about the times and what people were feeling.”

Since the piece from Lorenz and director/choreographer, Colleen Kollar Smith, is brand new, the performers are given a little bit of creative freedom with their roles. They waited to form scenes and music until they



La Mesa resident, singer and actress **Cassie Bowerman** (Photos courtesy of San Diego Musical Theatre)

worked more with Bowerman and the other artists. Bowerman also helped Kollar Smith with a few dance moves.

Among her favorite genres of music that she gets to sing are pop tunes from boy bands, Britney Spears and Hanson. What makes these musical numbers fun for her, is the nostalgia from when she was younger.

“It takes me back to specific days like blasting NSYNC at home with my friends,” she said. “I love reliving those feelings.”

During the run, she hopes that ’90s fans don’t watch the tribute by themselves.

“I want people to go with a group that’s special to them,” she said. “I’d like audiences to be nostalgic and reminisce about times when they were younger together.”

Outside of her work in “Pump Up the Volume,”



The cast of San Diego Musical Theatre’s 1990s-themed musical “Pump Up the Volume: A Musical 90s-Palooza”

Bowerman will continue to be part of her cover band, the Cassie B Project. Her band performs in places like Viejas Casino & Resort, Pala Casino, Tin Roof and Vin de Syrah. Throughout the summer, the group will continue to perform on Monday evenings at Nighttime Zoo at the San Diego Zoo. “It’s a really fun atmosphere,” she said. “We play right at the entrance and it’s like the kids get to see their own live band.”

Singing almost nonstop this season, Bowerman is giving

people many opportunities to see her live. The La Mesa resident is proving to be a versatile vocalist and entertainer.

“Pump Up the Volume” plays at Horton Grand Theatre through Sept. 10. For tickets or more information, visit sdmt.org or call 858-560-5740. For more information about the Cassie B Project, visit cbmusicproductions.com.

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

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# Ford ASSET grads navigating new roads

Della Elliott

Last week's commencement of the first Ford ASSET graduates at Cuyamaca College since 2013 was a double cause for celebration. The 16 students were the first to graduate since the program was brought back from a two-year hiatus and a new class is set to begin in the fall with online innovations designed to draw students from beyond San Diego County.

Cuyamaca College's automotive technology program, which enrolls an average of 300 students each semester, is highly regarded because of its industry-recognized certifications. In addition to strong support from Ford Motor Co. for the ASSET (Automotive Student Service Education Training) program, which provides vehicles, tools and a partnership with Cuyamaca College dating back to 1986, the automotive technology program also enjoys industry backing from General Motors for the GM ASEP (Automotive Service Educational Program).

Unlike most training programs, ASSET and ASEP students are employed in the industry at sponsoring Ford, Lincoln and GM auto dealerships while they're learning the skills.

According to Ford Motor Co., 99 percent of ASSET graduates get hired at their sponsoring dealerships. By the time graduation rolls around, nearly all

the trainees are already employed full-time.

When the fall semester starts Aug. 21, students in the traditional Ford ASSET program will continue a two-year regimen of alternating classroom instruction with on-the-job dealership training. However, thanks to a \$55,000 investment in AV equipment for web conferencing, live-streamed and recorded lectures and curriculum changes to protect the program's integrity, distance learning will also be offered, said instructor and coordinator Brad McCombs.

"This is really exciting for Cuyamaca College to be Ford ASSET's first pilot program in distance learning in the country," McCombs said.

The online students will spend their two years full-time at Ford dealerships in their area with daily training classes on the web. The online training covers areas including electronics, climate-control systems, brakes, steering and suspension, and hybrid vehicle components and operation.

All students must complete a record book showing completion of the training modules and proving their ability to perform specific tasks. The books, which also serve as resume portfolios, are audited and signed by dealership personnel and the college instructor.

All ASSET students are also required to complete general education courses, making the program one of the college's



The 2017 graduates of the Ford ASSET program at Cuyamaca College (Courtesy GCCCD)

most demanding, second only to engineering in the total number of units needed for an associate degree. The GE classes are also offered online and distance learners will get their degrees from Cuyamaca College. Campus visits are needed for mid-term and final exams.

The college's Ford ASSET program, the only one in the county and one of only three statewide, is recognized as one of the best training programs in the world, McCombs said.

Its two-year timetable is intensive with no summers off. But the payoff is immeasurable: an associate of science degree transferable to California state universities, Ford Motor Co. certifications, and a near-guaranteed job upon graduation.

All but one of the 16 students in this year's graduating class have full-time jobs as entry-level dealership technicians making between \$21 and \$35 an hour, McCombs said. The odd

student out has a job waiting once a driver's license hold is cleared by the DMV, he added.

Ford representatives at the commencement ceremony said that with the increasing complexity of today's vehicles, the students can bet their education is far from over.

"Learning for the Future" is your college's motto and it is perfectly 100 percent aligned with the Ford ASSET program," said keynote speaker Roger Henry, the parts and service director for Ford's Southern California region. "New technologies are emerging constantly with the hybrids and the development of autonomous vehicles. The world is changing rapidly. Your education is not complete. Your education and learning is just starting."

Classes such as the Ford ASSET and GM ASEP programs are critical to the industry as the primary source of

trained technicians, industry representatives say. Because of the technology of new vehicles, a growing number of employers require workers to have post-secondary training, according to the U.S. Department of Labor, which describes the job outlook as "very good" for automotive technicians.

The graduates took their turns addressing the nearly capacity audience inside the college's Performing Arts Theater, speaking confidently of their abilities nurtured with patience and caring by their instructor.

Ignacio Castaneda-Garcia, class vice president, spoke glowingly of the close-knit relationship students have developed over the years and McCombs' devotion to students.

"There are a lot of good teachers here, but Brad doesn't just care if you show up to class, he cares that you learn," he said. "He is someone who is willing to take the time to help us grow."

For an application and more information about enrolling in the Ford ASSET program, go to [cuyamaca.edu/people/brad-mcombs](http://cuyamaca.edu/people/brad-mcombs).

Registration is underway for classes at Grossmont and Cuyamaca colleges for the fall semester beginning Aug. 21. Information on admissions and registering for classes is available at [gcccd.edu/now](http://gcccd.edu/now).

—Della Elliott is marketing and communications director for the Grossmont-Cuyamaca Community College District. Reach her at [della.elliott@gcccd.edu](mailto:della.elliott@gcccd.edu). ■

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PUZZLES ANSWERS ON PAGE 7

SUDOKU

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

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

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

1 Church part  
5 Tax assessment  
10 Area of the globe  
14 Prophet  
15 Worship  
16 Fishhook part  
17 Late popular composer  
20 Units of measure

**DOWN**

1 Court star  
2 Tampico toiler  
3 Red and Black  
4 Work unit  
5 Din  
6 Robin  
7 Anguished  
8 Weapon  
9 Garland  
10 Loathe  
11 Moselle tributary  
12 Not pleased
- 21 Related  
22 Multitude  
23 Rabbit  
24 Cooking direction  
26 Be aware of  
28 Norse chieftain  
29 Picnic treat  
32 Cupid  
33 Type of painting

13 Grade of seaman  
18 Tall tale  
19 Refrigerates  
23 European capital  
25 Agra attire  
25 \_\_\_ doors  
26 Hit hard  
27 Over There composer  
28 TV chef  
29 Sharp  
30 Portions
- 34 Humble abode  
35 Best bandmaster  
39 \_\_\_ standstill  
40 Green spot  
41 Western Indians  
42 Chess pieces  
43 Flightless bird  
44 Customs  
46 Excel

31 Greek letters  
32 Get into \_\_\_: encounter trouble  
33 Lucrifer lover  
36 Composer Cole  
37 Mirthful exclamation  
38 Possessive  
44 Stingier  
45 Feathered friends  
46 Snake scale  
47 Arrogance
- 47 Sunday seats  
48 Room  
51 Examination  
52 Collection  
55 Famed pianist  
59 Pillage  
60 Except for  
61 Pisa's river  
62 Domesticated  
63 \_\_\_ beds  
64 Equine

48 Nautical man  
49 Malayan boat  
50 Power source  
51 Newspaper notice  
52 Of aircraft: prefix  
53 Columbus' ship  
54 Presently  
56 Inexperienced  
57 World power: abbr.  
58 Frigate hand

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# Achieving success and giving back

Karen Ronney

Lauren Haneke-Hopp believes in dreaming big, achieving her goals, and then paying it forward. The adaptive athlete is on her way to the pinnacle of wheelchair tennis success and recently took time to inspire younger players to do the same. In addition to her busy schedule, she volunteers to coach younger wheelchair athletes to pave the road to tennis success.

Hanake-Hopps, a La Mesa resident who is now a sophomore at the University of Alabama, picked up a tennis racket in the seventh grade. Her dreams were to make the girls' varsity team at Patrick Henry High and one day play in the 2020 Paralympics. She didn't know how it would happen, just that she wanted it to become her future reality.

"I played a lot of wheelchair sports but I loved tennis," the dynamic blue-eyed blonde said. "It was a challenge because I didn't know any kids my age playing tennis. All of the other wheelchair beginners were adults and they hit the ball so much harder. So I figured the best way to do it was join a team when I got to high school."

Hanake-Hopps practiced for almost five years and improved her tennis skills while training with wheelchair and able-bodied players. She earned the respect of her Patrick Henry High tennis peers and was named to

varsity squad and voted team captain. She helped her team reach the CIF Division II finals and the only adaptation was hitting the ball after two bounces instead of one.

Two years ago, Haneke-Hopps became the top player in the country in Women's A Division for singles and doubles. She earned a scholarship to compete for the University of Alabama's Adaptive Tennis Team and never looked back.

"My game needed to excel and I knew college was the path for me," Haneke-Hopps said. "In addition to getting an education, there was a possibility to get into the national tennis scene but now it's for real."

Haneke-Hopps moved into the Women's Open Division and is now ranked No. 11 in the United States and No. 73 in the International Tennis Federation. She was named to the USA World Team Cup squad along with San Diego's Dana Mathewson, and the U.S. finished with a bronze medal in the international wheelchair tennis event in Italy. The Americans logged a 2-0 victory over Switzerland, in a field that included a total of 40 teams from 29 countries. With this win, the U.S. Women return to the World Team Cup medal podium for the first time since finishing as runner-up in 2003. The World Team Cup is referred to as the Davis Cup and Fed Cup of wheelchair tennis.

Hanake-Hopps' success in adaptive tennis is the source



Lauren Haneke-Hopp (right) with her protégé Claire Dermody (Photo by Karen Ronney)

of inspiration for 11-year-old Claire Dermody of San Diego, who is just starting her journey in wheelchair tennis. Dermody was born with spina bifida and uses a wheelchair for sports. She strives to emulate Haneke-Hopps, and the two play tennis together each week during the summer.

"Claire wants to be an athlete just like Lauren," said Claire's mother, Peg Dermody. "She wants to play on the high school team with able-bodied kids. She wants to play in college and do exactly what Lauren does with her life. The bottom line is she sees Lauren live her life without limitations and she wants to do the same."

The road to success in school and adaptive sports wasn't easy for Hanake-Hopps, and it was determination and drive that made the difference. She is majoring in exercise science and one day wants to

work with disabled athletes using tennis as therapy.

"Parents need to see that their kids can overcome physical and mental challenges," Haneke-Hopps said. "I see that same drive in Claire that I have and I want to help her. She is going to be amazing one day and it gives me hope that her life will be better because she can play tennis. It's all about passing it on."

Peg Dermody also sees the hope being passed between mentor and mentee.

"Lauren has paved the road so that Claire believes anything is possible," she said. "That is the greatest gift anyone can give a child. We are so grateful for Lauren."

—Karen Ronney is an award-winning author, USTA Tennis service representative and the Girls' Varsity Tennis Coach at Patrick Henry High School. ■

## ► Briefs, from page 5

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The annual Sharp HospiceCare Regatta will be held Aug. 26. (Courtesy Sharp HospiceCare)

## Sharp HospiceCare Benefit Dinner and Regatta

Sharp HospiceCare Benefit Dinner and Regatta will be held on Friday, Aug. 25 and Saturday, Aug. 26 by Sharp HospiceCare, the Coronado Yacht Club and Cortez Racing Association to benefit the Sharp HospiceCare's Homes for Hospice program.

On Friday, there will be a pre-race event at Hotel del Coronado located at 1500 Orange Ave. The event, which begins at 6 p.m., includes a full-course dinner, dancing and a silent auction with a ticket price of \$195.

See BRIEFS page 18 —————→

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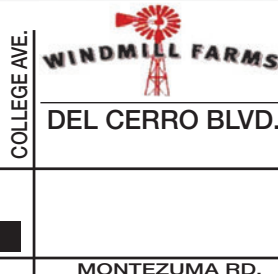
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To purchase tickets for either event or learn more about the regatta, visit [give.sharp.com/regatta](http://give.sharp.com/regatta).

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# Graphic novels worthy of great love

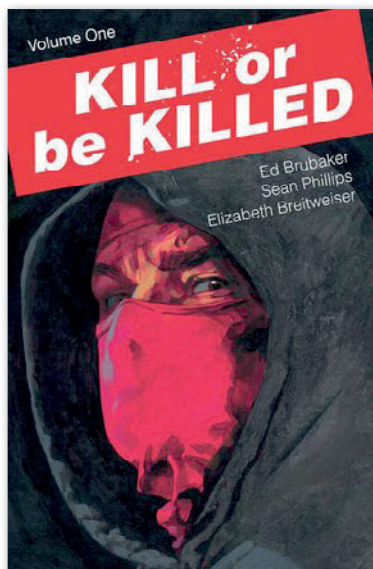


Jake **Sexton**

Late July brings Comic-Con to the San Diego region; and with it, a ready excuse to talk about one of my great loves: comics and graphic novels. Many adults immediately think of “Archie,” “Garfield,” or “Peanuts,” but the titles I discuss below aren’t suitable for kids. Like any novel, they touch on humans’ dark obsessions, motivations, and emotions.

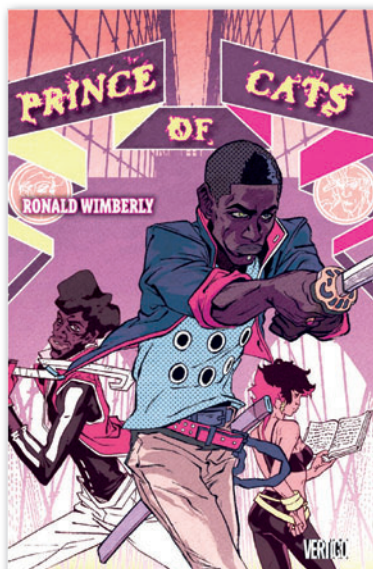
This year ushered in several intense crime comics with supernatural elements. “Kill or Be Killed” is the latest by the noir dream team of Ed Brubaker and Sean Phillips. After a failed suicide attempt, disenchanted twenty-something Dylan finds himself alive and hearing voices from a shadow in the darkness. The shadow claims to be a demon who saved Dylan’s life, and Dylan must repay the debt by killing someone once a month. Uncertain of his own sanity, Dylan decides he must chance it, and begins a secret second life as a surprisingly effective vigilante. Everything goes well for him ... for a while ...

“The Black Monday Murders” by Jonathan Hickman and Tom Coker fuses traditional organized crime stories with horror. It explains the world as one controlled by a small



handful of families, whose strength comes from centuries of occult dealings with dark gods. The plot begins when one of these secretive financial titans is murdered and the police begin opening the door on this underground society. The investigating cop is armed with some understanding of these dark forces, but is quickly in over his head.

The ironically titled “Happy!” by Grant Morrison and Darick Robertson tells the tale of Nick Sax, a police detective fallen from grace, who now is a sleazy, drunken hit man. After a job goes wrong, he ends up in the hospital ... and is awakened by a miniature blue talking flying horse that only he can see. While Nick’s goal is to flee from the gangsters who want his head, Happy the Horse implores



him to save a little girl in town whose time is running out. Is Nick crazy? Is Happy a hallucination? Are imaginary friends real, and if so, why would one put its faith in such a degenerate human being?

Ron Wimberly’s “Prince of Cats” took me by surprise. It tells the story of a secondary character from “Romeo and Juliet” — Juliet’s aggressive cousin Tybalt. But instead of Renaissance-era Italy, the tragic tale is set in 1980s Brooklyn. Picture sword-fighting NYC teens, decked out as though they were auditioning for a Prince video. The artwork is stylish and vibrant, and the dialogue is extremely impressive. Instead of simply inserting Shakespeare’s lines, or re-writing those lines in modern



language, Wimberly writes new dialogue in iambic pentameter that mimics Shakespeare’s flowery text, with swearing and hip-hop slang sprinkled in.

To end on a silly note, I’ll mention “Scooby Apocalypse” by Keith Giffen, JM DeMatteis and Howard Porter. In an inexplicable departure, DC Comics takes the groovy teen detectives of “Scooby-Doo” and sets them in a post-apocalyptic Earth filled with monsters. But to my surprise, it works. Brainy Velma suspects nefarious schemes from her superiors at a shadowy tech conglomerate, so she calls in reality TV stars/journalists Fred and Daphne. They cross paths with hipster Shaggy, a company dog trainer who works with the genetically engineered SmartDogs, like Scooby. They



are thrown together just as the corporate mad scientists realize their plan by releasing a virus that turns people into monsters. Scoob and the gang are no longer revealing Old Man Higgins in a monster mask — they are fighting to survive a world of vampires, zombies and more.

It’s not too late to join the library’s Summer Reading Challenge. People of all ages can get prizes for reading books, attend fun and educational programs, enter art contests, and more. Details are at [sdcl.org/src](http://sdcl.org/src).

—Jake Sexton is librarian at the La Mesa branch of the San Diego County Library. Call the library at 619-469-2151; visit in person at 8074 Allison Ave.; or get information online at [sdcl.org](http://sdcl.org). ■

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## ► Briefs, from page 16

Then on Saturday, at 11 a.m., the Coronado Yacht Club located at 1631 Strand Way will be having yacht reservation, lunch, refreshments, beer, wine and post-race party dinner for a ticket price of \$150. The race portion of the event will start later at 1 p.m. at the east end of Harbor Island and finish near the Coronado Yacht Club. Competitors will race for a chance to compete in the 2018 Hospice Regattas National Championship in Oswego, New York.

To purchase tickets or learn more about the Regatta, please visit [give.sharp.com/regatta](http://give.sharp.com/regatta) and to learn more about Sharp HospiceCare, you can call 1-800-82-SHARP or visit [ti.nyurl.com/ydgfch8](http://ti.nyurl.com/ydgfch8)

at the Grossmont Orthopedic Medical group located at 5565 Grossmont Center Drive, #256. Carlsbad resident and father Justin Marchand was the recipient of the implant.

Marchand tore his meniscus in his left knee twice, first while practicing Brazilian Jiu-Jitsu drills and the second while jogging. He went through two partial meniscectomies to treat the tears but continued to suffer from constant pain and swelling in his knee. His knee became extremely vulnerable to any type of sudden movement and made him limit all of sports activities, including mountain biking, skiing and hiking.

"There aren't many great options for patients like Justin, who experience persistent knee pain following meniscus surgery but are too young for knee replacement surgery," Dr. Hacker said in a press release. "We hope the SUN study finds that the NUSurface implant alleviates pain in these patients, as well as helps them delay or avoid knee replacement surgery. Patients routinely ask me for something simple that could be put in the joint – this is that option they have been waiting for."

Following his surgery, where the implant was placed into his left knee joint through a small incision, he will now undergo a six-week rehabilitation program, after which time he can begin to resume work, leisure and sports activities.

"For the last four years, I had resigned myself to living with knee pain and limited mobility," Marchand said in a press release. "As a father of six children, it has been particularly heartbreaking because I have not been able to go surfing with my kids or participate in the outdoor activities we love. I am hopeful that the NUSurface Implant will help me get back to my active lifestyle and allow me to go hiking with my family without persistent knee pain."

For more information about the SUN study visit [sun-trial.com](http://sun-trial.com) or call 844-680-8951. ■



The NUSurface meniscus replacement procedure will give relief to Justin Marchand's knee pain. (Courtesy Grossmont Orthopedic Medical)

## First ever operation performed in La Mesa

On Tuesday, July 25, Dr. Scott A. Hacker became the only San Diego surgeon to ever use the NUSurface Meniscus Implant in a knee replacement surgery.

Dr. Hacker, who is an expert in arthroscopic surgery, total joint replacements, sports medicine and fracture care, partnered with Active Implants, a company that develops orthopedic implant solutions, to perform the surgery

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FEATURED EVENTS

**JULY 29** **La Mesa/East County Bancroft Exchange**  
**Saturday, July 29**  
Bring your homegrown fruits and vegetables, baked goods, jams, succulents and more for this local exchange! Lunch and a California Rare Fruit Growers meeting will follow. 10:30-11:30 a.m. at 3845 Spring Drive. Visit [bit.ly/2vXyqrp](http://bit.ly/2vXyqrp).

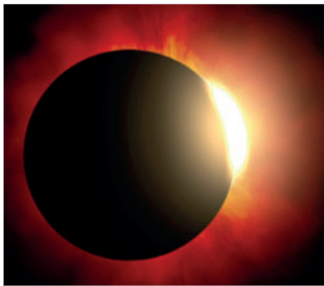
**AUGUST 3 10 17 24 31** **La Mesa Classic Car Show**  
**Thursday, Aug. 3, 10, 17, 24 and 31**  
La Mesa Village Association presents the La Mesa Classic Car Show every Thursday night through Aug. 31. The event features pre-1974 vehicles, live music and shopping. 5-8 p.m. on La Mesa Boulevard. Visit [bit.ly/2qTTeyi](http://bit.ly/2qTTeyi).

**AUGUST 5** **La Mesa Police Department's Safety Fair**  
**Saturday, Aug. 5**  
Join the La Mesa Police Department for their 2017 Safety Fair, featuring Police Station tours, resource booths, music, food and giveaways. 9 a.m.-1 p.m. at La Mesa Police Department, 8085 University Ave. Visit [bit.ly/2vXZFSG](http://bit.ly/2vXZFSG).

**AUGUST 10** **Summer basketball camps**  
**Through 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).

**AUGUST 16** **Golden Acorn Casino Trip**  
**Wednesday, Aug. 16**  
Hop on the bus and head to the casino with city of La Mesa's Adult Enrichment Center for their monthly trip. \$7 for members and \$9 for nonmembers. Receive \$20 in free play upon arrival. The bus leaves at 8:30 p.m. sharp from the Center, 8450 La Mesa Blvd. RSVP at 619-667-1322.

**AUGUST 21** **The Great American Eclipse at Fleet Science Center**  
**Monday, Aug. 21**  
Enjoy the Great American Eclipse with the Fleet! The Fleet Science Center will be hosting various activities — including a viewing and “Ask and Astronomer” — throughout the morning. Free. 9-11:45 a.m. at 1875 El Prado. Visit [bit.ly/2vXxrre](http://bit.ly/2vXxrre).



**AUGUST 23** **“Maximizing Brain Health”**  
**Wednesday, Aug. 23**  
Attend a free program on brain health from Alzheimer's San Diego. Free. Light refreshments served. 10-11 a.m. at the Grossmont Healthcare District's Dr. William C. Herrick Community Health Care Library, 9001 Wakarusa St. Visit [herricklibrary.org](http://herricklibrary.org) or call 619-825-5010.

**AUGUST 24** **THRiVE Real Estate Open House and Ribbon Cutting**  
**Thursday, Aug. 24**  
La Mesa Chamber of Commerce invites you to welcome THRiVE Real Estate to the La Mesa community with an open house, ribbon cutting and celebration. Light refreshments provided. 5-7:30 p.m. at 8693 La Mesa Blvd., Suite B. RSVP at [rsvp@lamesachamber.com](mailto:rsvp@lamesachamber.com) or call 619-465-7700, ext. 2.

**AUGUST 25 26** **Sharp HospiceCare Benefit Dinner and Regatta**  
**Friday, Aug. 25 and Saturday, Aug. 26**  
Support the Sharp HospiceCare's Homes for Hospice program with this two-day benefit. Visit [give.sharp.com/regatta](http://give.sharp.com/regatta).  
● **Pre-Race Event, Friday, Aug. 25**  
Enjoy a full-course dinner, dancing and a silent auction. Tickets \$195. 6 p.m. at Hotel del Coronado, 1500 Orange Ave.  
● **Race and Spectator Yacht Seating, Saturday, Aug. 26**  
Celebrate the race with a yacht reservation, lunch, refreshments, wine and post-race dinner party. Tickets \$150. 11 a.m. at Coronado Yacht Club, 1631 Strand Way. Race begins at 1 p.m. ■

CALENDAR

MUSIC NOTES

**JULY 28** **2-Man Show: American Standards Music and Vocals**  
**Friday, July 28**  
Tommy Gannon and Bernie Kaye will perform a concert of show tunes and old-standards. 12:30 p.m. at The College Avenue Center, 6299 Capri Drive. Visit [bit.ly/2pPTBZx](http://bit.ly/2pPTBZx).

**AUGUST 5 12 19 26** **Live music at San Pasqual Winery**  
**Saturdays, Aug. 5, 12, 19 and 26**  
San Pasqual Winery presents music acts: Andrew Parker Davis on Aug. 5; Geary Thompson on Aug. 12; Jim Earp & Bill Benzil on Aug. 19; and Gealy & Robinson on Aug. 26. Seating is first come, first served. No cover. 7-10 p.m. at La Mesa Village, 8364 La Mesa Blvd. Visit [bit.ly/2kIRWXx](http://bit.ly/2kIRWXx).

**JULY 28 AUGUST 3 4 12 17 18 19** **Summer of Sycuan Concerts**  
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:
- **Friday, July 28:** Psychedelic Furs, 8 p.m.
  - **Thursday, Aug. 3 and Friday, Aug. 4:** KC and The Sunshine Band, 8 p.m.
  - **Saturday, Aug. 12:** Sparx and Lorenzo Antonio, 8 p.m.
  - **Thursday, Aug. 17 and Friday, Aug. 18:** Freddie Jackson, 8 p.m.
  - **Saturday, Aug. 19:** Chippendales, 8 p.m.

**JULY 30 AUGUST 6 13 20** **Free Concert Series**  
**Sundays, July 30, Aug. 6, 13 and 20**  
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 30:** Pomerado Brass Quintet  
● **Sunday Aug. 6:** San Diego Clarinet Quintet  
● **Sunday, Aug. 13:** San Diego Native American Flute Circle  
● **Sunday, Aug. 20:** M3 Jazz Trio

GALLERY VIEWS

**AUGUST 11** **‘Art Telling — It's All In A Word’**  
**Through Friday, Aug. 11**  
Mission Trails Regional Park Foundation will display the work of six award-winning artists: Jeanne Abriel, Linda Lepeirs, Beth McClellan, Lois Madeline Nicholls, Denise Strahm and Kathi Vargi. These artists individually interpret six words — Airy, Balance, Lush, Nature's Edge, Passage and Tethered — and use them to inspire their creative pieces. Free admission. The exhibit is open 9 a.m.-5 p.m. at MTRP Visitor and Interpretive Center, 1 Father Junipero Serra Trail. Contact Vicky DeLong at 619-286-1361.

**AUGUST 9 14 16 21** **Nainsook Framing & Art Classes**  
**Wednesday, Aug. 9; Monday, Aug. 14; Wednesday, Aug. 16; Monday, Aug. 21**  
Nainsook Framing & Art offers events including Alcohol Ink on Tile and Watercolor Greeting Cards. Art styles and times vary. \$35 cost per person. Events held at Nainsook Framing & Art, 8310 La Mesa Blvd. Visit [bit.ly/2lsypYK](http://bit.ly/2lsypYK).

**AUGUST 12 SEPT. 8** **‘Nature of the Brush — Modern Japanese Brush Paintings’**  
**Saturday, Aug. 12-Friday, Sept. 8**  
Mission Trails Regional Park Foundation will display the work of two award-winning artists: Julia Roth and Gaye Lingley. Free admission. A

reception will be held on Sunday, Aug. 13, 1-4 p.m. The exhibit is open 9 a.m.-5 p.m. at MTRP Visitor and Interpretive Center, 1 Father Junipero Serra Trail. Contact Vicky DeLong at 619-286-1361.



(Courtesy Rick Griffin Communications)

**SEPT. 30** **Herrick Library's Summer 2017 Art Exhibit**  
**Through Sept. 30**  
The Dr. William C. Herrick Community Health Care Library hosts their second photography exhibit. The collection features art features 45 paintings by La Mesa resident Michael Dayon. 9001 Wakarusa St., La Mesa. Visit [herricklibrary.org](http://herricklibrary.org).

STAGE CUES



**JULY 28 JULY 30** **‘Women In Jeopardy’ at Lamplighters Theatre**  
**Friday, July 28-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. and Sundays. 5915 Severin Drive. Visit [bit.ly/2sxarPE](http://bit.ly/2sxarPE).

**JULY 28 AUGUST 5** **Grossmont College's ‘Treasure Island’**  
**Friday, July 28-Saturday, Aug. 5**  
Grossmont College's fourth annual Summer Theatre Arts Conservatory presents a musical adaptation of "Treasure Island." Tickets \$10-15 at [bit.ly/2tnEUD6](http://bit.ly/2tnEUD6) or 619-644-7234. Performance dates and times vary. Grossmont College's Stagehouse Theatre in Building 21, 8800 Grossmont College Drive. Visit [grossmont.edu/theatrearts](http://grossmont.edu/theatrearts).

ON FILM

**JULY 31** **‘Rules Don't Apply’ Screening**  
**Monday, July 31**  
College Avenue Center hosts a film screening of the romantic drama “Rules Don't Apply.” 1 p.m. at The College Avenue Center, 6299 Capri Drive. Visit [bit.ly/2pPTBZx](http://bit.ly/2pPTBZx). ■

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We welcome your input on the community! Submissions can be sent by e-mail to [jeff@sdCNN.com](mailto:jeff@sdCNN.com). Thank you for your interest in the La Mesa Courier.



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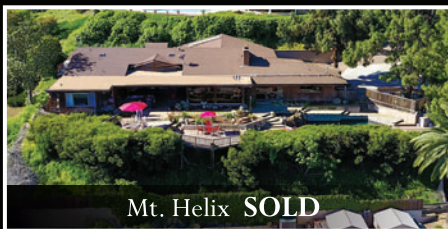


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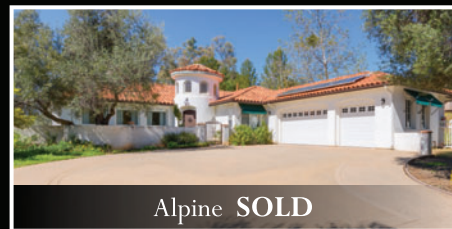
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