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# La Mesa COURIER



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Leader in landscape



Nate Magnusson has designed some of the region's most iconic parks and gardens. **Page 3**

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## A home for the holidays



(l to r) Alexis Harris, Hanna Shepler and Sonya Alexander are three of the women living in the Horizon House, a new home in La Mesa that helps young adults transitioning out of foster care achieve success. (Courtesy Just In Time)

## Horizon House takes young adults transitioning out of foster care

Joyell Nevins

La Mesa welcomes its neighbors and offers a source of hope in the newly christened Horizon House. The home for young adult women is a joint effort between the Solana Beach Presbyterian Church Foster Youth Ministry and Just in Time (JIT), a nonprofit committed to helping transition-age foster youth achieve self-sufficiency and well-being.

According to the California Senate Office of Research, foster youth make up 46 percent of California's homeless

population. The Adoption and Foster Care Analysis and Reporting System found in the fiscal year 2014 that nationwide, out of 251,764 children placed into foster care, 23,439 aged out (meaning that at 18 they are no longer a ward of the state and are on their own). Out of those who aged out, 1 in 5 will become homeless, 1 in 4 will experience post-traumatic stress disorder, and less than 3 percent will earn a college degree.

Groups like Just in Time are working to change to those statistics. One of the ways JIT achieves that is by helping youth get set up in stable and

sustainable housing. The "sustainable" part is where Bill and Gretchen Morgan, volunteers in the Solana Beach ministry, saw a way to meet a need. Over the last decade, they have been steadily more dismayed by the financial side of the housing market in San Diego, specifically in regards to the youth they were working with.

"Rents have gone up 50 percent in some areas," Gretchen said.

How was someone just starting out supposed to be able to save, handle other bills, and

See **HORIZON** page 4 →

## Reaching goals in life, on field

### La Mesa soccer player picked for unique mentorship program

Margie M. Palmer

Emma Cashman isn't your average seventh-grade soccer player.

Earlier this year, the home-schooled La Mesan was chosen to be one of just 11 girls, ages 11 to 15, from China, South Korea, Brazil and the



Emma Cashman was one of 11 girls chosen for Chevrolet's Goalkeeper program. (Courtesy Chevrolet)

See **GOALKEEPER** page 17 →

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**La Mesa COURIER**

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City approves new plan for Collier Park

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### WHAT WE TREAT:

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### WHAT WE HAVE TO OFFER:

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- Detox Assistance.
- Family Education.
- Anger Management.
- Legal Solutions

## Climate plan faces scrutiny at meeting

Jeff Clemetson  
Editor

On Nov. 13, city staff presented the latest revision to La Mesa's climate action plan (CAP) to a joint meeting of the Environmental Sustainability Commission and the Climate Action Plan Council Subcommittee. The CAP presentation outlined how to reach the city's targets to reduce greenhouse gas (GHG) emissions required by state law.

The La Mesa CAP sets the following goals:

- By 2020, reduce GHG emissions 15 percent below the 2010 baseline of 422,672 metric tons of carbon dioxide equivalent per year.

- By 2035, reduce GHG emissions 53 percent below the 2010 baseline.

The CAP mostly achieves the long-term goals by factoring in a future community choice energy plan that runs on 100 percent clean energy and with a minimum of 80 percent of residents and businesses participating.

Other strategies in the CAP include promoting public transportation by amending the general plan to promote density housing near trolley and bus lines; building more bike and pedestrian infrastructure; providing electric vehicle charging stations; enacting building codes that promote energy efficiency; reducing solid waste; and increasing the city's urban forest canopy coverage from 18 percent to 33 percent by 2035.

The La Mesa CAP can be read online at bit.ly/2hQIA0H.

Reactions to the plan from environmental groups and the commission were mixed — from suggesting just a few improvements to highly critical.

Jean Costa from the group SD350 criticized weak wording in the CAP that cites International Panel on Climate Change (IPCC)

See **CLIMATE PLAN** page 5 →



# Highway stories

## Author writes about Jewish people and their history, along Interstate 8

Sara Appel-Lennon

San Carlos resident Don Harrison believes there are Jewish stories everywhere.

To prove his point, Harrison recently wrote a book that recounts 70 Jewish stories culled from all 35 exits along Interstate 8 between Mission Bay and the Imperial County line, titled "77 Miles of Jewish Stories: History, Anecdotes, and Tales of Travel Along I-8"

"When you can tie a story to a place, it can have a lasting impact," Harrison said. "[It's] an opportunity to learn about our people and our customs in a nonthreatening way."

Writing about San Diego's Jewish community is something Harrison has done since 1985, as editor and publisher

of San Diego Jewish World. Many of the stories in the book appeared in San Diego Jewish World online in the past two years.

With an affinity for travel, Harrison is a self-described "wandering Jew."

"And a wandering Jew," he added. "I love to travel, and find stories wherever I go, my absolute joy in life."

For "77 Miles," Harrison drove around to get a sense of the areas of each exit along Interstate 8, leading to an almost accidental quality in the writing.

"It has the stories that I found, not what I intended," he said. "I was guided by the exits."

Those exits guided him to research the history and people he found there, which gave him the stories in the book. Some local examples include:

**Exit 2** — At the University of San Diego, Harrison learned of Colonel Irving Saloman, the first Jewish layperson to be knighted by the Catholic Church.

"Pope Paul VI personally had approved [of the knighthood] because of Saloman's open-heartedness," Harrison said.

Saloman donated large sums of money to USD, Point Loma Nazarene University



Author Don Harrison

and other universities. A lecture hall at USD and a theater at Point Loma Nazarene University were built in Saloman's honor.

**Exit 2** — Harrison wrote about how Monsignor I. Brent Eagen, chancellor of the San Diego Diocese, asked Rabbi Wayne Dosick to lead an all-faith service every spring at University of San Diego. Eagen also invited Dosick to teach a class on Judaism, which he did for 17 years.

**Exit 6** — Harrison wrote about Rep. Susan Davis after visiting her office on Adams Avenue. He discovered that Davis introduces herself by first name and "tikkun olam" — Hebrew for "improving the world."

**Exit 8** — Harrison spoke with Dr. Paul Bernstein, Kaiser Permanente's San

Diego Regional Medical Director. Bernstein shared stories about his hero, the late Dr. Sidney Garfield, who was a Jewish surgeon.

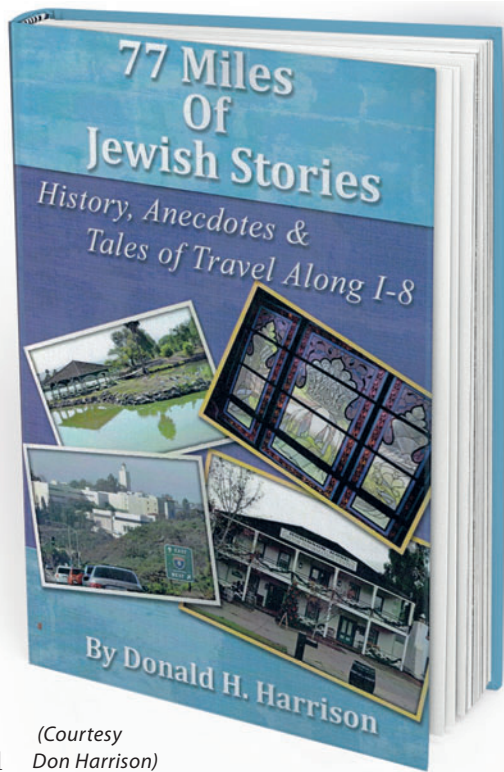
In Harrison's book, Bernstein said, "Almost everything we do in American medicine today was really developed by him."

In 1933, Garfield started a 12-bed hospital in the Mojave Desert for 5,000 employees building an aqueduct to transport water from the Colorado River to Los Angeles. This was the first hospital in America with air conditioning for patients, not doctors. "It was unique, caring about how patients were feeling," Bernstein said.

Garfield was also a pioneer of the idea of pre-payment for medical care, preventative health care through health maintenance organizations and using technology to keep accurate medical records.

**Exit 9** — Harrison wrote a story about Del Cerro resident Saul Snyder — a world class tennis player in his 80s who won gold medals in the United States, Israel, and Croatia.

**Exit 10** — The College Avenue Center and Temple Emanu-El were the focus for



(Courtesy Don Harrison)

stories from Exit 10. Harrison wrote about free classes offered to seniors through the San Diego Community College District there and how Jewish Family Services provide hot lunches at a nominal cost, followed by entertainment on Fridays.

**Exit 11** — One of the more intriguing stories in the book is the origin of DZ Akins Delicatessen, which Harrison recounts in his chapter about Exit 11.

Debbie Epstein was attending University of California Los Angeles when her aunt told her to check out the

See 77 MILES page 17 —————>

### The author speaks

Don Harrison will present and discuss his book "77 Miles of Jewish Stories" at the following events:

- **Nov. 30, 7 p.m.,** Tifereth Israel Synagogue, sponsored by the Men's Club
- **Dec. 5, 6 p.m.,** San Diego History Center, Casa de Balboa, Balboa Park
- **Jan. 7, 10 a.m.,** Ohr Shalom Synagogue



## 5 WAYS TECHNOLOGY CAN GET YOUR HOME READY FOR THE HOLIDAYS

The holidays can be many things: magical, family-filled and joyful, or hectic, busy, and stressful. This year, use technology to simplify your life so you can spend more time on the things that matter. Here are five ways technology can prepare you for the busy season ahead.

**1. Automatic Lights and Thermostat Settings.** Fall may mean earlier sunsets, but you don't have to come home to a dark home. With Cox Homelife, you can turn lights on and off remotely using your smartphone, or program them to turn on and off at certain times each day, even your porch light for that added security. And if you can't remember whether you turned off the heater or coffee pot before you left the house, Cox Homelife allows you to control your thermostat and small appliances remotely.

**2. Smoke and Carbon Monoxide Detectors.** As the holidays approach, and the weather changes, so does the increase in fire and carbon monoxide related injuries and deaths. Make sure you have a working smoke alarm and carbon monoxide detector. And, if you have a security and automation system like Cox Homelife, you'll be able to protect, control, and monitor your home for smoke and carbon monoxide.

**3. WiFi for Overnight Guests.** While you may be tempted to unsecure your in-home WiFi while visitors are in town, always make sure your network is secured and password protected. An unsecure network could open you up to potential hackers or allow others to use up your plan's data. It's better to give

your guests your password while they're in your home than unknowingly give strangers down the street access to your WiFi.

**4. Music Choice.** No need to download classic and current holiday songs, or go searching for that box of holiday CDs. With a selection of holiday stations on Music Choice, you can pipe the perfect yuletide music directly from your TV. Just go to your Cox Contour TV guide, choose one of the Music Choice holiday channels, and check one more thing off your holiday party To Do list.

**5. Voice-Controlled Remote.** Take the guess work out of TV watching for your houseguests. Use voice commands to change channels, find your favorite holiday movie, or get show and movie recommendations with the Contour voice-controlled remote. Say "holiday movies" into your remote, and you're sure to find your favorite among the title options.

Whether it's automating your home, entertaining visitors and children, or keeping your family and home safe, Cox Homelife, in-home WiFi, and Contour can help this holiday season. Visit [www.cox.com](http://www.cox.com).

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# Young landscape architect works to shape the future

Delle Willett

As a kid, Nate Magnusson always wanted to be an architect.

Growing up in Tempe, Arizona, Magnusson was influenced by Frank Lloyd Wright’s architecture, and had opportunities to explore several of his commercial, institutional and residential projects.

“Those early experiences helped sharpen my vision for design,” he said.

And after his first two years studying at the School of Architecture & Environmental Design at Arizona State University, Magnusson changed his major to landscape architecture, “... as it resonated better with my goal of connecting people with nature through design.”

Although he still has a love for architecture, Magnusson appreciates being a landscape architect.

“Now, working on projects from all shapes and sizes, I’m able to see the communities who benefit from our hard work and dedication to elevate the public and private spaces throughout San Diego and Southern California,” he said.

As one of the younger presidents of the American Society of Landscape Architects (ASLA), San Diego chapter, Magnusson has brought passionate energy to the 40-year-old chapter and is helping to formulate its reputation as one of the most active of the organization’s 50 chapters in the country.

Magnusson first joined ASLA in 2011, serving as vice president of community outreach. This year he has been serving as president and when his term ends, he will continue



Magnusson designed the Lake Skinner recreation area splash pad and new inclusive playground. (Courtesy Schmidt Design Group)

on as immediate past-president and said he’ll still be heavily involved in the chapter’s future.

As president, Magnusson co-chaired the ASLA 38th annual golf tournament on Sept. 11. In addition to raising \$5,000 for their community grant, he challenged the members to raise an additional \$3,000 for the 9/11 Memorial in New York City, which they did.

“When I visited the memorial, it had a moving impact on me,” Magnusson said. “The design of the reflecting pools and surrounding forest of oak trees provide a place for contemplation and remembrance. As landscape architects, we can all continue to have an important role in providing spaces, large and small, to strengthen our communities.”

Following Magnusson’s encouragement for the ASLA to collaborate with San Diego’s American Institute of Architects (AIA), the two associations are doing a joint holiday meeting/gala in December for the first time.

Magnusson is a senior project manager at Schmidt Design Group (with headquarters on Sixth Avenue in Downtown San



Nate Magnusson

Diego), where he’s worked for the past 11 years.

Notable projects he has managed include Stone Brewery World Bistro and Gardens in Escondido, which won the 2007 Orchid, and ASLA San Diego President’s 2009 awards; Stone Brewery World Bistro and Gardens at Liberty Station, San Diego, which won the People’s Choice Orchid Award 2013; Civita Park, Mission Valley, San Diego; Lake Skinner Recreation Area, Winchester, California; Vive on the Park, San Diego, and Lux Art Institute, Encinitas.

Magnusson lives in La Mesa with his wife, Tatum, owner and jewelry designer of Love Tatum Jewelry, and their French bulldog, Dumpling. In his spare time, he enjoys surfing, drawing, painting, and experiencing new and delicious food.

Once his term is over, Magnusson plans to continue his involvement in shaping the future of the local ASLA chapter, along with shaping the future of his brand-new baby girl, Ever Aila Magnusson.

—Delle Willett has been a marketing and public relations professional for over 30 years, with an emphasis on conservation of the environment. She can be reached at [dellewillett@gmail.com](mailto:dellewillett@gmail.com). ■



Civita Park Cloud Amphitheater (Courtesy Schmidt Design Group)



Stone Brewery Liberty Station water feature and garden (Photo by John Durant)

## 27 Ways to Drive Up the Sales Price of Your Home

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

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

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

In this report you’ll discover how to avoid financial disappointment or worse, a financial disaster when selling your home. Using a common-sense approach, you will get straight facts about what can make or break the sale of your home.

You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money.

To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-270-1494 and enter 1023. You can call anytime, 24 hours a day, 7 days a week. Get your free special report NOW.

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► **Horizon**, from page 1

still keep up with the rent? So, the Morgans began looking for a home that they could purchase and determine the rent on. They needed it to be accessible to public transportation and within walking distance of other amenities, housed within a neighborly community, and big enough to hold several young adults at one time.

"There are a lot of different neighborhoods in San Diego, but La Mesa checks all the boxes," Bill explained.

They found a four-bedroom, four-bath home just a few blocks from a trolley stop, and just a few steps away from JIT headquarters. The 3,200-square-foot house had a side porch, back deck, and a driveway. And the Morgans love the La Mesa community.

"We met with many of the neighbors, and everyone expressed pleasure about the young ladies being there," Bill said. "It's a really neat area."

The young women, who range in age from 19 to 27, are pleased to be there as well.

"It's awesome when I wake up — the quality of everything," resident Alexis Harris said. "It's comforting. This is the nicest house I've ever lived in."

Harris and her roommates have come out of a tumultuous past, some entering the foster system in their mid-teens, some as early as 5 years old, all aging out. When a foster youth turns 18, they may have had a transitional planning conference with their social worker ahead



(l to r) Alexis Harris, Hanna Shepler, Felicia Reyes, Gretchen Morgan, Cindy Tong, Sonya Alexander and Bill Morgan (Courtesy Just In Time)

of time, and are given an "emancipation packet" of information, and sometimes are set up with a physical space to live — but then are left to fend for themselves.

"Many of these foster youth are dealing with trauma, they've had no consistency, no role models, and no job skills," said Felicia Reyes, a former foster youth herself, who is now a graduate of USC and the Horizon House director. (Fun fact: JIT tracked Reyes down through a People Magazine article about foster youth who graduated from college.) "How are they supposed to succeed with no support?"

So support is an important aspect of the house. Not only do the women have each other, they each have a life coach or career mentor provided through JIT, they participate in a financial fitness program, and they are each attending college or career training. Their aspirations include fashion, nursing, social work, and cosmetology.

Each of the young ladies were personally invited by Reyes and the JIT staff to live in the house. They had to go through an application and interview process, and are able to live there for two years.

"We were looking for women who were already on a path of responsibility; they just needed one more boost," Reyes said.

But it's not just about responsibility and growing up. Sometimes, it's just about enjoying where you live, too.

"We have laughter — too much laughter!" Reyes said with a smile.

For more information on services or to volunteer with Just In Time, visit [jitfosteryouth.org](http://jitfosteryouth.org) or call 760-505-6647.

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

## NEWS BRIEFS

**La Mesa Chamber holiday drive**

Time is running out to assist 24 homebound La Mesa seniors this holiday season. The Chamber of Commerce is gathering items to place in gift baskets that will be delivered to them, along with a full-course hot turkey meal.

The chamber invites citizens to donate extra items from their pantry or purchase suggested non-perishable items. They are looking for canned soups, canned vegetables, canned fruits, packets of crackers, packets

See BRIEFS page 5 —————>

**Motivated to give back**

(l to r) Do Something director of campaign strategy Lizzie Devine, Pierce Newsome (director of Motiv San Diego), Darren Schwartz (Courtesy Motiv)

Pierce Newsome, a junior at Helix High School in La Mesa, is the recipient of a \$1,000 college scholarship from Do Something and Motiv San Diego. Newsome received the award at the Motiv8 Teen Service Summit held at University of San Diego in October.

Motiv connects high school teens to meaningful

volunteer opportunities to foster passion for lifelong community service engagement. Motiv partners with DoSomething.org to connect teens to "do it yourself" service projects.

"DoSomething with Motiv allows teens to do good whenever or wherever they are," said Darren Schwartz, Motiv San Diego director.

## HEALTHY FOODS SATISFY



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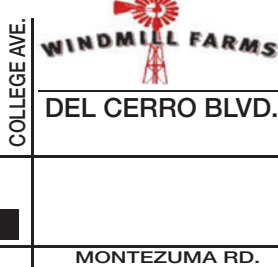
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► **Climate plan,** from page 1

reports as having a “position” on climate change’s negative effects on the environment instead of saying IPCC “research has shown” the effects.

“Your wording of this, to me, caters to the climate deniers and that should not be a part of any climate action plan,” she said.

Costa also took issue with the inclusion of fossil and bio-fuels in the CAP.

“Alternative fuels such as [compressed natural gas], [liquefied petroleum gas] and ethanol should not be encouraged,” she said.

“The first two are fossil fuels and the third has caused hunger in many countries as corn is grown to feed cars instead of people.”

Jack Shu, the most vocal critic of the CAP, pointed to the plan’s lack of a mode-share component in the transportation section.

“This is an issue that was brought up at several other meetings. I’m a little disappointed that the city continues to have to go back to staff to figure this out,” he said. “This is the third draft. You failed two other drafts and you may fail again if it can’t meet the legal requirement.”

SD350 cofounder Masada Disenhouse encouraged the city to begin collaborating with neighboring cities in the region to fund necessary studies for implementing the community choice energy plan in the CAP.

“That’s the first step to determine the necessary start-up costs and feasibility and it would make sense for the city to get a jump-start on the path to community choice energy in early 2018 and not wait longer,” she said, adding that La Mesa’s CAP only has a “short, superficial analysis” of community choice that lacks information on sourcing, cost competitiveness, feasibility and start-up costs of such a program.

Climate Action Campaign policy advocate Sophie Wolfram brought up the most troubling issue with the CAP — a discrepancy in how the emissions were measured to set the goals.

“The 2020 target is set using mass-to-overall emissions but the 2035 target is still set using per capita or per person emissions and for CEQA-qualified plans, which this climate plan will be, mass emissions must be used,” she said, referring to

the California Environmental Quality Act.

Mass emissions take into account the overall amount of GHGs at a given time, whereas a per capita calculation would be influenced by population growth.

“The widely accepted threshold of significance for greenhouse gas emissions in CEQA-qualified plans is set by state legislation and is 40 percent below 1990 levels by 2030, and 80 percent below 1990 levels by 2050,” she added. “So those are the targets that La Mesa’s 2035 target must be tethered to. The per capita targets won’t work.”

Other suggestions for the CAP brought up in public comments included raising the target number for bike use; doing more to promote mass transit; adding an economic justice element to the plan; and doing more public outreach about the CAP so the public can offer more input.

After public comments, the commissioners weighed in.

Cameron Durckel, who represents SDG&E on the commission, praised the plan but encouraged city staff to add in “some flexibility given the changing regulatory and legal requirements.”

Stephan Guiland said he is optimistic the plan is moving in the right direction, but added that the transportation section of the document lacks “meat.”

“I don’t know how we can enforce city actions in the transportation section,” he said. “That’s not clear. The number that we’re seeing related to reductions is huge so I am nervous about how we can accomplish that without more details in this plan.”

He suggested working with the San Diego Association of Governments and other regional agencies to finalize the details.

Robin Rivel, an arborist on the commission, said the CAP should use a biology standard rather than a design standard in setting goals for the city’s urban forest canopy.

“The amount of trees doesn’t address the scale or size of trees,” she said.

She also suggested requiring larger setbacks in new building designs to accommodate larger trees.

Jim Stone offered several critiques of the CAP. He is skeptical about the rates used to calculate GHG savings on building retrofits and of the 90 percent GHG reduction calculated for Sharp Grossmont

Hospital’s power generation plant, which uses natural gas.

He said the plan needs a goal for solar installations in the city, more incentives for landlords to adopt reductions, and suggested that the bike plan include protected lanes because people won’t use bikes unless they feel safe.

“The plan, as it’s laid out right now, won’t move the needle on bike use,” he said.

Stephen Grooms suggested that the CAP should include monetary sticks and carrots to change behaviors, such as surtaxes on things like drive-thrus or other business or residential practices that add to GHGs.

City Councilmember Bill Baber, who sits on the Climate Action Plan Council Subcommittee, recommended that the CAP proceed to the next level in the process of adopting it.

“In the grand scheme of things, I’m thinking about making the trains run on time. We probably should have had this meeting much earlier. We’ve idled on this plan for too long,” he said, adding that the deadline for the CAP to reach the City Council for a vote had already been pushed from this December to February 2018.

“Don’t make perfect the enemy of good,” he said. “Once we pass it, it’s not a fixed document; it’s a living document and we can update it yearly.”

Stone agreed.

“I don’t want to delay it on the account of this commission,” he said. “I think the next major hurdle would be the Planning Commission and it ought to go to them, whether or not these changes can be incorporated.”

However, Stone strongly urged that the 2035 emissions calculations in the CAP be changed from per capita to mass emissions numbers before going to the Planning Commission.

“If you don’t, I think you’re looking at a lawsuit,” he said.

Once those changes are put in the plan, the final draft will be sent, along with a supplemental environmental impact report, to the Planning Commission for review, during which there will be a 45-day public comment period before the Planning Commission hearing on the CAP. If the Planning Commission votes to approve the plan, the City Council will schedule a hearing for a vote on the plan, probably in February.

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

► **Briefs,** from page 4

of pasta, macaroni and cheese, bar soap, hand sanitizer, toothpaste, toothbrushes, tissue packets, hand soap bottles, breakfast cereals, beans, rice, oatmeal, pens, pads of paper, 20 pairs of women’s slipper socks, four pairs of men’s socks, and gift cards to any grocery store.

The deadline for donating items is Thursday, Dec. 7.

Items may be delivered to the La Mesa Chamber office, 8080 La Mesa Blvd., Suite 212, La Mesa. Item pick-up is also available. Contact Mary England at 619-251-7730.



ElderHelp at a recent Live Well event (Courtesy GHD)

**GHD grant to ElderHelp of San Diego**

The Grossmont Healthcare District (GHD) is continuing its support of ElderHelp of San Diego, a nonprofit health agency that offers social services to more than 7,000 seniors

annually. The GHD board recently approved a \$45,000 grant for ElderHelp’s Care Coordination, a program that delivers a variety of care management services, including health advocacy, escorted transportation to medical appointments, home safety inspections and repairs for seniors.

“We’re helping more than 7,000 seniors a year remain safely and securely in their own homes and communities,” said Deborah Martin, CEO/executive director of ElderHelp of San Diego, according to a press release. “The support

See BRIEFS page 16 —————>



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**OPINIONS/LETTERS:** La Mesa Courier encourages letters to the editor and guest editorials. Please email submissions to jeff@sdccnn.com and include your phone number and address for verification. We reserve the right to edit letters for brevity and accuracy. Letters and guest editorials do not necessarily reflect the views of the publisher or staff.

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## Guest Editorial

# GOP tax bills short-change middle class

Rep. Susan A. Davis

When considering any attempt to reform our tax code, the first question I ask myself is, “Will it help the middle class?” After carefully looking over the Republican tax bills proposed in the House and Senate, the only answer I can come to is, “No, these bills won’t help the middle class.” In fact, they will do just the opposite.

The most glaring aspect of both of these proposals is how differently corporations and people are treated. Most notably is the fact that tax cuts for corporations are forever yet the cuts for the American people go away after just five years.

Not only are the cuts for individuals temporary but those individuals will also lose a number of popular deductions.

Currently, teachers who spend their own money on pencils, pens and paper for their students can deduct those costs. No more. The House bill ends that deduction. However, a

corporation spending money on office supplies for its workers will still be able to deduct those costs.

About one in three San Diego taxpayers take advantage of the state and local tax (SALT) deductions. The House bill limits the SALT deductible amount to \$10,000 for property taxes. The Senate proposal eliminates the SALT deductions all together.

College graduates paying off student loans can currently deduct the interest paid on their loan to lower their tax burden. The House ends that deduction, which will make it harder for people saddled with massive school loan debt to pay it off.

Ending the school loan deduction would increase the cost to students attending college by \$65 billion over the next decade.

Ending the medical expense tax credit would not only hurt seniors but also veterans since many struggle with medical issues.

Veterans will also be hit hard with the end

of two other tax credits — the work opportunity tax credit and the disabled access tax credit. Between 2013 and 2015, about 300,000 veterans took advantage of the work opportunity tax credit.

As you can imagine, I have been hearing from my constituents on the GOP/Trump tax bills. They are not happy.

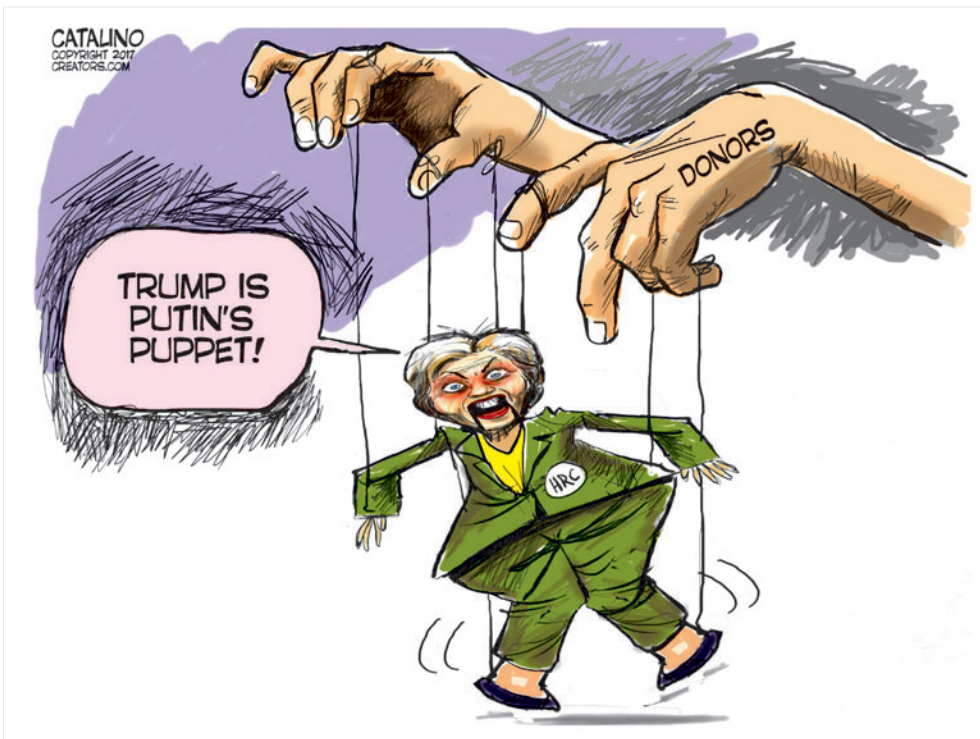
Todd in El Cajon says his family will lose \$28,350 in deductions against taxable income. Todd is the sole provider for his wife and five children ages of 1 to 11.

Sharon in Spring Valley counts on medical expense deductions to lower her tax liability.

I heard from Walter, a resident of Hillcrest, who is worried he will inevitably pay more in taxes because he will lose the student loan interest deduction and will fall into a higher tax bracket.

Finally, I have heard from a lot of my constituents who are worried about what this plan will do to the debt. I wish I

See TAX BILLS page 8 —>



## Letters

### The times they are a-changin’

The La Mesa City Council thinks that not getting caught in a lie is the same as telling the truth. To be fair, they don’t think that their paltering (lying by telling some version of the truth) is even dishonest. It is seen as “telling the people what they want to hear.”

Such is the case with their recent decision to change the first Tuesday of the monthly council meeting start time from 4 to 6 p.m.

Every half decade or so, the City Council takes a notion to change the start time of one or the other council meetings. It always does so under the pretext of maximizing “open and accessible government” for its residents. Poppycock! Past time changes have never been for the benefit of the public. They were changed then, as now, for the convenience of those on the dais. Either at the behest of our elected officials or city staffers.

When were past start times at 1:30 p.m., 3 p.m., 4 p.m., 5 p.m., 6 p.m. or 7 p.m. ever shown to be the best time for public meetings? And why the second and fourth Tuesdays of each month (except in August)? Where is their evidence? Does the city even keep track of attendance at council meetings? No, the city has no idea which is the best time, nor the best day, to hold council meetings — and it never has. It hasn’t even tried to find out.

Start times have always been changed for the convenience of those on the dais. In this instance, for three council members who are not self-employed, and who are still committed to a standard work schedule. These folks find a once-a-month adjustment to their busy schedules too onerous to bear. But they don’t want the public to know that is their only reason for making change.

Instead they pretend that this is a selfless act in the furtherance of civic engagement. They feel compelled to game the system, even when their win is guaranteed, and the end result so trivial. The motion to change the start time was passed (barely) but will have zero effect on civic participation. Those who are now able to attend at the new time will be exactly offset by those who once attended the earlier time.

But don’t worry, the most important result has been achieved. The City Council has managed to get its way once again. By hook or by crook.

—Joe Glidden, La Mesa

### CAP is unnecessary

Re: “City’s draft climate plan is released” [Volume 7, Issue 7 or bit.ly/2yJIoBf]

If you’re interested in the La Mesa Climate Action Plan (CAP), you’ve probably seen the updated draft noted. While it proposes a draconian greenhouse gas (GHG) reduction to 2 MTCO<sub>2</sub>e/capita by 2035, it also points out that the city’s emissions in 2010 were 4.4 MTCO<sub>2</sub>e/capita (on page 26) and the Air Resources Board mandates 6 MTCO<sub>2</sub>e/capita by 2030. That’s implementing SB 32’s 40 percent GHG emissions mandate and is the only statute setting a numerical limit.

So the city already complies with the only applicable state requirement and the CAP is unnecessary. The CAP proposal also used a Schwarzenegger 80 percent GHG reduction mandate by 2050 executive order which the state Supreme Court ruled against a few months ago, so that’s no longer valid.

I’ve pointed this out to the city and they have promised a response but I’ve yet to receive it.

—John Suhr, La Mesa.■

## Correction

Re: “Hilltop housing development in the works” [Volume 7, Issue 10]

The price of homes for the La Mesa Summit Estates should not have been stated in the October edition of the La Mesa Courier. The developer instructed the Courier to delete the pricing. The pricing was inadvertently left in the article.



# Republican Women celebrate holidays, install officers



Judy  
McCarty



It's been quite a year since winning the 2016 presidential election. Much of the opposition has been loud and vocal, but we continue to focus on traditional Republican values and principles of opportunity and responsibility that makes America so great.

Now it's time to celebrate the holidays again with a Christmas party at the home of Navajo Canyon Republican Women, Federated (NCRWF) member Ginny Wisley at 11 a.m. on Tuesday, Dec. 12. We'll bring presents for the children of our military men and women who are serving our country in dangerous ways. Military Outreach Ministries, who serve young military parents and families stretching their family budgets, will distribute them for us.

We'll celebrate our new members and the camaraderie we all enjoy. We'll celebrate our out-going president, Sally Steele — our super energetic and creative president — who will remain involved on the new board.

We'll also celebrate the installation of our new board for 2018: president Kat Culkin of Del Cerro; vice president of programs Nancy Murnahan of La Mesa; vice president of membership Terry Casey of El Cajon; vice president of ways and means Carleen Grantham of San Carlos; vice president of campaigns and precincts Waskah Whelan of Pt. Loma; recording secretary Chris Herzog of Lakeside; treasurer Nancy Norton of El Cajon; corresponding secretary Ginny Wisley of Fletcher Hills; and parliamentarian Gloria Harpenau of Crest.

We'll be celebrating our very successful Fashion Show and fundraiser that enables us to donate \$2,000 to Warrior Foundation Freedom Station which assists, honors and supports our military men and women.

Our membership drive for 2018 begins at the meeting.

Dues are \$35. NCRWF provides an opportunity for local Republican women to inform themselves on current issues, to support Republican principles and candidates and to strengthen local charitable organizations through volunteer activities and contributions. We are a club without boundaries, are open to all ages, ethnicities and backgrounds. We are the grass roots of the Republican Party, and welcome new members. If you're interested, come to the party and meet us!

Our regular luncheon meetings at The Brigantine in La Mesa will resume Tuesday, Jan. 9, with Tony Krvaric, chairman of the San Diego County Republican Party, as our speaker. You can count on a full year of interesting speakers and lots of activities.

For more information on all our plans and programs, visit us at [navajocanyonrnf.org](http://navajocanyonrnf.org).

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

# News from your County Supervisor



Dianne  
Jacob



**Helping families:** It was great to take part in the recent Walk4ALZ fundraiser at Balboa Park. It was inspiring to see so many people come together to help families dealing with Alzheimer's disease.

Alzheimer's and other types of dementia are taking a growing toll on San Diego. More than 62,000 residents have the deadly disease.

Under the umbrella of the county-led Alzheimer's Project, I continue to work closely with top researchers, local public universities, Alzheimer's San Diego and others to address the impact of Alzheimer's and

to accelerate the search for a cure.

**Ready for battle:** Our region recently marked the 10th anniversary of the devastating 2007 firestorms. Those of us who lived through the disaster will never forget the loss of life and property.

We've come a long way since then in improving wildfire protection in our most fire-prone areas. The county has substantially beefed up air and ground fire-fighting resources, and it established the County Fire Authority to coordinate wildfire protection across 1.5 million rural acres.

But a recent county survey found a drop-off in the number of residents who say they are adequately prepared for a disaster. If you haven't already, I urge you to go to [readysandiego.org](http://readysandiego.org).

**Fighting fakes and frauds:** The turnout was great

at my recent Don't Get Hooked forum in La Mesa.

The region's top experts in financial fraud against seniors joined me in educating folks about what they can do to fight off scammers, who will use any ruse possible to rip off older residents.

A big thank you to Skyline Church for providing the venue. Details on how to fend off crooks that target seniors can be found on the San Diego County District Attorney website.

—Dianne Jacob is San Diego County Supervisor for District 2. For more District 2 news, go to [diannejacob.com](http://diannejacob.com) or follow her on Facebook and Twitter. For assistance with a county issue, call her office at 619-531-5522 or email [dianne.jacob@sdcounty.ca.gov](mailto:dianne.jacob@sdcounty.ca.gov).

# Dog rescue event recognized

Mitch Totten

The third annual Jackie Blue's Rescue Angels' Carnival 4 Canines was another great success, hosted at Harry Griffen Park in La Mesa on Saturday, Oct. 21.

The carnival offered a wide range of events such as raffles, games, food, and dog adoption. Over 20 organizations showed up in support of spreading awareness and to help run the event.

"I love to see everyone come together and different [non-profits] — totally different nonprofits sometimes — being able to collaborate to a common goal of helping people," Behave! LLC owner and event volunteer Alexandra Grant said.

"It's just a fun day! It's a lot of organizing and a lot of having a really good time, and hopefully

all the dogs have a good time, too," Jackie Blue's Rescue Angels founder and president Michael Ann Gabrelcik said.

Activities with the dogs, including a costume contest, took place and contributed to the fun, spirited atmosphere.

Jackie Blue's Rescue Angels is a charity that strives to help pets in need of healthy and loving homes. Through donations and support from the community, the annual Carnival 4 Canines was able to raise money to help expand Jackie Blue's outreach.

California State Senator Joel Anderson's representative was present at the event with information for constituents from state services.

"It's a great honor to recognize the many passionate volunteers that came together to support animals in need," Anderson said.



Alexandra Grant of Behave! LLC (left) receives a Senate certificate of recognition from Thomas Moore on behalf of Sen. Anderson. (Courtesy Sen. Anderson)

The rescuers, volunteers, and vendors were thanked for their commitment and presented with Senate certificates of recognition.

—Mitch Totten is a legislative intern for the office of Sen. Joel Anderson.

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# Fair Trade Faire to highlight Dems holiday feast



Yahairah **Aristy** and  
Jeff **Benesch**

From modest beginnings over 70 years ago, the fair trade movement today is a global enterprise representing over 2 million producers and workers. The movement believes that trade can be a fundamental driver of poverty reduction and greater sustainable development, and disadvantaged farmers, workers and artisans can develop the capacity to take more control over their work and their lives.

The fair trade movement is supported by people across all five major continents, largely through Fair Trade Towns. These are communities of people and organizations which are working to promote fair trade in their area and use their everyday choices to increase sales of fair trade products and bring about positive change for farmers and workers in developing countries. Becoming a Fair Trade Town is a shared achievement and an opportunity for local authorities, schools, businesses, community organizations and activists to work together. La Mesa became one of the first Fair Trade Towns in California several years ago.

On Wednesday, Dec. 6, the La Mesa Foothills Democratic Club (LMFDC) will host a Fair Trade Faire that will feature a great assortment of imported coffees, teas, chocolates, hand-crafted artisan baskets and jewelry, clothing, accessories and works of art from around the world. We'll have a dozen boutiques and local companies exhibiting their wares, sure to give you a head start for your holiday shopping for friends and family. Be prepared to make multiple purchases from these great, dedicated fair trade vendors. Our La Mesa fair trade organizers will be there to remind us of other local suppliers of fair traded goods, such as Windmill Farms in Del Cerro.

We'll also hear from four candidates running for County Supervisor in District 4. Nathan Fletcher, Lori Saldana, Omar Passons and Kenneth Marlborough have all been invited to spend a couple minutes with us with updates on their campaigns for supervisor, and we'll decide on our formal club endorsement at our subsequent Jan. 3 meeting.

And as tradition holds, we will welcome all members and guests to enjoy our holiday feast, with turkey, ham, and all the trimmings supplied by the club. Members are encouraged to bring shared serving portions of appetizers, side dishes, salads, and desserts to augment the club's meat carvings, veggie entrees and beverages.

We'll start our festivities at 6 p.m., so come prepared to buy some great holiday gifts for friends and family and enjoy our wonderful pot luck dinner. We ask each member and guest to contribute \$5 (suggested donation) at the door to offset the costs of our holiday provisions. We'll be meeting at the La Mesa Community Center, 4975 Memorial Drive, just north of University Avenue in La Mesa.

Because of the overflow crowds for this annual event we ask willing and able members to park by the Little League field and take the short walk up the stairs to the Community Center. Let's leave the adjacent parking lot for those that most need to be close to the meeting room.

We also ask each member and guest to contribute to our annual holiday charities. Again this year, we are supporting the efforts of the Food Bank at Santa Sophia Church to feed needy families in the Casa de Oro area. Please bring canned and nonperishable foods that can help provide for the several hundred local families in need during the holiday season. They also like to give out “street-ready” foods such as high protein bars, fruit and nut snacks, and pop tarts. We also support the efforts of La Mesa United Methodist Church who offer the city’s homeless citizens hot showers and other necessities during the fall and winter months.



A display from a recent Fair Trade Faire (Courtesy LMFDC)

We ask that you bring some new, unused toiletries and/or gently used clothing for those who don't take these items for granted.

LMFDC draws members from the communities of Allied Gardens, San Carlos, Del Cerro, the College Area, La Mesa, Mt. Helix, Casa de Oro, Santee and other nearby East County communities. All residents are welcome to attend our monthly meetings which take place on the first Wednesday of each month. Please visit our website for coming events at [lamesafoothillsdemocraticclub.com](http://lamesafoothillsdemocraticclub.com) and like us on Facebook.

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

► **Tax bills**, from page 6

could give them some words of encouragement. But the reality is — this plan would create a huge \$1.5 trillion-dollar hole in our debt.

That's \$1.5 trillion that we won't be able to invest in our country.

What does that mean? What could \$1.5 trillion do for education? What could \$1.5 trillion do for infrastructure? For veterans? For health care? For you and your family?

The very same people in Washington who have long argued that we need to take the debt seriously, now believe we can simply ignore it so that their corporate friends can get a tax break. Such a reckless approach won't grow our economy. And it won't help most San Diegans.

I am all for helping modernize our tax code. And our business leaders should be encouraged to invest more at home, instead of keeping their profits overseas.

But it is simply wrong to give huge corporations giant tax breaks, while ordinary working families are forced to pay more.

America has always been best when it has had a vibrant middle class — when prosperity was shared, rather than concentrated at the top.

Instead of closed door negotiations, we could have found a bipartisan path to a simpler tax code while being fairer to the American people who want to keep more of their hard-earned dollars. We could have paired tax reform with ways to better grow the economy rather than the time-worn failure of trickle-down economics, which is a “trickle” for the many and “raining buckets” for the few.

—Rep. Susan A. Davis represents Congressional District 53, which includes the San Diego communities of Old Town, Kensington, Mission Hills, University Heights, Hillcrest Bankers Hill, North Park, South Park, Talmadge and Normal Heights, as well as La Mesa, Lemon Grove, Spring Valley and parts of El Cajon and Chula Vista. ■

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**Sudoku & Crossword puzzle  
answers from page 19**

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

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10AM - 6PM DEC. 10TH

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# Holiday happenings in the Village

Jeff Clemetson  
Editor

Following last year's success of the La Mesa Village Association's inaugural Holiday in the Village, this year's event looks to bring twice the fun.

"Last year was our first year as a new association in taking on the responsibility of it and so we went with a one-day event," La Mesa Village Association (LMVA) event director Katie Halvin said. "It was quite successful, so this year [the board] decided to go to two days."

Halvin pointed out that although Holiday in the Village is only in its second year, it is really a revamped continuation of La Mesa's long-running Christmas in the Village tradition. Some of the changes the LMVA brought to the festive event, besides the name change, include live-music stages and an expanded footprint that will include the Lookout area at the corner of La Mesa Boulevard and Allison Avenue.

This year's Holiday in the Village — held Dec. 9 and 10 — will feature many family-friendly entertainment activities such as pony rides, bagpipe bands sponsored by new Scottish restaurant Fourpenny

House, face painting by Kat's World Art, the Peace on Earth Carolers, an animatronic Christmas tree show, dance troops sponsored by Amythyst Moon, Santa, holiday movies for children, and live music.

"La Mesa Lumber has donated their historic truck again to be utilized as our stage and the main stage will be at the corner of Spring and La Mesa Boulevard," Halvin said.

A highlight of this year's event is the Toys for Tots toy drive sponsored by the U.S. Marine Corps. People are encouraged to bring an unwrapped toy for ages infant to 12.

"They hope to bring in a tactical vehicle and then the goal would be to fill the vehicle with toys," Halvin said.

Attendees can give thanks and holiday cheer to our troops by bringing signed seasonal cards, or they can make a designated art booth. Non-perishable food items will also be collected for local food banks.

In addition to the many restaurants in the village, there will also be an expanded selection of food trucks for the event.

"We're bringing in quite a variety and making it a point to bring in trucks that will not

compete with the local restaurants in the neighborhood," Halvin said.

LMVA has also focused on bringing in as many craft and artisan booths as it can for shoppers looking for unique gifts. Halvin hopes that the effort pays off and that there will be more art vendors than in previous years.

"The historic complaint has been there wasn't enough crafters and talented people as vendors — that there were too many construction and solar companies and so forth. So we really focused on trying to grab artisans," she said. "That's our struggle. That's the hard part to do because it's an expensive event."

However, based on the feedback received after last year's event, Halvin doesn't think there is anything to worry about.

"The response exceeded our expectations," she said. "The event was embraced whole-heartedly by both the city officials and the



Santa will be in attendance and available for pictures at both days of Holiday in the Village. (Courtesy LMVA)

## Shimmer and stroll

As a warm up to Holiday in the Village, the city of La Mesa and LMVA are also hosting another holiday event on Wednesday, Nov. 29.

"La Mesa Shimmer" features a lighting ceremony at 5:30 p.m. at The Lookout Legacy Park where the switch is flipped, lighting up the village with holiday lights. Live music by Jose Molina and Rob Dove, the Sam Johnson Trio, the Encore Choir Carolers, and performances by The Dance Company will also be featured. Santa will be on hand and a contest for best holiday window display; turn in ballots at La Mesa Wine & Spirits.

Coinciding with Shimmer is LMVA's quarterly Boulevard Stroll, where businesses along La Mesa Boulevard stay open later and invite the public to "dine, shop and explore" the village.

Shimmer and Boulevard Stroll runs 5–8 p.m. For more information, visit [lamesaboulevardstroll.com](http://lamesaboulevardstroll.com).

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

## Happy Holidays!

**Anthony's Fish Grotto La Mesa**  
5575 Lake Park Way, Suite 211, La Mesa 91942  
619-713-1950 | [anthonyfishgrotto.com](http://anthonyfishgrotto.com)

Anthony's Fish Grotto La Mesa is East County's premier spot to entertain family and out of town guests this holiday season. The gorgeous location is nestled on a private pond and was just awarded a "Keep La Mesa Beautiful" commendation for its lush landscaping.

This local icon is renowned for its large selection of fresh seafood dishes, a well-priced wine list, and a fabulous happy hour Monday through Friday 3:30 to 6 p.m. The location also offers multiple menu options and venues for group dining and banquets, as well as its own fresh seafood retail market. The retail market offers a great selection of hand-picked seafood, and also locally popular pre-made and ready-made holiday and game day seafood party platters. Don't forget everyone's favorite holiday gift — an Anthony's gift card.

Anthony's was started by Catherine "Mama" Ghio in 1946 and is still family owned and operated by her grandchildren. Her recipes and sauces are still closely held secrets made to the same exacting standards she demanded 70 years ago.



(Photo by Josh Mitchell)

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Make your donation count: 10 tips for holiday giving

Paul Downey

The air is chilly. You're humming holiday songs. You're calculating how much vacation time you've accrued. The holiday season has arrived! Amid the festivities, it's time to decide on end-of-year donations. But in today's segmented world, with countless charities for every cause, how do you pick the right one? For starters, look for groups with strong leadership who operate by a mission that matches your passions or beliefs, and of course, make sure your charity of choice is fiscally responsible, ethical and effective.

How do you know if your charity of choice is effective? Ideally, 85 cents of every dollar raised should go directly to programs and services of the charitable organization. Review the organization's administrative costs and make sure you're comfortable with what they spend on operational expenses, salaries and fundraising.

Here are 10 additional tips for smart holiday giving:

Do

**Verify that the charity is legitimate.** Identify the correct name of the charity; many scammers establish fake charities with names that sound similar to real organizations' names. Consult the BBB Wise Giving Alliance, Charity Navigator and GuideStar. Also look for audits, annual reports and 990 tax forms on the charity's website.

**Ask for a tour.** A reputable charity will happily show you around and answer your questions.

**Sign up for updates** informing donors of how gifts were used and what outcomes were achieved with the donated funds.

**Protect your bank account and social security numbers.** Charities don't need this information to process your gift.

**Take immediate action if you suspect you've been affected by fraud.** Call your bank and credit card companies and freeze your accounts. They'll work with you to resolve your situation.

Don't

**Donate in response to a hard sell.** Don't respond to anyone who says you "must" donate today or offers to pick up a check. A reputable charity will accept a gift today, next week, next month or even next year, and won't pressure you.

**Make an online donation using a public wireless network.** Use a password-protected network and verify that the donation page is secure: look for "https" in the URL and trust seals on the page. Before entering any personal info, double check that you've typed the URL correctly. If you click on an email link from a trusted sender, double check that you've arrived at the organization's real website.

**Use your debit card, send cash or wire funds.** If fraud is committed against your credit card, you can dispute the charges. If fraud is committed against your debit card, the funds are much harder to retrieve.

**Give to "pop up" charities.** Don't respond to on-the-spot donation requests from people in front of stores, even if they tell you that you're helping people affected by natural disasters or recent tragedies. If the cause piques your interest, do some research. If the charity is legitimate, you'll be able to mail a check or donate securely online.

**Give any personal info over the phone or to door-to-door solicitors.** Caller identification is easy for scammers to fake; even if they appear to be calling from a real charity, it's not necessarily true. As with "pop up" charities, if the organization sounds like one you'd like to support, do some research first.

You have a finite amount of hard-earned dollars that you can afford to donate, and you want those dollars to make the greatest impact possible. Trust your instincts and don't be afraid to ask for clarification on statistics, details on tangible impacts and client stories or testimonials. Even if privacy or anonymity must be maintained, a reputable charity will have anecdotes that are "safe" for sharing.

Bottom line: you're giving away your hard-earned money for something you believe in. You decide where and when it goes. Charities that are worth donating to respect and appreciate this, and will respect and appreciate you.

—For more than two decades, Paul Downey has been a national advocate for low-income seniors as well as the president and CEO of Serving Seniors, a nonprofit agency dedicated for more than 45 years to increasing the quality of life for San Diego seniors living in poverty. Learn more at [servingseniors.org](http://servingseniors.org).■

Happy Holidays!

**Free Rein Boutique**  
5500 Grossmont Center Drive #45, La Mesa 91942  
619-549-1404 | [freerein.fashion.mysimplestore.com](http://freerein.fashion.mysimplestore.com)

A little over one year ago, Heather — the owner of Free Rein Boutique — was going ten years strong as a manager at the Enterprise Car Rentals (San Diego Airport location). However, she had always had a passion for the fashion industry.

Heather decided to make the bold move of quitting her current job and following her dream, signing a lease for retail space at the Grossmont Shopping Center. Heather says that word of mouth has really helped her in her endeavors and helped to establish her business.

She and is extraordinarily thankful that the community of La Mesa is actively supportive of small businesses (especially hers!). Happy holidays, La Mesa, from Free Rein Boutique!

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Sycuan's intimate 457-seat entertainment venue, Sycuan Live & Up Close, features national musical acts and comedians year-round. Open 24-hours, daily.



(Photo by Josh Mitchell)

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Forking into the Ukraine

Frank Sabatini Jr.

It's been a while since a meal made me jump into the air with such excitement, especially from a restaurant that isn't awash in hipster hype or flaunting some multi-million-dollar theme.

We're talking about an ultra-homey Ukrainian joint called The Village House Kalina. It's squeezed between a 7-Eleven and a taco shop in a small, unglamorous strip plaza — exactly the kind of setting in which you find such occasional gems.

So what exactly is Ukrainian cuisine?

As summarized by Alexander Bazar, whose wife Tanya Makarova does the cooking, it's a confluence of Russian, Georgian and Polish foods that have resulted over the years in recipes specific to the Ukraine, such as borscht soup.

Here, you can order the beet pottage stocked traditionally with beef, potatoes, cabbage, onions and herbs. There's also a vegetarian version without the meat. We slurped down the former and were awed by how smoothly the flavors of the cubed beef and softened veggies united in the obligatory presence of sour cream spooned on top. It was pure liquid comfort.

Many Ukrainian recipes call for judicious uses of mild vinegars, dill, parsley, onions, garlic

and other savory ingredients that impart subtle tang to salads, dumplings and meats.

Such is the case with the wildly addicting table butter infused with garlic and herbs. Ditto for two outstanding salads — the Olivier combining chilled potatoes, peas and carrots, and an eggplant puree accented with walnuts and onions.

Butter took center stage in a generous order of varenyky dumplings, known commonly in the U.S. as pierogis. They're filled with either a choice of potatoes and very mild farmer's cheese or potatoes and onions. Both were exceptional and appealed to my half-Polish roots. Although those unfamiliar with Slavic food might find the frilly dumplings bland since salt, pepper and onions are used rather scantily in the dish.

If you've never encountered chicken Kiev before, this is the place to plunge into it. Bazar pointed out that in the Ukraine the dish shows up mostly in restaurants rather than in households because of its tricky maneuverings of rolling the breast filets around chunks of butter, and then sealing the chicken in leak-proof casings of eggs, flour and bread crumbs.

My only attempt at making the dish after having it on an overseas flight (when airlines used to serve hot, edible meals) resulted in a messy disaster.



Chicken Kiev

Here, the breading on the chicken was even and crispy, giving way to the coveted spurt of melted butter when cutting into it. The center cavity also included the bonus of fresh dill. We were in poultry heaven, greeted at the gates by dense mashed potatoes, cucumbers and tomatoes.

We proceeded to chicken stroganoff, available also with beef or no meat at all. Despite the absence of red meat, the dish was sinfully rich thanks to its bedding of buttered spiral noodles draped in creamy mushroom-onion gravy.

Bazar and Makarova grew up in the same apartment building in the Ukrainian town of Ternopil. They eventually moved to the U.S., got married in Las Vegas and settled in Spring Valley. They opened the restaurant more than six years ago and named it partly after the Ukraine's national berry bush, the kalina.

The dining room is rustically cute, a recreation of a village farmhouse replete with parlor and kitchen décor from their

hometown. Missing from the scheme is vodka or booze of any kind since the restaurant doesn't have a liquor license. But customers can tote in alcohol and consume it onsite free of charge.

Regardless if you visit for lunch or dinner, you'll be remiss to leave without indulging in a pot of herbal tea and a slice of honey cake.

The cake is the recipe of Bazar's aunt, a spongy multi-layered masterpiece boasting nuts, custard and sour cherries. The cherries appear also in warm syrup served alongside, for which you pour over the cake or into your tea, or both.

We declared to each other halfway through the meal that we'll eagerly return in the near future to try some of the other entrees, such as the Russian-style ground steak cutlets and the Zharkoe beef stew with



Owners Tanya Makarova and her husband, Alexander Bazar (Photos by Frank Sabatini Jr.)

prunes. But the dessert was a finale that threw us into a greater state of urgency to come back, which will be much sooner than later.

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

**The Village House Kalina**  
8302 Parkway Drive, La Mesa  
619-461-1100 | [kalinavillagehouse.com](http://kalinavillagehouse.com)  
Prices: Soups, salads and appetizers, \$6 to \$10.99; entrees, \$12.99 to \$19.50; lunch specials, \$9.99

# Simple cinnamon rolls



**What's Cooking with Julie**

Julie White

The simple part of these cinnamon rolls is due in part because you use ready-made dough. You can find it in the frozen bread section of grocery stores.

I've made these rolls for Christmas morning for 35 years. I usually try and make them on Christmas Eve day. They are always greeted with a huge smile. Happy holidays to all Courier readers!

**Ingredients for rolls:**

- 1 package Bridgford Bread Dough, 3 pack
- 8 tablespoons (1 stick) slightly melted butter
- 1 cup brown sugar
- 1 tablespoon ground cardamom
- 2 tablespoons ground cinnamon
- 1/2 cup milk or cream

**Ingredients for frosting:**

- 1 stick melted butter
- 4 cups of powdered sugar
- 1 tablespoon vanilla extract

**Directions:**

Thaw the frozen dough. Roll out the dough on a floured surface to a rectangle shape about 12 by 15 inches.

Mix the butter, spices and sugar in a bowl until well blended. Divide filling into thirds.

There will be three loaves of bread dough to spread the mixture over. Spread the sugar mixture over the rolled-out dough. Roll into a jelly roll shape.

Cut into 10 slices and place onto a greased cookie sheet. Cover with a clean dishtowel and allow to rise for 30 minutes until doubled in size.

Brush tops of rolls with warmed milk or cream. Bake in a preheated 375-degree oven for 15 to 20 minutes until golden brown and cooked through.

As the rolls cool, prepare the frosting by mixing the ingredients together in a bowl. Spread frosting over the cooled rolls. Enjoy!■

(Pinterest)

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# EARLY CHRISTMAS CELEBRATION FOR THE WHOLE FAMILY

David Dixon

Watching holiday classics can be fun, but it's occasionally exciting to try something new. Lamplighters Community Theatre is helping a fresh celebration, "A Christmas Cabaret," for December's holiday festivities.

The event is the first that director Shirley Johnston is staging at the La Mesa venue. "This is a lucky opportunity," she said. "Someone else was supposed to be directing 'A Christmas Cabaret,' but that is no longer is the case."

Part of the reason that Johnston became interested in directing is because she has known producer Raylene J. Wall for years.

"This was the first opportunity she extended to me to come out and work here," she said.

Ensemble members range across all ages, from younger kids to adults. Before she became involved with "A Christmas Cabaret," Johnston collaborated with several of the stars in the Coronado Playhouse's production of "Little Shop of Horrors," (she directed and choreographed that interpretation) including Edgar Diaz-Gutierrez, Eva Playman, and Julia Van Skike.

While most members of the company haven't been involved with other Christmas stories, Skike was a featured performer in the San Diego Musical Theatre's 2016 premiere of "Miracle on 34th Street: A Live Musical Radio Play."

## 'A Christmas Cabaret'

Dec. 1-17  
Fridays and Saturdays,  
8 p.m.  
Sunday, 2 p.m.

Lamplighters Community  
Theatre  
5915 Severin Drive,  
La Mesa

Tickets 619-303-5092  
or [lamplighterslamesa.com](http://lamplighterslamesa.com)

Johnston decided to use some of the stars from her previous show because she wanted to make sure that she worked with artists whom she respected.

"I needed to call upon people whose talents I knew very well and could trust," Johnston said.

Performers sing both famous and newer songs that pay tribute to the Christmas spirit. Some of these include "I Want a Hippopotamus for Christmas," "O Holy Night," and "The Christmas Song (Chestnuts Roasting on an Open Fire)."

Following the auditions, Johnston had a good idea of the tunes that would be featured during group numbers. However, she is letting everyone pick their own solo numbers.



The cast of 'Christmas Cabaret'  
(Courtesy Lamplighters Community Theatre)

One fairly new song that Johnston had never listened to was "Text Me Merry Christmas," which was originally sung by a capella singing group Straight No Chaser, and Kristen Bell.

"It's fairly new and hilarious," she said.

A song that is going to be an emotional part of the night is "The Christmas Shoes." Originally sung by the Christian group, NewSong, the hit melody will be performed by Diaz-Gutierrez.

If you haven't heard "The Christmas Shoes," it's about a man who buys a pair of shoes for a boy whose mom has terminal cancer. NewSong's single was so popular that it was adapted into a novel and a CBS television movie starring Rob Lowe.



Director Shirley Johnston (Photo by Aaron Huniu)

There might still be a lot of rehearsal time before opening night, but Johnston has already given everyone involved some good advice.

"She tells us to be consistent, because every audience member deserves the exact same show," Diaz-Gutierrez said.

In getting with the seasonal spirit of giving, Lamplighters is once again partnering with the San Diego Theatre Connection. An ongoing goal for the organization is to promote local charities.

For the upcoming event, Lamplighters will be a part of the San Diego Theatre Connection's Big Brother Big Sister Show campaign.

"We have invited some of the Big Brothers Big Sisters of San Diego County to join us on Dec. 9," Johnston said. "They are going to sing one of the songs with us at the end."

With a gifted cast and director, the showcase promises to be a fun way for La Mesa residents to enjoy a special season. If the production is a success, this could be the beginning of an exciting new tradition.

"A Christmas Cabaret" will be performed at Lamplighters Community Theatre Dec. 1-17. For tickets or more information, visit [lamplighterslamesa.com](http://lamplighterslamesa.com) or call 619-303-5092.

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

## ► Briefs, from page 5

from organizations such as Grossmont Healthcare District helps us tremendously in fulfilling our mission."

GHD has supported ElderHelp for the past 20 years with community grants exceeding \$900,000, ElderHelp officials said.

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

## Red Cross announces new regional CEO

The American Red Cross of San Diego/Imperial counties

announced that Sean Mahoney has been named the organization's regional chief executive officer, effective Dec. 18, 2017.

"Sean's skills and experience align with many of the Red Cross services including the emphasis on supporting our military and effective disaster response, as well as fundraising to be able to fulfill our mission," said local Red Cross Board Chair Dave Geier, according to a press release.

Mahoney is a retired veteran with the rank of captain after 27 years of service in the United States Coast Guard.



American Red Cross of San Diego/Imperial Counties CEO Sean Mahoney  
(Courtesy American Red Cross)

See BRIEFS page 19



► **Goalkeeper**, from page 1

United States, to be flown to Manchester, England as part of Chevrolet's GoalKeeper program.

This is the fourth consecutive year that Chevrolet has hosted children as mascots for Manchester United's soccer match versus Tottenham Hotspur, said Chevrolet spokesperson Chelsea Kubasiak, but it's the first year they've focused solely on young women.

The premise of the GoalKeeper program, Kubasiak said, is to provide them with an opportunity to gain the tools, knowledge and inspiration needed to achieve their goals; a recent study by global consultancy Ernst & Young indicates that more than 90 percent of female business leaders played sports as children.

Kubasiak notes that this year's GoalKeepers have a diverse array of ambitions, from interior design to medicine and as such, Chevrolet paired each of them with a mentor who will help her devise benchmarks and coach her toward reaching her goals.

Cashman, who has dreams of becoming an interior designer, was paired with Chevrolet Lead Designer Ven Lai, who specializes in color and trim.

"My mentor designs all the interior and exterior of the Chevrolet cars and I found it really interesting, because when you think about designing a car, you can pick any color you want and pick a color that matches the inside, but I learned you have to learn about the person you're designing the car for," she said. "You need to learn if they're going to go on a lot of camping trips and if they do a lot of fun family activities because if so, they're going to want a bigger car that's more suitable for a big family and a lot of messes. It they are more of a chill-and-go-to-the-beach person you'll want to design a smaller car that's still big enough to pick up friends."

► **77 miles**, from page 2

Israeli butcher, Zvika Akin. Epstein ordered a kosher chicken, hoping for enough liver to make chopped liver. Akin offered to give her the extra liver if Epstein promised to bring him a sample of her chopped liver. She did and he loved it. Epstein disclosed her secret ingredient, which led to further disclosures resulting in dating, marriage, and starting DZ Akins Delicatessen.

"I think of DZ Akins as the restaurant that ate San Diego because it grew and grew," Harrison said.

The famed delicatessen and breakfast restaurant first seated 48, then expanded to 100, then 150, so the Akins built a gift shop where patrons could browse before being seated.

There were no profits in their first three months. But in the 1990s, the Restaurant Association awarded them

Cashman was quick to acknowledge that the experience was "so much more" than being paired with a mentor.

Traveling to Manchester, meeting the Manchester United team and walking on to the field with them, was a once in a lifetime experience.

"I've been playing soccer since I was 4 years old, so for about eight years. When my dad found out about the [GoalKeeper] program he nominated me, and it took about two to three months to find out I was picked. That was one of the best feelings I've ever had," she said. "It was such an amazing experience."

Getting to meet, and spend time with the other GoalKeepers, she said, was equally amazing.

"It was cool hearing all the different accents and hearing how other people talk. All of the girls were extremely nice and super loving, and even though we didn't all speak the same language, we all became very good friends," she said, adding that she keeps in touch with some of the other girls via Instagram and Snapchat. "We talk almost on a daily basis."

In addition to meeting the Manchester United players and other GoalKeepers from throughout the globe, Cashman said the experience has taught her some valuable life lessons.

The workshop component of the trip, which included relationship workshops, innovation workshops and creativity workshops, taught her how to work with a diverse group of people, many of whom didn't speak the same language, to achieve a common goal.

"Out of this whole experience, and especially through the workshops, I've learned that if you stay on path and keep your goals in mind, you can do anything," she said. "If you believe in yourself anything can happen."

—Margie M. Palmer can be reached at [margiep@alumni.pitt.edu](mailto:margiep@alumni.pitt.edu).■

"Best Breakfast." Persistence and consistency were secrets to their success.

**Exit 14** — Dr. Ronald Goldberg from La Mesa Cardiac Center, was the first cardiologist to work in "interventional cardiology" — a term he coined.

Since Goldberg implants heart monitors, in Harrison's book, Goldberg is quoted as quipping that he does "major plumbing and minor electrical work."

**Exit 14** — On El Granito Avenue in La Mesa, Harrison found the home of Ernestine Schumann-Heink, who he described as "the opera star of her day."

"She owed her great popularity to a phenomenal voice with a range from D to high C and a magnetic personality," he said.

—Sara Appel-Lennon is a freelance writer and former professional clown. Follow her at [sara-appel-lennon.upweb.com](http://sara-appel-lennon.upweb.com).■

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# Shopping mall rat in an Amazon world

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Growing up in the ‘80s and ‘90s, there was one thing I could always count on: the mall.

When I was bored, I’d go to the mall and peruse shelves of music, books and gadgets. I could window shop and dream about becoming an attorney dressed in Escada. (At least half of that is correct; I’m an attorney in whatever was on sale at Macy’s.)

And when my friends and I wanted to get together, we usually hit up the mall. After sitting and eating in the food court, we would walk up and down each side of the mall, mocking each other’s alleged sense of style and peering at things we couldn’t afford.

An odd benefit of being a mall rat in those days was you also saw things you may not normally have been interested in. Back then we had a store called The Nature Company. I would look at the different stones and mish-mash of items and think, “Maybe this will be on my Christmas list.” Shucks, I remember wanting a desktop fountain even though I didn’t have a desk.

The mall was a way of exploring the world and what it had to offer without paying the cost of museum admission.

These days, however, I fear the mall, my own personal zocalo, is endangered. Online retailing giant Amazon.com has become everyone’s go-to for gifts and the like. It makes sense after all, with our hectic lifestyles and busy schedules, that we would turn to whatever is most convenient. By the time I get home from work, I’m too tired to round up the kids to visit the stores.



Malls like Grossmont Center offer a shopping family experience that ordering online can’t replace. (Photo by Jeff Clemetson)

But what if what is more convenient is actually stifling us?

For example, when I visit Amazon.com, I purposely go straight to something I already had or have researched. I know I want the Calico Critters House for my daughter so I search that specific term and within a few minutes purchase the item for her. There’s no wasting time, right?

The problem is there isn’t any browsing or discovering a new interest by chance. There’s also no daydreaming by my children as they walk down each aisle.

There’s no element of surprise.

Toys R Us, which filed for bankruptcy in September, is one of those places that needs us to browse. I visited the store recently and spoke with an associate, who said he didn’t think his job was really in jeopardy. “If we go down, all of these guys suffer, too,” he said, gesturing to toys that included Barbie, LEGO, Pokemon figures and mechanical contraptions.

I wish I were more optimistic, but I fear convenience has gotten the better of us.

The other thing we lose out on is human communication.

When you’re waiting in line, you sometimes talk to fellow shoppers. In fact, last year I met Mayor Mark Arapostathis’s mom at Macy’s! I would never get to do something like that dropping an item into my on-line shopping cart.

This time around I am determined to support Grossmont Shopping Center during the holidays. I am going to devote a little bit of time to browsing the aisles and choosing gifts I think befit my family and friends. Even better, Grossmont has started to post signs around its parking lot to encourage shoppers to get their steps in for better health, so there’s that as well.

While I know the mall has its shortcomings — I would like a Gap, a Banana Republic and a few other trendier stores — it is still my local gathering place. Consider joining me at Grossmont for the holidays this year even if it’s only to get your steps in and chow down at the food court. Who knows, you may just find something you never knew you wanted.

—Genevieve A. Suzuki is a local attorney who lives and works in La Mesa.■

## ► Briefs, from page 16

Mahoney replaces Charlene Zettel who has served in the interim regional executive role since July 2017. Zettel, a Red Cross board member, will assist with the transition of leadership to Mahoney before returning to her position on the board of directors.

Mahoney has lived in San Diego since 2011. He will fill regional executive position covering San Diego County, Imperial County and American Samoa.

For more information about the American Red Cross of San Diego/Imperial counties, please visit [redcross.org/sandiego](http://redcross.org/sandiego).

.....

### Senior living offers music therapy

On Nov. 10, Senior Resource Group (SRG), a San Diego-based developer and operator of luxury retirement communities, launched a unique live-music therapy program

with Songs by Heart, a Chicago-based nonprofit organization that uses live, interactive sing-alongs to engage with residents facing memory issues and dementia.

Led by professional musicians trained in music therapy techniques, Songs by Heart is the newest component of SRG’s Enliven memory care program, created to help residents thrive and feel more connected. The Nov. 10 launch featured renowned opera singer Michael Sokol.

“The concept is easy to understand,” Songs by Heart founder Nancy Gustafson said in a press release. “It’s connecting with people through the joy and language of music. Once you get them singing, it’s amazing how they connect back to life.”

SRG’s CEO, Michael Grust, first heard Gustafson speak at a conference about how she started Songs by Heart after witnessing, first-hand, the power music had on her mother’s

Alzheimer’s and advanced dementia.

“It gives me goosebumps every time I witness the magic of music,” said Gustafson.

Examples of that magic cited by Songs by Heart include a veteran with severe memory issues who suddenly recalled songs from his days in the Army. Or the woman who broke free of her dementia-induced silence long enough to bring her husband to tears when she proudly told him and SRG staff, “He’s mine” during a love song.

Studies confirm the many benefits of music therapy in individuals with Alzheimer’s disease and dementia, including memory recall, positive changes in mood, sense of control over life, non-pharmacological management of discomfort and opportunities to interact socially with others.

Senior Resource Group is located at 11588 Via Rancho San Diego in Rancho San Diego. For more information, visit [SRGseniorliving.com](http://SRGseniorliving.com).■

# WORSHIP DIRECTORY

 **Calvary Chapel**  
*by Mesa*

Wed. Night.....6:30pm to 8:00pm  
Sat. Night.....6:30pm to 8:00pm  
Sunday.....10:00am to 11:30am  
Tuesday.....6:30pm to 8:00pm

619-697-7221 Pastor Chris  
Pawlowski and Pastor Dave Riley

Calvary Chapel 7525 El Cajon Blvd.  
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# PUZZLES

ANSWERS ON PAGE 8

**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	2			
5			3			6		
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		1	4	7		2		6
	5						9	
4		2		6	3	7		
7				9		3	4	
		8			1			5
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69						70					71			

CREATORS NEWS SERVICE

By Charles Preston

- ACROSS**

1 RR terminals  
5 High mil. decorations  
9 Await  
14 Broad geological basin  
15 Willow genus  
16 European spiny plums  
17 Nerve-cell process  
18 Raise crops  
19 Strengthens  
20 Garrulousness  
22 Watchful
- 23 Fourth \_\_\_\_ : the press  
24 Turkey buzzard  
26 Its cap. is Salem  
29 Alludes  
33 Degree of road inclination  
37 Pine  
39 Its capital is Salt Lake City  
40 Newfoundland cape  
41 Contemporary U.S. dramatist
- 42 Lucid  
43 More melodic than a recitative  
44 Abound  
45 Icy  
46 Interfere without propriety  
48 Particular body of knowledge  
50 Quick burst of energy  
52 Accrues: var.  
57 Open to view
- 60 Healthy  
63 Automaton  
64 Endured  
65 Persian poet: 1184-1291  
66 British guy  
67 Well-known pen name  
68 \_\_\_\_ game: variety of fives  
69 Young ox  
70 Air pollutant  
71 Roof coatings
- DOWN**

1 Proscenium  
2 Cabs  
3 Up  
4 Old Kriss  
5 Disagree  
6 Smoker  
7 Wax, in Roma  
8 Brazilian dance  
9 Gaping  
10 Lose one's temper
- 11 Inner Hebrides island  
12 Source of venison  
13 To be: L.  
21 Nebraska-Oklahoma Indian  
25 Press earnestly  
27 She: Fr.  
28 TV's Lonesome George  
30 And others: L. abbr.  
31 Gypsy lady  
32 Scatter
- 33 Chickpea, e.g.  
34 Exquisite  
35 Kind of test  
36 Without funds  
38 Verne character  
41 Egyptian solar disk  
45 Hereditary factor  
47 Pertaining to the end  
49 Cook leftovers  
51 Mocks  
53 Disquiet
- 54 Spanish-American lariat  
55 Ancient village with a famous witch  
56 Hides  
57 Circles  
58 Electromotive force unit  
59 Central American tree: var.  
61 \_\_\_\_ contendere  
62 The Stooges, e.g.



# Grossmont Military Science program's high marks



## Foothiller Footsteps

Connie and Lynn Baer

The earliest evidence of a Military Science program at Grossmont High School is a small photograph in the 1948 yearbook "El Recuerdo." The 1950 yearbook was the first to feature what we now know as the Military Science program — at the time called the California Cadet Corps.

According to the yearbook, "The California Cadet Corps gives high school boys courses in military training and tactics. In addition to their training at school and camps, these uniformed Foothillers regulated

traffic and guarded at football and basketball games and at school dances."

The program continued until 1971 when it ended, due to the controversy over the Vietnam War.

Since 2009, Grossmont High School students — boys and girls — have an opportunity to be a part of NJROTC, the on-campus Junior Reserve Officer Training Corps.

Today, there are 193 cadets enrolled in the classroom, which is the highest number of cadets ever at Grossmont. Cadets enroll in the program to develop leadership skills, discipline, as well as self-confidence. Because of the drastic growth in cadets (from 123 cadets last year), the NJROTC unit at Grossmont was able to advance from a company to a battalion.

The cadets' successful recruiting was recognized with a battalion establishment ceremony. Being a battalion opens up opportunities for leadership positions, which

further encourage cadets to develop responsibility. The unit now consists of a Battalion Commander and two company commanders: the Alpha Company Commander and Bravo Company Commander.

Over the summer, five outstanding cadets were selected to take part in the San Diego County NJROTC Leadership Academy, a week-long leadership training program for the most distinguished cadets in their units. Grossmont's NJROTC unit sent five cadets to the San Diego County NJROTC Leadership Academy, who were selected by their GPA, physical fitness, aptitude, and demonstration of the 11 leadership principles.

At the beginning of the 2017-2018 school year, enrolled cadets were able to take part in a mini-bootcamp. Marine Corps drill instructors came to the school for a weekend and gave new cadets a jump-start on learning marching movements that are required within NJROTC's curriculum. The cadets who participated in mini-bootcamp were divided into four platoons and instructed by four different drill instructors.

At the end of the three days, the four platoons were graded on their ability to execute drill commands as a team. One platoon was chosen to be the best of the competing platoons based on their performance and was awarded the Honor Platoon ribbon.

Throughout the year, cadets can join different teams in the Grossmont NJROTC unit. Some of these teams include drill, or marching, teams: the Unarmed Basic Drill Team, in which cadets demonstrate their ability to execute drill commands; the Unarmed Exhibition Drill Team, in which cadets perform a marching routine that consists of drill movements and rhythmic beats; and lastly the Armed Drill Team, in which cadets execute drill movements with rifles.

Other teams include the Sea Perch Team, where cadets design, build, and operate small remotely piloted submersible vehicles; the Cyber Patriot Team, where cadets compete nationally by defending simulated business networks from cyberattack; the P.T. (Physical Training) Team, where cadets test and improve their physical abilities; and the Marksmanship Team, a competitive air-rifle shooting team.

Grossmont's popular and competitive marksmanship program recently received a grant from the NRA Foundation, which allowed the school to offer stand up marksmanship as a varsity sport. As a result, Foothillers will have the opportunity to participate in marksmanship at the freshman, junior varsity, and varsity level. The program received four Anschutz 9015 precision air rifles as well as a clock/timer that will be used to host rifle matches for the first time.



Cadet Ramos on the trumpet

"The NJROTC unit at Grossmont is growing, improving and moving forward," Senior Naval Science Instructor, CDR Brent Lapp said. "We have had a number of small successes this year and are eager to capitalize on that momentum. We are going to be the unit that students go out of their way to join ... because it's the best."

For more information about the NJROTC program, contact Brent Lapp at blapp@guhsd.net.

To learn more about the GHS museum, visit online at foothillermuseum.com or visit the museum in person on Wednesday, Dec. 6 from noon–3:30 p.m. or by appointment. Contact 619-668-6140 or ghsdmuseum@guhsd.net.

—Cadets Chayla Crouch and Jocelyn Brown-Hill contributed to this report. Connie and Lynn Baer write on behalf of the GHS Museum.■



Grossmont High School's NJROTC unit advanced from company to battalion in 2017. (Photos courtesy GHS Museum)

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# Helix launches Super Scotties Sports program



## Helix Highlights

Jennifer Osborn

The Helix Super Scotties are at it again with Super Scotties Sports. This inclusive sports program encourages students with severe disabilities (Super Scotties) to participate in extra-curricular sports activities with their general education peers.

Student leaders Gabe Baker, Gabby Maraziti, and Alex Berg came up with the idea for this

program after peer tutoring for several years with the Super Scotties. Baker, Marazati, and Berg are the presidents of the Helix chapters of the National Honor Society and California Scholarship Federation. Members of these clubs, along with their club advisors, are volunteering at extracurricular activities with the Super Scotties in order to gain volunteer experience and have an opportunity to interact with students who have disabilities.

The varsity captains of various sports have been instrumental in creating activities and providing the opportunity for the Super Scotties to play the different sports with members of the teams. This gives the Super Scotties a platform



Helix Charter High School Super Scotties, Varsity Football players, program directors, along with California Scholarship Federation and National Honors Society volunteers (Photos courtesy Helix Charter High School)

to learn different skills, meet peers that they would otherwise not have an opportunity to connect with, and feel more connected with their school community.

The inaugural Super Scotties Sports event was football, and the Super Scotties students ran plays with some of Helix's standout football players. The second event paired Super Scotties with members of the varsity cheerleading team at the first CIF playoff game. There will be more to come as the year progresses.

### Fall success

Our fall sports and academic competition season is in the books, and it was a very successful one for many of our teams.

The field hockey team was league champion, going

undefeated with no goals scored against them all season. They advanced to the Division 2 CIF quarterfinals.

The girls volleyball team won the Division 3 CIF championship, and continue play at the next level.

The girls tennis team also won their division of CIF.

The football team won the first game of their CIF playoff bid as the second seed in the Open Division and will continue to the semi-final game.

The Helix Math Engineering Science Achievement (MESA) program had a successful October. Helix hosted the cardboard boat competition in the pool on Oct. 21. There were 10 middle school and high school teams in the competition. Helix took first place in both high school levels, 9-10 and 11-12.



Super Scotties Sports participants (l to r) Carlos Huerta, Daniel Rodriguez, Justin Walsten, Jordan Martinez, Ethan Whitehouse

### Instrumental music update

The Highlander Marching Band and Color Guard has made it into state championships! On Saturday, Nov. 18, they traveled to Warren High School in Downey to compete against the top bands in their division. At the time of this report, the results were pending.

The annual HIMA Mattress Fundraiser will take place Dec. 2. They are trying to raise \$5,000 to support the music program. If you are in need of a new mattress, please come check it out on the Helix campus. The event will run from 10 a.m.–5 p.m.

On Dec. 6 and 7, the entire Instrumental Music Department will be hosting the annual "Snow Jams" concert. The concert will feature the Concert Band, Wind Symphony, Orchestra, and Pipe Band. Tickets will be available soon on their website: helix-instrumental.org

### Dedication and open house

On Dec. 5, at 2:30 p.m., the community is invited to the dedication and ribbon cutting for our new and upgraded facilities. Tours of the new Student Services building, the Sports Medicine and Technology facilities, and the weight room and team rooms will be available. Parking is available in the student parking lot, under the new solar carports. RSVP to Monica Osterloh at mosterloh@guhsd.net

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

# ‘Stranger Things’ inspires stranger reads



Jake Sexton

For the past few months, it seems like I couldn't go anywhere without seeing ads, costumes or clever references for the popular Netflix TV show "Stranger Things." For those who haven't seen it, the series is a nostalgia-heavy story of adventure, sci-fi monsters, and coming of age in a small town. Set in the 1980s, a group of pre-teen boys are spurred to action when their friend goes missing and the local police seem unable to help. In their search, they discover a girl with psychic powers, an unseen malevolent monster, government conspiracies and an alternate universe. So if you've already binged through season two and are missing Eleven and the gang, here are some stranger reads.

At almost the same time that "Stranger Things" gained popularity in 2016, an independent graphic novel series called "Paper Girls" by Brian K. Vaughan and Cliff Chiang was published. Also set in the 1980s, it focuses on a group of teen girls who deliver newspapers and come across all manner of mayhem caused by time travelers from the future. Mutated juvenile delinquents, robotic attack drones, future doppelgangers, and misplaced dinosaurs all menace our confused yet spunky heroines. Readers will recognize

"Stranger Things" themes of young people fending for themselves without adult help in the face of horrific scientific peril.

"Stranger Things" was clearly influenced by Steven Spielberg's wholesome adventure movies, but most obviously "E.T. the Extra-Terrestrial." If you swapped out the short rubbery alien for a bald pre-teen psychic, you almost wouldn't notice the difference. So I'll dig deep for this one and mention its obscure sequel-by-novel, "E.T.: The Book of the Green Planet" by William Kotzwinkle. I remember reading this one as a pre-teen myself, about the adventures of E.T., now safely returned to his home planet to resume his career as a botanist, and his human friend Elliott dealing with suburban life and the stresses of puberty. Facing scorn from his fellow aliens for his earthly adventures, E.T. begins plans to try to reunite with his old human buddy, and family-friendly high jinks ensue. You get to see a strange new world, and finally see a little of the internal life of the popular alien.

Another key influence on "Stranger Things" was undoubtedly the Stephen King classic "It," which is enjoying its own remade revival this year. "It" is another tale of suburban youth who use the power of friendship to defend themselves from a murderous pointy-toothed creature, and have to do so all by themselves because no adult will believe them. But the kids of "It" grow

up, and later in the book must face the monster again as adults, much like several adult characters of "Stranger Things" face their own parallel fight with the monster.

And finally, if "Stranger Things" has awakened your fondness for '80s pop culture, "Ready Player One" by Ernest Cline is like '80s nostalgia concentrate. It's a sci-fi adventure novel set in a future where everyone is obsessed with virtual reality, and live their lives drenched in the images, sounds and stories of Generation X. Our main characters try to solve a mad scavenger hunt/puzzle game across the virtual universe, traipsing across the worlds of "Back to the Future," "Family Ties," and "Voltron" set to a soundtrack of Duran Duran, Kajagoogoo and Def Leppard. Naturally, this book about media obsession has been turned into a movie that should hit theaters in our present decade.

### Special events

A Winter Wonderland will take place at the library on Saturday, Dec. 2 from 11 a.m.–noon. Santa will visit for pictures, and kids can decorate cookies and make crafts.

There will be holiday cheer for adults as well on Saturday, Dec. 9 at 1 p.m., as William S. Young plays Christmas favorites on the piano at the library. This is the perfect warm-up to Holiday in the Village, which is happening that weekend in La Mesa Village from 10 a.m.



to 10 p.m. on Saturday and 10 a.m. to 6 p.m. on Sunday.

Holiday events at the library are made possible through the contributions of the Friends of La Mesa Library. Stop by the bookstore and show your support!

—Jake Sexton is librarian at the La Mesa branch of the San Diego County Library. Call the library at 619-469-2151, visit in person at 8074 Allison Ave., or get information online at sdcl.org.■



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Barbeque	Family Restaurant	Movie Theatre
Beer	Farmers Market	New Restaurant
Billiards	Fast Food	Nightclub
Breakfast	Fine Dining	Outdoor Dining
Brunch	French Cuisine	Pet Friendly Dining
Buffet	Greek Cuisine	Pho/Noodle House Restaurant
Burger	Golf Course	Pizza
Burrito	Happy Hour	Romantic Dining
Business Lunch	Health Food Store	Rooftop Lounge
Casino	Hot Wings	Salad
Casino Buffet	Indian Cuisine	Sandwich
Casual Dining	Irish Pub	SD County Winery
Catering	Italian Cuisine	Seafood
Chinese Cuisine	Japanese Cuisine	Spanish Cuisine
Cocktail	Jazz Bar	Sports Bar
Coffee Shop	Juice	Steakhouse
Comedy Club	Late Night Dining	Sushi
Comfort Food	Live Music Venue	Thai Cuisine
Dance Club	Lunch	Vegetarian/Vegan
Deli	Margarita	Wine Bar
Dessert	Martini	
Dinner		



# LA MESA COURIER

## COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR

SATURDAY

Nov. 25

### Live music: Blue Largo

Blue Largo play traditional 1940s- and 1950s-era blues music. 9 p.m. at the Riviera Supper Club & Turquoise Room, 7777 University Ave., La Mesa. No cover.

WEDNESDAY

Nov. 29

### Boulevard Stroll and Shimmer

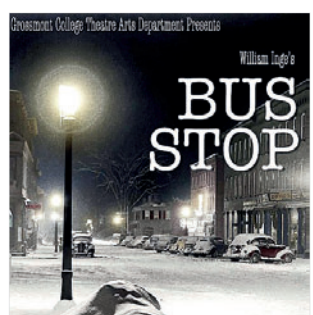
The official kickoff to the holiday season in the La Mesa Village. La Mesa Boulevard is lit up with holiday lights as participating businesses offer specials, hot chocolate and cookies while carolers and other holiday music is performed. The lighting ceremony will be held at Legacy Park at 5:30 p.m.

### Ribbon cutting

Ribbon cutting for Experimac of La Mesa, hosted by La Mesa Chamber of Commerce. Light refreshments and beverages will be served. 5:30 p.m. at Experimac of La Mesa, 6165 El Cajon Blvd., Suite H, La Mesa. Free and open to the public. RSVP to resvp@lamesachamber.com or 619-465-7700.

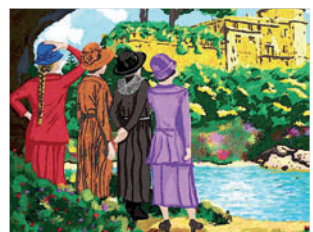
THURSDAY

Nov. 30



### Grossmont Stagehouse Theatre presents 'Bus Stop'

This comedy about strangers finding love inspired the 1956 film of the same name. Multiple nights. Starts at 7:30 p.m. on Nov. 30, Dec. 1, 2, 7, 8, 9; and at 2 p.m. on Dec. 2, 9. Grossmont College Stagehouse Theatre, 8800 Grossmont College Drive, El Cajon. All ages welcome. Tickets \$10-\$15 at bit.ly/21MAFJxJ.



### SDSU presents 'Enchanted April'

San Diego State University puts on this musical romance

stage production based on a novel by Elizabeth von Arnim. Nov. 30–Dec. 2 at 7:30 p.m. and Dec. 2–3 at 2 p.m. in the Don Powell Theatre at SDSU, 5500 Campanile Drive, San Diego. Tickets \$17–\$20 at bit.ly/2zGk4t.

FRIDAY

Dec. 1



### 'A Christmas Cabaret'

Lamplighters Community Theatre presents an evening of seasonal music and entertainment. Some of the show proceeds go to Big Brothers Big Sisters. Dec. 1–17 on Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. at Lamplighters Community Theatre, 5917 Severin Drive, La Mesa. Tickets are \$20 adults, \$17 for seniors, students and active military. Available at bit.ly/2z9q0Uc or by calling 619-303-5092.

### Live music: Vinyl Pirates

Vinyl Pirates play classic rock form the '60s, '70s and '80s. 9 p.m. at the Riviera Supper Club & Turquoise Room, 7777 University Ave., La Mesa. No cover.

SATURDAY

Dec. 2



### 'The Nutcracker'

Music and the Mirror Balletcenter West presents holiday classic "The Nutcracker." Clara dreams that her new toy nutcracker soldier has come to life. Together, they experience a fantastical adventure which leads them through an epic battle with the Rat King to the Sugar Plum Fairy's magical Land of Sweets. 2 p.m. at the Kroc Center, 6845 University Ave., San Diego. Tickets: \$20 for children, \$25 for adults, call 619-322-7328 or visit balletcenterstudios.com. There will also be a Christmas opportunity to give at the performance where you can bring a toy or canned food for the less fortunate.

### Island Banquet Fundraiser

Sunshine Mermaids Aquatic Adventure Camp for Girls fundraiser features live and silent auction, raffle prizes,

vendor booths, performance by Irensia Dance Troops, live music, food and more. 6 p.m. at the Charcoal House, 9566 Murray Drive, La Mesa. \$30 ticket includes dinner, two drinks and one raffle ticket. Visit bit.ly/2hEUd64.



### Lions Tigers & Bears Christmas Festival Fundraiser

View exotic animals in an intimate setting while supporting efforts to rescue them. Guests will also be present as animals are released into a newly built, multi-acre habitat. 1–4 p.m. at 24402 Martin Way, Alpine. Member tickets are \$40 adult, \$15 child; non-member tickets are \$65 adult, \$20 child. VIP tickets, which include a chance to feed the animals and a holiday drink, are \$125 adult, \$15 child for members; \$150 adult, \$20 child for non-members. Purchase tickets online at bit.ly/2j1COB4 or by calling 619-659-8078 ext. 2.



### Live music: Ray Bautista

Classical and traditional guitarist Ray Bautista plays country, folk, classic rock, blues and reggae. 7 p.m. at San Pasqual Winery, 8364 La Mesa Blvd., La Mesa. No cover.

### Live music: Baja Bugs

Baja Bugs play the hits and obscure music of the Beatles. 9 p.m. at the Riviera Supper Club & Turquoise Room, 7777 University Ave., La Mesa. No cover.



### 'Christmas with the Salvation Army'

The Salvation Army's Annual Community Carol Concert presents "Christmas with the Salvation Army," also featuring the Salvation Army Brass Band and Songsters, a special appearance by Santa Claus and much more. 5 p.m. at the Kroc Center, 6845 University Ave., San Diego. Admission is free! There will also be a Christmas opportunity to give at the concert where you can bring a toy or canned food for the less fortunate.

TUESDAY

Dec. 5

### La Mesa Chamber of Commerce Holiday Mixer

Celebrate the chamber's last mixer of the year at BJ's Restaurant & Brewhouse in Grossmont Center. All attendees will receive two drink tickets for bringing an unwrapped toy that will be donated to local military families. Cost is free for chamber members, \$10 for non-member guests, and \$20 for guests who pay at the door. To RSVP, call 619-465-7700 ext. 2, or email resvp@lamesachamber.com. Visit lamesachamber.com for more information.

THURSDAY

Dec. 7

### USE Open House & Celebration

La Mesa Chamber of Commerce invites the public to an open house to celebrate the new location of USE Credit Union at 8216 Parkway Drive, La Mesa. Mingle with other professionals and enjoy light hors d'oeuvres and beverages. Free and open to the public. RSVP to resvp@lamesachamber.com.

FRIDAY

Dec. 8

### Live music: Ron & The Reapers

Ron & The Reapers play British Invasion-era rock and '60s R&B. 9 p.m. at the Riviera Supper Club & Turquoise Room, 7777 University Ave., La Mesa. No cover.

SATURDAY

Dec. 9

### Holiday in the Village

La Mesa Village Association presents fire pits, caroling, pony rides, puppet shows, face painting, movies and Santa to get everyone in the holiday spirit! Dec. 9–10 starting at 10 a.m. in the La Mesa Village, 8030 La Mesa Blvd., La Mesa. Cost is free to \$30. Visit lamesavillageassociation.org.

### Live music: Stage IV Jazz

Stage IV Jazz play a variety of music from jazz to R&B. 7 p.m. at San Pasqual Winery, 8364 La Mesa Blvd., La Mesa. No cover.

### Live music: Black Market III

Black Market III play rock, blues, American roots and grease punk. 9 p.m. at the Riviera Supper Club & Turquoise Room, 7777 University Ave., La Mesa. No cover.

TUESDAY

Dec. 12



### Sen. Anderson's Holiday Legislative Open House

Sen. Joel Anderson invites constituents to a holiday gathering where they will hear an update on his 2017 legislative update and have the chance to submit ideas for the following year's calendar. 6–8 p.m. at Toyota of El Cajon, 965 Arnele Ave., El Cajon. Please RSVP by calling 619-596-3136 or online at bit.ly/HLOH17.

THURSDAY

Dec. 14



### Movie and discussion: 'The Wedding Plan'

Oasis presents a "Film on the Fringe" discussion of the Hebrew-language film "The

Wedding Plan," about a woman dumped by her fiancé but determined to find a husband in 30 days.

1 p.m. at San Diego Oasis Lifelong Learning Center in Grossmont Center, 5555 Grossmont Center Drive, Suite 325, La Mesa. Tickets \$12. For ages 50 and up.

FRIDAY

Dec. 15

### Live music: TikiTronic

TikiTronic's X-Mas show. 9 p.m. at the Riviera Supper Club & Turquoise Room, 7777 University Ave., La Mesa. No cover.

SATURDAY

Dec. 16



### Live music: Jim Erp

Acoustic guitarist and singer/songwriter Jim Erp plays instrumental steel string in Hawaiian and Celtic styles and does a variety of '70s folk-rock covers. 7 p.m. at San Pasqual Winery, 8364 La Mesa Blvd., La Mesa. No cover.

### Live music: Rose's Cantina

Rose's Cantina play classic and modern Americana and country standards. 9 p.m. at the Riviera Supper Club & Turquoise Room, 7777 University Ave., La Mesa. No cover. ■

## RECURRING EVENTS

### Sundays

**La Mesa Craft Corner:** Calling all artists and art lovers: La Mesa Craft Corner is back. Show, sell or buy handmade items every second and fourth Sunday at La Mesa Craft Corner. The event will also be held on Nov. 12. 10 a.m.–4 p.m. at La Mesa Boulevard and Allison Avenue. Visit bit.ly/2q8NrZd.

### Fridays

**La Mesa Village Farmers Market:** Fresh fruits, vegetables and craft specialty food vendors highlight the La Mesa Village Farmers Market. Held at the La Mesa Civic Center, at the foot of Date Avenue across from the La Mesa Police Station. 2–6 p.m. ■

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# Happy Holidays!

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Downtown San Diego

## SOLDS SO FAR in 2017...



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Mt. Helix SOLD



Mt. Helix SOLD



Mt. Helix SOLD



Steele Canyon SOLD



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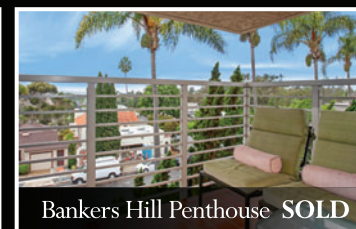
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