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# La Mesa COURIER



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San Diego Community News Network

## Music biz wiz kid



Camden Weisbruch is the CEO of his own music business production company called BeatGrid. (Photo by Jeff Clemetson)

### High school sophomore starts a company offering services to musicians

Jeff Clemetson  
Editor

Camden Weisbruch says he has “always had a heart for business.” It is a trait that led the La Mesa resident to enroll in The School for Entrepreneurship & Technology (SET) High in Serra Mesa rather than a local school like Helix or Grossmont. And it is what drove the high school sophomore to start his

own music business company called BeatGrid.

“We focus on helping small music artists without full funding get their brand off the ground and out to the world to further their success,” he said of BeatGrid’s mission.

The company offers musicians design work for album covers, video production for music videos, help in recording and editing songs, and offers a list of custom promotional items.

As of now, Weisbruch has a team with a sales person, a social media person and a tech person. Most of the orders for services he carries out himself. And although he designs the album covers and merchandise, helps with recording, and edits the music videos, there is one aspect of the music business Weisbruch doesn’t do.

“I’m not a musician, no,” he said laughing. “Two of my

See BIZ KID page 17 —————>

## La Mesa Village Association hosts open house Changes, improvements to events discussed

Jeff Clemetson  
Editor

La Mesa Village Association (LMVA) formed a little over a year ago; it has since taken the reigns on public events held in the city’s iconic downtown and grown from an initial 19 members to over 60, according to LMVA chair Aaron Dean.

On Jan. 17, LMVA held an open house meeting at San Pasqual Winery to pitch membership to interested



LMVA board members talk 2018 events at San Pasqual Winery; (l to r) Katie Halvin, Theresa Favro, Aaron Dean and Peter Soutowood (Photo by Jeff Clemetson)

See LMVA page 19 —————>

## NEWS BRIEFS

### City announces dates of annual Town Hall Meetings

La Mesa City Council will once again this year host two Town Hall Meetings. The open-forum sessions provide an opportunity for citizens to share their concerns, ideas, and opinions on issues in their neighborhood and throughout the City.

The first meeting will be held on Tuesday, Jan. 30, at La Mesa Arts Academy, 4200 Parks Avenue. The second meeting will be held on Tuesday, Feb. 6, at Northmont Elementary, 9405 Gregory Street. Both meetings will be held from 6:30 to 8:30 pm.

The Town Hall Meetings are intended as a means for citizens to learn about city services, state what they like about La Mesa, how they envision the future of their city, and to express concerns. Members of the City Council and city staff will be present. Additionally, information will be available about crime prevention, emergency preparedness, and recreation classes.

Further information about these meetings is available by calling the City Manager’s Office at 619-667-1105 or emailing lsimms@ci.la-mesa.ca.us.

### Grand Jury applications at historic low

The San Diego Superior Court is seeing a record low submission rate for the 2018/2019 Grand Jury.

“We have noticed that it has gotten harder and harder each year to interest San Diegans in serving on this important panel,” said Michael Roddy who supervises the Grand Jury recruitment effort in a press release. “We are trying to determine why that is and how best to show people how important the Grand Jury is to a functioning democracy.”

The court typically has 15 residents per district. This year it is below that number. Currently, there is a need for more applicants from District 1 (South County) and District 5 (North County). Applications are

See BRIEFS page 4 —————>



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# Giving hearts save lives

## Project Heartbeat expands through generous donors

Jeff Clemetson  
Editor

Don Teemsma was attending the San Diego Fire Rescue Foundation's service awards luncheon when he had what he describes as a "moment of impact."

A video presentation for the Ray & Joan Kroc Center Civilian Lifesaving Citation showed Omar Daniel using an automated external defibrillator (AED) machine to revive La Mesa resident Jorge Chincilla, who had collapsed while running on a treadmill at a fitness center.

"And there he was with his wife having lunch with us like it never happened," Teemsma said. "So I thought, 'You know, if there's a device like this that can save a life, why don't we have one in our office?'"

Teemsma, who is CEO of Ideal Plumbing Heating Air & Electrical and is also on the board of the San Diego Fire Rescue Foundation, contacted Maureen O'Connor, director of Project Heartbeat.

Project Heartbeat started in 2001 with the "purpose of increasing survival rates from cardiac arrest here in our region," O'Connor said.

The initial program for the city of San Diego was to put AEDs in every city building. Soon after, the San Diego County Board of Supervisors

adopted it as a countywide program and after that, it was expanded to include access to private entities.

"Our mission for the program has always been to make AEDs as accessible as fire extinguishers because I guarantee you that you're going to end up using an AED much more often than you ever will a fire extinguisher," O'Connor said.

O'Connor is a fierce advocate for the program she directs. She lost a niece to sudden cardiac arrest four years ago and is eager to share stories of people who experience the loss of a loved one and turn that loss into helping fulfill Project Heartbeat's mission — like the story of the woman from Del Cerro who lost her husband to cardiac arrest at their daughter's wedding and became an advocate who has raised money to place several AEDs throughout the county.

"The first one she placed was at Lake Murray Tennis Club and that AED ended up saving the life of the medical director at SeaWorld San Diego, Dr. Ken Anderson, who started donating AEDs himself," O'Connor said.

Another AED, of the handful she donated, went to The Old Globe theater and that one saved two additional lives.

Stories of AEDs saving lives is one of the reasons for the program's success.

"To date, we've helped to place over 9,000 AEDs throughout the county," O'Connor said. "As of last Saturday, we've had our 163rd life saved, just through our program participants, the programs we've set up and managed."

Getting an AED through Project Heartbeat is simple. A unit costs between \$1,000 and \$2,000, depending on features. Project Heartbeat facilitates the purchase of the AED and helps with the state-mandated maintenance of the device.

"We wanted to be able to offer every element that you could think of to establish a successful public access defibrillation program," O'Connor said.

Another element of success is training.

"Part of our program management services is providing free in-service training to all our program participants with hands-on training using mannequins and educating on the simple use of the AED," O'Connor said, adding that it is an easy operation. "AED machines are foolproof. You cannot purposely shock someone unless they are in an actual cardiac arrest rhythm — the machine overrides the human user."

In addition to the training on the AED machine, participants learn how to identify signs of cardiac arrest and how



Ideal Plumbing Heating Air & Electrical CEO Don Teemsma holds an AED machine and Project Heartbeat director Maureen O'Connor holds a mannequin prior to an AED training at Mt. Helix Park. (Photo by Jeff Clemetson)

to use CPR, which increases the number of people in the public who know lifesaving techniques — even if there is no AED machine nearby.

At Ideal Plumbing Heating Air & Electrical, Teemsma recently had an AED installed and his entire staff trained through Project Heartbeat.

"The issue of having one nearby is that every second counts because within eight minutes you are pretty much brain dead if you don't get oxygen to the brain and heart," he said.

In addition to having one put in at Ideal, Teemsma also donated an AED to Mt. Helix Park in La Mesa where he is a member of the Mt. Helix Association.

"We have a lot of visitors, a lot of events, there's people in the park and they're up there exercising and moving around and they could have an event and there's a possibility this could come in handy for someone," he said, adding that he will likely donate more AEDs in the near future.

"We're looking for two more places in our community for now, maybe we'll do more later, that would benefit — like a Little League field or a church or someplace that has a lot of people and there's public there."

For more information on Project Heartbeat, visit [sandiego.gov/sdprojectheartbeat](http://sandiego.gov/sdprojectheartbeat).

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

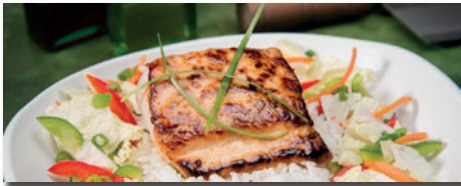


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# Police officer shown body-slamming teenage girl in Facebook video is reassigned

**KPBS™**

Matthew **Bowler** and Megan **Burks**

A La Mesa police officer will no longer patrol schools after cell phone video captured him slamming a 17-year-old girl to the ground at Helix Charter High School Friday.

The officer is not being disciplined as the department investigates his use of force, said Lt. Chad Bell, a spokesman for the La Mesa Police Department. Instead, he has been transferred to the investigations division.

The video sparked outrage after Aeiramique Blake, a community organizer, posted it on social media and promised to "completely (shut) down my sister's school, Helix High."

On Monday, about 100 students walked out of classes to protest the incident and demand changes at the school and police department.

"When we ask you to put yourself in our place, do it genuinely. When we ask the police to look back on their force and investigate this, do it genuinely," said Helix senior Melat Ezana. "Don't just give us your words to make you look good. Do it genuinely, because we are not going to stand here and see this happen to another one of our students."

According to a statement from Bell, Helix staff called police for assistance at about 1:20 p.m. Friday when the girl, who was on "suspended status," would not comply with directions to leave school grounds. An officer tried to get the student to leave voluntarily, then ordered her to do so.

She refused to cooperate, the statement says, and the officer arrested her and placed her in handcuffs.

"As they were walking, the student became non-compliant on two separate occasions and made an attempt to free herself by pulling away from the officer," Bell said. "To prevent the student from escaping, the officer forced the student to the ground."



A screen shot of a Facebook video posted by Aeiramique Meeka (Facebook)

The video does not clearly show what led up to the slam, but shows the officer throw the girl across his body from left to right, with her upper body-slamming onto the concrete first. The officer then pins the girl on the ground with his upper body for several seconds as the teen appears to lay motionless on the ground, then rolls her to her side.

"After the student agreed to quit resisting and attempting to escape, the officer assisted her up and walked her to his patrol vehicle," the statement says.

Helix student Steven Feiga said he witnessed the incident. "The police officer that did this had no right to do this at all," he said. "She didn't fight back. She didn't give him attitude. She obeyed the officer and he slammed her."

Feiga and his classmates are calling for La Mesa police to receive de-escalation training. They also want Helix to adopt a restorative justice policy that softens harsh and hasty punishment in favor of mediation.

"Give them a voice during the encounter. If someone is feeling and saying that they're not being treated right ... you have to listen to that," Rev. Cornelius Bowser said at Monday's walkout. "You just don't ignore it and call the police."

Blake, the woman who posted the video to social media, told the Union-Tribune that the student was asked to leave campus after a teacher, suspecting her of being on drugs, searched her bag and found pepper spray.

Jenn Osborn, a spokeswoman for the school said students can be expelled for carrying "dangerous objects." Helix's student handbook and the state education code do not explicitly ban pepper spray from school campuses. State law prohibits minors from carrying tear gas.

Blake told the Union-Tribune the student carried pepper spray for protection because she rides the trolley to school from southeast San Diego.

"No matter what was done or not done, that was not the appropriate way to handle a young lady," Blake told the newspaper. "The community is completely outraged."

The student received "minor abrasions" in the incident, police said. She was taken to the La Mesa Police Department, where she was evaluated by paramedics and determined not to require treatment.

The department has forwarded her case to the district attorney for charges.

School officials did not provide additional details on the incident, citing student privacy concerns, but said "actions taken by the school are guided by what is lawful and in the best interests of Helix Charter High School students, staff and school community."

Police spokesman Bell said his department's investigation into the officer's use of force is its No. 1 priority.

[Additional reporting by City News Service]

—Matthew Bowler is video journalist and Megan Burks is education reporter for KPBS.■

## Avoid 6 Costly Errors When Moving to a Larger Home and Save Thousands

La Mesa - A new report has just been released which identifies the 6 most common and costly mistakes that homebuyers make when moving to a larger home.

Unlike the experience of buying a first home, when you're looking to move-up, and already own a home, there are certain factors that can complicate the situation. It's very important for you to understand these issues before you list your home for sale.

Not only is there the issue of financing to consider, but you also have to sell your present home at exactly the right time in order to avoid either the financial burden of owning two homes or, just as bad, the dilemma of having no place to live during the gap between closings.

In answer to this issue, Industry Insiders have prepared a FREE special report entitled "Mistakes to Avoid When Trading Up to a Larger Home."

These six strategies will help you make informed choices before you put your home on the market in anticipation of moving to a larger home.

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In addition to our 10 a.m. Sunday services and weekly classes, Om CSL works to support organizations in the La Mesa and greater San Diego community. In November, Om CSL partnered with Vista La Mesa Christian Church and Crosspointe Life Church in La Mesa to "fill a bag" with food for families of needy elementary school students for the Thanksgiving and Christmas holidays. Om CSL, also supplied holiday gifts for residents of Urban Street Angels' group homes, which offers housing and employment to formerly homeless transition age youth (ages 18-25).

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# Centurian celebration



Alma Jaeger and her 100th birthday cake (Photo courtesy of Dorothy Crocket)

On Jan. 14, 50-year La Mesa resident Alma Jaeger celebrated her 100th birthday. She was joined by seven of her surviving 11 children, and many of her 31 grandchildren, 31 great-grandchildren, and three great-great grandchildren, as well as other relatives and friends. The party was held at the El Cortez-Don Room, 702 Ash St. in San Diego.

In total, 109 friends and family from Wisconsin,

Michigan, Texas, Illinois, Florida, Washington, and Oregon attended the birthday celebration. Guests enjoyed five birthday cakes and an authentic three-course German meal.

In honor of Jaeger's birthday, her family dedicated a Pacific Coastal Oak tree to symbolize her as the family matriarch, with 76 "little acorns." The tree was dedicated at the Shepherd

of the Hills Lutheran Church, 9191 Fletcher Parkway, La Mesa, following their worship service.

Jaeger came to La Mesa in 1957 after her husband Edward was offered a job at Convair. The family — including 10 children and the family dog — took the trip to California from Chicago by way of a 40-hour trip on the Santa Fe Super Chief train.■

### ► Briefs, from page 1

available by telephone at 619-450-7272 or in person at the San Diego Superior Court in the Jury Services Office at the new Central Courthouse (Downtown) and the Jury Lounges at the North, South and East branches of the court. Applications may also be downloaded from [sdcourts.ca.gov](http://sdcourts.ca.gov) or the Grand Jury's website at [sdcounty.ca.gov/grandjury](http://sdcounty.ca.gov/grandjury).

The Grand Jury investigates citizen complaints and acts as a "watchdog" over government agencies. The County Grand Jury does not conduct criminal investigations.

The 19-member body will work four days a week, approximately six hours a day, from July 1, 2018 through June 30, 2019 in Downtown San Diego. A small stipend per day, plus mileage, and Downtown parking are provided. All application forms must be received by Jan. 12. Candidates must be U.S. citizens; be at least 18 years old; have sufficient knowledge of the English language; and have lived in the county for one year prior to selection. All candidates will be required to pass a criminal background check.

### Sycuan looking to hire 700

On Jan. 24, Sycuan Casino announced that the organization is looking to hire a new director of sales position. This position is the first of over 700 new jobs for the hotel and resort expansion project. The new positions will be in the

hotel, food and beverage and casino divisions. Sycuan will begin hiring for departmental leadership positions during the first half of the year and will host a series of job fairs mid to late 2018.

Last March, Sycuan broke ground on a \$226 million hotel and resort expansion. The project includes a 12-story, 300-room hotel, restaurants, meeting and conference spaces, pool and gardens and a lazy river. The new hotel and resort is on schedule to open in early 2019.

"We are pleased to bring more than 700 new jobs to the San Diego community," said John Dinius, general manager at Sycuan Casino in a press release. "We are committed to cultivating a thriving and positive work environment and are eager to bring on new talent that will contribute to the organization's continued success."

Details about job openings will be released as they become available on Sycuan's website and social media pages.

### Chamber has successful holiday charitable drives

The La Mesa Chamber of Commerce recently announced the totals from their annual holiday drives — the Senior Project and the La Mesa Children's Military Project.

The Senior Project produced a total of 2,691 canned goods, toiletries, socks, and other items. The Chamber received over \$2,130 in gift cards and cash donations from businesses and supporters which was included in senior gift baskets. These items, along with hot turkey meals, were transported to the Retired Senior Volunteer Patrol at the La Mesa Police Department.

The La Mesa Children's Military Project's second-year event was committed to donating toys and items to children of military families living in La Mesa. 1,383 total toys, books and items were collected.

Sponsors of the project included BJ's Restaurant and Brewhouse, Barnes & Noble – Grossmont Center, Cali Comfort BBQ, Carl Burger Dodge Chrysler Jeep RAM World, EDCO, Fonseca Design Shop, Grossmont Center, Kappa Surveying & Engineering, Kirk Paving, Inc., Jerry Lester, Riviera Supper Club, Stoney's Kids Legacy, The Regal Bar and Valley Farm Market.

For more information on La Mesa Chamber of Commerce and its charities, visit [lamesa-chamber.net](http://lamesa-chamber.net).

### St. Martin of Tours Academy open house

St. Martin of Tours Academy will host an open house on Feb. 1 at 6 p.m. in honor of National Catholic Schools Week. The open house will include students' displays and opportunities to learn about faith development, classroom settings and community service projects.

Staff will conduct tours and be on hand to accept applications for next school year. St. Martin of Tours Academy

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# Giving the gift of literacy

Margie M. Palmer

Helping children open their minds to the wonders of imagination and knowledge found in books is one of the greatest gifts older generations can pass on to the next. Unfortunately, not every child has access to the help they need to learn reading. But a local program seeks to even the playing field of literacy.

The San Diego branch of Oasis Lifelong Adventure is seeking senior volunteers to become part of their intergenerational tutoring program.

The program pairs adults who have a passion for reading with children grades K-4, aiming to enhance each child's reading and writing skills.

Oasis Regional Tutoring Coordinator John Dunncliff notes that while the program currently has more than 400 volunteers throughout the county, they are always looking to expand that number.

"The reason we have so many volunteers is because it's fun to sit and read a book with a child," Dunncliff said. "I've been volunteering for five years and as you know, [this generation] is a generation that read books until color television came along. We like to read and many of us get great pleasure in reading to these kids because we can pass on our love of reading to the child."

Each session lasts between 30 and 60 minutes and they are

typically done in the classroom of a participating school, he continued, adding that in some cases, the sessions are held in the school library or outdoors.

Volunteers do not need to have prior educational or teaching experience, but they will need to undergo a background check. Volunteer trainings for central San Diego residents take place every three months at the Oasis Headquarters at Grossmont Center in La Mesa.

"It's a six-hour training that is done on two consecutive mornings between the hours of 10 a.m. and 1 p.m. and we give the volunteers books and crossword puzzles, games and word games that they can use to keep the student's interest and have fun," Dunncliff said. "The tutoring curriculum is designed by teachers and it confirms to the California standards and what we're doing with each child is what the teachers are doing with the 28 kids in each class. They are asking questions and doing vocabulary with the students, but we are doing it one on one."

Janie Wardlow is among those who volunteers with students at Adams Elementary School. Wardlow, a retired school principal, believes one of the main strengths of the program is having an adult work with a child and having the child feel good about themselves.

"This program is valuable because teachers have so many responsibilities they rarely have time to spend one on one with a student," she said.

## FEATURE



The Oasis intergenerational tutoring program pairs seniors with young students struggling with their reading. (Courtesy Oasis San Diego)

"One of the things I think is interesting, that's done with all of the kids the program has, is the 'All About Me' book. It asks them what their interests are, who the members of their family are, what they like to read and what their hobbies are. You go through that the first couple of times you meet with them and you learn a lot about who they are. Children are pretty open."

As the sessions progress, volunteers work with the students by reading a selected book to them, or reading a book they select together.

"Sometimes you'll have the student read to you or retell you the story you just read," Wardlow added, noting the latter is a great tool to help develop a child's vocabulary.

Her experience thus far, she said, has been gratifying.

"I'm a recent grandmother and it's been fascinating watching that dynamic and seeing the big difference in the dynamic

between a parent and a child and a grandparent and a child. I think that children feel very comfortable being with an adult who has life experience and who understand how they think and operate," she said. "The intergenerational piece between a grandparent and a child is a lovely relationship in our society, and this program brings that element into Oasis. It's surrogate grandparenting. In today's society, children don't always have easy access to their grandparents and vice versa, and I think this program is a nice complimentary relationship."

Those wishing to learn more about becoming an Oasis Tutoring volunteer or to learn more about the program can contact John Dunncliff at 914-318-9699 or visit sandiegoasis.com.

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

### ► Briefs, from page 4

serves students from pre-school to eighth grade. For more information, call 619-466-3241 or visit [stmartinacademy.org](http://stmartinacademy.org). St. Martin of Tours Academy is located at 7708 El Cajon Blvd. in La Mesa.



(l to r) GHD board members Randy Lenac, Gloria Chadwick; Gabi Charo, Jewish Family Service; GHD board members Michael Emerson, Virginia Hall and Robert Ayres (Courtesy GHD)

### Grossmont Healthcare District gives to causes, students

Jewish Family Services (JFS), Home of Guiding Hands (HGH) and nursing and medical tech students are all getting some additional grant funds from Grossmont Healthcare District (GHD).

The GHD board recently approved a \$40,000 grant that will help cover expenses for the JFS Foodmobile program that delivers nutritious meals to homebound seniors, and adults with disabilities

See BRIEFS page 20 —————>

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## Families Using Smart Tech for Pet Care

According to the American Pet Products Association, 65 percent of U.S. households own a pet of some kind. Whether they're cats, dogs, reptiles or birds, families enjoy having a pet in the home. Feeding, caring and walking pets are often the first form of responsibility for kids and everyone enjoys the unconditional love, companionship and spunky personalities offered by furry, scaly and feathered friends. And animal owners are using technology in some surprising ways to show their love and appreciation - from using nanny cams, to leaving Animal Planet on the TV, to spending more money on pets than on friends, according to a recent study conducted by Cox Homelife. Here are some highlights of the study, are you doing any of them?

### Make pets comfortable while home alone:

- 58% adjust the thermostat.
- 57% leave out toys.
- 80% leave on lights.
- 40% turn on the TV or radio.

### Use a pet sitter, then checking on the pet sitter:

- One in three pet owners reported they would be more likely to use a pet

sitter if they could monitor their activity through home automation technology.

- 75% of pet owners ask for a pet sitter when leaving pets at home alone for extended periods of time.
- Pet owners said they use home automation technology to check when the pet sitter visited, how long they stayed, watch what they did while they were at the house, make sure the dog is safely in its kennel, and ensure they locked the door behind them when they left.

### Buy smart technology for pets

There are many ways technology can improve peace of mind and quality of life for pets. Dog and cat owners differ on which technologies they'd consider buying:

- Automatic food and water distribution: 32% of dog owners versus 46% of cat owners.
- GPS tracker: 36% of dog owners versus 25% of cat owners.
- Video monitoring system: 32% of dog owners versus 26% of cat owners.

- Smart collars to monitor vitals: 13% of dog owners versus 11% of cat owners.

### Spend a lot on pets:

Pet owners spend more money on gifts for their pets than for their friends and work colleagues.

- One in five pet owners spend at least \$100 on their pets each month.

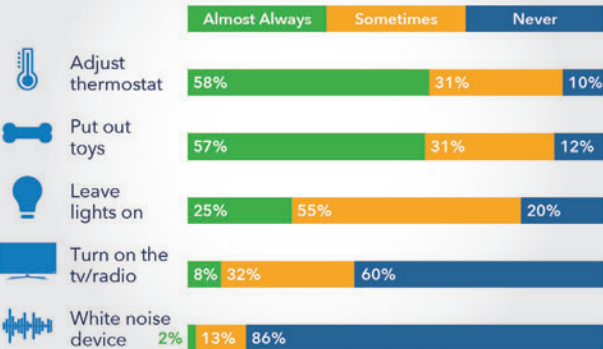
It's evident that pet owners love their pets. And while video monitoring of pets is a perk of having a home monitoring and automation

system, it also provides peace of mind for the entire household. Cox Homelife's state-of-the-art security and home automation technology can not only safeguard your home and its contents, but also provide warning of potential damage caused by weather events such as the heavy rains and flooding and monitor for flooding, smoke and carbon monoxide, in addition to a host of other customizable features.

For more information, visit [cox.com/homelife](http://cox.com/homelife).

### How we Keep our Pets Cozy

The things we do to ensure our pets are comfortable while we're gone!



Source: [www.cox.com/homelife](http://www.cox.com/homelife)



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Guest Editorial

Why we should all welcome immigrants and refugees

**Rick Fry**

Our welcome banner was vandalized this past December at Ascension Lutheran Church. It was slashed in two pieces. It stated, “Immigrants and Refugees Welcome” and displayed a picture of Mary, Joseph and Jesus in route to Egypt. This picture highlights the fact that the Holy Family were refugees, as Matthew’s gospel states that they fled to Egypt after learning that King Herod sought to destroy the young child because he viewed Jesus as a threat to his power (Matthew 2: 13-18).

Jesus and his family faced many hardships. And today, many immigrants and refugees still face great suffering that is so often hidden from public view. Consider the following:

- Because of more stringent screening processes and refugee bans, there are fewer refugees admitted into the United States than has been allowed in the past. The Department of Homeland Security has called for a cap allowing only 45,000 refugees to resettle in the United States in fiscal year 2018. (This is only a small fraction of the estimated 16 million refugees worldwide). This is the lowest cap in decades, and even now the slow admission process is already on pace to fall well below the 45,000 mark.
- Even those who are already here, and have lived in the United States for years, face the real fear of deportation. Refugees from countries such as the Nicaragua, Sudan and Haiti (including a large Haitian population here in San Diego) have lost what is called “Temporary Protected Status” — a special legal status granted to those who have fled countries because of natural disaster, war or violence. Losing this legal protection means that individuals are in danger of being torn from their families, and sent back to countries broken by violence or natural disaster.
- San Diego’s proximity to the border is another hardship for immigrants and refugees. San Diego falls within what is called the “border

search exception,” an area that reaches 100 miles from the border into the United States where certain federal officers are allowed to conduct search and seizure operations without a warrant or probable cause. In addition, individuals are reported to ICE even by neighbors or family members, and students from the deferred action on childhood arrivals (DACA) program have had family members deported.

How should we respond as a community? How should people of faith respond? A good place to start is by studying what the Bible has to say concerning God’s will for refugees, immigrants, and the most vulnerable people among us. In Exodus, God specifically commands the people to care for the alien, reminding them that they themselves were once migrants and aliens, “You shall not wrong or oppress a resident alien, for you were aliens in the land of Egypt” (Exodus 22: 21). Again, in Deuteronomy, we see God’s concern for foreigners, “God defends the cause of the fatherless and the widow, and loves the foreigner residing among you, giving them food and clothing. And you are to love those who are foreigners, for you yourselves were foreigners in Egypt.” (Deuteronomy 10: 18-19). In Psalm 146, we see God’s almost obsessive concern for the most vulnerable, that God loves and protects them personally, “The Lord watches over the foreigner and sustains the fatherless and the widow, but he frustrates the ways of the wicked” (146:9).

Those are just a few of many passages. In fact, there are so many references to God’s love and care for the alien or foreigner in the Bible, that it is almost overwhelming.

Since the scriptures reveal a God who loves the foreigner, the alien and the stranger (i.e. immigrants and refugees), the question becomes, “How should we respond in times of such hostility towards the very people whom God cares for so tenderly and fiercely?”



A banner welcoming immigrants and refugees to Ascension Lutheran Church was recently vandalized. (Photos by Rick Fry)



I don’t have all the answers, and others have many great ideas. But I do have some suggestions:

- Take time to study the issues facing immigrants and refugees. Explore the ways in which fear, apathy, and bias contribute to the systematic abuse and harassment of them, a system which is bigger and more complex than any one person. I highly recommend reading “City of Thorns: Nine Lives in the World’s Largest Refugee Camp” by Ben Rawlence and “The Lost Boys of Sudan: An American Story of Refugee Experience” by Mark Bixler as starting points for a better understanding of the experience of refugees.
- Find ways to reach out to immigrant or refugee communities — not to fix problems or rescue people, but simply to listen to their stories with humility and respect. Find ways of fostering relationships with them based on mutuality and equality. My life has been greatly enriched and deepened through developing such relationships, and yours will be too.
- Get connected with organizations that advocate for the human rights of immigrants and refugees. For example, there are many organizations doing great work to advocate and welcome them in San Diego: Jewish Family Services, International Rescue Committee, Survivors of Torture International, Catholic Charities, and others are very active in advocating for immigrants and refugees. We are grateful for their efforts.

To my fellow Christians: This is the time for us to stand up and be the church. There are a lot of people who are turned off by the church. They love Jesus, but not the church. They see us as clinging to the status quo, of

being a club more concerned with our own safety and comfort than in bandaging the wounds of the poor, or being a true companion to the sick, hungry, incarcerated, and undocumented.

They are watching us more closely than you think. They are watching us to see if the church will stand up and be the church in such dire times as these. Let’s show them we can be the church for the poor and most vulnerable together.

To the person(s) who vandalized our banner: We are angered and deeply saddened — not because you vandalized church property, but for any fear and distress you may have caused those who already feel unwelcome, invisible or unwanted; for trying to prevent our church from communicating, however falteringly, a message of welcome to them.

Yet, Christ commands us to “love our enemies” (Matthew 5:44). So by his command, we love you, praying that you become the person God has created you to be. We welcome you to join us at Ascension in the journey of self-inventory and spiritual growth, to examine and renounce our privilege gained at the expense of the most vulnerable, to turn away from the apathy, fear, and ill-will which intentionally or unintentionally harm so many immigrants and refugees in our communities, and to turn towards them with contrite hearts, open arms, and a spirit of friendship.

It is only through deep soul-searching, honesty, and God’s grace that we can find the path of healing and reconciliation, not just with our friends, family and acquaintances, but especially with our vulnerable neighbors in need.

—Rick Fry is the pastor at Ascension Lutheran Church in Allied Gardens.■



# Stadium proposals discussed at next Dem club meeting



Yahaira Aristy and  
Jeff Benesch



Roger Showley



Joe LaCava

At our January panel of pols and pundits, San Diego City Councilmember Chris Ward made the brash prediction that both of the stadium measures on the November ballot — SoccerCity, and the Friends of SDSU proposals — would go down to defeat. Why? In Ward's opinion, the deep pockets behind both measures would spend their funds debunking the other. Whether either proposition will garner over 50 percent of the vote is, indeed, one of the more intriguing issues of this most important election year. At our Wednesday, Feb. 7 meeting, we'll talk about the stadium measures and also hear from a variety of terrific Democratic candidates running for important seats in the June primary and November general elections, countywide.

We have two experts empaneled to explore the stadium issue with our club — longtime Union-Tribune writer Roger Showley and well-respected community planner and activist, Joe LaCava.

They'll discuss their in-depth reporting and investigation of the dueling ballot propositions and take questions from the assembled members and guests.

Hardly anyone in San Diego County, particularly those living close to SDSU and the Mission Valley stadium site, will be unaffected

by the outcome of the election and the future development of this incredibly valuable piece of real estate. The San Diego River; a present and future mass transit/trolley hub; three major freeways; Friars Road; much-needed student, faculty and public housing and commercial development; the potential westward expansion of land-locked SDSU; the future of Aztec football; pro soccer; and even the return of the NFL to San Diego — all may hinge on the will of voters come November

The competing measures share a lot of attractive elements, such as a large river park, stadiums suitable to hosting soccer and college football games, and elaborate housing development; but contrast enough in key areas such as entertainment venues, density, parking, traffic mitigation, open space, community input, and public/private financing, to provide clear choices for voters.

The second part of our evening will be devoted hearing from candidates running for office in this upcoming election cycle. There are local East County races, city of San Diego elections, congressional and

state contests, and key county-wide contests, and we'll have a good cross section of well-qualified Democrats in many of these key jurisdictions addressing the club.

Candidates in important judgeship and school board races, as well as the now open 49th and 50th Congressional contests are of particular interest. With Rep. Darrell Issa's "retirement" and Rep. Duncan Hunter's ongoing legal troubles for using thousands of dollars in campaign funds for personal use, Democrats are looking to make the San Diego Congressional Delegation entirely blue.

The Feb. 7 meeting will be held at the La Mesa Community Center, 4975 Memorial Drive, just North of University Avenue near Spring Street starting at 6:30 p.m.

Learn more about La Mesa Foothills Democratic Club on our website at [lamesafoothillsdemocraticclub.com](http://lamesafoothillsdemocraticclub.com) and like us on Facebook.

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

# There are some limits to using #MeToo



Genevieve  
A. Suzuki



Recently the phrase #MeToo has taken an interesting turn. What began as a phrase of empowerment for people who were subjected to sexual harassment and abuse has become more like something out of "The Crucible."

Actor/comedian Aziz Ansari came under fire in January after his unseemly behavior on a date went public via misconduct allegations posted on the blog Babe.net. But while Harvey Weinstein accusers suffered through repulsive indignities and completely atrocious behavior, and deserve retribution, this particular #MeToo user seemed to place all of the blame in Ansari's lap despite her admission that she chased him down at an event, got naked in his apartment and engaged in various intimacies.

Some defended this person, saying she was being "slut-shamed," an unfortunate term used to describe any time someone makes a woman — or man — feel embarrassed for being sexually assertive.

To be clear, I am not saying the Ansari dater got what was coming to her. No one deserves to be harassed or humiliated. I am saying, however, what my mom taught me in high school remains true today: You will be treated as you allow others to treat you.

So here I am, publishing an open letter to my daughter, who is mercifully still too young to understand this:

Dear Quinn,

I am writing this letter to you in a time when women have had enough of being treated like second-class citizens. We are tired of making less than our male counterparts and exhausted by being fondled, grabbed and

harassed simply because we were born with two Xs and no Y.

On Jan. 21, 2017, I boarded an airplane to Washington D.C. and marched with my sisters against this treatment. It was unacceptable to simply remain quiet any longer. I needed to march and show that we were a people united against this disgusting behavior.

Except...

Except my marching wasn't so you could go on dates and allow yourself to be disrespected. I didn't wear that pink yarn hat so you could let yourself go cheap by chasing down a man only to be shocked when he treats you like you are not worth as much — or even more — than him.

Quinn, there is a balance we must strike between ourselves as sexual human beings and intelligent life. While you may be attracted to someone and believe that person is the only thing you need, please know that it is usually pheromones masking a reality in which First Lady Eleanor Roosevelt was correct when she said, "No one can make you feel inferior without your consent."

And when you do go on a date, please remember how amazing you are. Remember how lucky anyone is who gets the opportunity to date you. And remember you set the tone on dates. Getting naked on someone's kitchen counter on a first date isn't fair to yourself. Be above the fray and demand respect.

To paraphrase another great human, Alice Walker, you are the one you have been waiting for. You are so much more valuable than wishing and hoping to date a man who is cool, famous or powerful. Why aim to date that person than actually be that person?

Respectfully forever yours,  
Mom

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

## Letter to the editor

### Issue resolution against CCR

One of the most dangerous bills currently scheduled in Congress is Concealed Carry Reciprocity (CCR), or HR 38. If passed, it would override our state's gun violence prevention laws. It would force states to let violent offenders and people with no firearm safety training carry hidden, loaded handguns — even if those people could not otherwise legally purchase a gun in the state.

CCR would even force states to allow concealed carry by many people with no permit — allowing people who have never been screened by a background check to carry throughout the

country. CCR would mean for our state nullifying all of our hard won gun safety laws and accepting the lowest laws of the land.

We do not want convicted felons, domestic abusers, animal abusers, and stalkers to be able to bring their guns into California from our neighboring states of Arizona and Nevada.

No surprise, Congressmen Darrell Issa and Duncan Hunter are co-sponsors of HR 38, having taken money from the NRA for years. Congresswoman Susan Davis is against HR 38, and an advocate for gun violence prevention. We are fortunate to reside in her district.

Now, more than ever, we must fight back against the powerful gun lobby and uphold our state's rights to preventing gun violence. Recent research shows that, when states weaken law enforcement authority to deny permits to people who pose a danger, violent crime rates rise by 13-15 percent over what would have been expected without the change.

Los Angeles and San Francisco have already issued a resolution opposing CCR. I call upon our La Mesa City Council to take a stand and issue a resolution as well.

—Emily Green, La Mesa. ■



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# Helping students navigate financial assistance

Johnny Fonseca

Often a daunting process for students, the Free Application for Federal Student Aid (FAFSA) is essential for students seeking financial assistance in higher education. San Diego and Imperial Counties California Student Opportunity and Access Program (Cal-SOAP)'s Cash for College workshops remove uncertainty from the process and provide students with resources needed to complete their application.

Students and staff gathered on Wednesday, Jan. 17, at the Helix Charter High School's computer lab in La Mesa to complete the FAFSA and other financial aid applications.

At the event, volunteers and staff sat down with students, one-on-one, to guide them through the process.

"I think one of the greatest things, for me, is seeing students and parents who do not believe, who do not think they can afford college to be able to afford it," said San Diego and Imperial Counties Cal-SOAP director Linda Doughty, who has been working on Cash for College for a decade.

As the event completed, students left exhausted but displayed a noticeable relief as the applications had been completed.

These Cash for College events have the support of elected officials, such as state Senator Joel Anderson.

"For the last couple years [Sen. Anderson] has been one of my greatest supporters," Doughty said. "He's always sent some very talented young people out to the support the event."

A representative of Anderson attended to promote the Senator's award-winning internship program, available to students in San Diego County, as well as provide other state resources to students and parents alike.

"I'm thankful Cash for College returned to East County again to help out our students," Anderson said. "It's thanks to Linda Doughty and the committed team at Cal-SOAP that students are able to complete their applications accurately and effectively and have access to higher education."

The team at Cal-SOAP continues helping local students with additional Cash for College workshops. One of them is on Jan. 27 from 9 a.m.–noon at the IDEA Center High School, located at 1600 Cuyamaca St., El Cajon. For more info, contact the San Diego and Imperial Counties Cal-SOAP office at 858-569-1866.

—Johnny Fonseca is a legislative intern for Sen. Joel Anderson's office.■

# News and notes from your County Supervisor



Dianne Jacob

**Green acres:** I've got good news for nature lovers and all those working hard to preserve our beautiful backcountry.

This spring, the county will begin to plant new trees in rural parks hit hard by plant disease and other challenges. Conifers and big-leaf trees like sycamores, which are not as susceptible to pests like the oak borer, will be planted in popular places like William Heise and Dos Picos parks to create a healthier, greener canopy.

The board of supervisors approved the \$2 million initiative in early January.

**Success stories:** It was my privilege last year to bestow close to 100 county proclamations to residents and organizations for their great contributions to our region.

Among the people and groups honored: La Mesan Ruth Sterling, firefighter Kendal Bortisser, recovery expert Jeanne McAlister, NFL referee Steve Coover, teachers Camden Flores and Kathy Worley, Volunteers in Medicine, San Diego Law Library, Home of Guiding Hands, San Diego Mountain Rescue Team and San Diego Youth Services.

**Never forget:** When Dulzura firefighter Cory Iverson

was killed battling a blaze near Santa Barbara late last year, it was a reminder of the dangers faced each and every day by our heroic firefighters.

Cory was among the best of the best at Cal Fire. His dedication, bravery and sacrifice will never be forgotten.

I want to commend all our firefighters and those in law enforcement for their service. Thank you for keeping us safe.

—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 my 619-531-5522 or email [dianne.jacob@sdcounty.ca.gov](mailto:dianne.jacob@sdcounty.ca.gov).■

# Human trafficking focus of next Republican Women meeting



Judy McCarty

The thought of having to protect your family's sons and daughters from sex-trafficking gang members in your own

local school can put shivers down your back.

Runaway and missing children are at serious risk of being sex-trafficked, often within 48 hours, and over-extended police officers can't always find teens who have voluntarily left home. Fortunately, a nonprofit organization made up of volunteer former law enforcement officers and Navy SEALs helps fill the gap by assisting law enforcement and parents locate their missing and runaway children.



SIA investigator Kirby Horrell (YouTube)

This organization is called Saved In America (SIA) and in the 36 months it has existed, they have saved 57 children at no cost to parents.

This dedicated organization of licensed, insured private investigators will be the lead presentation at the Feb. 13 meeting of Navajo Canyon Republican Women at The Brigantine restaurant in La Mesa. Our speakers will be Kirby Horrell, former SEAL and SIA investigator, and Joseph Travers, SIA executive director, who will tell us how they are working to fill the gap and the cost to do so.

Check-in time for the 11 a.m. meeting is 10:30 a.m. A full-course luncheon will be served at noon followed by the program. Cost of the luncheon is \$25; reservations are required. Please RSVP to [ncrwf99@gmail.com](mailto:ncrwf99@gmail.com) (put "luncheon RSVP" in the subject line) or call 619-990-2791.

that were studied found that trafficking recruitment was occurring in their schools. Interim District Attorney Summer Stephan has initiated a new program of billboards around the county to warn of technology's reach to young people.

Saved In America runs on donations to buy equipment, cover travel costs and licensing fees. If you'd like to learn more or contribute, visit their website at [savedinamerica.org](http://savedinamerica.org).

Our Republican state Senator Joel Anderson has once again made us very proud. He has been honored by the USS Midway Museum's Diversity and Inclusion Committee with its 2018 Bridge Builder Award at its annual Martin Luther King Day luncheon.

As a state legislator, Anderson passed a resolution in 2012 to rename a portion of Interstate 15 the "Tuskegee Airmen Highway" to honor African-American pilots in World War II and authored successful legislation in 2017 to assist non-citizen service members on their path to citizenship.

We'll be doing our annual treat for veterans, too. In February, for Valentine's Day, we'll be handing out our Hearts for Heroes cards to all wounded and recuperating vets in San Diego. We like to share our gratitude.

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

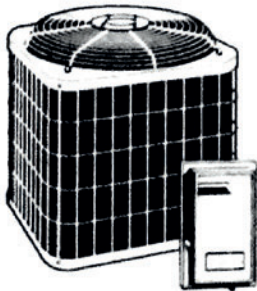
—Judy McCarty is publicity chair for the Navajo Canyon Republican Women, Federated. Reach her at [jhmccarty@cox.net](mailto:jhmccarty@cox.net).■



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# Taking a loop in a Tesla

Morgan M. Hurley  
Contributing Editor

I'm a daily user of public transportation, I make great use of the Lyft app on my phone and I take Amtrak north to Los Angeles on a regular basis.

So when I recently became aware through Facebook of a new long-distance ride-sharing service made available to San Diegans called Tesloop, I was intrigued.

I read that Tesloop could take me from San Diego to LAX for less money and much more convenience than a regional plane and that it could take me to destinations north over the upcoming holidays while I slept, relaxed or continued to work.

What got me even more excited was that the Tesloop ride-share service was using Tesla vehicles, so I immediately reached out to find out more.

If you don't know what a Tesla is, or you've never heard of its founder, Elon Musk, you

need to start paying closer attention. Teslas are the cars of the future, but they are here right now.

Autonomous vehicles can navigate and drive themselves without human input. Tesla vehicles are semi-autonomous, meaning that while they still require a human at the wheel, they can perform certain functions on their own, like changing lanes, slowing down or accelerating in traffic and keeping cars around them a specific distance away.

It is the direction we are going, for sure, and Tesla is one of the first automotive manufacturers to go full bore in that direction.

They have three models: Model S (sedan), Model X (SUV) and the newly released Model 3 (a very small sedan). Teslas are all-wheel-drive and all-electric, and have a huge 17-inch LCD pad-style computer mounted on the dash; it literally updates just like your iPhone does. Their driving range is approximately 250 miles on

one charge and they have a supercharger network that is quite impressive.

I got my first ride in a Tesla about six months ago; Bob Nelson, former San Diego port commissioner and a member of our local LGBT community, gave me a ride home in his Model S. I was immediately enamored with the technology but it is well beyond my reach.

Enter Tesloop.

Founded two years ago in Los Angeles by 18-year-old Haydn Sonnad — yes, 18 — Tesloop does more than just give people rides between destinations; it gives Tesla or other sustainable

vehicle enthusiasts an up-close-and-personal view of these incredible cars of the future.

It is important to note that Tesloop's only association with Tesla is that they buy and use their cars for their ride-sharing service.

They currently have an eight-vehicle fleet of Model X vehicles, with more to come. Tesla's website calls the Model X the "safest, quickest, most capable sport utility vehicle in history."

San Diego Tesloop currently has two Model X cars, which at the hands of their "pilots," do four roundtrip routes to Los Angeles per day.

Each vehicle has a total of six seats built in; however, only four are sold per trip. Obviously, the driver takes up one of those seats and an additional seat in the back is left down to accommodate luggage. Speaking of luggage, you can really only take something the size of a carry-on in addition to your personal bag, so plan accordingly.

Due to the number of miles the cars rack up going back and forth between Los Angeles and San Diego, Tesloop is able to share valuable information with Tesla, like the vehicles' interaction — with other cars and as well as their pilots — and data acquired about how the cars operate under various road conditions under such high mileage.

As far as I'm concerned, it is a great marketing arrangement because once you get into one of these cars, you're going to want one.

Sonnad originally started Tesloop with a Los Angeles to Las Vegas route, which first began with friends and then friends of friends who wanted to travel back and forth to Vegas. That "loop" was put on hiatus in April 2017, but may eventually return.

Current "loops" are San Diego to Orange County, San Diego to Los Angeles, and Los Angeles to Palm Springs.



Unique door configuration opens to the passenger area of the Tesloop Tesla.  
(Photos by Morgan Hurley)

Future routes identified on their website as potential expansion cities and/or loops are Santa Barbara, Sacramento, San Francisco, Phoenix, Tucson, Dallas, and San Diego to Palm Springs.

Seats cost you \$29–\$79, and the price is based on day of week, time of day, seats in the car, proximity to holiday, etc., but you'll not pay over \$79.

While this service isn't yet point-to-point, the pick-up locations in San Diego are pretty convenient. I live in Point Loma and my pick up was Old Town.

A "concierge" will contact you about an hour before your trip to make sure everything is engaged. Once you arrive at your "pick up" point, you are welcomed by the friendly "pilot," who knows your name, will take your luggage and open the wing doors for you.

Once inside the car, you slide into an extremely comfortable seat, and have access to the following: free WiFi, complimentary healthy snacks and drinks, customized streaming music, head rests/neck pillows, noise cancelling headphones, and USB charging cables.

Unlike the many hassles that we encounter these days

with plane travel, Tesloop "swoops" you up, plugs you in and lets you settle in for the ride.

I took the route to Los Angeles and back in the front seat of "Ruby," the red Model X in their San Diego fleet. My pick-up point was the Hilton Garden Inn in Old Town, then we picked up two other individual riders in La Jolla.

Michael, our driver, spared no time in explaining the vehicle and its capabilities to us. He said his two interests are sustainable technologies and finance, and those meshed together so well here, he recently walked away from his job as a bank relationship manager to be a pilot for Tesloop.

Once the other two riders were settled in, we all participated in a Skype call with the concierge, Myles, who welcomed us and gave us some safety information and guidelines. He mentioned the car's five-star rating in every category, its eight surround cameras giving the vehicle 360-degree vision, thanked us for traveling green and let us know we were saving 150 pounds of carbon emission with our one-way trip. There is

See TESLOOP page 11 —————>



The luggage area of a Tesla Model X Tesloop car



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# The literary beginnings of award-winning cinema



Jake Sexton

As I type this, we are headlong into the 2018 movie awards season. We've had the Golden Globes, the People's Choice, the Critics' Choice, and will soon have the Directors Guild Awards, the Academy Awards, the Your Mom's Brother's Roommate Awards, and so on. But the multi-billion dollar movie industry leans hard on the world of books for its scripts, so we'll look at award-nominated movies that existed first in the realm of literature.

Judi Dench and Ali Fazal starred in this year's period piece "Victoria & Abdul," about an unlikely friendship between Britain's Queen Victoria and an Indian clerk named Abdul Karim. This Golden Globe-nominated film was based on the similarly named non-fiction book "Victoria and Abdul: The True Story of the Queen's Confidant" by Shrabani Basu. An intriguing tale of court intrigue and racism, much of this pair's history was hidden until fairly recently, and the book is based on these revelations.

"The Disaster Artist" is a new film in which Hollywood star James Franco depicts an eccentric outsider who can't land an acting role to save his life. Franco's character then partners with another struggling actor (played by Franco's brother Dave) to make their own movie, which turns out to be truly terrible, before becoming an ironic cult hit. The movie was based on real events, covered in the book "The Disaster Artist: My Life Inside The Room, the Greatest Bad Movie Ever Made" by Greg Sestero and Tom Bissell. A combination of tell-all about a mysterious man and a memoir about the making of a legendary cinematic bomb, it's also a story of unexpected friendship, loneliness and the lure of fame. In one of Hollywood's greatest ironies, James Franco won a Golden Globe for his portrayal of one of its worst actors.

"Murder on the Orient Express" is an ensemble film directed by and starring Kenneth Branagh, and co-starring Johnny Depp, Judi Dench, Michelle Pfeiffer, Willem Dafoe, and Kenneth Branagh's mustache. It tells a classic locked-door mystery about a shady businessman murdered on a moving intercontinental train in the 1930s. Of course, the movie is based on a book from famed mystery author Agatha Christie. The book was first made into a movie in the 1970s, and its protagonist, detective Hercule Poirot, has starred in a number of British movies and TV series. While the movie has some amazing actors, most of its award nominations are for art and costumes.

And finally, we'll end with the least likely movie, this year's animated hit "Captain Underpants: The First Epic Movie." This silly movie is

about a pair of mischievous friends who use hypnosis to convince their school principal that he is their favorite comic book superhero, Captain Underpants. The movie is based on the Captain Underpants book series by Dav Pilkey, with plenty of cartoon illustrations and bathroom humor that hooked a young generation on reading. It is nominated for several "Annie Awards," for animated films.

If you're tired of looking at words on a page or images on a screen, come see some live music at our Second Saturday Concert this coming Feb. 10 at 1 p.m., from the piano and horn duo known as the San Diego Chamber Music Society.

—Jake Sexton is librarian at the La Mesa branch of the San Diego County Library. Call the library at 619-469-2152, visit in person at 8074 Allison Ave., or get information online at sdcl.org.■



► Tesloop, from page 10

an emphasis in safety, but then these are the safest cars on the road.

My ride to LA was a non-stop social experience, as there was so much to see and get involved in from the front seat, and our driver was very engaging.

My return trip was an LAX pickup, and I had been reserved a middle seat this time, to experience that aspect of the ride.

For this route, I was on my computer and using the noise-canceling headphones the entire time, which made it a completely different experience than the one where I was engaging with the driver and the riders most of the trip. Both trips were enjoyable, however, for different reasons.

While they've only been in San Diego since the spring, but earlier this year, Tesloop was already given the Global Citizenship Award from the United Nations Association of San Diego, located in Balboa Park, for their work to combat climate change.

There is so much more to tell about this company and experience, that I've decided to make this a series.

If you are interested in taking your own Tesloop trip based on what I've told you so far, visit tesloop.com and get started planning your holiday travel. I can't wait to try it again.

—Morgan M. Hurley can be reached at morgan@sdenn.com.■

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## Say YES!



Erica Moe

When you took stock of 2017 and set out a plan for this new year, did you make a vow to just say no? No to additional commitments, no to volunteering, no to one more extra responsibility?

If you did, I want to encourage you to say yes instead. This time, when you say yes, do it with the conviction that you can be in control of how those things are done. Then you can make the most of every new thing you take on.

### Say yes to a challenge

Are you competitive? If so, taking on a friendly challenge may be the motivation you

need to get moving. At the YMCA, try Team Challenge with a group or Grid Iron challenge on your own. Also, create a challenge for your friends or coworkers using an app such as RunKeeper.

### Say yes to standing

Do you spend hours a day sitting in meetings? Organize a stand-up meeting. By standing three hours a day, you can burn up to 174 more calories. In addition, research shows it can also lower your blood sugar.

### Say yes to celebrations

If you are in charge of organizing the birthdays in your family, try taking the guests to the trampoline park, roller-skating rink or the rock



(Photos courtesy of Mission Valley YMCA)

climbing gym. The children – and adults – will learn a new skill, work up a sweat and have a lot of fun.

### Say yes to vacation

Planning time away can be relaxing. Make the most of your time by selecting an active vacation. Whether you cycle through Napa or kayak the Grand Canyon, each adventure allows you to make memories and burn calories.

### Say yes to social time

Instead of communicating with friends on social media, meet face-to-face at a local park for a walk. Breathe in the fresh air while you catch up with your connections.

### Say yes to play

Kick family board game night up a notch with a bike ride or visit to the park. Rather than sit on the sidelines while the kids are on the playground, join them. Watch those steps on the pedometer rack up.

### Say yes to walking

Add a walking meeting to your calendar. Get your blood – and ideas – flowing while crossing items off your to-do list. Other opportunities include walking the dog or getting off the bus one stop early to walk the rest of the way. Note that 2,000 steps are equivalent to a mile. Aim for 10,000 steps per day.

### Say yes to volunteering

Find a way to be active and make a difference. The YMCA is always looking for volunteer coaches. Help children develop a skill and learn life lessons while keeping active yourself. Get out your soccer cleats – the field is calling you.

Saying yes to these activities can mean burning up to an extra 300 calories a day, which translates into almost three pounds in January alone or 36 pounds in 2018! People who move throughout the day are more likely to reach or maintain their weight-loss goals versus those that are sedentary during the day and only active for one vigorous exercise session.

—Erica Moe, M.S., is an ACSM-certified exercise physiologist who writes on behalf of the Mission Valley YMCA where she is fitness director. ■

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# Top 5 fitness myths debunked

Steven McKee

We've all heard (and likely believed) fitness myths our whole lives. From "carbs are the enemy" to "cardio is the best way to lose weight," men and women everywhere have tried and tested every weight loss trick they come across. However, most of these fitness myths aren't true and can unfortunately lead to unhealthy decisions when it comes to losing weight and getting in shape.

With New Year's resolutions set in place, now is the perfect time to bust these fitness myths once and for all, and share some healthy fitness tips that will get you looking and feeling your best.

**Myth:** Lifting weights make you bulky.

**Busted:** Lifting weights will actually help to increase your lean body mass, which increases the number of overall calories you burn during the day. Rather than making you bulky, lifting weights will tighten and tone your body while also burning fat.

**Myth:** Cardio is the only way to lose weight.

**Busted:** While cardio can help shed some unwanted pounds, high intensity interval training (HIIT) and strength training will also help you lose body fat – sometimes quicker than by only doing cardio.

**Myth:** Crunches lead to six-pack abs.

**Busted:** Even if you do 100 crunches per day, you still won't see six-pack abs anytime soon. The only way you can lose fat from your belly is to lose fat from your entire body through strength and interval training. Focusing on your nutrition and keeping a clean diet is also very important. While some people say 80 percent of your fitness regimen is nutrition, it should

really be a focus 100 percent of the time. Abs are made in the kitchen!

**Myth:** Carbs are the enemy!

**Busted:** Your body actually needs carbohydrates to complete its basic functions. Rather than ditching all carbs, try only eating the "good" ones, such as whole grains, fruits, and vegetables. Swapping out refined grains for whole grains may actually help you reduce total body fat. Your daily activity will also dictate how many carbs your body needs. If you have a heavy cardio day (such as a day of boxing or hiking) your body will need more carbs to keep your energy levels up. If you are sitting at your desk all day, you won't need as many.

**Myth:** Crash diets help you lose weight.

**Busted:** Crash diets will actually slow your metabolism, leading to future weight gain and deprive your body of essential nutrients. Crash diets can also weaken your immune system and increase your risk of dehydration, heart palpitations, and cardiac stress. If you're looking to lose weight, it's important to do so slowly by dropping just 1 to 2 pounds per week. Exercise regularly and stick to a diet that limits saturated fat and sugars and emphasizes fruits and vegetables, lean meats and fish, and whole grains.

While every body is different and what works for one person might not work for another, it's important to make sure you're following proper advice and taking healthy steps toward a fitter you. You may also need to try a couple different approaches to find the one that works best for you and your body.

—Steven McKee is regional vice president of fitness for EoS Fitness.■

# Should you consider bariatric surgery?

Vadim Avulov, D.O.

In 2013, the American Medical Association recognized obesity as a medical disease. A person is considered obese when they have a body mass index (BMI) score of 30 or above. BMI is calculated by dividing a person's weight in kilograms over their height in meters squared. A healthy BMI is 18-25. Someone is considered morbidly obese when their BMI is 40 and above. Many studies found an association of obesity and increased mortality. In fact, life expectancy in obese individuals is reduced by an average of 10 years when compared to the non-obese population. Obesity is found to affect every single organ system in the human body. Counting from head to toe, here are only some of the affected systems:

**Brain:** Specific brain tumors such as meningiomas and pseudotumor cerebri.

**Lungs:** Obstructive sleep apnea.

**Heart:** Coronary heart disease and hypertension.

**Pancreas:** Type 2 diabetes.

**Liver:** Non-alcoholic fatty liver disease which may lead to cirrhosis.

**Gynecology/Oncology:** Women are at an increased risk of developing breast and uterine cancer.

**Urological:** Urinary stress incontinence, impotence.

**Bone/extremities:** Osteoarthritis, varicose veins.



Bariatric or weight-loss surgery not only helps prevent and treat these conditions, it can also potentially eliminate them, allowing a person to lead a longer, more productive and healthy life.

Bariatric surgery should be considered for anyone whose body mass index is 35 and above with comorbid conditions such as diabetes, hypertension, sleep apnea, etc. Anyone with a BMI of 40 and above should also consider this option, even if they do not have any other complications. Surgical weight loss has been shown to be far more superior to conventional weight loss methods, such as diet, exercise and medical supervision, in decreasing the incidence of diabetes, heart attack, stroke and cancer.

Most people who struggle with obesity have attempted to lose weight through a regimented diet and exercise programs. And initially, many of them

may be very successful in losing a lot of weight. Unfortunately, almost all of them regain all the weight back in a period of weeks to months.

Bariatric surgery is superior to conventional weight loss methods in that not only there is a far more significant weight loss, the surgery also helps prevent the patient from regaining that lost weight.

That is not to say that people have not regained weight after bariatric surgery. In fact, there is a little weight recidivism, particularly a year after surgery. However, the amount of weight gain typically stays around 10 to 20 percent of excess body weight after the patient has lost 60 to 80 percent of excess body weight.

Currently, there are two types of bariatric surgery options: gastric bypass and sleeve gastrectomy. Both operations are typically done via a laparoscopic approach.

**Gastric bypass** is both a restrictive and a malabsorptive type of operation. Portioning a section of the stomach into a small pouch, and then connecting that pouch to a small intestine reduces the volume of the stomach and restricts the amount of food a person can take in. Mild malabsorption of calories and nutrients is created by "bypassing" the biochemical digestion of food, resulting in the much-needed deficit of calories.

See SURGERY page 17 —————>

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# A decade of good eats with a side of celebrity

Frank  
Sabatini Jr.



The last time I ate at The Trails Eatery was in 2011, when owner Stacey Poon-Kinney was riding a high wave of publicity from the Food Network show, “Restaurant Impossible.” The San Carlos eatery had been selected for a \$10,000 makeover, which meant the show’s domineering host, Robert Irvine, would rescue the business from despair — his way.

The result was the addition of dinner service, an artistic remodel, and the catapulting of Poon-Kinney into the national spotlight as the episode aired numerous times over many months. Sales at the restaurant spiked significantly.

Business has remained brisk ever since as The Trails celebrates its

10-year anniversary. Although Poon-Kinney decided earlier this year to axe the dinner menu Irvine devised and return to her original format of a breakfast- and lunch-only establishment, citing increased labor costs as the reason.

The interior design still appears fresh, a reflection of nearby Mission Trails summoning earthy green walls and tree branches rising from plant boxes. The network’s designers also incorporated into the double-storefront dining room a lunch counter framed in subway tiles and enlarged photographs of Poon-Kinney’s family members.

The atmosphere is as hearten-

ing as the food, which covers everything from crafty eggs dishes and decadent pancakes to luscious sandwiches and homespun entrees.

Customers are keen to Poon-Kinney’s presence, recognizing her not only from “Restaurant Impossible,” but from 11 episodes of “Food Network Star” (season 9), in which she vied to land her own show on the network. She ended up in fourth place, but has since conducted cooking demos on local television stations and is slated to appear in the coming months with her 11-year-old son on Stove Tots for the FYI Network.

Visiting as a twosome, we ordered from both the breakfast and lunch menus, starting with exceptional crab cake eggs Benedict draped in kicky chipotle hollandaise sauce. I didn’t mind at all the “cake” is constructed with a 50-50 blend of lump crab and pollack — aka krab. The combination was sweet and fluffy, and the

## The Trails Eatery

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eggs on top sported warm, oozy yolks.

A plate of “Elvis” pancakes, which we ordered at the end of our meal as dessert, pays homage to Presley’s favorite ingredient combo: bananas, chocolate and peanut butter. What you end up with is an intoxicating flavor profile of sweet and salty.

The eatery’s pesto chicken sandwich rises above other chicken sandwiches, thanks to herby basil aioli smeared inside and buttery Gouda cheese melted over the filet. Add to the equation tangy sourdough grilled to a delicate crisp, and you’ll never go back to the plain Jane versions garnished merely with mayo, lettuce and tomatoes.

Torn between the French dip using house-roasted beef and meatloaf hailing from a pork-beef recipe by Poon-Kinney’s great-grandmother, I suddenly fell into a Thanksgiving state of mind and opted for the hot turkey entrée instead.

Turkey breasts are also roasted in-house. And it became obvious when cutting into the thick, uneven slices slung over comforting mashed potatoes. Gently seasoned brown gravy and tender steamed broccoli rounded out the meal.

“Scratch cooking” defines nearly everything on the menu, which includes a bevy of other choices such as chocolate-bacon pancakes, blueberry-multi-grain waffles, pulled pork eggs



Owner Stacey Poon-Kinney is a familiar face to Food Network fans (Photos by Frank Sabatini Jr.)

Benedict, omelets and scrambles, daily soups, diner-style sandwiches, and various burgers.

The latter includes a house-made veggie patty and the upcoming re-introduction of Irvine’s “Trails burger” garnished with sautéed mushrooms, aioli, Gouda and onion threads.

“I’ll always be grateful for the opportunity,” said Poon-Kinney, referring to the two frantic days she spent under the microscope of a full television crew when filming “Restaurant Impossible.” “My job ever since is to give people a reason beyond the show to come back.”

Based on what we ate and the number of patrons we saw clustered at the front door — on a weekday no less — it appears that mission has been accomplished.

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



(l to r) The “Elvis” pancakes; pesto chicken sandwich; the top-selling crab cake Benedict

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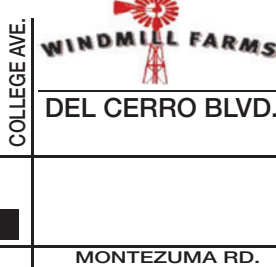
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Julie White

## Glazed carrots

A classic recipe, jazzed up a bit with fresh ginger and cardamom. Great served with just about any main dish. A healthy, yummy vegetable to start off your year!

### Ingredients:

- 1 tablespoon butter
- 2 tablespoons cooking oil
- 2-3 tablespoons maple syrup
- 1 teaspoon ground cardamom
- 3 teaspoons fresh peeled and grated ginger
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper



(Pinterest)

- 1 pound carrots, peeled and sliced (There are bags of different colored carrots available that look extra pretty.)
- 4 tablespoons of fresh chopped parsley for garnish

### Directions:

In a skillet, add butter and oil and melt over medium heat. Add spices, 1/2 cup water and the maple syrup.

Bring to a boil, reduce heat and cover. Cook until tender, about 10 minutes.

If the moisture in the skillet seems low, add a few tablespoons of water as needed.

Sprinkle with chopped parsley and serve.

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# Explore the history of Sharp Grossmont Hospital

Joyell Nevins

Grossmont Hospital has been a flagship of La Mesa since 1955. It opened as a one-building 60,000-square-foot hospital with 100 beds in a new district and a community with growing health needs. More than six decades later, Grossmont is now up to 524 licensed beds and a sprawling complex of buildings. Throughout its timeline, Grossmont has taken successful risks on cutting-edge new technology, weathered financial storms, and completed an unprecedented public-private merger with Sharp Healthcare. Discover its colorful history in the newly published “Grossmont Hospital: A Legacy of Community Service.”

“I hope people can understand what that thing on the hill is and why it’s an important part of the city,” said author and professional historian James D. Newland.

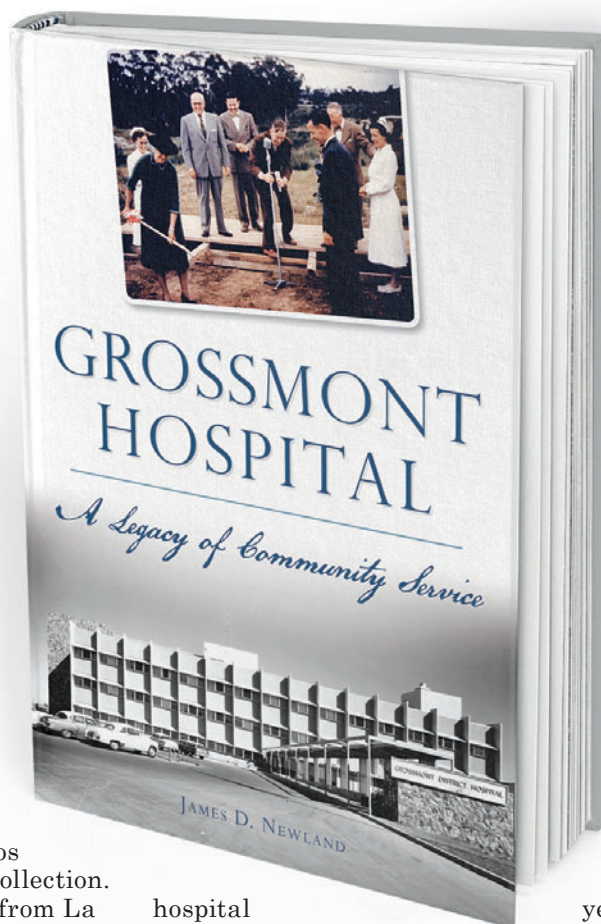
Newland works with the California State Parks Department, overseeing research and historic preservation projects. He has a passion and talent for sharing local history, and is a La Mesa resident himself, currently in Boulder Heights. Newland has already written other historical books about the area, including “La Mesa” about the La Mesa centennial, “Around Mt. Helix,” and the text for the photo collection

“Cleveland National Forest.”

“The reason why Jim was approached about writing the hospital history book is because he has a reputation of being the best qualified person in East County,” said Rick Griffin, representative of the Grossmont Healthcare District. “He lives and breathes East County history. His knowledge of its history is phenomenal.”

Newland had access to Grossmont archives, 12 hours of San Diego Medical Society oral history interviews, and more than 500 photos from the hospital’s collection. A call for memories from La Mesa residents added a personal touch to the narrative research itself.

But even though Newland had dived into East County history before, he found out there were stories surrounding the hospital of which he was unaware. Did you know there was initially a small private hospital called La Mesa Community Hospital that served through the 1920s to 1940s? However, with a population boom and funding difficulties, that



hospital couldn’t get its footing.

What did succeed was the creation of a brand new public health district: the Grossmont Hospital District. In the book, readers can hear the details of the concentrated campaign and even see what the district campaign postcards looked like in 1951, petitioning voters, “We know you will vote yes. We urge you to enlist the members of your family, your neighbors, your friends to vote YES.

Than ask each one to enlist five more votes in the “Yes” column. We need a hospital now, even more than six months ago.” The postcard was signed by Burton Jones, the first president of the Grossmont Hospital Association.

Jones and the association were right – East County *did* vote yes. On Jan. 8, 1952, voters overwhelmingly approved the creation of the district at a final tally of 3,835 to 1,030.

“This hospital unified East County residents like no other subject,” Newland said, pointing to the first and subsequent elections, “This is an institution that they want to support.”

The building was up and running in three

years, a feat Newland describes as “lightning fast.” Almost as soon as the hospital opened, it was at capacity. Grossmont continued to expand and grow in an attempt to meet its district’s needs. It was the first in San Diego to open a hospice house and the first to purchase a tomography scanner (CAT scan) – a hefty purchase for what was relatively new and unknown technology at the time.

But as Grossmont entered into the 1980s, the cost war for funding began to darken



Historian and author James Newland (Courtesy GHD)

the future of the institution. Newland details the fight for survival Grossmont endured – and how they managed to come out of it through an unprecedented public-private partnership. In 1991, Grossmont entered a lease for hospital operations with the nonprofit Sharp Healthcare.

“Grossmont’s merger made it stronger, absolutely,” Newland said. “It’s what helped it survive.”

Not that the merger was met with unanimous delight. “Grossmont Hospital: A Legacy of Community Service” details the lawsuit filed by two East County physicians and the ensuing 10 years of community rumblings and opposition. But the suit was finally settled and the protestors demands either were met or died down.

Grossmont and Sharp remain joined together with no plans to separate. Newland notes that he endeavored to show both sides in the book, and how they came to a final understanding.

“The unique and groundbreaking public-private partnership, so debated and divisive for many, resulted in a financially stabilized institution that allowed for the continuation of high-quality service all parties desired and fought to accomplish,” Newland wrote.

“Grossmont Hospital: A Legacy of Community Service” can be purchased online at Amazon or arcadia-publishing.com.

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



Aerial view of new Grossmont Hospital, 1955. The only paved access road is from Wakarusa Street (left center). (Photo courtesy GH Collection)



Ed Fletcher (left) and Grossmont namesake William Gross (far right), circa 1910. (Photo courtesy Guy Collection, La Mesa Historical Society)

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► **Biz kid**, from page 1

friends are DJs. They get gigs around San Diego and they DJ our school dances. They were just taking stock images for their album covers, some of it was low quality. They needed promotion and I said, ‘Well there’s a market need and I think I should offer that,’ and it just progressed from there.”

Weisbruch started BeatGrid to help his DJ friends in March of 2017 and his clientele has been slowly growing since.

“We have a solid amount of returning clients,” he said, adding that 70 percent of his customers go to his school or live in the San Diego region, with one exception — a band from South America.

“They wanted a ton of album covers for their songs, so we made customized ones for all their songs.”

Along the way, Weisbruch has had to make adjustments in his business plan as he figures out what works and what doesn’t. For instance, he originally went in with the mindset to run BeatGrid like a large corporation.

“That didn’t end up working out and as far as our marketing goes it was kind of a vague,” he said. “We hired a social media director and it grew our followers so I decided instead of running like a big corporation we’re going to run like group of friends that are running a business.”

His group of friends that help him run his company are paid a 20 percent commission on sales, and with BeatGrid’s very affordable prices, it doesn’t leave a lot of profit left over for the young CEO.

“I’m in it more for the fun of it than profit,” Weisbruch said, estimating that he’s probably pocketed only \$10 since the launch of his fledgling company. “I will say that my employees make more than I do.”

But what he lacks in cash profit, Weisbruch makes up for in experience and learning — something that SET High actively promotes though its unique curriculum.

SET High encourages students to take on what they call “passion projects” and the school supports the students by helping them with mentoring, supplies and even time during the week.

“We carve out time for them during the school week to work on passion projects. In the case of Camden, he started a company,” said Charles Parisi, vice chair on SET High’s board of directors.

Passion projects at SET run the gamut from social justice work on topics like human trafficking to research on cancer. Weisbruch is the only student so far to start his own company.

“While it would be wonderful if some of our students became Elon Musk and Bill Gates and Jeff Bezos, that’s not the mission. The mission is to try to embed in students critical thinking skills, an entrepreneurial mindset to recognize that they are their own greatest asset,” Parisi said. “I like to say, if the adults get out of the way, it’s amazing what the students can accomplish.”

Weisbruch hopes to keep BeatGrid going after he graduates from high school and to continue to grow the business before that. He said he is looking forward to next semester

when he will have a business class that deals with solving big problems like increasing sales, writing business plans and improving marketing.

BeatGrid will also be a sponsor and help produce a concert on June 2 in Little Italy called “The Concert for Shelter and Culture.” The show, featuring “America’s Got Talent” alumnus Sal Valentinetti, will benefit homeless services for students at Washington Elementary and raise money for Italian cultural organization Convivio.

For more information on BeatGrid and the services it provides, visit [wearebeat-grid.com](http://wearebeat-grid.com).

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

► **Surgery**, from page 13

**Sleeve gastrectomy** is a hormonal and a mostly restrictive operation. This procedure involves transecting the stomach in manner that re-shapes the stomach into a narrow tube similar to a diameter of an intestine. Two-thirds of the stomach is eliminated from the body and with it the hormonal imbalance that causes the obese patient to always feel hungry.

Both gastric bypass and sleeve gastrectomy may result in similar complications such as post-operative hemorrhage, infection, and disruption of stomach connection with leak. The ultimate decision on which surgical option is the

best for you should be made by yourself, your doctor, the surgeon, and the clinical team handling your care.

—Dr. Avulov specializes in general and bariatric surgery. He received his doctor of osteopathic medicine from New York College of Osteopathic Medicine in Old Westbury. His did his surgery residency at the Peninsula Hospital Center in Rockaway and Flushing Hospital Medical Center in New York. In 2014, he completed a fellowship in advanced laparoscopic surgery at the Lahey Clinic of Tufts University School of Medicine in Massachusetts. Dr. Avulov has done research on bariatric surgery outcomes and performs gastric bypass and gastric sleeve.■

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## Giving a sign



Boy Scout Thomas Boyer with the new Lake Murray sign he made and the one it replaced (Photo by Jeff Clemetson)

Thanks to Boy Scout Thomas Boyer, and a few of his fellow scouts from Troop 975, Lake Murray has a new sign and a refurbished bulletin board at its main entrance.

The new sign was Boyer’s Eagle Scout Service Project, which he began 18 months ago after getting approval from Lake Murray reservoir keeper Gayle Havens.

Boyer learned woodworking with Paul Lawrance, who volunteered his time to teach him how to sand, plane and glue together the pieces of redwood to make the Lake Murray sign. At home, Boyer finished the relief on the top,

stained and painted the sign. After designing how the sign should look, he took his plans to Creative Metal Industries in Santee. There he had a complete tour of how a stainless-steel sign is etched, cut and attached to the wood.

On Jan. 13, Boyer and 18 fellow scouts installed the new sign. They also refurbished the bulletin board by sanding, painting and staining the wood, and by replacing the cork face.

Now that the project is complete, Boyer will soon attend a Court of Honor ceremony and receive his Eagle Scout medal.■



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

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

P	S	V	R	A	S	T	N	E	S	P	E	S	Y	N	E	D
O	N	E	N	E	A	T	E	A	T	E	A	T	E	A	T	E
O	T	H	E	R	A	S	E	R	A	S	E	R	A	S	E	R
S	N	U	R	E	M	O	H	S	T	R	O	H	S	T	R	O
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► **LMVA**, from page 1

businesses; report on the group's successes in hosting events in the Village; and share and brainstorm ideas for improving events for this year.

**Farmers market**

The big news to come out of the meeting was the plan to move La Mesa's farmers market from its current location, at the foot of Date Avenue across from the police station, to La Mesa Boulevard, between Fourth and Palm avenues.

While the move will allow for more booths, the decision to relocate was based mostly on improving traffic in the Village.

"Foot traffic is the lifeblood that is keeping this village alive," said LMVA secretary and owner of Fourpenny House, Peter Soutowood. "As it grows, it's better for all the businesses."

The lack of foot traffic in the current location has been difficult for retailers and visitors alike, Dean said.

"It's a good market of people, but it doesn't do much for the retailers around here," he said. "Really great farmers markets, they become a thing to do — you take your kids, go get some crepes, go into a retail store, you go get some dinner — you're walking the community. So we have a motivation to bring it right onto La Mesa Boulevard."

The farmers market will still be held on Fridays between 2 and 7 p.m. and the target set for the move to La Mesa Boulevard is April.

"We decided it was important to put something on the calendar as a goal to reach for," Dean said. "It may not happen until May or June, but our goal is to shoot for April 20."

**Car shows**

Another big piece of news to come out of the open house was that LMVA is considering changing or cancelling all or some of the classic car shows that are traditionally held weekly during the summer, although no decision has been made and the car shows will be back this year.

"There's a lot of views on the car show and whether it's beneficial to the retailers and the community," Dean said. "The feedback has been when we talk [with the] 19 of us who are the ongoing members, that it hasn't been beneficial and it has actually hurt a lot of the businesses."

The reason local commerce has been affected by the car shows is because attendees bring coolers with their own food and beverages and take parking from potential customers.

Instead of cancelling the car shows, however, some ideas were brought forth to change them, such as limiting them to once a month, closing the street during the event and adding more family-friendly activities.

Dean also suggested finding those who have a passion for the car show to take over its planning in a subcommittee.

**Flag Parade**

Making changes to the annual Flag Day Parade was also discussed.

"The parade is unbelievably long and people love it, but after the parade is over, it becomes a ghost town down here, so we've talked about keeping the street closed and having additional activities that day to keep families engaged and down here in La Mesa," Dean said. "You have so many families. It was great to see the amount of kids and families that were down here for it, I just wish they would have stayed."

LMVA plans on forming a subcommittee to look at ways to improve the activities for Flag Day, including possible blow-up slides and arts and crafts, and one woman suggested a scavenger hunt, which would bring families into the shops on the boulevard.

**Oktoberfest**

One event that will largely remain the same as last year is Oktoberfest.

"Oktoberfest was a big success from the association's standpoint," Dean said.

Unlike Oktoberfests in the past, which were put on by previous business associations, last year's Oktoberfest had all the city fees paid in advance and even turned a \$9,800 return for LMVA.

"We were ecstatic about that," exclaimed LMVA vice chair and owner of Amethyst Moon, Theresa Favro.

The extra funds for LMVA wasn't the only benefit for Favro.

"In my 27 years, we had the best Christmas I ever had this year," she said. "I think it was a lot of people coming back from Oktoberfest, because that was so successful. I kept hearing over and over, 'Wow, La Mesa's really great! I came for Oktoberfest and I never came here before.'"

In addition to the retailers on La Mesa Boulevard, craft vendors at Oktoberfest also reported doing well.

"The vendors we've re-contacted so far are all looking to come back, so that's a really good sign," Dean said.

Also back next year will be McFarlane Promotions, who planned and promoted last year's Oktoberfest, ensuring the event will remain mostly the same, including the same footprint and activities; however, there may be some improvements in 2018.

"Some exciting things this coming year is Budweiser working on getting us a true German emcee for part of the event," Dean said. "We are looking at expanding the VIP experience. The ferris wheel will be back; more lighting and more signage."

The only thing that won't be back are the DJs playing

music outside the beer garden between bands.

"The music was deafening, to the point of some businesses calling and complaining to me and then calling the police," said La Mesa vice mayor Kristine Alessio.

"We agree the DJ thing is gone," Dean added. "[Last year] they had a hard time booking a lot of the German bands just because we were so short on time. This year, we've already secured 50 percent of the music already."

**Holiday in the Village**

There will be some scheduling changes to this year's Holiday in the Village.

Dean said that last year's event was a success, especially on the Saturday night. This year, Holiday in the Village will be held on Friday and Saturday instead of Saturday and Sunday, to offer two evenings for the event.

**Boulevard Stroll**

LMVA will put on four Boulevard Stroll events this year and each of them will either coincide with other events in the Village or have special themes of their own.

Boulevard Strolls are evenings where Village businesses stay open late, offer specials or have activities to keep people shopping and walking around later than usual. Examples of past Strolls include a luau-themed event, as well as a holiday event that was paired with "Shimmer," the city's tree lighting ceremony.

**New events, new members**

LMVA also discussed the possibility of new events.

Favro suggested an antique show and an art/wine walk. Another man attending the meeting suggested a "Taste of the Village" event, to showcase the soon-to-be 12 restaurants on La Mesa Boulevard.

Dean said while all ideas are welcome, he also brought up that LMVA membership would need to increase and the board would need to be filled. There are currently five open positions on the LMVA board; one treasurer and four board members are needed. He pitched LMVA's ability to influence the city as one benefit undecided business owners should consider with regard to joining.

"We're actually a fairly powerful group when you look at the whole," he said. "When we have a majority of businesses as part of our organization, if we need to go into the city and we need to deal with things, or there are community issues, we're very strong together and we can make things happen."

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



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**PUZZLES**      **ANSWERS ON PAGE 18**

**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.

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

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**CROSSWORD**      **Taking Time**

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20					21				22	23				
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60					61	62					63			
64					65						66			
67					68						69			

CREATORS NEWS SERVICE

By Charles Preston

**ACROSS**

- 1 Israeli dance
- 5 Fall beverage
- 10 Balance sheet item
- 14 Old
- 15 Ascend
- 16 Leather flask
- 17 Bridge coup
- 18 Force back
- 19 Intend
- 20 Round angles

**DOWN**

- 1 Fastener
- 2 Leer
- 3 Back
- 4 Regard with pleasure
- 5 Merry-go-round
- 6 Goddess of peace
- 7 Declines
- 8 Compass dir.
- 9 Depends
- 10 Round off

- 22 Meaning
- 24 Scapegrace
- 25 Whirl round and round
- 26 Financial backers
- 29 Plagued
- 33 Deface
- 34 Evil spirit
- 36 Fence crossing
- 37 Currier's partner

- 39 Pontchartrain and Okeechobee
- 41 Iniquitous
- 42 Pole used in a Scots contest
- 44 More recent
- 46 Goddess of mischief
- 47 Raised
- 49 John Foster \_\_\_\_
- 51 Son of Seth
- 52 Ms. Lollabrigida

- 53 Certain sportswear
- 56 Round trippers
- 60 Employ
- 61 Look fixedly
- 63 Gleam
- 64 Not quite round
- 65 Consumed
- 66 Within: prefix
- 67 Refuse
- 68 Exhausted
- 69 Grate

**DOWN**

- 11 Dairy case item
- 12 Mast
- 13 Portable shelter
- 21 Precious metal
- 23 Shea Stadium team
- 25 Continue a subscription
- 26 Ecclesiastical linen neckwear
- 27 Marine
- 28 Dabchick

- 29 Jabbed
- 30 Competitor
- 31 Choice
- 32 Proofreader's marks
- 35 Ancestral spirits in ancient Rome
- 38 Roundly
- 40 Grounds
- 43 Rave
- 45 Mystical symbol
- 48 Throws

- 50 Bigger
- 52 Bridge expert
- 53 Wearing shoes
- 54 Apiary unit
- 55 Algerian port
- 56 Detest
- 57 Arm bone
- 58 Motions of assent
- 59 Trade or exchange: var.
- 62 Spigot



News from Helix Charter High School



Helix Highlights  
Jennifer Osborn

It's hard to believe that we are already halfway through the 2017-18 school year and plans for 2018-19 are underway. Enrollment has started for next year and we know many families in our community are anxious to begin the process for their children.

As a charter school, enrollment at Helix is open to any resident of the state of California; however, there is a priority system set up for our lottery. Acceptance into Helix is based on the following:

- **1st Priority**  
**Acceptance:** Siblings of current Helix students in grades 9, 10, 11.
- **2nd Priority**  
**Acceptance:** Residents of the former attendance area of Helix High School (refer to the searchable boundary map on the school website).
- **3rd Priority:** Children of Helix employees.
- **4th Priority:** Students who make a two-year commitment to be in the bagpipe program (limited spaces available).

- **5th Priority:** Residents of the Grossmont Union High School District (GUHSD).
- **6th Priority:** All other applicants.

Regardless of what your attendance area is, as determined by your local school district, families can choose to apply to Helix. To apply, you must attend an information meeting where you will receive directions and an access code for the online "Intent to Enroll/ Application" form.

Information Nights will provide prospective students and parents/guardians with the opportunity to meet the Class of 2022 Grade Level Team and discuss the following important topics:

- Helix Charter High School's Mission and Vision.
- The 5 A's: Academics, Athletics, Arts, Activities, and Attitude.
- The application process/priority enrollment.

All interested families are required to attend one of the evenings offered. No reservation is necessary. Due to the importance of the information being shared, all meetings will begin promptly at 6 p.m. Families arriving late may not be admitted. Please plan to arrive at least 15 minutes early.

Meeting dates and locations are as follows:

- Tuesday, Jan. 30 — Lemon Grove Academy Auditorium

- Tuesday, Feb. 6 — Parkway Middle School Auditorium
- Tuesday, Feb. 13 — La Mesa Arts Academy Auditorium
- Tuesday, Feb. 20 — Vista La Mesa Auditorium
- Tuesday, Feb. 27 — Helix High School Performing Arts Center

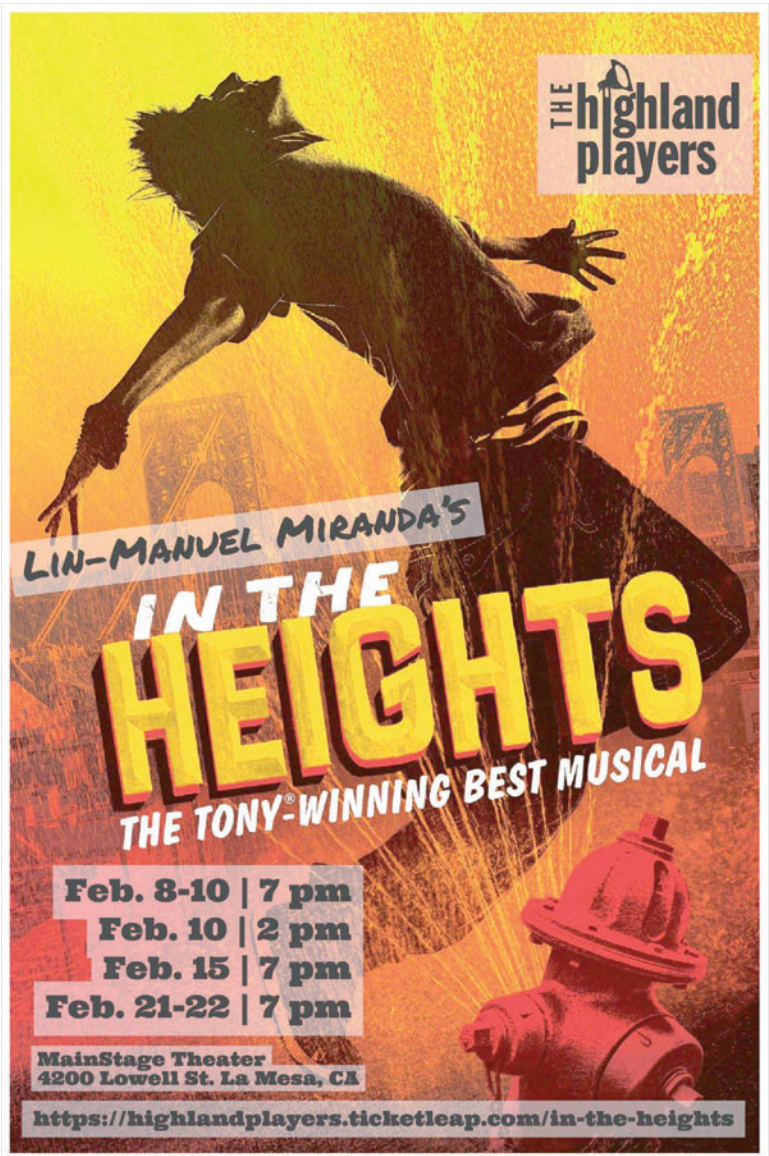
Highland Players' production

Join us for an evening of entertainment provided by the Highland Players as they perform "In the Heights," the show that started Lin-Manuel Miranda (of "Hamilton" fame) down the road to Broadway stardom.

Show dates are Feb. 8, 9, 10, 15, 21 and 22 at 7 p.m.; and a matinee on Feb. 10 at 2 p.m. The cast and production staff are excited to announce that the show will be performed on the same set used in the Broadway production. Special thanks to The Music and Theater Company, LLC for providing the sets and props for this production. Tickets are \$10 and are available at helixdrama.weebly.com.

Excellence In Education Tour

If you are interested in finding out more about Helix Charter High School, please attend one of our Excellence in Education Tours, held twice monthly. The tours for February are Feb. 9 at 8:10



A poster for the upcoming Highland Players' production of "In the Heights." (Courtesy Helix Charter High School)

a.m. and Feb. 22 at 5:30 p.m. Reserve your spot using our website, helixcharter.net.

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

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For advertising information call: Mike at (619) 961-1951 Mike@sdcmn.com

Briefs, from page 5

who live in the GHD's service district. JFS officials said the GHD grant will provide more than 11,000 meals over a year's time.

GHD has supported JFS with grants since 1998. The JFS Foodmobile program provides ongoing nutrition service to isolated, indigent, frail and vulnerable seniors and other homebound adults with disabilities who have no other access to basic nutrition. Gabi Charo, director of nutrition services, JFS, said home-delivered meals cost an average of \$2,500 per individual for a full year. She said JFS provides more than 250,000 meals annually to San Diegans in need.

GHD is also continuing its support of Home of Guiding Hands (HGH), an El Cajon-based nonprofit organization that provides services, training and advocacy to infants, adolescents and adults with developmental and intellectual disabilities.

The GHD board recently approved a \$69,000 grant that will help provide nursing care to HGH clients who live independently in their own homes, as well as about 150 residents of 31 HGH-operated community-based homes in El Cajon, Lakeside, San Carlos and Santee.

GHD is also giving to students and is currently seeking applicants for two scholarship programs — one for nursing students and another for students pursuing careers as health technicians.

The nursing scholarship, called the Richard J. Bea Nursing Scholarship, is named after former GHD board member Richard Bea, a registered nurse who worked at Grossmont Hospital for 18 years and served on the GHD board from 1996 until his death in 1999. There are two nursing scholarships available to local students studying to be a registered nurse; winners are eligible to receive up to \$3,000.

Students pursuing careers as health technicians are also invited to apply for one of five Health Tech Scholarships in the amount of \$2,000. Eligible occupations include anesthesiology technician, cardiovascular technician, disability services management, laboratory technician, licensed vocational nurse, occupational therapy assistant, orthopedic technician, pharmacy technician, respiratory therapy technician, speech therapy or speech pathology technician and telemetry/EKG technician. Health tech scholarships are awarded based on merit of responses rather than a certain number of awards per occupation.

Contest to name new white tiger cub

Lions Tigers & Bears Big Cat and Exotic Animal Rescue (LTB) has launched a naming contest for a white tiger cub rescued last month from Louisiana. The public is invited to participate in the naming selection, which has been narrowed down to the following five names:



Donors to Lions Tigers & Bears will have the chance to vote on naming this white tiger cub. (Courtesy LTB)

- Nola: Short for New Orleans, Louisiana, where the cub was rescued from.
- Missy: In honor of two women in Louisiana who played key roles in the cub's rescue.
- Zoe: In honor of longtime LTB supporter, Zoe McCrea.
- Charlie: Suggested by generous LTB supporter, Sundi Yousko.
- Sassy: Suggested by LTB volunteers, because of the cub's playful, spunky nature.

Make a donation of any amount to Lions Tigers & Bears to cast your vote. Each vote equals \$1. Voters may donate online at bit.ly/2DrwakB with the cub's name choice in the "Donation Note" field, by phone at 619-659-8078 or by mail. Send checks to LTB at 24402 Martin Way, Alpine CA 91901 with a note with the name choice. Donations for votes must be received by Feb. 13 at midnight. The winning name will be announced on Feb. 14.

Lions Tigers & Bears is a nonprofit rescue facility dedicated for abused and abandoned exotic animals.■



# Foothiller soccer teams’ history of excellence



## Foothiller Footsteps

Connie and Lynn Baer

Soccer, a sport which is an international sensation, arrived at Grossmont High School (GHS) in 1970. Since then, boys and girls soccer teams have provided Foothillers with opportunities to create amazing memories for themselves and the school.

### Boys Soccer

In 1970-1971, coached by GHS legend Joe Gizoni, the first year of Foothiller Boys Soccer was an informal club team. As there were no soccer fields at Grossmont, the team played on Saturdays at Ocean Beach Field.

From 1971-1985, for 15 years, the team was coached by Rich Bullock. During those years, the teams were league champions in 1973, 1978 and 1986. “1973 was the first year of Grossmont League Soccer and our Fighting Foothillers were the first champions,” shared Steve Danna, Class of 1973. “After two years of club play, we made a statement by winning the inaugural league championship, allowing only nine goals and reaching the quarterfinals of the CIF Championship.”

In 1983, Jonathan Crockett and Michael Attanasio were members of the All Grossmont League Soccer Team, and Attanasio was the League Player of the Year.

Class of 1987 alumnus Paul Wright was the leading scorer in the league both his junior and senior years. Wright set a GHS single season scoring record with 39 goals. In 1987,

Wright, Dain De Forest, and Chris Yale were All-Grossmont League Soccer Team selections with Wright chosen as Player of the Year. After graduation, Wright played professionally, from 1987-2013, in the Indoor Soccer League, playing several years on San Diego teams the Nomads, Fusion, and Soccers.

Since 2012, the teams have been coached by Hans van de Vrugt, winning league championships in 2008, 2011, and 2017.

### Girls Soccer

The first year of Girls Soccer at GHS was the 1984-1985 season. Amazingly, that year the team won league, becoming the first Grossmont League Girls Champions with a record of 13-2-1. Coached by Ray Widener from 1984-1993 and assisted by John Liberatore, the girls teams won the Grossmont League Championship five times in those nine years.

“I have very fond memories of coaching the ladies’ soccer teams,” Widener recalls. “I was fortunate to always have very talented athletes, who were top students as well. I’m sure they are successful adults. The memorable things are the individual students I coached. They were all great kids. I thoroughly enjoyed them. The key thing for me was seeing how the athletes came together as a team, rather than thinking about themselves as individuals. They put the team first.”

Class of 1988 Foothiller Michelle Miller remembers, “I was a member of the 1985, 1986 and 1988 teams! Good times. The 1984-1985 season was the first season for official girls soccer — the previous year was club. Title IX in action. We’ve come a long way. Go Foothillers!”

Over the years, many girls have been recognized as outstanding players in the league and CIF. In 1987-1988, Andrea Radmilovich was the League Player of the Year, and in 1987,



The Grossmont High School 2016-17 varsity girls soccer team (Photos courtesy GHS Museum)

she was the All CIF 3A Soccer League Player of the Year. In 1990-91, Ashley Wilkes was Grossmont League and CIF 2A Athlete of the Year; in 1992, Sherice Bartling was Grossmont League 3A Athlete of the Year and 1992-1993 she was All CIF Division II player of the year.

The next eight years, from 1999-2007, the teams were coached by Jay Sevier, whose teams won three League Championships and CIF in 2000 and 2003.

For 10 years, from 2007 to 2017, John Neil was the coach, winning the league in 2011; this season the girls are coached by first-year coach Fernando Ramos. The girls team is hopeful for a strong league finish with a 9-4-2 beginning to their season.

Through athletic teams such as boys and girls soccer, Foothillers develop their character as well as their school pride.

To learn more about Grossmont’s 97-year history, visit our website at foothiller-museum.com or visit the GHS Museum Wednesday, Feb. 7,

from noon-3:30 p.m. or by appointment. Contact: 619-668-6140 on Wednesdays or email ghsmuseum@guhsd.net.

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



The Grossmont High School boys varsity soccer team were the 2016-17 league champions.



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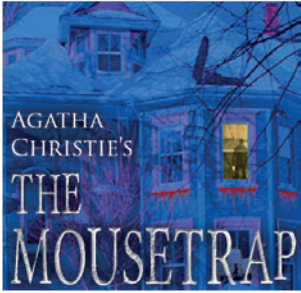
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Breakfast	Fine Dining	Outdoor Dining
Brunch	French Cuisine	Pet Friendly Dining
Buffet	Greek Cuisine	Pho/Noodle House Restaurant
Burger	Golf Course	Pizza
Burrito	Happy Hour	Romantic Dining
Business Lunch	Health Food Store	Rooftop Lounge
Casino	Hot Wings	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

### ONGOING EVENTS



**'The Mousetrap'**  
Through Feb. 4  
Lamplighters Community Theatre presents a play based on Agatha Christie's famous novel about a group of strangers trapped in a boarding house with a murderer among them. Friday and Saturday performances at 8 p.m. Sunday matinee performances at 2 p.m. Tickets are \$20 for adults; \$17 for seniors, students and active military. Groups of 210 or more are \$15 each. Available online at [bit.ly/2Eldx8bor](http://bit.ly/2Eldx8bor) by phone at 619-303-5092. Lamplighters Community Theatre, 5915 Severin Drive, La Mesa. ■



**Boys Varsity Basketball**  
Helix Scotties take on West Hills High School in a conference game. 7 p.m. at Helix Charter High School, 7323 University Ave., La Mesa.

**Boys Varsity Basketball**  
Grossmont Foothillers take on Granite Hills High School in a conference game. 7 p.m. at Grossmont High School, 1100 Murray Drive, El Cajon 92020.

**Girls Varsity Basketball**  
Grossmont Foothillers take on Granite Hills High School. 5:30 p.m. at Grossmont High School, 1100 Murray Drive, El Cajon 92020.



**Live music: The Waits**  
Acoustic duo The Waits play a mix of folk, bluegrass, country and classic rock. 7 p.m. at San Pasqual Winery, 8364 La Mesa Blvd., La Mesa. No cover.

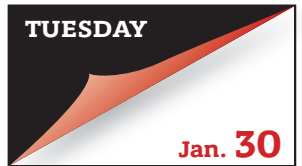
**Girls Varsity Basketball**  
Helix Scotties take on Lincoln High. 6 p.m. at Helix Charter High School, 7323 University Ave., La Mesa.



**'The Cantor's Daughter'**  
Miss Judith Ann Merel brings an evening of humor and pathos as she recounts her story of survival. Through her storytelling, music and photos, she shares the ups, the downs, the ins and outs of her journey

growing up as the daughter of one of the most talented and beloved cantors in the world of Jewish music. 7 p.m. at Lamplighters Community Theatre, 5915 Severin Drive, La Mesa. Tickets are \$10, available online at [bit.ly/2mF0aPG](http://bit.ly/2mF0aPG) or by phone at 619-303-5092.

**'Inside the Actor's Process: Classical'**  
Grossmont College presents a unique show that will enlighten performers and audiences alike on how to enjoy classic theater from the likes of Moliere, Ibsen, Chekhov, Shakespeare, and Goldsmith. Many an actor has found themselves face to face with the classics and felt the immediate instinct to run screaming back to plays written without all the "Thou and thee and hither and yon." But what happens when we approach these works the same way we look at modern realistic plays where people speak like we do? What if there was a way to de-mystify the language and discover the joy with which they were written and originally performed? Feb. 2-3 at 7:30 p.m.; special matinee show on Feb. 3 at 2 p.m., at Grossmont Stagehouse Theatre, 8800 Grossmont College Drive, El Cajon 92020. Cost is \$10. Tickets available at box office or [bit.ly/2mc4m9m](http://bit.ly/2mc4m9m).



**Girls Varsity Basketball**  
Helix Scotties take on Granite Hills High School in a conference game. 6 p.m. at Helix Charter High School, 7323 University Ave., La Mesa.

**Boys Varsity Basketball**  
Grossmont Foothillers take on Steele Canyon High School in a conference game. 6 p.m. at Grossmont High School, 1100 Murray Drive, El Cajon 92020.



**Boys Varsity Basketball**  
Grossmont Foothillers take on the Helix Scotties in a conference game. 7 p.m. at Grossmont High School, 1100 Murray Drive, El Cajon 92020.

**Girls Varsity Basketball**  
Grossmont Foothillers take on the Helix Scotties. 5:30 p.m. at Grossmont High School, 1100 Murray Drive, El Cajon 92020.



**Live music: Andrew Parker Davis**  
Andrew Parker Davis plays a mix of Americana, pop and

soul covers and originals. 7 p.m. at San Pasqual Winery, 8364 La Mesa Blvd., La Mesa. No cover.

**Live music: The Oak Ridge Boys**  
Country music legends The Oak Ridge Boys play Sycuan Casino, 5469 Casino Way, El Cajon 92109. Show starts at 5 p.m. Tickets are \$59-69, available at [sycuan.com](http://sycuan.com).

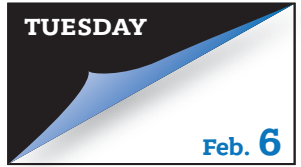
**Composting & Vermicomposting Workshop**  
Solana Center hosts a free two-hour composting workshop that will cover the basics of traditional composting and vermicomposting (composting with worms). Learn what composting is and why it's so important to do, what tools and materials you'll need, which items are or are not compostable and how to harvest and use your compost. Space is limited. Preregister online at [bit.ly/1MLi88H](http://bit.ly/1MLi88H) or call 760-436-7986, ext. 700. 10 a.m.-noon at the Water Conservation Garden, 12122 Cuyamaca College Drive, El Cajon 92109.



**Artist reception**  
The Mission Trails Regional Park Foundation presents a fine art exhibition titled "The Invisible World" by award-winning photographer Luciano Demasi. The public is invited to a reception in honor of the artist on Sunday, Jan. 4, noon-3 p.m. at the Mission Trails Regional Park Visitor Center Art Gallery, 1 Father Junipero Serra Trail. This exhibit will be on display Jan. 23-Feb. 23.



**Life estate gift annuity vs. reverse mortgage**  
Learn how to get income from your home. If you or your parents are "house rich and cash poor" and would like to receive a meaningful income without moving, then you need to attend this free informative seminar. A free consultation is available. 10-11:30 a.m. at the Sharp Health Plan, 8520 Tech Way, San Diego. Registration required. Call 1-800-827-4277 or register online at [sharp.com](http://sharp.com).



**Boys Varsity Basketball**  
Grossmont Foothillers take on Valhalla High School in a conference game. 6 p.m. at Grossmont High School, 1100 Murray Drive, El Cajon 92020.



**Wells Fargo open house and evening mixer**  
La Mesa Chamber invites you to an open house and evening mixer at Wells Fargo Bank - Grossmont, 5500 Grossmont Center Drive, La Mesa. Bring your business cards to share and mix and mingle with other members and business owners, as you sample light hors d'oeuvres and enjoy beverages that will be served during this open house and evening. This event is free to all Chamber members and \$10 per person for guests. The fun begins at 6 p.m. RSVP to [rsvp@lamesachamber.com](mailto:rsvp@lamesachamber.com) or call 619-465-7700 ext. 2.

**San Diego Jewish Film Festival**  
The 28th annual San Diego Jewish Film Festival (SDJFF) proudly presents an exciting 11-day festival running Feb. 7-18. SDJFF will screen 37 feature films and 21 shorts from 16 different countries in five great San Diego venues. The festival is the largest Jewish cultural event in San Diego and draws over 17,000 attendees annually to more than 70 screenings. SDJFF features San Diego film premieres, international guest filmmakers, and juried and audience choice awards. Screenings will be shown at five locations. This year, the festival will showcase a total of 58 of the best contemporary Jewish-themed films from around the world celebrating life, human rights, and freedom of expression. See the film lineup and purchase tickets at [sdjff.org/sdjff/current/](http://sdjff.org/sdjff/current/) or call the box office at 858-362-1348.



**Resources for family caregivers**  
Family caregivers can find out about health and community resources, placement options, support groups and learn about emotional issues of caring for a loved one. This free class is presented by Andrea Holmberg, coordinator of the Sharp Grossmont Senior Resource Center. 2:30-4 p.m. at the Sharp Grossmont Hospital's Brier Patch Campus, 9000 Wakarusa St., Rooms 13 and 14, La Mesa. Registration required. Call 1-800-827-4277 or register online at [sharp.com](http://sharp.com).



**Driving and memory loss**  
Dementia causes memory and visual changes that impact the ability to drive safely. Learn about methods for evaluating driver safety, transportation resources and tips for having difficult conversations about

driving from Amy Abrams, community education manager for Alzheimer's San Diego. 1-2:30 p.m. at the Grossmont HealthCare District Conference Center, 9001 Wakarusa St., La Mesa. Registration required. Call 1-800-827-4277 or register online at [sharp.com](http://sharp.com).

**Live music: Fanny & The Attaboys**  
Americana roots, country swing, 1930s jazz and blues music. 9 p.m. at the Riviera Supper Club & Turquoise Room, 7777 University Ave., La Mesa. No cover.



**Live Music: Jim Earp**  
Jim Earp plays Hawaiian and Celtic music on steel string guitar, mixed with '70s folk-rock covers. 7 p.m. at San Pasqual Winery, 8364 La Mesa Blvd., La Mesa. No cover.

**Art workshop**  
Artist Leo Rivas will host a workshop at the Foothills Art Gallery at Porter Hall, 4910 Memorial Drive from 11 a.m. to 12:30 p.m. The charge is \$25 for members and \$35 for non-members. Materials will be provided. If interested, contact Mandy Tolliver at 352-672-2539 or [herrison101@yahoo.com](mailto:herrison101@yahoo.com).



**Live music: Four Shillings Short**  
Celtic and world-music duo Four Shillings Short play an eclectic mix of styles incorporating over 30 world music instruments. 4 p.m. at Unity Church of El Cajon, 311 Highland Ave., El Cajon 92020. Donation of \$10-15; children under 18 are free.



**Girls Varsity Basketball**  
Grossmont Foothillers take on Santana High School. 6 p.m. at Grossmont High School, 1100 Murray Drive, El Cajon 92020.



**Heart health and fitness for mind, body, spirit**  
Celebrate American Heart Month by attending this free seminar to learn about the risk factors for developing heart disease. David Zetts, BS, exercise specialist for Sharp Grossmont Cardiac Rehab, will go over the steps you need to take to maintain a healthy heart and happy

life, including the crucial role of exercise, mindset and nutrition. 10-11 a.m. at Grossmont HealthCare District Conference Center, 9001 Wakarusa St., La Mesa. Reservation required. Call 1-800-827-4277 or register online at [sharp.com](http://sharp.com).

**Girls Varsity Basketball**  
Grossmont Foothillers take on Hilltop High School. 6 p.m. at Grossmont High School, 1100 Murray Drive, El Cajon 92020.

**Foothills Republican Women Federated meeting**  
Guest speaker Wendy Patrick, Deputy District Attorney, discussing U.S. Threat Assessment. Meeting starts at 10:30 a.m. at the Elks Lodge #168, 7430 Jackson Drive, San Diego. RSVP [mail@foothillsrwf.org](mailto:mail@foothillsrwf.org). Republicans welcome.



**Live music: Stage IV Jazz**  
Stage IV Jazz plays a variety of jazz standards and R&B classics. 7 p.m. at San Pasqual Winery, 8364 La Mesa Blvd., La Mesa. No cover.

**Live music: Rose's Cantina**  
Country, Americana and folk music. 9 p.m. at the Riviera Supper Club & Turquoise Room, 7777 University Ave., La Mesa. No cover.



**La Mesa Beautiful annual meeting**  
Guest speaker and master gardener Marcia Van Loy will share her insights on attracting pollinators to your garden. 4-6 p.m. at Nan Cout's Cottage, 5045 Memorial Drive, La Mesa. This free event is open to the public. Visit [lamesabeautiful.org](http://lamesabeautiful.org).

**Celtic harp concert**  
Enjoy the gorgeous sound of the Celtic harp as Amy Lynn Kanner performs classical ("Pachelbel's 'Canon' and Debussy's 'Clair de Lune'), Renaissance (Praetorius' "Terpsichore"), popular ("Somewhere Over the Rainbow" to "A Thousand Years") and "Stairway to Heaven"), and more. 3 p.m. at Mission Trails Regional Park Visitors Center Auditorium, 1 Father Junipero Serra Trail, San Diego 92119. Free concert.



**Live music: Warrant and Quiet Riot**  
1980s groups Warrant and Quiet Riot team up for a night of metal. 8 p.m. at Sycuan Casino, 5469 Casino Way, El Cajon 92019. Tickets: \$59-69, available at [sycuan.com](http://sycuan.com). ■



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Open House Sunday Jan 28th, 2 - 4 pm

Windsor Hills \$750k - \$800k  
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Downtown San Diego & UFOs!

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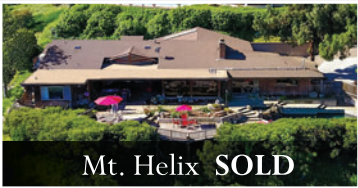
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