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# La Mesa COURIER



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Students from Whitman Elementary prepare to release trout guppies into Lake Murray during River Kids Discover Days. (Courtesy San Diego River Park Foundation)

## INTO THE GREAT WIDE OPEN

### River Kids Discovery Days introduces nature to students

Jeff Clemetson  
Editor

Despite being known as a destination for outdoor enthusiasts, San Diego is also home to children who lack access and opportunity to enjoy nature. However, programs like the San Diego River Park Foundation's River Kids Discovery Days look to bridge that gap and offer every child a chance to enjoy the great outdoors.

"Our programs are really meant to provide those first-time experiences that make kids more comfortable in the outside, get them excited about the environment, excited about nature and excited about the

San Diego River," said Sarah Hutmacher, an associate director at the San Diego River Park Foundation (SDRPF).

On March 9 and 10, Hutmacher, other SDRPF members, volunteers and sponsors joined to put on the fourth annual River Kids Discovery Days, with events along the San Diego River in Mission Valley and at Lake Murray in La Mesa.

At Lake Murray, students from Whitman Elementary in North Clairemont and King Chavez Academy in Barrio Logan released several hundred rainbow trout into the lake. The students had been growing the fish from eggs in their classrooms for seven weeks.

"This is a fun event because kids have a chance to participate in real conservation. They receive trout eggs from the Department of Fish and Wildlife," Hutmacher said. "They learn all about the fish life cycle. They learn about why conservationists like to raise trout and then restock areas that have been impacted and don't have trout anymore. And they also learn about the recreational aspect of trout fishing from the San Diego Fly Fishers."

At the Lake Murray event, volunteers from the San Diego Fly Fishers (SFFF) offered clinics to the young students on how to cast a fly rod. The

See RIVER KIDS page 3 →

## Council adopts climate action plan

Jeff Clemetson  
Editor

After four years and multiple drafts, the city of La Mesa has adopted a climate action plan.

On March 13, the City Council voted unanimously to pass the new climate plan, making La Mesa the ninth city in the region to do so and the first in East County.

"We have produced something that I think is great for the people of La Mesa," said Vice Mayor Kristine Alessio.



Environmental activists from SD350 and Climate Action Campaign celebrate the passing of the La Mesa climate action plan which includes a future community choice energy provision. (Photo by Jeff Clemetson)

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## NEWS BRIEFS

### Officers open fire in La Mesa

Police were forced to open fire at a home in La Mesa when confronted by an aggressive dog on March 5 while responding to a domestic disturbance.

Two shots were fired at the dog but did not hit the animal. No officers were injured. After the incident, the dog was taken to the El Cajon animal shelter.

The incident occurred at the 7000 block of Grape Street and Maple Avenue.

### Grossmont, Alpine come to terms

After over three years of litigation, Grossmont Union High School District (GUHSD), Alpine Union School District (AUSD), and the Alpine Taxpayers for Bond Accountability (ATBA) have resolved the final issues in their litigation regarding a potential new high school in Alpine.

A resolution was reached under which Alpine Union and the ATBA have agreed to forego an appeal of the California Court of Appeal's decision and Grossmont has agreed not to seek recovery of its court costs from Alpine Union and ATBA. All parties have agreed that their collective efforts are best spent on supporting the success of all East County students.

"This settlement is yet another sign of improved relations between our districts and another example of the two districts' dedication and focus on serving our East County students, families and communities," said Grossmont Superintendent Dr. Tim Glover.

"Dr. Glover and I strongly believe it is essential for our districts to work collaboratively to forge positive relationships dedicated to improving student outcomes and preparing all students to achieve their potential for success in life, career and as contributing members of society" said Dr. Newman, AUSD Superintendent in a press release.

Under the settlement agreement, AUSD, ATBA, and the ATBA members have agreed to abide by the

See NEWS BRIEFS page 2 →



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# Grossmont High School dedicates memorial bench to Ryan Wilcox

**Jay Steiger**

A few days before what would have been his 20th birthday, family, friends, and school staff dedicated a memorial bench in honor of beloved Grossmont High School student Ryan Wilcox.

Wilcox, who fought a long battle with cancer, died in September 2016. When students at the school heard about his illness, they worked together to give him friendship and support, starting a program called RyanStrong. An all-school pep rally was held for him in May 2016.

"The rally was one of the most beautiful days ever," said Ryan's mother, Amy Wilcox. "It was a moment we all needed and Ryan was so excited to be on stage and feel the love from the students."

She also stated that the support shown by the school gave him the strength to keep fighting.

One of Ryan's passions was for superhero movies. He was a huge fan of the Marvel Cinematic Universe and in particular, Captain America. After outreach from Grossmont students, actor Chris Evans recorded a video for Ryan, which was played at the school rally. Following the rally, Evans, Robert Downey Jr., and Gwyneth Paltrow flew

to San Diego and visited Ryan at his home.

The memorial bench was donated by Grossmont High School alumnus and benefactor, Bill Woolman. Woolman believes that it is important to give back to the community where he grew up and was fortunate to make his money. He said that he was honored to fund the bench and that if Ryan, knowing he might not have much time left, could keep going and be strong, that everyone could likewise be inspired by that spirit and work to help each other.

At the bench dedication ceremony, Grossmont Principal Dan Barnes spoke of how much Ryan meant to the school and how humbled he was by the level of student driven support for him. Amy Wilcox noted that the love and support the family has received is "indescribable."

"To know that Ryan's sweet spirit will live on through this bench and the scholarship program makes me hope that when someone sits on this bench they will feel the same love and strength," she said.

To further honor his memory the Ryan Wilcox



The Wilcox family sitting on the new Ryan Wilcox memorial bench (Courtesy Jay Steiger)

Memorial Scholarship was started in 2017 and provided two \$1,000 scholarships to Grossmont High School seniors. Donations are being accepted for the 2018 fundraising drive at [gofundme.com/ryanstrong2018](http://gofundme.com/ryanstrong2018). The Grossmont High School Education Foundation is providing administrative support to accept the donations and future disbursement. Foundation President Tony Lawrence noted that he, too, holds the rally for Ryan as one of his most cherished memories and the foundation will do whatever they can to support the scholarship.

—Jay Steiger is a parent and school and community volunteer. ■

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decisions of the trial court and the Court of Appeal, which found that GUHSD's and former Superintendent Swenson's actions were sound and reasonable exercises of their discretion with respect to the new school and that Proposition U's enrollment condition for construction of a new high school in Alpine has not been satisfied, therefore GUHSD is not authorized or obligated to begin and complete construction of the new high school. GUHSD, however, remains committed to building a new high school in Alpine when the conditions are appropriate for doing so.

The parties wish to state publicly that they will together focus on the best interests of the entire district.

**La Mesa named Tree City USA**

The Arbor Day Foundation, in honor of its commitment to effective urban forest management, has named La Mesa a 2017 Tree City USA for the 38th consecutive year.

La Mesa achieved Tree City USA recognition by meeting the program's four requirements: a tree board or department, a tree-care ordinance, an annual community forestry budget of at least \$2 per capita, and an Arbor Day observance and proclamation.

"Tree City USA communities see the impact an urban forest has in a community first hand," said Dan Lambe, president of the Arbor Day Foundation in a press release. "Additionally,

recognition brings residents together and creates a sense of community pride, whether it's through volunteer engagement or public education."

More information on the program is available at [bit.ly/2HxJAsG](http://bit.ly/2HxJAsG).

Supporters getting down at the Grossmont High School Educational Foundation's "Rock 'n' Roll Dinner Dance" fundraiser. (Courtesy Jay Steiger)

**Educational foundations hold fundraisers**

Undeterred by a rainy evening, the La Mesa Arts Foundation and Grossmont High School Educational Foundation held their annual fundraiser galas in La Mesa on the very same night.

The Arts Foundation event, called Party in the Stars, benefits the La Mesa Arts Academy (LMAAC) and took place at the La Mesa Community Center. This party featured a California surf theme and included two bands, a live and silent auction, and a diverse array of delicious food.

A large and enthusiastic crowd applauded loudly during a video highlighting the program opportunities and successes of the arts academy. The academy

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| <input type="checkbox"/> Powerwash deck          | <input type="checkbox"/> Install backsplash                                  |
| <input type="checkbox"/> Repair kitchen drywall  | <input type="checkbox"/> Hang mirror in hallway                              |
| <input type="checkbox"/> Fix cabinet hinge       | <input type="checkbox"/> Change ceiling light bulbs                          |
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► River Kids, from page 1

group also helped the teachers and schools raise the trout by supplying and setting up the tanks needed to raise the fish and delivered the eggs from the Department of Fish and Wildlife to the classrooms.

SDRPF conservation chairperson Gary Strawn said the group donates thousands of dollars a year to conservation projects like restoring the San Diego River headwaters as well as education projects like River Kids Discover Days. And there is never a short supply of volunteers for River Kids from the 300 members of SDRPF.

“It’s just really a fun thing for us,” Strawn said. “You watch these kids and they’re so excited. A lot of them just don’t get to go outside or see a lake.”

In addition to the trout release and the fly fishing demo, students at the Lake Murray River Kids event also took water samples to study the trout food source — tiny invertebrates living in the water. There was also an art project painting with rubber stamps shaped like fish.

Art projects took a more central role for the River Kids events held in Mission Valley. On March 9, SDRPF partnered with Art FORM for a day of fun projects at the San Diego River Garden, located along the river about half a mile from the Dave and Busters restaurant/arcade. Sixth-, seventh- and eighth-grade students from the Museum School in Bankers Hill combined art, science, and gardening by painting new labels for the native plants in the garden, creating a mosaic wren sculpture and dissecting native flowers to make scientific nature illustrations.

“That was science, learning about the anatomy of flowers, then observing in nature what the native flowers look like,” said SDRPF community engagement officer Ally Welborn.

The students also helped with some gardening by “removing invasive plants, which is a fancy way of saying ‘weeding’ and doing some trimming, clearing trails, general beautification work,” Welborn said. “River Kids is an annual event where we focus on empowering



A volunteer from San Diego Fly Fishers leads a casting demonstration. (Photos courtesy San Diego River Park Foundation)

youth and getting them involved in community service and getting them to take ownership of green spaces in the community.”

On March 10, a small number of River Kids Discovery Days participants braved the rain for the final activities. The Saturday program was open to the public and not affiliated with schools and was comprised of families interested in the river.

The Saturday activities took place along the San Diego River Trail, where the river intersects with Qualcomm Way. Families tested river water quality, looked at plankton under a microscope, created a public education poster promoting water quality and took a nature walk with SDRPF river ecosystem manager Shannon Quigley Raymond.

There was a total of 14 River Kids Discovery Days activities all along the San Diego River, completed with the help of over

20 partner agencies and organizations, as well as sponsors SDG&E, Metropolitan Water District of Southern California, Jimbo’s...Naturally, and San Diego Kiwanis.

River Kids Discovery Days is held once a year, but there are other opportunities for families to learn about and help protect the river area, Welborn said. There are ongoing events at the San Diego River Garden that are open to the public twice a month, on the second and fourth Sundays from 9-11 a.m. And on the third Friday in Santee and the third Sunday in Mission Valley, volunteers who are age 14 and above can participate in water quality testing.

For more information on River Kids Discovery Days and other events by the San Diego River Park Foundation, visit sandiegoriver.org.

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



A student takes water samples to look for "water bugs" that trout feed on in Lake Murray. (Courtesy SDRPF)

How to Sell Your La Mesa Home Without an Agent

La Mesa - If you’ve tried to sell your home yourself, you know that the minute you put the “For Sale by Owner” sign up, the phone will start to ring off the hook. Unfortunately, most calls aren’t from prospective buyers, but rather from every real estate agent in town who will start to hound you for your listing.

Like other “For Sale by Owners”, you’ll be subjected to a hundred sales pitches from agents who will tell you how great they are and how you can’t possibly sell your home by yourself. After all, without the proper information, selling a home isn’t easy. Perhaps you’ve had your home on the market for several months with no offers from qualified buyers. This can be a very frustrating time, and many homeowners have given up their dreams of selling their homes themselves. But don’t give up until you’ve read a new report entitled “Sell Your Own Home” which has been prepared especially for homesellers like you. You’ll find that selling your home by yourself is entirely possible once you understand the process.

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# Offering perspective

## La Mesa woman starts nonprofit to help women through reproductive loss

Joyell Nevins

You are not alone. That's what La Mesa resident Michaelene Fredenburg and the Mission Valley-based Life Perspectives want those who have suffered reproductive loss to know — whether miscarriage, abortion, stillbirth, the pain is real, and support exists. Life Perspectives comes alongside the women going through the grieving and healing process, and gives tools to the family and friends floundering beside them. "The way those reproductive losses occur are different, but the way they experience it and how they deal is very similar," Fredenburg said. Fredenburg herself was 18 when she became pregnant unexpectedly. She was competing

and teaching ballroom dance at the time. She and her boyfriend decided together that an abortion would be the best life decision. But what Fredenburg didn't count on was the onslaught of negative emotions she felt afterward. "I was confused and isolated. I blamed [my boyfriend], but I knew that was not fair," she said. "I didn't cope well. My own emotions and behavior started to alarm me." Fredenburg felt incredibly alone. But the pain became so intense, she knew that she had to reach out. And that's where light began to creep in. As Fredenburg started to heal, and learned that she *wasn't* alone, she thought maybe there were other people who felt the same way. Fredenburg contacted a few organizations in the area and offered to share her

story. Once she did, an amazing thing happened. "When you share your story, people share their stories with you," Fredenburg explained. "Then they started sharing their stories of loss through miscarriage, too." That was 25 years ago. Fredenburg began to realize that there was a great need for a safe space for those grieving reproductive loss: a community and a place to share their pain and their story, a place to bring hope and healing. According to the National Health Service, an estimated 1 in 6 pregnancies end in miscarriage. The Center for Disease and Control states that approximately for every 1,000 births, there are 186 abortions. That's a lot of women affected. Yet, there is still a "code of silence" surrounding these events, Fredenburg notes. Abortion has become a very politicized issue. Miscarriage often carries a certain amount of shame and guilt. When a friend of hers suffered a miscarriage, it struck Fredenburg that there were no sympathy cards in the greeting aisle for that kind of loss. "It's not that people are unfeeling or uncaring — we just don't know what to do," Fredenburg said. So, Life Perspectives also gives tools for those surrounding the women. "One of our truisms is it's better to say something awkward, than to not say anything at all," Fredenburg explained. "In saying something, you *acknowledge* them and what [they're going through]."

In 2000, Life Perspectives zeroed in to solely focus on those affected by reproductive loss. In 2007, there was an internal organizational shift, and a focus on more digital tools. The websites "Miscarriage Hurts" and "Abortion Changes Me" were designed. Since 2008, more than 270,000 hurting men and women have visited those sites. Just last year, the "Safe Place App" was launched — sparked by a conversation Fredenburg had with a random airplane passenger. He told Fredenburg of someone he knew who had experienced reproductive loss and said, "I know they're hurting, but I don't know what to do." He mentioned how helpful it would be to have an app to reach those resources. Now, the Safe Place App offers a "Find Help Directory," "Questions to Consider," basic tips for how to be a safe place, and even a spot for journal entries. Another resource Life Perspectives has developed based on outside requests are trainings. They go into hospitals, nonprofits and other related organizations and teach how to "engage men and women in the healing journey." Yes, men too. Fredenburg notes that men are often ignored in these situations, but are still going through their own pain and suffering. "Our policy is we emphasize men more than women in these trainings, since what we culturally do by default is the opposite," Fredenburg said. "We have to overcome that." In the last 10 years, Life Perspectives has trained more than 1,600 pregnancy center



Michaelene Fredenburg, CEO of Life Perspectives, cheers on participants at the finish line of the 2017 Side by Side 5K. (Photos courtesy Life Perspectives)



(l to r) Some of the Life Perspectives staff: Trainer Premala Jones, Safe Place Institute director Carol Porter, mental health coordinator Sharon St. Pierre, CEO Michaelene Fredenburg

staff, peer and professional counselors, church leaders, and nurses. They just got back from a trip to the Ukraine, where through a 'six degrees of Kevin Bacon' setup, were connected with a conference bringing together 80 mental health and reproductive professionals from across the country. At these trainings, Life Perspectives will share stories of people who have gone through reproductive loss and practice dialoguing — what to say and what *not* to say. Despite the seriousness of the situations, the trainings are interspersed with places to laugh and have fun. "They traffic in a lot of pain, so we focus on self-care with the trainers, too," Fredenburg said. "We ask, 'What will fill you up?'" One of the trainings, "Reproductive Loss: Facilitating the Grieving Process," meets the qualifications for three hours of continuing education credit by the California Board of Behavioral Sciences. One of Life Perspectives' next goals is to have even more of their training courses qualified for CEUs. Fredenburg now has two adult sons and a husband of 23 years. Both of her sons are involved with Life Perspectives and passionately support the work her team does. Her husband Michael is a founding board member and volunteers for the office's major technology needs. "But most of all, he's one of my biggest fans and the number one member of my support system," Fredenburg declares.

**How can you get involved?** Through lifeperspectives.com, you can link to the websites focusing on training, abortion and miscarriage. Donations are accepted on that site as well. The app is available in both Google Play and the iTunes App Store. Life Perspectives is also looking for volunteer and committee members to help prepare for their Side by Side 5K, their largest fundraiser of the year held annually in October. Visit the website or email contact@lifeperspectives.com for more information.

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

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# City exploring marijuana tax options

Jeff Clemetson  
Editor

When La Mesa voters passed Measure U, paving the way for medical marijuana businesses to open in the city, one of the upsides of the new law was that it could potentially add millions of dollars to the city's budget.

On Feb. 28, city staff, interested marijuana entrepreneurs and city officials met at the La Mesa Community Center for a discussion on local taxing options for future medical marijuana businesses. The discussion was led by consultant David McPherson, cannabis compliance director for HdL Companies.

McPherson's presentation laid out different strategies for taxing growers, manufacturers, distributors and retailers, but cautioned on overtaxing the new industry.

"Some cities think, 'Let's just tax and get everything we can if we're going to have them in town,'" he said. "Well, you have to look at it as a goal of sustainability. How do we create a tax point that is going to be successful in getting the proper revenues that we want but at the same time we're not going to end up with a lot of vacant buildings in 18 months?"

To find that special "pain point" — the tax level where the burden is too hard on legitimate businesses to compete with black market actors — the marijuana industry looked to another industry that also was prohibited and then legalized: alcohol.

"When alcohol first came out, there was a lot of black market bootlegging related to finding that pain point," he said. "What is that pain point? Well over 40 to 50 years that we have had regulations of alcohol, we found that 30 percent is that threshold where



David McPherson (Courtesy HdL Companies)

you have all these regulations and taxing mechanisms and touching points involved in the process, that 30 percent [of the total retail cost] seems to be that acceptable range."

So, what portion of that 30 percent would be the city's? According to the mockup in the presentation, a little less than 7.5 percent of total retail cost. In McPherson's mockup, the city would take in approximately \$400 for every pound of marijuana sold.

But it is not just the numbers that the city will need to consider. The way businesses are taxed is equally important. For example, taxing growers by the square foot as opposed to taxing receipts makes it easier to prevent fraud in the all cash marijuana business. This can bring in less money over time due to inflation because the tax amount stays constant, even as the money's purchasing power is diminished. Still, McPherson said, taxing by square foot of grow space is better because it also solves the problem of businesses that are integrated with both retail and grow operations. Taxing gross receipts works for all other types of businesses including retail, manufacturing and delivery.

McPherson also said it is important for cities to use stabilization in setting tax rates, making a set flat rate over a set amount of time with a "not

to exceed" component so that businesses can plan for the tax burden and not be caught by surprise with a tax bill no one had planned for.

At the end of the presentation, City of La Mesa Director of Finance Sarah Waller-Bullock addressed the audience before opening the floor for questions.

"We're not in the business of putting you out of business," she said. "We're just trying to get something that is going to work for us and for you."

### A pivot to recreational?

Despite the complexity of the tax issue, there was only one question on the minds of the marijuana business entrepreneurs at the presentation: Will the city ever allow recreational marijuana sales?

"Right now, Measure U only allows for medical marijuana," Waller-Bullock said, but added that she will bring all the information gathered about taxing recreational and medical to the city council for consideration.

"It is going to be hard for La Mesa to get support from industry for this tax without opening up recreational," said Gina Austin, an attorney who works with marijuana businesses.

Waller-Bullock said the city will likely write a tax for medical but leave it open to implement for recreational if it is allowed in future.

La Mesa resident Ken Sobel, who is hoping to open a manufacturing facility for medical



Ken Sobel explains why he is opposed to taxing medical marijuana at the forum on city excise taxes for future marijuana businesses on Feb. 28. (Photo by Jeff Clemetson)

marijuana products, said the city should put a tax on adult side only and leave medical untaxed because 90 percent of sales would be recreational.

"I think if we work collaboratively towards this, and we get the city council to give us an [adult use] license, and give us self-distribution rights, then we can build program that provides a lot of money — in the tens of millions of dollars," he said.

Rocky Goyal, who owns or is part owner of several marijuana businesses already operating in San Diego, said that taxes are going to be hard because the profit margins made by medical marijuana businesses aren't "that great."

"They're certainly not what I thought they were and what

people think of when they think of this business," he said.

McPherson agreed that competing against businesses in municipalities that allow for recreational marijuana sales will someday be a problem, but that the medical marijuana market is still the dominant market.

"We're seeing a transformation, mostly the big cities, moving to adult use. In the short term, you don't have the immediate compression problem of just selling medical because 85 percent is medical," he said, but added that the city will need to be "strategic" about recreational adult use in the future.

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



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# La Mesa COURIER

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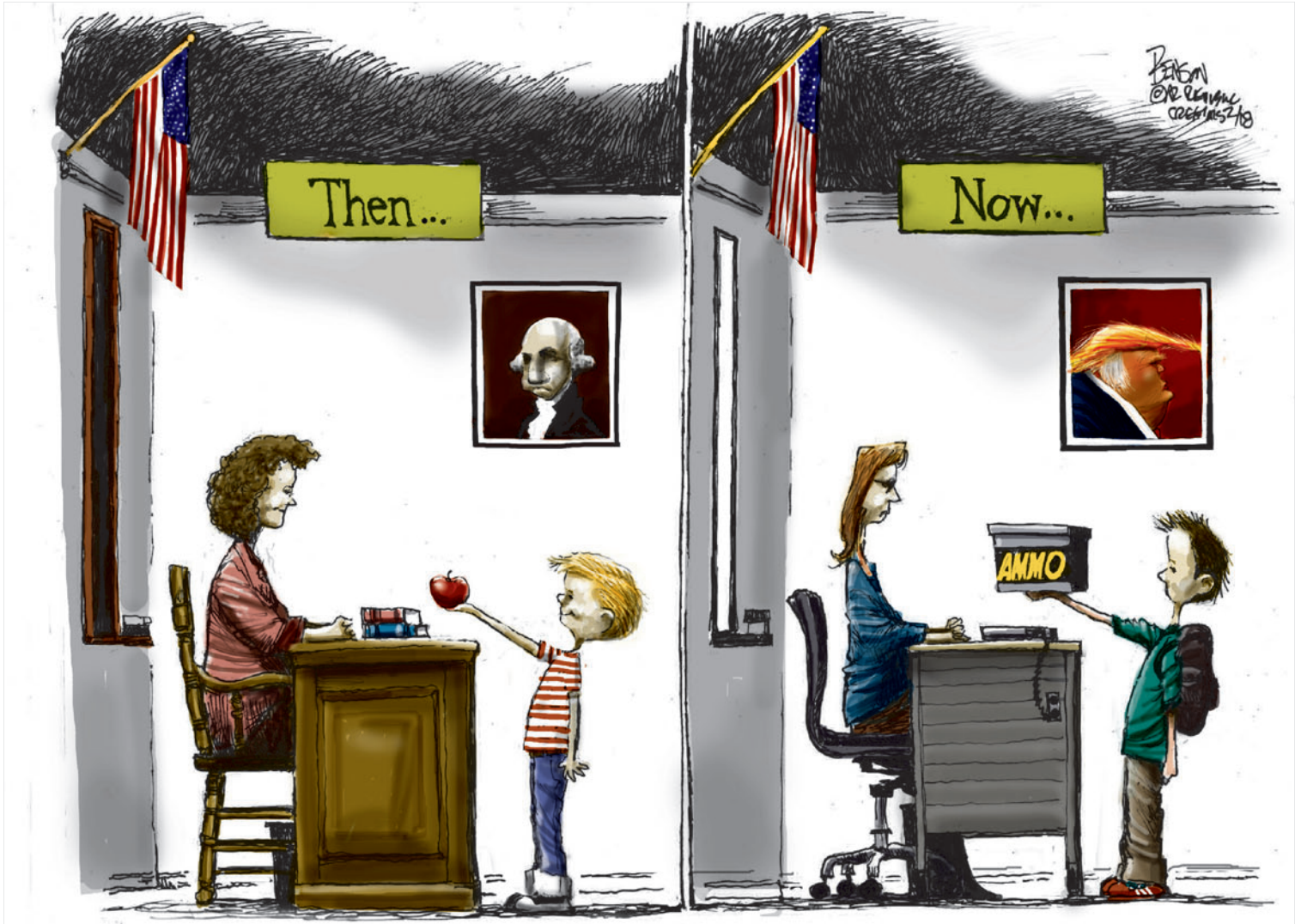
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## Guest Editorial

# Arm teachers with support, not guns

Lindsay Burningham

In the wake of yet another devastating mass-casualty incident, this time in Parkland, Florida, educational leaders across the nation are calling for new gun-safety laws so that teachers and support personnel can focus on nurturing, mentoring, and inspiring students — not tasked with keeping them safe from school shootings. It's time to end the cycle of violence, to listen to the voices of educators and students, and to urge our representatives to pass common-sense gun laws.

Our district is no stranger to these tragedies. Before serving as president of the San Diego Education Association, I taught at Ellen Browning Scripps Elementary, one of the many wonderful schools in the San Diego Unified School District. As a local educator, I am also aware of one of the darkest chapters in the district's history, back in 1979. In January of that year, from her house directly across the street from Grover Cleveland Elementary, a 16-year-old opened fire, and 20 minutes of terror ensued.

As shots rang out, Principal Burton Wragg rushed to move children off the playground to safety; he was gunned down in the effort. Custodian and friend Mike Suchar attempted to save him; he, too, would be killed. After a six-hour standoff, two

district employees were dead, and eight children and one police officer were injured. Despite her troubled history that included shooting out the windows of the same school with a BB gun, the assailant received the .22-caliber rifle with scope as a Christmas gift from her father a month earlier.

Since that shooting, gun violence, while exceptionally rare, has increased on campuses nationwide. In the past, events were years apart, and infrequency led to atrophy. In recent years, the problem has gotten worse. Since 2009, there have been at least two school shootings per year in California, mostly involving student possession of firearms. National statistics are even more grim; sadly, from Lakefront to Marshall County to Sandy Hook and Virginia Tech, these acts of violence in our classrooms have become all too common. Between 2013 and 2015, an average of two school shootings each month took place at K-12 schools nationwide, according to Everytown for Gun Safety.

Thoughts and prayers are important for healing, but they aren't enough to keep our students and educators safe. We now know that it is up to communities, families, activists, educators, and the students themselves to stand up and demand that those elected officials who are trusted with protecting them do their jobs.

Arming teachers with anything except the support they need to effectively educate their students is a bad idea. All available data shows increasing the number of guns not only increases chances of overall gun-related injuries and deaths, it does not ensure safety.

Five heavily-armed and well-trained Secret Service agents were surrounding President Ronald Reagan when he was shot in Washington D.C in 1981. In 1995, the Fort Bragg shooter's rampage was on a military base where many military men were also armed.

Educators will do the educating in their classroom and leave that protection to professionals who are called to that important work. We want our students to be safe; but we also want them to feel safe. As I ponder the heroic actions of school personnel at Grover Cleveland Elementary almost 40 years ago, I realize armed teachers in that circumstance would have made no difference. Victims never determined the location of the gunfire and were killed in service of their students.

If we care about securing our students' futures, we must have a plan that will keep dangerous weapons out of the hands of dangerous people!

—Lindsay Burningham  
is president of the San Diego Education Association. ■

## Letters

### Response to Scientology insert

La Mesa Courier has received multiple emails, letters and phone calls pertaining to the Church of Scientology insert that is periodically delivered with the paper. Advertising decisions are beyond the scope of the editorial department, however, due to the number of responses we've received, I asked our publisher to clarify the paper's position on groups — religious or otherwise — advertising in the paper. His response is as follows:

*"Our advertising policy shall apply to all print, online and email advertisements that are submitted to SDCNN publications. SDCNN reserves the right to reject or cancel any ad at any time."*

*We feel any legitimate business has the right to advertise in the pages of our hyper-local community newspapers, including controversial businesses such as Scientology, marijuana-related operation, adult entertainment, etc. Whether our readers agree or disagree to these types of businesses, we feel they have the right to promote their enterprise."*

*The businesses who pay for advertisements in our free newspaper are the ones who make it possible for us to continue publishing. We are a small business dealing with all the challenges these turbulent times present to newspapers. These advertisers are our only source of income to pay for printing, distribution, editors and writers, operations, etc. If it were not for our advertisers, we would not be able to remain in business and your community would not have a newspaper."*

*Your community newspaper offers you a voice, news and information about your local community. We try to promote dialogue about the issues and concerns that face your community. We encourage readers to write letters to the editor to share your concerns and issues regarding anything within our pages."*

*We hope you value your newspaper enough to continue to read it, however, should you no longer wish to receive*

See LETTERS page 7 →

► Letters, from page 6

our newspaper simply email us your address and we will discontinue delivery.”

Stop Scientology promotion

I read the La Mesa Courier every month and have been a longtime resident of La Mesa. For many years, I worked at the La Mesa Woman's Club and we kept your paper on our front lobby table for all the women who have visited along with the many members we have. I used to give it to new residents of La Mesa as a way of getting acquainted with our charming city and all it has to offer. I'm familiar with almost all the advertisers and frequent their businesses.

For the last two editions of this paper, upon opening it, out drops a brochure with a questionnaire and a mailing address to Church of Scientology! Imagine my surprise that it appears that the La Mesa Courier now belongs to this church and are promoting it, or someone is paying this newspaper to circulate these brochures! Which is it?

I believe all religious information should be requested by the requestor to the institution of which they'd like information about. I do not appreciate it being slipped into my paper. Please stop this practice or lots of other churches might be calling on you to circulate their information so you can recruit for them too.

I realize this is a free paper, but if this activity continues, this paper will go directly to the recycle can. You can let your advertisers know about the drop in activity.

—Ginger Davis, La Mesa via email

Awesome association

Re: "Pushing through life's obstacles" [Volume 8, Issue 2 or bit.ly/2F2RZYA]

TMI is honored to provide services to such a talented and inspiring individual. We look forward to seeing Heather perform in "Willy Wonka!"

—Toward Maximum Independence, via Facebook

Depot disappointment

Re: "End of the line for Depot Springs" [Volume 8, Issue 2 or bit.ly/2Bmp5Jk]

Bummer. Was really looking forward to this. Hoping one of the SD heavy-hitting craft brewers jumps in and finishes it out!

—Kathleen Nicole, via Facebook

Damn. I kept wondering when this place would open. The "kid zone" was going to be a huge draw for me.

—Melissa Johnson, via Facebook

That's disappointing.

—Laura Lolly, via Facebook

Conflict of interest

Should the president of a school board own a gun shop that boasts about having "California's largest inventory

of AR-15 components, from barrels to buttstocks?"

La Mesa Spring Valley's School Board president David Chong does!

I Googled Mr. Chong and went to his website aosword.com to confirm that it was true. Then I asked myself, "Do parents of students in this district know about this? Would any of them be outraged, like we are?" I decided to alert a few of the parents who happen to be my friends, and they did not know about this. They, too, were shocked.

In the wake of so many mass shootings in this country, where mentally unstable individuals walk into gun shops just like this one, and purchase AR-15 semi-assault weapons — because they can — and proceed to walk into schools, concert venues, malls, etc. and shoot and murder innocent people, adults and children alike, I simply cannot understand how voters could allow anyone who sells semi-automatic weapons to represent their children's school district as the president of their board.

It doesn't make any sense. With certain politicians pushing to arm our teachers in our schools, I can only imagine what a gun shop owner's thoughts might be on this prospect — especially one who presides over a school board.

My hope is that this letter educates parents of students in this school district to question this. Research this. Protest this.

How can a school district profess their promise to keep children safe at school when the president of their school board is the owner of a firearm store, where one can purchase AR-15 semi-automatic assault weapons of potential mass destruction?

Talk about a conflict of interest!

—Nora Kearney-Johnson, La Mesa■

Guest Editorial

School choice debate missing key element: the environment

Gary London

[Editor's note: This editorial first appeared in the Voice of San Diego on Feb. 28.]

San Diego Unified School District allows parents to choose schools for their children in neighborhoods where they do not live. For the district, this is a remedy to backfill spaces not being used. For parents, it's an opportunity to send their children to schools where they believe the education is better.

I acknowledge the historical complexity of school commuting as a remedy to education inequality. But by allowing school choice, and while noting its incredible success, the district has created another mess.

My specific concern is that the school district's practice, which now engages almost half of its student population, has serious traffic and environmental consequences that conflict with avowed San Diego policies on climate change and reducing our carbon footprint.

I have not seen nor heard any active discussion about how inappropriate this is.

In its "Vision 2020" plan, the district states that it wants to keep more students in neighborhood schools. I think this is the right goal, because commuting has allowed the district a way out of its responsibility to fix underperforming schools.

The history of the program is complex, having grown out of a desire to desegregate the city's schools, but my primary focus is the environmental as well as the consequences on neighborhood cohesiveness. In land-use circles, we are concerned about the effect from all these automobiles on the road.

School commuting is bad for the environment because it contributes to traffic miles and congestion. It's also time-consuming and probably stressful for the parents who, twice a day, drive from home to school to work in the morning, and work to school (or to after-school day care) to home in the afternoon.

A study from the University of San Diego's Center for Education Policy and Law has demonstrated that 42 percent of parents across the district choose to send their kids to schools outside their neighborhoods. For a district of 130,000 students, assuming two students per household, that must be about 27,000 parents.

In addition to the 10,000 students who are daily bussed to schools outside of their neighborhoods, we are also looking at more than 20,000 parents who commute their children daily by car to another neighborhood. Twice a day, that equates to 40,000 vehicle trips.

San Diego is fully engaged in promoting better air quality and fighting climate change. Yet when parents take extra trips in autos, we have the antithesis of the city's goals to reduce our carbon footprint.

Those of us in the land-use business question the commuting practice for good reasons.

For starters, your neighborhood school is a fundamental "anchor" to your community. While its primary purpose is to educate children, schools regularly are places where parents meet and form friendships and bonds. We vote at these schools. We send our kids to play in the school yards.

When we lose touch with the anchor, we are at risk of losing touch with our sense of community. When we know each other, we watch and care for each other.

Communities throughout the San Diego region are super focused on traffic and

See SCHOOL CHOICE page 9 —>

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# Russia probe, human trafficking to highlight Dems meeting



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

A great, informative meeting is planned for members and guests of the La Mesa Foothills Democratic Club (LMFDC) on Wednesday, April 4. Because of the full program that evening, we'll be opening the doors a half-hour earlier than normal at 6 p.m. and beginning our meeting at 6:45 p.m.

Regular viewers of MSNBC will know former U.S. attorney and current professor of political science at UCSD, Harry Litman, from his frequent appearances as an expert commentator on the Trump White House, and the Mueller investigation into financial shenanigans and pre-election and post-inauguration irregularities among West Wing comrades. Litman will spend his time with us diving into the deep details of the dysfunctional Trump administration and the mixing of family businesses and executive authority.

Are there impeachable crimes being committed? Did Russian interference alter the outcome of the election? Will Robert Mueller divulge more discovery of indictable



Maria McEneaney



Harry Litman



Jamie Quient



Genevieve Jones-Wright

offenses? Litman will attempt to bring us up to date on all the latest information from this ever-

changing Washington imbroglio.

We will follow the Litman address with a panel exploring an explosive local and national issue that affects every community around us: human trafficking. What used to be called "the world's oldest profession" is now a local \$800 million criminal enterprise run by well-organized international gangs that exploit and enslave over 8,000 of the most vulnerable populations among us.

In San Diego alone, there are over 100 gangs involved in the commercial exploitation of people. Human trafficking is a tragedy that affects immigrant communities, the poor, the young and the most susceptible, and involves millions of dollars in illicit monies paid to cartels and crime syndicates that have become adept at recruiting and transporting "assets," hiding the money,

and abusing and manipulating the innocent. We'll learn from experts how the victims of this formerly "victimless" crime are rescued and treated, how johns are processed in a forgiving legal system, and how this criminal enterprise is fought in the legal and justice system, here and elsewhere.

The human trafficking panel will include the chair of the County Commission on the Status of Women and Children, Maria McEneaney. Joining McEneaney will be Jamie Quient, president and managing attorney of Free to Thrive, a nonprofit organization that empowers survivors of human trafficking.

Also joining the panel will be our endorsed candidate for District Attorney, long-time Public Defender Genevieve Jones-Wright. Jones-Wright has made it her mission to not only bring justice to the victims of human trafficking, but to break the cycle of crime by working collaboratively and innovatively with public

safety entities to intervene early and prevent criminal enterprises from exploiting and hurting our most vulnerable communities.

Several other key figures in the battle against the blight of human trafficking will also be on the panel.

The La Mesa Foothills Democratic Club meets the first Wednesday of every month at the La Mesa Community Center, 4975 Memorial Drive, just north of University Avenue in La Mesa.

Meetings are open to all members and guests, and are free, but we encourage all attendees to support our candidates and programs by joining the club for as little as \$30 per year. For more information, visit [lamesafoothills-democraticclub.com](http://lamesafoothills-democraticclub.com).

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

► **School choice**, from page 7

transportation. In fact, practically every real estate development project that I work on experiences push back because communities believe that more housing equals more traffic congestion. Why are we not applying that same sensibility to parents getting into their cars to transport their kids to another part of the city, increasing congestion and complicating everyone's commute?

I assume that parents in neighborhoods with poorer performing schools would argue that commuting gives their children an equal shot at success, and that they can't just wait around for the district to improve schools closer to their homes. But this never-ending spiral of moving around children cannot be the answer.

What I am railing against is a practice that seems to promote this behavior rather than one which is centered on improving the "bad" neighborhood schools. While the two don't have to be mutually exclusive, perhaps a little less emphasis on commuting, and a little more emphasis on why parents must do so in the first place, ought to be the subject of a public discourse.

I have no doubt that San Diego Unified School District administrators are trying to do the right thing for all involved. What I am requesting is a call for action for them to become better community stewards.

The school district is an integral part of San Diego. They ought to step up and take a more holistic approach to their policies.

—Gary London is a parent and land-use consultant living in San Diego.■

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# Anderson recognizes Purple Heart recipient

Jordan Conole

At just 17 years old, La Mesa resident Shane Kruchten received a Purple Heart, the award given to military personnel who are wounded by the enemy. According to the Purple Heart Foundation, “the Purple Heart medal represents courage, sacrifice, commitment and heart.”

On Tuesday, Mar. 13, Kruchten received a Senate certificate of recognition from the office of state Senator Joel Anderson for his unwavering dedication to our nation’s values through his service with the United States Marine Corps during Operation Iraqi

Freedom and for the countless hours he has volunteered to benefit local veterans and active duty military personnel.

“Shane has served our country bravely with honor and integrity and his commitment to our military community is inspiring to us all,” Anderson said. “I am thankful for my constituents like Shane who have made the decision to serve our country and have sacrificed so much to do so.”

Kruchten, an avid military and veteran advocate, felt honored by Anderson’s recognition and expressed his gratitude.

“It feels great to know that the senator has noticed me and recognized me for my selfless service,” he said.

When Kruchten is not working or spending time with his family, he volunteers within various organizations in the military community. He makes trips overseas to motivate currently deployed troops, teaches jiu jitsu at Alliance Eastlake at no cost to fellow veterans and works with the Wounded Warrior Project.

Another organization Kruchten works closely with is Mission Volant that hosts Operation Jump 22. It provides wounded veterans an opportunity to experience adrenaline and excitement again through skydiving.

“Watching their faces light up, and to actually see a smile on their face, which is rare, is

one of the best things I have experienced,” Kruchten shared.

Kruchten’s service to the military community is driven and inspired by his family and his brothers who never made it home. He hopes his work with the military community will inspire those who are struggling to seek help.

“For the veterans out there, if you are going through a struggle, speak up. There is a voice out there that will listen because 22 suicides a day is too many,” Kruchten said.



Shane Kruchten at Sen. Anderson’s office (Photo by Jordan Conole)

—Jordan Conole is a legislative intern for Sen. Joel Anderson’s office. ■

## News and notes from your County Supervisor

### DIANNE'S CORNER

Dianne Jacob



**Ratepayer rip-off:** The president of the California Public Utilities Commission recently floated an idea that sounds like it was cooked up by a utility company fat cat. Michael Picker suggested that utilities be allowed to charge rural residents more for electricity to help cover fire safety costs.

His proposal is not only outrageous, but would let

monopolies like SDG&E off the financial hook.

The fact is that SDG&E — more than a decade after a string of deadly wildfires across our region — has failed to do the right thing and fully harden its rural lines and other facilities against disaster.

Ratepayers should not be stuck with the bill to complete these overdue improvements — and SDG&E should not be allowed to continue to put shareholder profits over public safety.

**Senior safeguards:** I recently joined District Attorney Summer Stephan, Sheriff Bill

See DIANNE’S CORNER page 22 →

## Navajo Road Show to feature Mike Slater



Judy  
McCarthy



Navajo Canyon Republican Women, Federated (NCRWF) has a fun evening planned for April 10. It’s our annual Navajo Road Show with Mike Slater, KFMB radio talk show host as our featured speaker.

We’ll be celebrating the successes of our Republican administration — particularly the tax cuts and dismantling of the Islamic State group in

the Middle East. We’ll have a Candidate Express, so Republican candidates will also be joining us. A no-host bar, taco dinner and dessert, and the famous Navajo Road Show silent auction will round out the evening.

The event will be held at the Elks Lodge in El Cajon, 1400 E. Washington from 5 to 8 p.m. on Tuesday, April 10. Cost is \$15 per person; RSVP to ncrwf99@gmail.com, or call Marjie at 619-990-2791. Mail checks to 2295 Needham Road, #4, El Cajon 92020.

Mike Slater, who hosts the “The Mike Slater Show” on KFMB AM 760, has been named one of the “Top 5 ‘Young Guns’ of Talk Radio” by Talkers magazine. He is a



KFMB talk show host Mike Slater (Facebook)

frequent guest on Fox News, MSNBC and CNN. He will be speaking on the latest political hot topics and the role virtue, gratitude and conservative

See MIKE SLATER page 22 →

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Petrino's Greek Restaurant



Anthony's Fish Grotto



Casa De Pico



City Tacos



Hoffer's Cigar Bar



On Cue Billiards



DZ Akins



Omelette Factory



Yum Yum Donuts

# La Mesa COURIER BEST OF 2017 LA MESA

## CONGRATULATIONS TO THIS YEAR'S WINNERS!

As the “Jewel of the Hills,” La Mesa offers something special that neighboring cities don’t quite have — charm. For many years, that charm was described as “sleepy,” however, in recent years the city has become a growing hotspot for culinary businesses, breweries, wine shops and entertainment venues.

For years, La Mesa Courier has offered readers the chance to weigh in on their favorite businesses in and around the La Mesa area and awarded those with the most votes with our annual “Best of La Mesa” awards.

We again reached out and asked readers to share with us their favorite dining and entertainment establishments they patronized throughout 2017.

Once again, our readers have spoken and have chosen the Best — in such categories as breakfast, happy hour, family dining, various ethnic cuisines, coffee

shops, wine bars, live music venues and many, many more.

Some of the winners have been servicing La Mesa for decades, while others just recently opened their doors and are already making an impact.

In this month’s “Best of La Mesa” special section, we offer an assemblage of these top establishments, showcasing them with colorful advertisements, photos, contact information and descriptions outlining their missions to serve their customers.

To each of our 2017 “Best of La Mesa” winners, we offer our sincere congratulations on your recognition. We hope our loyal readers — and your loyal customers, new and old — continue to show you patronage for years to come.

—The staff at San Diego Community News Network ([sdenn.com](http://sdenn.com))



D'Amato's Pizza



Brew Coffee Spot



Swami's Café

## AMERICAN CUISINE

**GOLD - The Omelette Factory**  
5270 Baltimore Drive, La Mesa  
omelettefactorylamesa.com  
619-460-4423

The Omelette Factory La Mesa is a casual family-style restaurant that features a variety of egg dishes, griddle creations, burgers and sandwiches. All our meals are prepared in house from fresh, high quality ingredients, and excellent customer service. We take pride in the quality of food we serve, so our customers can expect a delicious meal every visit.

Proud to have a new owner and management, The Omelette Factory is also ready to capture loyalty with its fresh coffee and baked goods. We have been serving local favorites that our regulars never miss out on and will enjoy for many years to come.

At the Omelette Factory you may choose to dine in, pick up, or even schedule a reservation for when you choose to join us for a heart, outstanding classic meal. Become part of the family.

To learn more about us and menu visit our website omelettefactorylamesa.com.

**SILVER - Centifonti's Bar & Restaurant**  
8365 La Mesa Blvd., La Mesa  
centifontis.com | 619-461-4434

## BAKERY

**GOLD - D.Z. Akins**  
6930 Alvarado Road, La Mesa  
dzakinsdeli.com | 619-265-0218

Thank you, La Mesa, for voting us best deli, bakery and desserts.

We opened our restaurant in January 1980, with the purpose of serving San Diego's starved deli-lovers. And thanks to you, D.Z.Akin's has become a San Diego institution — yet

we still are a family-run business that spans three generations. We have expanded our restaurant five times in our 37-year existence to accommodate the overwhelming demand for wholesome, high quality and specialty foods.

We open at 7 a.m. every day of the week, serving breakfast, lunch and dinner. Our grilled Reuben sandwiches happen to be one of our most famous dishes, but our other 133 sandwich options, three-dozen breakfast selections and our bakery will never disappoint. We will continue to please our customers and appreciate the support of the La Mesa community.

**SILVER - Centifonti's Bar & Restaurant**  
8365 La Mesa Blvd., La Mesa  
centifontis.com | 619-461-4434

## BARBECUE

**GOLD - The Barbecue Pit**  
2390 Fletcher Pkwy., El Cajon  
thebarbecuepitrestaurant.com  
619-462-5434

**SILVER - West Coast Barbecue & Brew**  
6126 Lake Murray Blvd., La Mesa  
westcoastbbqandbrew.com  
619-462-3660

## BEER

**GOLD - Helix Brewing Co.**  
8101 Commercial St., La Mesa  
drinkhelix.com | 619-741-8447

**SILVER - Hoffer's Cigar Bar**  
8283 La Mesa Blvd., La Mesa  
hofferscigar.com | 619-466-8282

Hoffer's Cigar Bar is the place to enjoy your favorite cigar, draft beer or fine wine. We offer one of the widest selections of cigars in San Diego County to satisfy cigar aficionados and casual smokers alike.

The cigars are kept in two walk-in humidor rooms. These cedar-lined rooms use state-of-the-art humidity controls to maintain the freshness of our cigars. If smoking isn't quite your thing, our inside bar is conveniently smoke free.

Thirsty? Choose from 24 beers on tap, sip a glass of red or white from our wine menu, or try one of our eight premium ports. Then kick back, relax and watch your favorite sports on our plasma TVs.

Hungry? Order food from your table using Hoffer's special menu hotline. Some of La Mesa's finest restaurants deliver their food at no extra charge, right to your table.

Need to connect? Take advantage of Hoffer's free Wi-Fi service. Don't forget that, on Saturday nights during the summer, we have live blues on our cigar patio out back — in what is the most intimate setting in the county.

Phil "Hoffer" Hoffman will continue dedicating his business to providing the utmost in excellence for the La Mesa community. Thank you for supporting Hoffer's and for voting us Best Cigar Bar and Best Live Music Venue.

## BILLIARDS

**GOLD - On Cue Billiards**  
8308 Parkway Drive, La Mesa  
619-463-8759

It's time to impress your friends with those pool skills you've been practicing. At On Cue Billiards, we have 24 pool tables, all of which are meticulously kept and ready for a smooth game.

Our place is welcoming for everyone. From those who've never picked up a cue before to the pros, we encourage pool lovers of all ages to come in and enjoy good games. You'll even find tournament and league games here throughout the week ... which means trophies.

Looking for a fun, exciting night out? Well, we're just the place for that, too. Our meals and beer are the perfect way to recharge between games. Let us fix you up.

How about decorations for your fun and festivities? There is plenty fun to choose from here for the entire family.

We are open daily from 11 am to 2 am. Our friendly staff awaits your visit.

**SILVER - Jolt 'N Joe's**  
8076 La Mesa Blvd., La Mesa  
joltnjoes.com | 619-466-2591

## BREAKFAST

**GOLD - The Omelette Factory**  
5270 Baltimore Drive, La Mesa  
omelettefactorylamesa.com  
619-460-4423

**SILVER - La Mesa Bistro & Bakery**  
8697 La Mesa Blvd., La Mesa  
lamesabistrosd.com  
619-589-0806

## BRUNCH

**GOLD - The Farmer's Table**  
8141 La Mesa Blvd., La Mesa  
farmerstablamesa.com  
619-724-6465

**SILVER - The Hills**  
8758 La Mesa Blvd., La Mesa  
thehillspub.com | 619-741-7166

## BUFFET

**GOLD - Souplantation**  
1958 Fletcher Parkway, La Mesa  
souplantation.com | 619-462-4232

**SILVER - China Super Buffet**  
7984 La Mesa Blvd., La Mesa  
chinasuperbuffetsd.com  
619-337-6888

## BURGER

**GOLD - Johnny B's**  
8393 La Mesa Blvd., La Mesa  
johnnybsburgersandbrew.com  
619-464-2465

**SILVER - The Hills**  
8758 La Mesa Blvd., La Mesa  
thehillspub.com | 619-741-7166

## BURRITO

**GOLD - El Azteca Taco Shop**  
8306 Parkway Drive, La Mesa  
619-466-4113

**SILVER - Casa de Pico**  
5500 Grossmont Center Drive,  
La Mesa  
casadepico.com | 619-463-3267

## BUSINESS LUNCH

**GOLD - The Omelette Factory**  
5270 Baltimore Drive, La Mesa  
omelettefactorylamesa.com  
619-460-4423

**SILVER - Brigantine**  
9350 Fuerte Drive, La Mesa  
brigantines.com | 619-465-1935

## CASINO

**GOLD - Sycuan**  
5469 Casino Way, El Cajon  
sycuan.com | 619-445-6002

**SILVER - Viejas**  
5000 Willows Road, Alpine  
viejas.com | 619-445-5400

## CASINO BUFFET

**GOLD - Barona**  
1932 Wildcat Canyon Road, Lakeside  
barona.com | 619-443-2300

**SILVER - Viejas**  
5469 Casino Way, El Cajon  
sycuan.com | 619-445-6002

## CASUAL DINING

**GOLD - Omelette Factory**  
5270 Baltimore Drive, La Mesa  
omelettefactorylamesa.com  
619-460-4423

**SILVER - Anthony's Fish Grotto**  
9350 Murray Drive, La Mesa  
anthonyfishgrotto.com  
619-463-0368

## CATERING

**GOLD - Continental Catering**  
8238 Parkway Drive, La Mesa  
continentalcateringsd.com  
619-698-3500

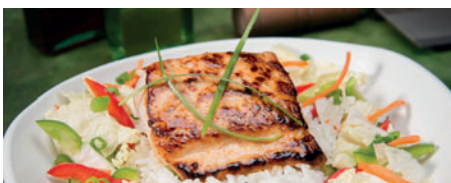
## CHINESE CUISINE

**GOLD - Chopsticks Inn**  
8687 La Mesa Blvd., La Mesa  
chopsticksinnchinese.com  
619-466-4470

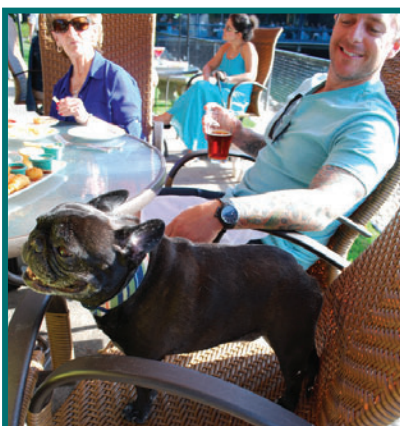
**SILVER - Chin's Gourmet**  
8260 Parkway Drive, La Mesa  
chinscuisine.com | 619-462-4071

see Best of La Mesa, pg 13

# THANK YOU TO THE LA MESA COURIER READERS! ANTHONY'S IS HONORED YOU VOTED US TO WIN FOUR 2017 BEST OF LA MESA AWARDS!



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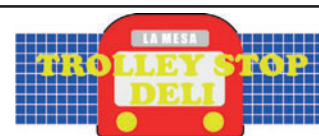
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US BEST OF



THANK YOU  
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Voted Best Coffee Shop! in La Mesa



FROM PAGE 12  
BEST OF LA MESA

COCKTAIL

**GOLD - Riviera Supper Club**  
7777 University Ave., La Mesa  
rivierasupperclub.com  
619-713-6777

**SILVER - Farmer's Table**  
8141 La Mesa Blvd., La Mesa  
farmerstablelamesa.com  
619-724-6465

COFFEE SHOP

**GOLD - Brew Coffee Spot**  
6101 Lake Murray Blvd., La Mesa  
brewcoffeespot.com  
619-713-6698

Brew Coffee Spot uses award-winning coffee that is 100 percent certified organic (from the only roaster in San Diego with that commitment), sourced from Fair Trade farms, and scientifically roasted using standards established by the SCAA.

Our menu features multiple tea options, flavored kombuchas, artisan breads and pastries, freshly made paninis, acai and coconut yogurt bowls, with vegetarian and vegan options and more.

In addition to using the best ingredients, our water is as pure as can be. Chlorine taste and odor and other contaminants can adversely affect the taste of water and beverages. Water is 98 percent of most coffee and tea drinks. We use a high-output/high-efficiency configurable system that delivers both reverse osmosis (RO) and blended filtered water resulting in a minimal environmental footprint (.25 to 1) and a fantastic cup of coffee or tea.

To learn more about us, including our selection of award-winning coffees, teas, sandwiches, paninis and pastries, read our recent article in the La Mesa Courier at bit.ly/2km8q5W.

**SILVER - Public Square**  
8278 La Mesa Blvd., La Mesa  
publicsquare.coffee | 619-777-8273

COMFORT FOOD

**GOLD - The Omelette Factory**  
5270 Baltimore Drive, La Mesa  
omelettefactorylamesa.com  
619-460-4423

**SILVER - Lake Murray Café**  
5465 Lake Murray Blvd., La Mesa  
sandiegohomecooking.com  
619-433-0180

DANCE CLUB

**GOLD - Riviera Supper Club**  
7777 University Ave., La Mesa  
rivierasupperclub.com  
619-713-6777

DELI

**GOLD - D.Z. Akins**  
6930 Alvarado Road, San Diego  
dzakinsdeli.com | 619-265-0218

**SILVER - Trolley Stop Deli**  
8150 La Mesa Blvd., La Mesa  
trolleystopdeli.com | 619-697-3350

DESSERT

**GOLD - Centifonti's**  
8365 La Mesa Blvd., La Mesa  
centifontis.com | 619-461-4434

**SILVER - D.Z. Akins**  
6930 Alvarado Road, San Diego  
dzakinsdeli.com | 619-265-0218

DINNER

**GOLD - Antica Trattoria**  
5654 Lake Murray Blvd., La Mesa  
anticatrattoria.com | 619-463-9919

**SILVER - Brigantine**  
9350 Fuerte Drive, La Mesa  
brigantines.com | 619-465-1935

DONUT SHOP

**GOLD - Sunny Donuts**  
4199 Spring St., La Mesa  
sunnydonuts.com | 619-464-7566

**SILVER - Yum Yum Donuts**  
7550 El Cajon Blvd., La Mesa  
yumyumdonuts.com  
619-464-9812

No matter the occasion, Yum Yum Donuts has your fresh donuts ready. A Yum Yum Dozen always comes with 14 donuts because 2 always mysteriously disappear when brought home by one person and no witnesses.

Since our shops are open seven days a week, owners Phil and Frank put in endless amounts of time and effort to successfully operate every shop. From fresh donuts to croissants, Yum Yum has an array of bakery favorites. Also, pair your fluffy donut with one of our specialty drinks.

Just like our owners who built this iconic west coast donut connoisseur, Yum Yum has a very strong work ethic throughout the organization. So, the next time you visit us know that we pledge:

- To use only the freshest ingredients.
- To make each Yum Yum with tender loving care and art.
- To satisfy the discriminating taste of those who demand the best.
- To bring smiles and satisfaction as you enjoy your tasty Yum Yum donuts.
- To learn more about us visit our website at yumyumdonuts.com.

FAMILY RESTAURANT

**GOLD - The Omelette Factory**  
5270 Baltimore Drive, La Mesa  
omelettefactorylamesa.com  
619-460-4423

**SILVER - Centifonti's**  
8365 La Mesa Blvd., La Mesa  
centifontis.com | 619-461-4434

FARMERS MARKET

**GOLD - La Mesa Village Farmers Market**  
4878-4898 Nebo Drive, La Mesa  
cityoflamesa.com/449/Farmers-Market | 619-249-9395

**SILVER - Little Italy Mercato Farmers Market**  
519 W Cedar St., San Diego  
littleitalysd.com/events/mercato  
619-233-390

FAST FOOD

**GOLD - In-N-Out**  
2005 Camino Del Este, San Diego  
in-n-out.com | 800-786-1000

**SILVER - Chick-fil-A**  
8200 Parkway Drive, La Mesa  
chick-fil-a.com | 619-758-1555



Trolley Stop Deli

FINE DINING

**GOLD - Brigantine**  
9350 Fuerte Drive, La Mesa  
brigantines.com | 619-465-1935

**SILVER - Antica Trattoria**  
5654 Lake Murray Blvd., La Mesa  
anticatrattoria.com | 619-463-9919

FRENCH CUISINE

**GOLD - Bo-beau kitchen + garden**  
8384 La Mesa Blvd., La Mesa  
cohnrestaurants.com  
619-337-3445

GREEK CUISINE

**GOLD - Petrino's Greek Restaurant**  
5525 Jackson Drive, La Mesa  
petrinosgreekrestaurant.eat24hour.com | 619-741-7721

At Petrino's Greek Restaurant, we only use the finest ingredients and boldest flavors to create authentic Greek cuisine. Our recipes have been handed down for generations. We are excited to bring our authentic blend of cuisine to the La Mesa area.

From the moment you step into our restaurant, you will be greeted with smiling faces who are ready to

answer any of your questions. Enjoy our hand-crafted schwarma plates, or gyros. Are you in the mood for something sweet? Our famous Baklava will satisfy any sweet tooth.

Get ready to take your taste buds on a vacation to the Mediterranean at Petrino's Greek Restaurant. We are ready to serve you, and remember, when you step into our restaurant, you are a member of our family.

Here it from our loyal customers, and those who stopped by but wished they could have stayed, all on our page at facebook.com/petrino.restaurant.

**SILVER - J-K's Greek Café**  
7749 University Ave., La Mesa  
jksgreek.com | 619-464-1915

GOLF COURSE

**GOLD - Torrey Pines**  
11480 N Torrey Pines Road, La Jolla  
torreypinesgolfcourse.com  
858-452-3226

**SILVER - Mission Trails**  
7380 Golfcrest Place, San Diego  
missiontrailsgc.com  
619-460-5400

see Best of La Mesa, pg 14



Thank You  
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Best Greek  
Restaurant!



**619-741-7721** Hours: 10a-10pm Mon thru Sat • Closed Sunday  
**Petrino's 5525 Jackson Drive, La Mesa, Ca 91942**



On Cue Billiards  
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- Business Lunch
- Casual Dining



- Comfort Food
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- Lunch
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Marios De La Mesa



J-K's Greek Cafe

## FROM PAGE 13 BEST OF LA MESA

### HAPPY HOUR

**GOLD - Brigantine**  
9350 Fuerte Drive, La Mesa  
brigantines.com | 619-465-1935

**SILVER - The Hills**  
8758 La Mesa Blvd., La Mesa  
thehillsllocalpub.com  
619-741-7166

### HEALTH FOOD STORE

**GOLD - Sprouts**  
4630 Palm Ave., La Mesa  
sprouts.com | 619-460-7722

**SILVER - Trader Joe's**  
5495 Grossmont Center Drive,  
La Mesa  
traderjoes.com | 619-466-0105

### HOT WINGS

**GOLD - Wings N' Things**  
6715 El Cajon Blvd., San Diego  
epicwingsnthings.com  
619-462-9464

**SILVER - Wings Empire**  
7520 El Cajon Blvd., La Mesa  
wingsempiresd.com  
619-461-4444

### INDIAN CUISINE

**GOLD - Himalayan Cuisine**  
7918 El Cajon Blvd., La Mesa  
himalayancuisineone.com  
619-461-2503

### IRISH PUB

**GOLD - Hooley's**  
5500 Grossmont Center Drive,  
La Mesa  
hooleys.com | 619-713-6900

### ITALIAN CUISINE

**GOLD - Antica Trattoria**  
5654 Lake Murray Blvd., La Mesa  
anticatrattoria.com | 619-463-9919

**SILVER - Tiramisu Trattoria**  
8273 La Mesa Blvd., La Mesa  
tiramisutrattoria.com  
619-698-0096

### JAPANESE CUISINE

**GOLD - Konnichiwa Sushi & Bar**  
8350 La Mesa Blvd., La Mesa  
konnichiwa-sushi.com  
619-466-6446

**SILVER - Banbu Sushi Bar & Grill**  
8555 Fletcher Parkway, La Mesa  
banbusushi.com | 619-589-0071

### JAZZ BAR

**GOLD - Riviera Supper Club**  
7777 University Ave., La Mesa  
rivierasupperclub.com  
619-713-6777

**SILVER - Hoffer's Cigar Bar**  
8283 La Mesa Blvd., La Mesa  
hofferscigar.com | 619-466-8282

### JUICE

**GOLD - Jamba Juice**  
5500 Grossmont Center Drive, La Mesa  
jambajuice.com | 619-460-7177

**SILVER - Swami's Café**  
8284 La Mesa Blvd., La Mesa  
swamiscfe.com | 619-668-9030

### LATE NIGHT DINING

**GOLD - Riviera Supper Club**  
7777 University Ave., La Mesa  
rivierasupperclub.com | 619-713-6777

### LIVE MUSIC VENUE

**GOLD - Riviera Supper Club**  
7777 University Ave., La Mesa  
rivierasupperclub.com  
619-713-6777

**SILVER - Wine Works**  
8167 Center St., La Mesa  
lamesawineworks.com  
619-741-0700

### LUNCH

**GOLD - The Omelette Factory**  
5270 Baltimore Drive, La Mesa  
omelettefactorylamesa.com  
619-460-4423

**SILVER - The Lunchbox Café & Deli**  
8751 La Mesa Blvd., La Mesa  
thelunchboxcafe.com  
619-463-4013

### MARGARITA

**GOLD - Casa de Pico**  
5500 Grossmont Center Drive,  
La Mesa  
casadepico.com | 619-463-3267

La Mesa's ultimate Mexican dining experience and a Grossmont Center landmark for the last 13 years, Casa de Pico was originally opened by Diane Powers in 1971 in Old Town.

With award-winning authentic cuisine, festive atmosphere, strolling mariachis and world-famous Birdbath Margaritas, Casa de Pico is the perfect place for a romantic evening getaway or special gathering with family and friends.

The fiesta begins when you walk through the door. Filled with vivid colors and authentic folk art and a luscious, heated outdoor patio with a giant splashing fountain, Casa de Pico brings you the very best in Mexican culture. Its regional and traditional dishes, frosty margaritas and handmade tortillas depict the true spirit of Mexico.

Excellent service, vibrant atmosphere, delicious cuisine and refreshing beverages – it's no wonder Casa de Pico has been named "Best Mexican Cuisine" and "Best Margarita" by La Mesa Courier readers, three years in a row!

**SILVER - Por Favor**  
8302 La Mesa Blvd., La Mesa  
porfavorrestaurants.com  
619-698-5950

### MARTINI

**GOLD - Riviera Supper Club**  
7777 University Ave., La Mesa  
rivierasupperclub.com  
619-713-6777

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**SILVER - La Torta Café**  
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latorta.com | 619-741-6230

### MICRO BREWERY

**GOLD - Helix Brewing Co.**  
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boltbrewery.com | 619-303-7837

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**GOLD - Reading Grossmont Theater**  
5500 Grossmont Center Drive,  
La Mesa  
readingcinemasus.com/grossmont  
619-465-3040

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**GOLD - City Tacos**  
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citytacossd.com | 619-467-7999

City Tacos Village Taqueria is a fast-casual enchanting neighborhood taqueria located in La Mesa with a location in North Park as well.

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Choose City Tacos Village Taqueria for Taco Tuesday when tacos are \$.50 to \$1 off.

**SILVER - The Farmer's Table**  
8141 La Mesa Blvd., La Mesa  
farmerstablamesa.com  
619-724-6465

### NIGHTCLUB

**GOLD - Venetian Lounge**  
5310 Baltimore Drive, La Mesa  
619-729-8758

**SILVER - Riviera Supper Club**  
7777 University Ave., La Mesa  
rivierasupperclub.com | 619-713-6777

### OUTDOOR DINING

**GOLD - Anthony's Fish Grotto**  
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anthonysfishgrotto.com  
619-463-0368

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FROM PAGE 14  
OUTDOOR DINING

dressings. Great food, attentive service and a unique restaurant setting continue to make Anthony's a favorite since opening in La Mesa in 1961. Our award-winning landscape alongside our beautiful private pond creates an atmosphere like none other.

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anthonyfishgrotto.com  
619-463-0368

**SILVER - La Mesa Bistro & Bakery**  
8697 La Mesa Blvd., La Mesa  
lamesabistrosd.com | 619-589-0806

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**GOLD - Pho Xpress**  
6533 Mission Gorge Road, San Diego  
grantville.sdphoxpress.com  
619-284-3268

**SILVER - Pho SuperBowl & Tea Station**  
8342 Parkway Drive, La Mesa  
619-469-8984

PIZZA

**GOLD - D'Amato's**  
8807 La Mesa Blvd., La Mesa  
damatospizza.com | 619-698-0880

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pietropizzasandiego.com  
619-462-1162

ROMANTIC DINING

**GOLD - Brigantine**  
9350 Fuerte Drive, La Mesa  
brigantines.com | 619-465-1935

**SILVER - Tiramisu Trattoria**  
8273 La Mesa Blvd., La Mesa  
tiramisuttrattoria.com  
619-698-0096

ROOFTOP LOUNGE

**GOLD - Mr. A's**  
2550 Fifth Ave., San Diego  
asrestaurant.com | 619-239-1377

SALAD

**GOLD - Souplantation**  
1958 Fletcher Pkwy., La Mesa  
souplantation.com | 619-462-4232

**SILVER - Omelette Factory**  
5270 Baltimore Drive, La Mesa  
omelettefactorylamesa.com  
619-460-4423

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**GOLD - Trolley Stop Deli**  
8150 La Mesa Blvd., La Mesa  
trolleystopdeli.com | 619-697-3350



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Thanks again, from Gary and the Trolley Stop Deli crew.

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dzakinsdeli.com | 619-265-0218

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619-469-9463

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volcanmountainwinery.com  
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9350 Fuerte Drive, La Mesa  
brigantines.com | 619-465-1935

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**GOLD - Marios De La Mesa**  
8425 La Mesa Blvd., La Mesa  
mariosdelamesa.com  
619-461-9390

**SILVER - Casa de Pico**  
5500 Grossmont Center Drive, La Mesa  
casadepico.com | 619-463-3267

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**GOLD - Johnny B's**  
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johnnybsburgersandbrew.com  
619-464-2465

**SILVER - Hooley's**  
5500 Grossmont Center Drive, La Mesa  
hooleys.com | 619-713-6900

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**GOLD - Outback Steakhouse**  
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konnichiwa-sushi.com  
619-466-6446

**SILVER - Banbu Sushi Bar & Grill**  
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banbusushi.com | 619-589-0071

THAI CUISINE

**GOLD - Tamarind Thai Restaurant**  
7970 University Ave., La Mesa  
tamarindthai.com | 619-337-2581

**SILVER - Thai Taste**  
7030 El Cajon Blvd., San Diego  
thaitastesandiego.com  
619-466-5710

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**GOLD - Swami's Café**  
8284 La Mesa Blvd., La Mesa  
swamiscfe.com | 619-668-9030

Swami's Café is a family-owned restaurant with nine locations in San Diego County; including locations in La Mesa, Encinitas, Oceanside, Escondido, Carlsbad, Point Loma and North Park.

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basilthaibistrosd.com  
619-460-8424

WINE BAR

**GOLD - San Pasqual Winery**  
8364 La Mesa Blvd., La Mesa  
sanpasqualwinery.com  
619-462-1797

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► CAP, from page 1

“It’s not burdensome on the everyday citizen of La Mesa. It’s in compliance with state law and it fits our general plan.”

Alessio and City Councilmember Bill Baber headed the council’s climate action plan subcommittee and praised city staff, the city’s Environmental Sustainability Commission and outside groups like Climate Action Campaign and San Diego 350 who added input in drafting the plan.

The La Mesa plan sets target reduction of greenhouse gasses to 15 percent below baseline levels by 2020 and 53 percent below baseline by 2035. The baseline level is set to level of greenhouse gasses in 1990.

The city plan also calls for actions to reduce the vehicle miles traveled by residents by 6 percent by 2035, mostly by promoting new housing to be built near public transportation lines and improving infrastructure to include more and better bike and pedestrian pathways.

The plan calls for the city to amend the municipal code to require energy efficiency audits and require energy efficiency disclosure for real estate transactions. The city will adopt new state net zero energy construction standards for all residential construction by 2020 and for commercial construction by 2030, and continue its building retrofit program by completing energy efficiency retrofits in existing residential and commercial buildings.



The La Mesa City Council with a screen behind them illuminating the unanimous vote to pass the climate action plan (Photo by Jeff Clemetson)

The solar panel program, which is already happening, will encourage solar installations on residential and non-residential buildings and install solar on municipal buildings.

There are waste reduction plans that will be carried out by Helix Water District and EDCO, and a tree canopy goal of increasing the tree coverage in the city from its current 17 percent to 33 percent by 2035, creating 1,400 acres of tree canopy.

By far the most ambitious and extensive plan to cut greenhouse gasses in the plan is the implementation of a community choice energy program, which will bring the city’s power grid to run on 100 percent renewable energy.

The adoption of community choice energy into the city’s climate action plan was a major goal of environmental groups like Climate Action Plan and SD350.

In a presentation involving several members of SD350, the group encouraged the City Council to set aggressive target dates in implementing the plan.

“We’ve been waiting on this for over three years and we urge you to get working ASAP on the feasibility study for a community choice energy program,” said SD350 member Jean Costa. “We anticipate that the revenue that we could get from this program could be used to fund the actions we need to take to implement our climate action plan. Now the real work begins for all of us.”

Sophie Wolfram, director of programs for Climate Action Campaign, praised La Mesa for adopting a legally-binding plan that included a community choice energy. La Mesa is the fifth city in the region to do so.

“By moving forward with community choice, La Mesa will be showing a preference for local control of electricity, for freedom of choice in the electricity marketplace and for lower bills and affordability for customers,” she said.

Wolfram also asked the council to start working on the feasibility study for community choice before the end of the year and added that implementing a climate plan was a chance for the city make sure that all citizens of La Mesa benefit from the strategies used to reduce greenhouse gasses in the plan because “pollution and access to economic opportunity aren’t evenly distributed.”

“For example, most solar gets installed on single-family homes in more affluent communities. But some of the people who benefit the most by seeing a reduction on their electricity bills from rooftop solar are renters in multi-family units,” she said. “The city may be able to take advantage of state programs to make sure those folks get solar on their homes”

Implementing the climate action plan is all about designating tasks to city staff, said Assistant City Manager Greg Humora. Right now, the city plans on using a senior management analyst as the climate action plan administrator and will hire additional staff after the 2017/2018 fiscal year to further implement the plan. The additional staffing will cost an estimated \$2.7 million for the first five years.

“The first year is going to be the toughest year by far,” Humora said. “That’s where we’re going to have to set up the game plan of exactly what’s going to happen and when it’s going to happen. We haven’t started that yet, but what we’ll do is start with the baseline inventory we have, we’ll look at our measures and set up targets and dates and start making assignments of who’s going to take care of those things.”

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

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► News Briefs, from page 2

is a fourth- to eighth-grade arts-focused school within the La Mesa-Spring Valley School District. The arts foundation provides needed additional funding to support classroom and school wide events and enrichment.

The Grossmont High School Educational Foundation’s party, held at the La Mesa Women’s Club and called The Rock n’ Roll Dinner Dance, was a more modest, but no less spirited affair. While this event also featured a silent auction and fantastic food, the highlight was a local band, The Grateful Dads, comprised of parents who met through their children’s school and sports teams. The foundation raises

money for scholarships, grants, and other educational needs at Grossmont High School.

More information on each foundation can be found on their respective websites, [lmartsfoundation.org](http://lmartsfoundation.org) and [fothillerfoundation.com](http://fothillerfoundation.com).

**St. Martin of Tours is now generating its own electricity from the sun**

St. Martin of Tours in La Mesa now runs on Sullivan Solar Power. The local Catholic parish, which is also home to the St. Martin of Tours Academy, flipped the switch on a 68,020-watt solar system. They anticipate saving more

See NEWS BRIEFS page 25 —→



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# Italian farmhouse in the city

Frank Sabatini Jr.



It has become La Mesa's go-to restaurant for wood-fired pizzas, rustic pasta dishes and slow-cooked meats. Or if you drop in any day of the week for breakfast or lunch, between 8 a.m. and 3 p.m., you'll find the most outrageous bloody mary in San Diego County.

Farmer's Table is the brain-child of Sicilian-born restaurateurs Alberto Morreale and his cousin, Vincenzo LoVerso. It's a whimsical offshoot to Morreale's Farmer's Bottega Restaurant in San Diego.

Prior to opening early last year at the charming west end of La Mesa Village, the design team brought in a ton of reclaimed materials to the previously forsaken space, which for 40 years housed Sanfilippo's Pizza. They included metal rings from wine barrels that were crafted into chandeliers, old tools used as wall decorations, and a 1939 red tractor that serves as a focal point in the bar area.

Indeed, an inviting farmhouse elan was achieved, standing in modern contrast to the familiar red-and-white tablecloths and outdated décor that defined Sanfilippo's.

Visiting as a two-some on a Wednesday, we arrived to a full house at the peak of the dinner rush. We were seated toward the back, within the ambient light of the glass-enclosed kitchen that shows off a wood-fired oven imported from Naples. It is from this portly-shaped appliance that Neapolitan-style pizzas and flatbreads emerge after cooking in a jiff at very high heat.

We were in artichoke heaven with a starter of the thistle's meaty hearts flash-grilled and accented with garlic, white wine and fresh mint. They came with the same addicting oven-toasted ciabatta bread that accompanied a second appetizer of chopped mushrooms and olives served in a little glass jar — a novel combination of earthy-salty flavors

tailor-made for grilled bread.

A bowl of mushroom soup my companion ordered proved excellent as he gave equal flavor points to its mushroom base and sweet cream undertones.

The menu offers plenty of preludes such as the wild boar sausage we also tried. The outsourced meat was speckled with cranberries and served over plain-tasting polenta as well as and caramelized peppers and onions hailing from Julian. Unlike fennel-spiked Italian sausage, this offered possible hints of nutmeg and marjoram. Whatever the exact spices, they pleasantly toned down the gaminess of the boar.

To our satisfaction, the tender pieces of short rib scattered across the pizza we chose was free of barbecue sauce, which in my opinion is an unholy ingredient on pizza. Here, the meat carried a natural, roasted flavor that paired swimmingly



Mushroom-olive chutney in a jar (Photos by Frank Sabatini Jr.)

traditionally with thin linguine or medium spaghetti. The only classic flavor that emerged originated from pieces of pancetta. The egg yolks and obligatory Pecorino cheese were lost in this translation.

Farmer's Table sources ingredients from a slew of local purveyors, all listed on the back of the menu. Most of the pasta, for example, comes from Assenti's in San Diego's Little Italy district. Artisan cheeses hail from Venissimo, also in San Diego, while eggs

and produce come from farms in our county's northern regions.

Other starters and entrees include bison tartare, grilled octopus, chicken liver pate, ratatouille risotto, pappardelle pasta with oxtail, plus a host of tempting ingredient combinations for the pizzas and flatbreads.

The drink list covers all bases with craft beers on tap, signature cocktails and a strong wine list leaning toward Napa and Sonoma regions.

But nothing tops the \$36 "barn yard" bloody mary available during breakfast and lunch. Served in a pitcher, it features a whole roasted chicken, bacon-wrapped shrimp, skewered mozzarella, numerous veggies and a half-liter of vodka.

I've yet to behold the spectacle, although my companion experienced it with a small group in a previous visit and said it was fun and monstrous. The cocktail, along with smaller versions served in jars, is a rousing come-on to French toast, pancakes, frittatas, sandwiches and other early-day fare.

Our dinner ended with a tall slice of helium-light limoncello cake made in-house. It sported a robust degree of citrus.

The creme brulee was also noteworthy, despite being a classic recipe versus the sold-out peanut butter version we were originally offered.

Maybe next time, which there will be when I'm strolling the village with a hankering for modern Italian food served with whimsical touches in a convivial atmosphere.

—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. ■



House-made limoncello cake

to plops of fresh mozzarella, caramelized onions and red bell peppers.

As best summed up by my companion, the pizza offered big, varied flavors in every bite.

I failed to take into account the dense cut of pasta used in "paccheri carbonara." I love carbonara and only the second word in the title caught my eye. The dish is a rarity in restaurants because the velvety egg-yolk sauce can be tricky to make in busy kitchens.

Here, the sauce was fraught with a generous measure of cream. And the large-

tube pasta added too much weight to a dish that is already heavy even when made



(l-r) Grilled artichokes; paccheri carbonara; short rib pizza

## Farmer's Table

8141 La Mesa Blvd. (La Mesa)

619-724-6465, farmerstablelamesa.com

Dinner prices: Starters and charcuterie, \$10 to \$16; soups and salads, \$7 to \$11; pizzas and flatbreads, \$11 to \$18; entrees, \$18 to \$32

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# Chamber celebrates 10 years and salutes local heroes

On March 8, the La Mesa Chamber of Commerce celebrated a decade of serving the La Mesa business community during its annual Salute to Local Heroes event.

Like previous years, there were silent auctions, raffles for big ticket items like a new television, plated dinner service and a ceremony for the installation of the board of directors. Even with the hoopla of celebrating its 10th anniversary with cake and speeches and gifts for longtime board members, supporters and especially president and CEO Mary England, the evening's main event was still focused on honoring local first responders.

## Alex England and Ben Schafer, American Medical Response

Paramedic Ban Schafer and EMT Alex England were honored for their response to a 2017 incident at the 7-11 store on Avocado Boulevard. A woman walked into the store with multiple stab wounds and collapsed on the ground.

When Schafer and England arrived, there was a customer applying pressure to the wounds, but the patient was in cardiac arrest. The paramedics' quick thinking and life-saving skills allowed the patient to be transported to the hospital in time to save her life.

This incident was unique because of the multiple people involved in saving the 35-year-old woman's life. The store clerk identified the need and called 911; the bystander who acted and kept pressure on the wounds; and Schafer and England's training to stabilize her condition and take her to the hospital.

## Fire Capt. Matthew Kirk and Stella, Heartland Fire & Rescue

Capt. Matthew Kirk has served the citizens of La Mesa since 2006 and was promoted to Fire Captain in 2017.

During that time, Capt. Kirk returned to college to earn a degree in Spanish that included immersion programs in Guatemala and Spain. He uses his Spanish fluency routinely while serving the community.

In addition, Capt. Kirk is also a search and rescue dog handler. Kirk and his dog Stella are members of the Urban Search & Rescue, California Task Force 8. The team responds to major incidents nationwide.

Recently, Kirk and Stella were deployed to the Montecito mudslides for six days. During their time assisting at the disaster site, they spent hours searching through mud and debris, as well as through damaged and destroyed homes. The two also responded to Hurricane Irma in Florida to assist with operations there.

Other ways Capt. Kirk serves the department and the community include maintaining the radio department, serving as training captain and mentor to one of the newest probationary firefighters, and volunteering at local events such as the annual La

Mesa Firefighters Pancake Breakfast, La Mesa Fill the Boot Drive and the 9/11 Memorial Stair Climb.

## Deputy Fire Chief Greg McAlpine (ret.), Heartland Fire & Rescue

Greg McAlpine began his career with the city of La Mesa Fire Department in 1982, with a starting pay of \$5.62 an hour. He became an engineer in 1989 and spent much of the 1990s working on Truck 11, one of his favorite positions in the Fire Department.

In 1998, McAlpine was promoted to fire captain and became division chief in charge of training in 2001. He helped many of the current captains and battalion chiefs get through their probationary first years of service. He also served as a fire marshal.

In 2010, McAlpine became deputy chief of operations for Heartland Fire & Rescue, serving in that position until being reassigned to the new Community Risk Reduction Division in 2016. Also that year, he served as the Interim fire chief for Heartland Fire & Rescue from November to August before retiring.

In addition to his service as a firefighter in La Mesa, McAlpine served on various regional boards and committees, focusing on improving the skills of fire service personnel. He is also known to referee local hockey games at the Kroc Center and ride his motorcycle on trips to the outdoors.

## Officer Carlos Gaytan, La Mesa Police Department

On July 29, 2017, officer Carlos Gaytan responded to an auto theft investigation at the Denny's Restaurant on Alvarado Road. The 57-year-old victim stated that his vehicle was stolen while he was eating breakfast.

As Gaytan entered the vehicle into the stolen vehicle system, he realized that it was equipped with On-Star. He contacted On-Star and coordinated the tracking of the stolen vehicle. The vehicle was tracked to the area of Interstate-8, east of Greenfield Drive. On-Star disabled the vehicle and it was located by San Diego Sheriffs. A suspect was arrested after an on-foot pursuit. The victim was



(l to r) Alex England, American Medical Response; Mike Boatright, RSVP; Ben Schafer, American Medical Response; Greg McAlpine, Heartland Fire and Rescue; Mary England, La Mesa Chamber of Commerce; Matthew Kirk, Heartland Fire and Rescue; Carlos Gaytan, Mesa Police Department; Chuck Jackson, RSVP; Eric Knudsen, La Mesa Police Department (Photos by Sandra Small)

contacted, taken to the site and reunited with his vehicle.

Officer Gaytan has recovered an estimated \$78,000 in stolen vehicles in 2017 alone and has been La Mesa Police Department's ATAC Officer of the Year four years in a row. In those four years, he has recovered approximately 95 stolen vehicles with an estimated value of \$300,000.

## Master Officer Eric Knudsen, La Mesa Police Department

Master Officer Eric Knudsen has worked for La Mesa Police Department for 10 years. During that time, he garnered a reputation for being a role model and mentor to all the employees he has trained.

Officer Knudsen is known as an excellent resource who makes himself available to his peers, answering phone calls day or night, both on and off duty. Knudsen's positive demeanor around fellow officers or citizens of La Mesa has earned him the recognition as being, "The nicest guy I ever met."

## Mike Boatright, La Mesa Police Department RSVP

Mike Boatright joined the Retired Senior Volunteer Patrol

(RSVP) in May 2017 and has already logged more than 400 hours of service. He has served the RSVP program with enthusiasm and eagerness to serve the community from day one.

He quickly learned all the patrol duties and stepped up to further the program by revising several tracking forms utilized by RSVP. He performs many of the administrative tasks required for smooth operation of the program, including scheduling and data collection.

Boatright also assists other RSVP officers with questions and performs various supervisory duties at the numerous special events held in the city during the holiday season.

## Chuck Jackson, La Mesa Police Department RSVP

Chuck Jackson joined the RSVP program in 2007 and has volunteered more than 5,000 hours of service to the community. Jackson works for RSVP two days a week and often rides with La Mesa Police officers during their patrol shift.

Jackson's tradition of service began long before

joining RSVP and is a decorated U.S. Army veteran. In addition to RSVP, he consistently helps at special events, both in La Mesa and at the request of other agencies.

When the La Mesa Police Department conducts DUI checkpoints, Jackson is always willing to volunteer for the late-night operation.

Now in his 10th year, and given his vast knowledge and experience, Jackson was selected as one the Police Department's four lead RSVPs and now handles various supervisory duties within the program. ■



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**Sudoku & Crossword puzzle answers from page 21**

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The blurry signs of middle age

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Last year I turned 42, which still seems quite young by today’s standards. Nothing had really changed for me since I was in my 20s, save for some extra pounds and having two children.

But then, as though some sort of sick body alarm went off, my eyesight took two full steps into middle age.

I first noticed a change in my vision while reading at work. “Hey, you’re squinting at the screen,” observed Resa, our 20-something-year-old associate.

“Huh? What? Nah,” I said, quickly dismissing it.

But the squinting led to a month of rubbing my eyes, trying to make the blurriness go away. “Are you sure you’re OK?” asked Resa, who began gently advising me to visit my optometrist.

“I’m OK,” I reassured her, still rubbing in a fruitless effort to bring back the vision of my youth.

A night out with two high school classmates convinced me I needed to make an appointment. Having grown up in Hawaii, I try to make time to see any friend visiting San Diego. Carrie was in town for a conference and our other good friend, Sydnee, is a flight attendant who made her home on Cortez Hill.

As I picked up Syd in my mom-mobile, a Nissan Rogue

with a baby seat permanently stuck in the middle of the second row; we laughed at how we matched outfits. When Carrie got in the car at her hotel we really started cracking up. Apparently a black top with blue jeans is the uniform for women our age intending to have a night on the town.

After we had dinner, we headed to M Winehouse, a cozy Little Italy wine bar. Sitting down with our menus in a dim corner, the three of us immediately began squinting at our menus. Carrie held up her menu a couple of inches to her face, Syd took out her cell phone to use its flashlight, and I moved my eyeglasses to my forehead so I could see clearer.

“This is a sign,” I told my friends, who chuckled along with me.

“I won’t do it,” refused Carrie. “I’m not getting bifocals!”

“It’s just dark,” insisted Syd as I looked around at the younger folks looking at the menu without problems or the assistance of cell phone lights.

In January I had enough of taking off my regular lenses to read clearer. I made an appointment with 20/20 Vision Center on Parkway Drive in La Mesa.

The young Dr. Jared Hagan was kind as he went through different lenses to clear my vision. I give him credit for sitting through my grouching about middle age.

“Well, you’re right. You could use progressives,” Dr. Hagan told me. While the term “progressives” would have thrown me a few years ago, my husband, who is three years older than me, already wore them. I



Genevieve Suzuki sits patiently as the staff at 20/20 Vision Center help her prepare for the age of progressives by marking the center of her pupils on her future eyeglasses. (Courtesy Genevieve Suzuki)

was only able to mock Derek for this for little more than a year before needing my own set of “progressives.”

Middle age ain’t too bad in 2018, thanks to advances in technology. Progressives are lenses that allow their wearers to stylishly see both near and far without that hideous line in the middle. I don’t understand how they’re made; all I know is I can finally order from a menu without having to take my glasses off.

“Mom, you’re not squinting anymore!” my daughter cheered later that night. Poor Quinn spoke too soon as I narrowed my eyes at her and gave her the stink eye, a condition that equally afflicts both young and old. Guess I will never be too progressive for that parenting staple.

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

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PUZZLES ANSWERS ON PAGE 20

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

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

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Beautiful spirit of La Mesa

Sharon **Fitzpatrick**  
and Nancy **Johnson**



At La Mesa Beautiful, the spirit of our organization looks out for you and your gardens. We care about bees and butterflies that pollinate, succulents and cacti that flower and save us water, vegetables and fruits that sustain us, vines that provide fragrance, and a host of plants that fill our lives with a sense of well-being. In caring about our community, we provide scholarships for promising horticultural students at Cuyamaca College and El Capitan High School, donate trees to La Mesa schools, and have a plant sale the first weekend in May at St. Andrew’s in La Mesa where master gardeners are available.

One of our most enjoyable events is our Spirit Awards. In March, we begin our goal to find single-family homes whose residents have created notable front yard landscapes. We pull out our phones and take pictures, we write down addresses, and we bring our happy finds back to the board and share them. We’d also love for the community to nominate



Mexican sage

landscapes. The winners receive a “Landscape Award” sign that can be placed in their yard. They are invited to attend our annual Spirit Award luncheon.

In our little gardening corner here in La Mesa Courier, we’ll tell you what’s going on in La Mesa Beautiful like our Arbor Day presentations at Maryland Avenue on March 20 at 1 p.m. and at La Mesa Arts Academy on April 18 at 10:30 a.m.

“Remember, the best day to plant a tree was 20 years ago, and the second best day is today,” says our Master Gardener Susan Taylor.

We’ll invite you to our annual meeting to hear speakers



Beefsteak tomatos (Photos courtesy La Mesa Beautiful)

like last month’s guest, Marcia Van Loy, who taught us about “Attracting Pollinators to Your Garden.” We’ll give you tips and suggestions about seasonal planting. Let’s get started.

March is the best time for getting out in your gardens and cleaning up those weeds (without chemicals). Feed your soil by adding mulch on top of the soil or forking in some compost. Your plants start their growing period in spring and could use some light liquid fertilizer with a 20/20/20 Ph. Don’t forget to water them before you feed them so the fertilizer won’t burn their roots. Since rain is not something we can count

See LMB page 24 →

CROSSWORD Urban Monikers

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  |    | 5  | 6  | 7  | 8  |    | 9  | 10 | 11 | 12 | 13 |
| 14 |    |    |    |    | 15 |    |    |    |    | 16 |    |    |    |    |
| 17 |    |    |    | 18 |    |    |    |    |    | 19 |    |    |    |    |
| 20 |    |    |    |    |    |    | 21 |    | 22 |    |    |    |    |    |
| 23 |    |    |    |    |    |    | 24 |    |    |    |    | 25 | 26 | 27 |
| 28 |    |    |    |    | 29 | 30 |    |    |    |    | 31 |    |    |    |
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| 34 | 35 | 36 |    |    |    |    |    | 37 | 38 |    |    |    |    |    |
| 39 |    |    |    |    |    |    |    | 40 |    |    |    |    |    |    |
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| 47 |    |    |    |    | 48 |    |    |    |    | 49 | 50 |    |    |    |
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| 61 |    |    |    |    |    |    | 62 |    |    |    | 63 |    |    |    |

CREATORS NEWS SERVICE

By Charles Preston

**ACROSS**  
1 Like silk  
5 Deed  
9 Boundary  
14 Knowledge  
15 Actress Nazimova  
16 Sly looks  
17 San Antonio  
19 Furious  
20 Hors d'oeuvre  
21 Team for 23 Across  
23 First name in coaching  
24 Destroy  
25 Inventor's monogram  
28 L.I., et al.  
29 Ernie, of grid Hall of Fame  
31 Heart  
32 Bewitched  
33 Oarsman  
34 Julia and Eric, of films  
37 Earth pigments  
39 Princes of Araby  
40 Hammett's sleuth  
41 Cherbourg cherub  
42 Finds out  
44 Law deg.  
47 Satchel's mom  
48 Masculine  
49 Genuflect  
51 Kind of cadence or mode  
53 Theater district  
54 Kind of tiger  
56 Buffalo  
58 Mete  
59 Pave the way  
60 Clarinetist's need  
61 Youngsters  
62 Villa d'  
63 Miscalculates  
64 Disprover  
65 \_\_\_ of the law  
66 Famed insurance group  
68 Shops  
70 Mother-of-pearl  
72 A Spinks  
73 Harassed  
74 Harper, of TV  
75 Pub quaff  
77 Convened

**DOWN**  
1 Trousers  
2 Chopin's homeland  
3 Planet  
4 Re thread  
5 Confront  
6 Yale griddier  
7 Changed  
8 Hollywood's Queen Elizabeth  
9 Vibrant  
10 Bare  
11 Boston  
12 NYC subway  
13 Nobel-poet monogram  
18 Jacks or better  
22 Norton, et al.  
24 24" and 31" of December  
26 Vicinity  
27 Auction ends  
30 Kind of cd.  
31 Mets pitcher  
32 Roll-call word  
33 Washington griddier  
34 Great quantity  
35 Atlanta arena  
36 New York City  
37 Nimble  
38 Janis, of Rock  
40 Witticisms  
42 Dawdle  
43 Empower

## ► Dianne's Corner, from page 10

Gore and other law enforcement leaders to announce additional safeguards to protect seniors from abuse and neglect.

The new Elder and Dependent Adult Abuse Blueprint incorporates model practices and responses for our first responders, prosecutors and others.

We need to do all we can to combat incidents of abuse and neglect. This blueprint will help in the fight.

**Success stories:** So many great folks are doing wonderful things across our community. Among those who have recently received county proclamations for their contributions:

Mike Clinkenbeard, the 2017 chairman of the Santee Chamber of Commerce and a longtime leader of the Cajon Valley Education Foundation; and the Steele Canyon High School football team, which recently won the school's first state championship.

Congratulations to the team, coach Scott Longbone and Principal Don Hohimer!

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



Jake Sexton

The month of March is Women's History Month, the 1/12 part of the year we can celebrate the accomplishments of 51 percent of the population. In addition, March 8 is International Women's Day. (Before anyone gets indignant, there's an International Men's Day on Nov. 19.)

So the calendar is clearly demanding that we take this month's column to talk books about historic women.

First, I'll talk about "Rad Women A-Z: Rebels, Trailblazers and Visionaries Who Shaped Our History and Our Future" by Kate Schatz and Miriam Klein Stahl. Schatz is speaking at our sister library in Spring Valley on March 24 at 1 p.m., go check her out if you read this in time. The book is aimed at elementary school age children, but will still enthrall teens and adults. It features biographies of famous or influential women for each letter of the alphabet, be they scholars, actors or political figures. Each woman also gets a colorful print portrait, looking like an icon ready for her own wall-sized mural.

"I Am Harriet Tubman" is the latest in the "Ordinary People Change the World" children's series by Brad Meltzer and artist Christopher

Eliopoulos. While more commonly known as a writer of political thrillers, Meltzer decided that he wanted books about his heroes and role models for his own children, and decided to fill that gap. "I Am Harriet Tubman" is filled with Eliopoulos' cartoon-style art, reminiscent of "Calvin and Hobbes," telling Tubman's story of courage and sacrifice in the face of slavery, and includes real-life photos and historical timelines as supplemental information in the back.

Shirley Chisholm is a neglected political figure, as the first African-American woman elected to the U.S. Congress in 1968 and the second woman to run for a major party nomination for president. Her autobiography, "Unbought and Unbossed," not only tells the story of her rise from a poor immigrant family in Brooklyn to political office, but also has her incisively phrased critique of American political ills (many still relevant today), congressional dysfunction, and conclusions about democracy itself.

"Daring to Drive: A Saudi Woman's Awakening" is a memoir by Manal al-Sharif, who took on Saudi Arabia's oppressive laws restricting women's rights. Despite her early career success in the field of computer security, her will was always second to those of male family members. The Saudi government forbids women from driving, which greatly curtails their ability to work

## Books about women's history



and survive. Al-Sharif challenged this restriction, by filming herself driving a car, putting the video on the internet, and encouraging other women to protest. This book is the tale of her upbringing as an ultra-conservative to her status as an authority for women's freedom.

When studying art, the vast majority of the masters discussed are men. Bridget Quinn's "Broad Strokes: 15 Women Who Made Art and Made History (In That Order)" highlights over a dozen female artists who don't usually appear in college art history classes. Each chapter discusses the artist's work and life story, with portraits by illustrator

Lisa Congdon and reproductions of some of the artist's significant pieces.

You can embrace your own inner artist at the La Mesa Library on April 7 at 1 p.m. with our Zentangle workshop. In honor of National Poetry month, Janet Masey will teach the Zentangle art method, and lead participants in a project combining Zentangle and found poetry. Contact the library to sign up.

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

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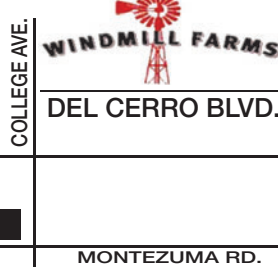
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### ► Mike Slater, from page 10

values play into decision-making. Slater is fond of saying, "America is the greatest nation in the world and San Diego is its finest city. We are so blessed to live here."

The Navajo Road Show is a play on the famous public television program "Antiques Road Show," and is a favorite fundraiser for club members. Members donate their new or no-longer-needed collectibles, antiques and other like-new items such as handbags, jewelry, crystal, candles, and kitchen gadgets.

The silent auction starts at 5 p.m. and goes on through the evening. An opportunity drawing for cash, among other things, will keep things lively. We encourage all Republican women to bring their spouses, friends and family to join us for a fun evening.

For those of you not familiar with us, NCRWF is the largest Republican club in the county with membership throughout

the area. We are a partisan political organization with member education and the election of Republican candidates and support of conservative principles as our objective. We are a six-time Diamond Award-winning club open to all ages, ethnicities and backgrounds.

We love meeting with women with similar interests, being active and having a positive impact on the community. We sponsor candidate forums, register new and renewing voters, participate in street fairs and other activities. Individually, we are engaged in the civic and charitable organizations of our choice.

We'll be back at The Brigantine in La Mesa for our regular luncheon meetings on Tuesday, May 8. For more information on all our activities, visit us at [navajocanyonrnf.org](http://navajocanyonrnf.org) and also like us on Facebook.

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

# Four faculty members from Grossmont-Cuyamaca win national awards

Della Elliott

Three instructors from Grossmont and Cuyamaca colleges and an administrator from the East County community college district are recipients of a national award recognizing community college teaching and leadership.

Biology professor Michael Golden and German instructor Astrid Ronke of Grossmont College; math department chair Tammi Marshall of Cuyamaca College; and Associate Vice Chancellor Chris Tarman with the district office were presented the John and Suanne Roueche Excellence Awards March 21 at the Innovations 2018 conference in National Harbor, Maryland.

The award is from the League for Innovation in the Community College, a consortium of nearly 500 community colleges and their districts worldwide. Launched in 2012, the award is named after two visionary community college leaders.

“The spirit of the League for Innovation is reflected in this outstanding team of community college leaders whose inventiveness and heartfelt dedication to students have been immeasurable in the work we do at our colleges and the district,” said Cindy L. Miles, chancellor of the Grossmont-Cuyamaca Community College District.

### Tammi Marshall

Cuyamaca College math department chair Tammi Marshall, who began teaching at the Rancho San Diego college more than 20 years ago, understands the trepidation many students feel toward math. She said she is still prone to occasional bouts of math anxiety and struggles with a subject that never came as second nature, even when she previously aspired to become an aerospace engineer.

“I have struggled a lot with math,” she said. “It became one of the things that drove me to become a teacher – helping students who struggle to overcome their fear of math.”

Raised in the outskirts of Chicago, she moved to Southern California in 1987 to attend San Diego State University. When the aerospace industry collapsed around 1990, she decided to pursue teaching.

While working on her doctoral dissertation in 2008, Marshall became interested in exploring why so many community college students sent through the usual remedial math pipeline were failing, with only 4 percent advancing to transfer-level math. She and other Cuyamaca College math faculty decided to tackle the problem in 2010, and have since set many remedial students on an accelerated path to successfully complete college-level math. Their efforts, which resulted in a seven-fold increase in student completion rates for transfer-level math



Astrid Ronke (far right)

courses and closed equity gaps between and white and minority students, have drawn national recognition.

“A belief in student capacity is imperative and empowering, and has transformed me as an educator,” Marshall said.

### Michael Golden

A biology teacher at the college since 1993, Michael Golden’s contributions to Grossmont College have been many. He taught the college’s first online course in 2000 and introduced the Bridges to the Future program, a partnership with San Diego State University to increase the number of minorities transferring to four-year colleges to study biology.

Golden is recognized for his efforts embracing diversity and pursuing social justice and equal opportunity for students and employees. In 2017, his peers awarded him the Distinguished Faculty Award for his excellence as an educator and service to the college.

Golden said his working-class background and his own discovery of the promise of higher education through community college have engendered a special relationship with his students.

“As an underprepared, working-class student out of high school, I wasn’t really ready for higher education,” said Golden, who went on to earn his bachelor’s and master’s from San Francisco State University. “Laney College in Oakland was the place I discovered I could actually be successful in school. I was so impressed by the support I received from all of my teachers that I thought, that’s what I want to be, a community college instructor. Helping students be successful is the best career in the world.”

### Astrid Ronke

Astrid Ronke starts her German classes at Grossmont College with a few minutes of stretching and calisthenics, which she leads in her native German. She points to neuro-psychological studies supporting her theory that students learn faster and retain knowledge longer when intellect, emotion and movement are engaged.

The Berlin native, an adjunct instructor of German at Grossmont College since 2002, also incorporates drama and music in her classroom. Her innovative approach led to her being selected as the adjunct recipient of the 2017-18 Distinguished Faculty Award. Ronke, who has a doctorate in German as a foreign language from Technical University of



Tami Marshall

Berlin, established a four-week German immersion and scholarship program in her native country for Grossmont College students.

“Education is not the filling of a pail, but the lighting of a fire,” she said, quoting Irish poet William Butler Yeats. “These lines have been supporting me as my mantra throughout my teaching career. It has been my goal to inspire my students to build a positive attitude towards learning and become life-long learners as well as well-rounded individuals with a sense of pride.”

### Christopher Tarman

As the associate vice chancellor of research, planning and technology at the college district, Christopher Tarman’s duties are too many to list, and he chuckles when asked what he tells people at social functions what he does for a living.

“Well, I tell them I head IT – they understand that,” said Tarman, who began working



Christopher Tarman

for the district in 2013. “But I also head the department that provides the data to support major decisions of the institution and serve as the backbone of the strategic planning process.”

With a bachelor’s from California Polytechnic State University San Luis Obispo, a master’s from the University of Delaware and as a doctoral candidate at UCLA – all in the field of political science – Tarman had aspirations of becoming a university professor and has held part-time teaching positions at CSU Fullerton and Long Beach; the University of Nevada, Las Vegas; and Palomar College. But family obligations intervened and in 2004, he began a new career as a research analyst in the private sector, collecting and analyzing data for school districts, cities,



Michael Golden (Photos courtesy GCCCD)

government agencies and private corporations. In 2009, he began a three-year stint as a research and planning analyst at Irvine Valley College.

“I like that I head departments at this college district that have tangible impacts and I find satisfaction in being at the center of helping to develop a well-implemented strategic plan with strong focus on student success,” he said.

About receiving the Roueche Award, Tarman said he is honored and surprised.

“It’s not often that the people doing the research and technology are the ones to receive the accolades,” he said. “We are the behind-the-scenes people.”

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

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# Partial year international programs at Grossmont



## Foothiller Footsteps

Connie and Lynn Baer

Not all international students who visit Grossmont High School (GHS) stay for the entire school year. Historically, Foothillers have also hosted students who visit for shorter periods of time.

In October 1963, a program that fostered international understanding was "Operation Amigo." Spanish teacher Bob Miller, who was interested in improving Latin America's image of the United States, made the transportation arrangements and traveled with 30 Peruvian and Costa Rican students from Mexico City to San Diego. An article on the program in the San Diego Union reported that the students arrived at Lindbergh Field to "cheers and waves of Grossmont High band, Caperettes, and official greeters. Banners in Spanish welcomed the visitors who were to stay for two weeks."

Principal Walter Barnett told the students during a campus welcoming celebration, "You are the future leaders of

your countries. Now you are ambassadors of good will...All of us will benefit from this wonderful opportunity being presented us to learn each other's customs and cultures."

Class of 1965 member Phil Pratt remembers the language barrier.

"I would have shamed Senora Lane (Spanish teacher) when I attempted to speak conversational Spanish with Hector as there was a lot of hand gesturing in our communications," he said. "Fortunately, my mother spoke a little Spanish so we weren't totally silent at the dinner table. I remember his face as I drove him to school the first day and he observed the student parking lot. He got out of the car and stared all around, mentioning we had a lot of teachers, due to the number of cars. He was amazed to learn they belonged to the students. While there may have been some language barriers, such barricades soon disappeared since we soon learned a big smile went a long way to communicating our affection for one another."

Sandra Conner Nichols, Class of 1965, recalls, "I treasure the memories of 'Operation Amigo,' becoming lifelong friends with my amiga, Gilda. We communicated by mail after her visit, and she invited me to come stay with her family in summer 1964. I spent my babysitting money on a plane ticket and flew off alone to Costa Rica. I had wonderful



The 2018 Grossmont High School Australian students visiting the San Diego Zoo (Photos courtesy GHS Museum)

adventures with Gilda and her family, rode horses, went to dances, met her friends. In 1989, I reconnected with Gilda and her family when I returned to Costa Rica. My Spanish was nearly serviceable, but had improved due to Spanish classes and working with bilingual students as a language specialist for 31 years."

Today, through different programs, Foothillers benefit from international students attending GHS. Since 2000, through EWT (Educational World Travel), Australian students have visited GHS in January, which is their summer.

Since 2001, Spanish teacher Hillary Park, Class of 1988,

has been involved with the Australian program as GHS coordinator.

"Some years I host a teacher," she said. "It is always a wonderful experience to meet teachers who, though from a different country, have the same issues in the classroom that we do in the United States. It is fun to introduce both teachers and students to the positive atmosphere we have here at Grossmont. Grossmont is unique, even when compared to other schools in the county, and I believe the Australians are very lucky to have their host experience here."

"It is a lot of work to find enough homes and to match

the students, but in the end, it is very rewarding. Though the visit is only 10 days, students from both sides of the world learn from each other. This little bit of exposure to another culture goes a long way in bridging gaps between peoples."

Senior Amy Linquist hosted a Spanish girl over the summer of 2017 and two different "Aussie" girls.

"I learned from the Spanish girl who stayed with me that her style of speaking is much different than the way we speak in San Diego," she said. "The Aussie girls who stayed with me have a unique and different way of saying things. It was fun to learn different expressions in English. I still keep in touch with my exchange students and hope to go to Australia to visit."

For nearly 60 years, programs like these student cultural exchange programs allow Foothillers to realize that we are more alike than we are different as we build lifelong connections between countries.

Visit the Museum April 4, noon–3:30 p.m. to learn more. For more information, visit [foothillermuseum.com](http://foothillermuseum.com); call 619-668-6140; or email [ghsmuseum@guhsd.net](mailto:ghsmuseum@guhsd.net).

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



(l to r) Sandra Conner Nichols and Gilda, an international student from Costa Rica, in 1963

### ► LMB, from page 21

on anymore in this drought region, be sure your drip irrigation and/or sprinkler system is working properly.

You may see some living insects like aphids, white flies, or spider mites. Check out the Pest Section in "Sunset Western Garden Book" for Climate Zone 24. It is tempting to kill them with vengeance using some horrible insecticide, but dish soap in water and a strong spray will do the trick. Your plants will be safe and your pests will be gone.

It's time to give your Mexican Sage a trim. When you see about six inches of new growth at the base, cut

the dried stems and spikes off. That beautiful lavender and purple flower will now grow full again. Time to plant other heat-loving perennials: lavender, penstemon, asters, African daisies to fill out your garden.

In late March and early April when the ground starts to warm up and fear of frost has passed, start planting your favorite vegetables and herbs. Spring planted tomatoes will produce fruit for two to three months in La Mesa. A second planting in June/July will give you tomatoes into fall.

The plants will need staking to support the vines and keep the fruit off the ground. And by the way, removing "suckers" does not increase production and may allow the sun to scald

the fruit. Beefsteak varieties do well in our hot summers. It's also a good time to plant kale, radishes, peppers, and beans.

And the entire time we're writing and reading and sharing and gardening, we will take care of each other's spirits. La Mesa Beautiful's sole purpose is to celebrate you and your creative, flowing, fragrant, colorful, water-saving gardens. We'll all learn from each other, so join us at events, become a member, or volunteer your time. Contact us at [lamesabeautiful@gmail.com](mailto:lamesabeautiful@gmail.com). Happy gardening!

—Nancy Jordon is secretary and Sharon Fitzpatrick is vice president of La Mesa Beautiful. ■

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# Helix addresses school safety with new program



## Helix Highlights

Jennifer Osborn

With the unfortunate recent events throughout our nation, focusing on providing a safe and supportive school environment has never been more important. It is one of the major components of Helix's Local Control and Accountability Plan, which is updated regularly and is the basis for decision making on our campus.

Helix has partnered with the Tariq Khamisa Foundation (TKF) as part of our efforts to address our goal of providing a safe and supportive environment that allows students and staff to thrive, learn, and grow. TKF's mission is to create safer schools and communities by educating and inspiring youth and adults in the restorative principles of accountability, compassion, forgiveness, and peacemaking.

Helix held assemblies for our students and staff, focusing on the TKF story. Using presenters, video, and open discussion to provided school-wide messages and strategies focused on understanding the impacts of violence while teaching kindness, conflict resolution, healthy decision-making, personal safety, and the power of forgiveness.

Following the assemblies, some classes participated in processing circles where they were asked to provide facilitators with their thoughts and opinions on issues that affect school safety and the learning environment. Their feedback will be used to help with staff trainings and decision making.

Throughout the remainder of this year and into next school year, TKF will train our staff on restorative practices and cultural awareness and sensitivity. Restorative practice is a social justice method for addressing behaviors and wrongful actions in a way that promotes accountability, respect, inclusion, compassion, resiliency, hope, community, and forgiveness. Restorative practice focuses on needs and relationships, rather than just rule breaking.

We have also formed a Safe & Supportive Environment Task Force. This committee is comprised of staff, students and parents/guardians, and will be tasked with reviewing policies, procedures, and practices that affect school safety and the learning environment. Their recommendations will be forwarded to the Helix Charter Board for consideration.

We are confident that these efforts will continue to make Helix an ideal place for learning and making all students and staff feel safe.

### Class of 1968 50-year Reunion

The Class of 1968 will celebrate its 50-year class reunion Oct 19–21, 2018. For more

information, access its website at [helix1968reunion.my-event.com](http://helix1968reunion.my-event.com).

### Speech & Debate success

The Speech & Debate team competed in the San Diego Imperial Valley Speech League State Qualifier Tournament over three weekends in February and March. The team finished second overall, and 21 students qualified to compete at the California High School Speech Association State Championships in April in Mountain House, California.

The following are the qualifiers and their events:

- Original Oratory – Mahamed Abdulahi and Danika Zikas
- Original Advocacy – Ivan Jimenez
- Impromptu – Madeleine Denison and Russ Baxt
- Thematic Interpretation – Elaine Alfaro, Luke Babbitt, Shane Robles, and Sophia Rogers
- Humorous Interpretation – Eva Anderson and Enya Castaneda
- Oratorical Interpretation – Jonah Leota, Nathan Nguyen, and Ashley Simmons
- Dramatic Interpretation – Francesca Fong
- Duo Interpretation – Eileen Diaz, Kyra Payton, Chase Osborn, and John Garcia
- Original Prose Poetry – Blake Tannehill and David Rodriguez



**Tariq Khamisa FOUNDATION**

- Lincoln-Douglas Debate – Chase Osborn and Ivan Jimenez

### Judges needed for Senior Boards

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

Senior Defenses will take place on April 11, 12, and 13 from noon to 3:30 p.m., and Senior Boards will take place on Tuesday, May 29, and Wednesday, May 30, from noon to 4 p.m. Community

members are welcome to participate in any or all dates. Please contact me at [josborn@helixcharter.net](mailto:josborn@helixcharter.net) to confirm your participation.

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

### Excellence in Education

If you are interested in finding out more about Helix Charter High School, please attend one of our Excellence in Education Tours. The Tours for April are April 5 at 5:30 p.m. and April 20 at 8:10 a.m. Reserve your spot using our website, [helixcharter.net](http://helixcharter.net).

As always, we welcome your input. Please don't hesitate to contact me at [josborn@helixcharter.net](mailto:josborn@helixcharter.net).

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

### ► News Briefs, from page 16

than \$1,484,900 over the lifetime of the system, which will be reinvested into the church, on-site academy and 1,500 families that St. Martin of Tours serves.

"As we know, solar power systems derive clean, pure energy from the sun; these systems also combat greenhouse gas emissions and reduce our collective dependence on fossil fuel," said Father Chris Kintanar, present pastor, in a press release. "We are helping save our planet while reducing our expenses too - it's definitely a win-win situation."

The solar powered system is comprised of 213 SunPower modules, with an expected useful life of more than 40 years. The Sullivan Solar Power system is expected to generate over 3,555,200 kwh, which is the equivalent to 6,126 barrels of oil not consumed. Sullivan Solar Power will continue to monitor the system, ensuring both the cost savings, health and environmental benefits of the solar system.

"Sullivan Solar Power is proud to assist St. Martin of Tours Catholic Church in declaring energy independence, which is reducing their carbon footprint while saving funds that can be reinvested into the La Mesa community," said Daniel Sullivan, founder and president of Sullivan Solar Power.

For more information about Sullivan Solar Power and the Catholic Solar Program, visit [bit.ly/2HwMQ81](http://bit.ly/2HwMQ81).■





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# CRUISING DOWN THE RHINE

## Seven days, 10 cities from Amsterdam to Basel with Viking Rivers Cruises

**Global  
Gumshoe**  
Ron Stern



Viking Longships are floating luxury hotels offering all the amenities and service of a five-star resort. Our seven-day itinerary on the Viking Longship Vidar traversed four countries from Netherlands to Switzerland and featured the cities of Amsterdam, Kinderdijk, Cologne, Koblenz, Rudesheim, Heidelberg, Speyer, Strasbourg, Breisach and Basel.

### Day 1: Amsterdam, Netherlands

If you decide to extend your stay, the Doubletree by Hilton is perfectly situated close to the Amsterdam Centraal station for train and tram service. From here, you can explore the Museum Quarter, Anne Frank House, shopping areas, restaurants and pubs as well as 100 kilometers of interconnected canals.

The Amsterdam City Card provides access to many museums and transportation as well as discounts on food and other services. Don't miss the free canal cruise.

Our Veranda Stateroom was surprisingly spacious (205 square feet), bright and modern with two beds,

floor-to-ceiling sliding glass doors opening to a veranda, and many amenities.

We were greeted by two staff members, who already knew our names, at the pre-sailing lunch on Aquavit Terrace. This is one of the great things about Viking — the service! The Vidar has a maximum capacity of 190 passengers, which evokes an intimate river-cruising experience. The international crew members really go out of their way to make you feel at home, doing their best to satisfy any request.

The adjacent bar lounge is an open and comfortable space. Beer, wine and soft drinks are complimentary during meals. However, guests can choose to add on a Silver Spirits Package (\$150 per person for a seven-night cruise).

The Vidar also has a library, internet-connected computers, coffee and tea stations, and an onboard concierge service. Breakfast, lunch and dinner are served in the ship's restaurant, although you can opt for a bar-style menu in the Aquavit Terrace.

Guests can choose from a daily selection of entrees or pick something off the menu that's always available.

### Day 2: Kinderdijk, Netherlands

After sailing through the night, our ship docked briefly at



The town of Strasbourg (Photos by Ron Stern)

Rotterdam and then sailed onto Kinderdijk.

This small village in south Holland, designated a UNESCO World Heritage Site in 1997, features 19 windmills dating from the 18th century. Optional tours also included a visit to a Dutch cheese factory.

### Day 3: Cologne, Germany

With a history dating back 2,000 years to the Romans, Cologne is one of Germany's four cities along the banks of the Rhine River. After being bombed heavily by the allies in World War II, the city has been rebuilt with a mixture of various types of architecture.

Don't miss a UNESCO World Heritage Site that escaped destruction during World War II, the 1880 Kölner Dom, which is the largest Gothic cathedral in northern Europe.

Other sites include the Hohe Strasse — or pedestrian zone with shopping, restaurants and boutiques as well as the chocolate museum, Wallraf-Richartz Museum, and House of 4711 perfumery.

### Day 4: Koblenz and Rüdesheim, Germany

Our ship gently slid into dock in the 2,000-year-old city of Koblenz right at the famous German Corner, located at the confluence of the Rhine and Moselle rivers.

Not to be missed is the cable car excursion to the Ehrenbreitstein Fortress. From there are sweeping views of Koblenz and both rivers.

From a large city to a small town, Rüdesheim is cozy, charming and picturesque. Located in the Upper Middle Rhine Valley, the area is known for its vineyards. There are

also many excellent and scenic hiking trails that overlook the Rhine, ancient castles, and some of the finest Riesling and pinot noir wines in the region. Plan on stopping at Bruer's Rüdesheimer Schloss for dinner.

### Day 5: Heidelberg and Speyer, Germany

Heidelberg, located south of Frankfurt, is our next stop. Old and modern might be a good way to describe Heidelberg, and they are both integrated into the town's infrastructure. Pedestrian paths with cobblestone streets line the main shopping areas with church steeples and a towering city gate still majestically guarding the entrance to the town.

The 12th-century Heidelberg Castle is a great place to view the entire town. The castle was destroyed in earlier days, but the ruins are well preserved. A tour bus and local guide escorted us to the most interesting parts of the fortress, including the world's largest wine cask, which was apparently enough to keep 5,000 guests and castle dwellers in, shall we say, good spirits.

Other sights that should be on your must-see list include the Old Bridge spanning the Neckar River as well as the Student Prison.

The Vidar moved down the Rhine to Speyer where we met up with her via our bus. About a 30-minute walk from the river will take you to this town and its most impressive landmark, the Imperial Cathedral (UNESCO World Heritage Site) and the final resting place of eight emperors from the Holy Roman Empire.

Other noteworthy areas of town to explore include

the Jewish quarter, German baths that date from 1126, and a modern Automobile and Technology Museum.

### Day 6: Strasbourg, France

Truly an international city, Strasbourg was selected as a UNESCO World Heritage of Humanity Site and is an amazing place to visit. The pièce de résistance is the Cathedral Notre Dame de Strasbourg.

### Day 7: Breisach, Germany

This small German town is the docking point for a foray into the Black Forest, which lies to the east across the Rhine.

Viking offers a couple of excursions including an optional World War II tour to revisit historic battles fought here. We opted for the combination visit to the Black Forest and the medieval town of Colmar.

Sometimes called Little Venice, Colmar is picture perfect with lovely pastel-colored half-timbered houses, Gothic churches and canals intersecting the cobbled lanes. The Black Forest — or Schwarzwald (Black Woods, as it is known in Germany) — is somewhat of a misnomer since the entire area is a rich green tapestry. We visited a cuckoo clock factory, sampled authentic Black Forest ham, and learned how they make their famous Black Forest cake.

### Day 8: Basel, Switzerland

This is the final stop along Viking's Rhine Getaway and the disembarkation point. You can choose to extend your trip here or go to another wonderful city — Lucerne, Switzerland.

One of the things that is very impressive about Viking is the organization. From the tour buses to local guides to the program director — ours was Nicole and she was fantastic — everything has been perfected down to a science. You will know when to get ready and leave, what to bring, and how you will be fed throughout the day.

The service is also impeccable. Every crew member is trained to put the needs of the guests first and it shows. I badly sprained my ankle at the beginning of my trip and couldn't find a suitable bandage to wrap it. Once the staff saw me limping, they scoured the local town and delivered just what I needed to my room — with a smile, of course!

—Contact Ron Stern at [travelwriter01@comcast.net](mailto:travelwriter01@comcast.net) or visit his blog at [globalgumshoe.com](http://globalgumshoe.com). This was a sponsored visit; however, all opinions herein are the author's. ■



The city of Koblenz, Germany



The windmills of Kinderdijk, Netherlands

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# LA MESA COURIER

## COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR

### ONGOING EVENTS



#### 'Night, Mother' Through March 25

Lamplighter Community Theatre presents a dramatic play by Marsha Norman and directed by James P. Darvas.

This multi-award-winning play centers around Jessie, a middle-aged, down-on-her-luck woman who moves back in with her mom. As mother and daughter spend a high-stakes evening together, the ensuing debate — sometimes quiet, sometimes tempestuous — ultimately gives rise to deep, personal questions about how and why we value life.

Runs March 2–25; Fridays and Saturdays at 8 p.m., Sundays at 2 p.m. at Lamplighters Theatre, 5915 Severin Drive. Tickets: adults \$20; students, seniors, active military \$17; groups of 10 or more \$15; available at lamplighterslamesa.com.



#### 'The Music Man' Through March 24

Peter Pan Junior Theater presents "The Music Man," a play about the fast-talking

"Professor" Harold Hill who convinces the parents of River City to buy instruments and uniforms for their youngsters in order to save them. Chaos ensues as Hill's credentials are questioned and he is called upon to prove himself to the citizens of River City. March 21–24, 7 p.m. plus additional 1 p.m. show on Saturday, March 24 at the Kroc Center, 6845 University Ave., San Diego. For info and tickets, visit ppjt.org or call 619-878-2805.



#### 'The Heir Apparent' Through March 24

Grossmont Stagehouse Theatre presents a play about penniless Eraste who is in love with the fair Isabelle but her mother, Madame Argante, will only permit the marriage if Eraste can show he will inherit the estate of his miserly and rich Uncle Geronte.

March 15, 16, 17, 22, 23 and 24 at 7:30 p.m.; additional matinee shows on March 17 and 24 at 2 p.m. at Grossmont College Stagehouse Theatre, 8800 Grossmont College Drive, El Cajon. Tickets \$10–50, available at bit.ly/2ymyrU. ■

annual Spring Eggstravaganza. Kids of all ages will enjoy a variety of games and activities including carnival rides, pony rides, petting zoo, inflatables, spring crafts, live entertainment by Primo DJ and the Bunny on site for photos. Egg hunts run continuously during the event on Egg Hunt Island for children ages 4 through 8 and in the Egg Hunt Basket for those ages 3 and under. Bring your own basket for eggs. Food will be available to purchase on site. 9 a.m.—3 p.m. \$10 per carload. Carnival rides and activities range from one to 10 tickets at \$1 a ticket (cash only/ATM on site). 9310 Fanita Parkway, Santee. Visit bit.ly/2GohfWr for more info.



#### Art in the Park (March 26–30)

Art in the Park camp is being offered for the sixth season by Art Smarts, Inc. Art Smarts, which hosts after-school art programs throughout San Diego, will be offering camp for kids ages 5 to 12. Kids can take the entire week, or select individual days. This camp coincides with the La Mesa Spring Valley and San Diego Unified School District's spring break. 9 a.m.—noon each day. 4901 Mt Helix Drive, La Mesa. Need-based scholarships are available. Visit bit.ly/2Dnk6Mr or call 619-741-4363 to register before March 24.



#### Reiki: Healing with Energy

The Grossmont Healthcare District's Dr. William C. Herick Community Health Care Library will host "Reiki: Healing with Energy" led by Linda Bounds, a reiki master, artist and educator. She will explain how reiki can complement your life by tapping into your personal universal life force. She will share the fundamentals of this natural way to create healing environments that can release both physical and emotional blockages. Light refreshments will be served and handouts will be available. 10–11 a.m. Free. 9001 Wakarusa St., La Mesa. Call 619-825-5010 for more information.



#### The Commodores

Legends of soul music The Commodores perform at

Sycuan Casino. 7 p.m. on Thursday, March 29 and Friday, March 30 at Sycuan Casino, 5469 Casino Way, El Cajon. Tickets are \$79–\$89; available at sycuan.com.



#### Courageous Aging Four-Week Course (March 30–April 20)

San Diego Oasis is hosting Dr. Ken Druck, author of the Five Pillars of Courageous Living and the Courageous Aging book to lead a course on aging. This class will afford students an opportunity to free themselves of self-limiting myths, biases, judgements, misconceptions and fears, grieve the loss of their younger selves and embrace the older version of themselves with compassion, patience, affection, encouragement, humility, love and understanding.

Fridays from March 30–April 20 from 1–3 p.m. \$60 for the series of four classes. Class #506, 5500 Grossmont Center Drive, La Mesa. Email jolyn@sandiegooasis.org or call 858-353-0439 for more information.



#### Spring Harp Fest

Blues Hall of Fame member Lazy Lester is the featured performer at this year's Spring Harp Fest. He will be backed by San Diego's own Bayou Brothers. Also performing are Fred Heath with Tom Safreed, "Looney" Lenny Mallack, 145th Street featuring Steve Bulger, Billy Watson International Silver String Submarine Band and Mara Wells.

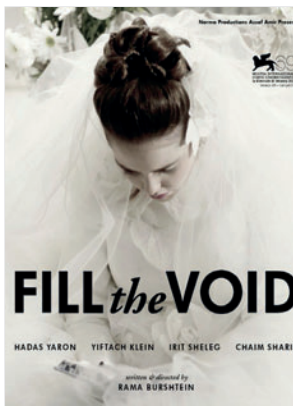
10 a.m.–6 p.m. at Harry Griffen Park, 9550 Milden St., La Mesa. Cost is free, with a suggested donation of \$10.



#### Easter Eggstravaganza 2018

This event features egg hunts, candy bags, prayer offerings, photos with the Easter bunny, prizes, games and more. Eggstravaganza is hosted by Kroc Center Ministries and is open to all San Diego communities. The entrance fee is \$1 per person. Kroc Center members

can "skip the line" and get in free through the gymnasium with their membership cards. The event will be held at the Kroc Center athletic field located on the east side of the gymnasium entrance, 6845 University Ave., San Diego. The event is for children ages infant to 11 years and the "hunt" will be divided into three different sections according to age.



#### Film Discussion: 'Fill The Void'

Instructor Ralph DeLauro's "Film on the Fringe" series presents Director Rama Burshtein's rapturous debut film, which shines a light on the hidden world of the Haredi community of Tel Aviv. 1 p.m. at San Diego OASIS Lifelong Learning Center, 5500 Grossmont Center Drive, Suite 325, La Mesa. This class is for people ages 50 and up; cost is \$12. For more information, call 619-881-6262.



#### End of Life Planning

Advances in medical technology can prolong life, but can also prolong dying. This event will cover "Do Not Resuscitate" (DNR), Advance Health Care Directive (AHCD), Physician Orders for Life-Sustaining Treatment (POLST), hospice, palliative care, the End of Life Option Act, and voluntary stopping eating and drinking (VSED). 9–11:30 a.m. Free. Grossmont Healthcare District Conference Auditorium, 9001 Wakarusa St., La Mesa. Must RSVP by April 5 to eruiz@compassionandchoices.org.



#### Julian Gold Rush Days

Explore the life of a gold miner at a reconstructed mining camp. Activities include arts and crafts, gold panning, gem mining, hayrides, archery, tomahawk throwing and more.

Saturday, April 7, and Sunday, April 8, starting at 10 a.m. at the Julian Farm, 4381 Highway 78, Julian 92070. Admission is free, although some activities cost money. For more information, visit juliangoldrushdays.com, or call 951-313-0166.

#### The Springs All-in-one Sale

Baked goods, collectables, crafts, plants, rummage and more will be on sale. Lunch will be available for a low price as well. Sale benefits senior enrichment opportunities at The Springs.

9 a.m.–3 p.m. at The Springs, 8070 Orange Ave. Call 619-463-8680 for more information or visit thespringapartments.net.



#### The Marshall Tucker Band

Join the Marshall Tucker Band — named for a blind piano tuner and not any member named Marshall Tucker — for an evening of Southern rock classics.

7 p.m. at Sycuan Casino, 5469 Casino Way, El Cajon. Tickets are \$59–\$69, available at Sycuan.com.



#### Gregory Page concert

Nancy Dennison of Keller Williams presents Gregory Page in a special birthday concert. London-born Gregory Page is an international touring and V2 recording artist who captures the world through the lens of music. Exactly one year ago, Mayor Kevin Faulconer pronounced Gregory Page Day in the city of San Diego in honor of Gregory's art and art activism. This concert will celebrate his special day.

7–9:30 p.m. \$20. Keller Williams Learning Center, 4700 Spring St., Suite 300, La Mesa. Visit bit.ly/2pa3Kl6 for tickets. ■



#### Home Garden Tour

The Water Conservation Garden invites the public to its third annual Water-Wise Home Garden Tour. The tour will highlight five gardens that emphasize an array of low water-use plants, shrubs and trees native to Southern California and from semi-arid regions of the world. Attendees will have an opportunity to purchase garden/home items, such as bird houses and garden jewelry. Attendees can speak with the homeowners about each garden, and garden staff and docents about how they can re-design their own landscape using drought-tolerant plants. 9 a.m.—3 p.m. Locations will be disclosed the day of the event to ticket holders. \$25 pre-paid, \$30 day of the tour.



#### Gloria Chadwick Art Exhibition Reception

The Mission Trails Regional Park Foundation is presenting a Fine Art Exhibition featuring award-winning artist Gloria Chadwick, on display in the Mission Trails Regional Park Visitor Center Art Gallery March 21–April 13. The public is invited to a reception in honor of the artist on March 25. 1–4 p.m. 1 Father Junipero Serra Trail, San Diego. Free. Call (619) 668-3281 for more information.



#### Spring Eggstravaganza

The city of Santee and Santee Lakes present the 15th



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