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# La Mesa COURIER



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# Staking a claim



Father-son partners Sean and Corey McDermott are the first to be granted a permit to operate a medical marijuana dispensary in the city of La Mesa. The Center Street location is slated to open July 1 and is currently under construction. (Photo by Jeff Clemetson)

## A look inside La Mesa's medical marijuana green rush

Jeff Clemetson  
Editor

[Editor's note: This is part one in an ongoing series on the roll-out of Measure U.]

The medical marijuana green rush is officially on in La Mesa. And just like California's historical Gold Rush, prospectors — or in this case prospective marijuana dispensary businesses — are fighting to stake their claims.

The stakes are high. Winners that are given a coveted CUP (conditional use permit) from the city will be able

to open a dispensary business and be a part of the multi-billion-dollar cannabis industry. Losers who are edged out of their claim by strict separation rules can end up spending tens of thousands of dollars or more on startup costs, only to have their dreams dashed by votes by the Planning Commission and City Council.

### First in line

On March 27, father-son business partners Sean and Corey McDermott became the first green rush prospectors to be granted a marijuana-related business CUP by the city for their future dispensary named

The Grove, located at 8155 Center St. in La Mesa's industrial zone. The CUP was granted after the City Council voted unanimously to reject an appeal by a rival dispensary that will now be unable to open because of a rule prohibiting two dispensaries from operating within 1,000 feet of each other.

The McDermott's dispensary being first is fitting. When the city announced the date it would be taking proposals from prospective marijuana businesses after Measure U passed, Corey McDermott was first to line up at City Hall — several days before the city would actually take the proposal.

"I knew there was going to be a line based off what I had seen happening in other cities and we wanted to be first in line because we knew we'd be competing with at least one other person," Corey McDermott said.

The line for turning in applications has been an issue for both the city and the applicants from the very beginning. The day that Corey got himself first in line at 9 a.m. was the same day and time the city held a meeting about the application process for prospective businesses — a meeting Sean McDermott was at.

"[A city representative] told me at that meeting, 'There isn't

See **DISPENSARY** page 10 —→

## Friday farmers market moves to the Village

Jeff Clemetson  
Editor

The La Mesa Village is known for its events that close the boulevard to car traffic and get the public strolling around, such as Oktoberfest and the Flag Day Parade. And now the Village can add one more event to the list — weekly farmers markets.

On March 27, City Council voted to approve a request by La Mesa Village Association (LMVA) to move the Friday



Farm vendors will be found on La Mesa Boulevard between Third and Fourth streets starting May 4. (Courtesy La Mesa Certified Farmers Market Facebook)

See **MARKET** page 11 —→

## NEWS BRIEFS

### Helix wins Wellness Innovation Challenge

Helix Charter High School in La Mesa is a winner of Lady Gaga's Born This Way Foundation and DonorsChoose.org's Mental and Emotional Wellness Innovation Challenge. Mrs. Fleming and her students at Helix Charter were one of five winning classrooms. Their project, "Improving Emotional Wellness Through Mindfulness," was selected for its creativity, potential to decrease the

See **NEWS BRIEFS** page 5 —→

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# Many grains of sand

## The groups and individuals who gathered to bring books to Liberian schools

Joyell Nevins

*Once there was a grain of sand that wanted to become a beach: an example of where you can't always do it all by yourself. – Robert Brault*

A grain of sand by itself is not intimidating or necessarily powerful. But put those grains together, and you get glass, you get beaches, you get landscapes. In the case of schools in Lofa County, Liberia, they get school books.

The effort to gather books for the Liberian schools was a collaboration of two rotary clubs (including La Mesa Sunrise Rotary), a Liberian refugee who is now a college student, a middle school student, a

college nonprofit, and even two charities on the East Coast. Groups that separately could make a small impact globally, but together have brought almost 70,000 books weighing more than 34 tons to Liberian schools.

“Providing quality textbooks among other things will help equip the next generation of leaders in Liberia for different disciplines. Yes, in textbooks, there is knowledge and knowledge is power,” said Benjamin Kettor. He is the grain of sand that brought the East and West Coast charities together for this project.

These books are specifically being brought to schools in rural areas with less opportunity than some of the larger cities.

“We are getting all the way to the most desperate places,” said Alexandra Hart, who is a director of Compassion for African Villages and a La Mesa Sunrise Rotary member. “These rural areas are so underserved.”

Liberia is located on the West African coast, between Sierra Leone and Code d-Ivoire. It was the site of one of Africa's bloodiest civil wars, according to Global Security, with more than 250,000 casualties and a million displaced refugees. In the two wars between 1989 to 2003, 80 percent of schools in the country were damaged or destroyed, according to the United States Agency for International Development.

It was during the second generation of that war that Robert Saah's father, a high school principal, was killed. Saah and his remaining family fled to Sierra Leone, eventually emigrating to the United States in 2003. Kettor was also part of the diaspora, emigrating more than a decade ago.

Liberia was rocked again by tragedy in 2014, when the country was rocked by the start of the Ebola epidemic. The Centers for Disease Control and Prevention stated there were 10,672 Ebola cases and 4,808 deaths in Liberia during the outbreak — more than 40 percent of the global Ebola death toll.

“During each of these tragedies, the Liberian school system was greatly effected there by making education difficult and, for some kids, impossible. Teachers barely have textbooks to teach, not to talk



Volunteers from several organizations, including La Mesa's Sunrise Rotary and students from Helix High School, load boxes of donated books to send to Liberia. (Photos courtesy Alexandra Hart)

about students. [There were] no libraries and textbooks for students to enhance their educational dreams,” Kettor said.

So here in San Diego, Saah began to envision sending resources back to Liberia.

“It is my dream to bring books and school supplies back to my home country. This is a tribute to my father,” Saah told The Mesa Press, newspaper of Mesa College, where he is a student.

Through the Robert-Massaquoi-Foundation he started, Saah recruited the efforts of Richard Makau and the El Cajon Sunset Rotary; La Mesa Sunrise Rotary, who had sponsored him as a refugee; and his “Uncle Ben” Kettor, who was living in Maryland at the time.

Sunrise brought on board Compassion for African Villages, a charity started

See **BOOKS TO AFRICA** page 3 —>



The donated books arrived to Liberian villages by the truckload.

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## Care Clinic





Sisters Isabel and Lily Alba have collected primary school books to send to Africa since they were in kindergarten.  
(Photo courtesy Elena Lujan-Alba)

► **Books to Africa**, from page 2

by the late San Diego State University student Tsitsi Mutseta to help Zimbabwe orphanages and continued by Professor Mark Wheeler and his wife Hart. Compassion then incorporated the efforts of now-12-year-old Lily Alba, who had been collecting books for a primary school in Zimbabwe since she was in kindergarten.

“It feels amazing picturing schools ... with a box of books arriving and the kids’ excitement,” Alba said. “In 2015, my family and I traveled around the world. I got to see with my own eyes what poverty really was. The slums we visited were so heartbreaking, knowing that there wasn’t much I could do to help. Now, with the books going to Liberia, I know I can make a difference.”

The grains of sand haven’t finished piling yet! Kettor brought the Rotary Club of Johnson City, New York, and Orphan Cry International on board, who both contributed financially to the project. Kettor became a liaison between the United States and a team of partners, including We Care Foundation, in Liberia. Orphan Cry also sent a volunteer team to Liberia to help with book distribution. That doesn’t include the scores of schools and volunteers who actually donated books and helped sort them here in San Diego.

“It’s an incredible team — no one sector can take the credit,” Hart said.

At this point, two containers of books have been shipped to Liberia. The first, containing 33,913 books weighing 40,547 pounds is finishing up distribution now. Saah and his

collaborators started at the capital, Monrovia, then moved on to the Foya District and neighboring cities. This has been Saah’s first time back in Liberia since leaving in 2003.

The second container, containing almost exclusively used books from the Santee school district, just set sail last month. It was filled with 36,031 books weighing 28,239 pounds.

**What’s next**

The goal for Compassion for African Villages, Hart said, is to continue the book collecting, but focus in on schools discarding older edition textbooks. If the book drive team can sort books on site, that can eliminate the need for stateside storage — a \$5,000 expense.

Compassion also hopes to expand book distribution to other African countries, like Zimbabwe, and make the project more sustainable. The drive is looking for help with funds for storage and transport, and volunteers to assist in sorting.

For the latest updates on the book drive, including pictures from the current distribution, visit the Compassion for African Villages Facebook page. You can also email [info@alexandrahart.com](mailto:info@alexandrahart.com) or call Mark Wheeler at 619-582-5893 for more information.

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



Unloading boxes of books in Liberia (Courtesy Alexandra Hart)

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How Owners Lose Thousands When Selling Their Homes

La Mesa - A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today’s market. The fact of this matter is that fully three quarters of homesellers don’t get what they want for their homes and become disillusioned and worse financially disadvantaged when they put their homes on the market.

As this report uncovers, most homesellers make 7 deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled “The 9 Step System to Get your Home Sold Fast and For Top Dollar”. To order your FREE copy of this report, call toll-free 1-800-270-1494 and enter 1000. You can call anytime, 24 hours a day, 7 days a week.

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# Parking district plan presented to city

Jeff Clemetson  
Editor

La Mesa residents who see their neighborhoods getting crowded with unwanted parked cars may soon have an option to address the issue.

On May 27, the city of La Mesa's Director of Public Works and City Engineer Richard Leja presented to City Council an initial outline of a plan to offer residential neighborhoods in La Mesa the option to form parking districts. Parking districts make it illegal for people to park in certain areas of the city without a permit sticker or guest pass. Violators are subject to tickets or even towing.

Last August, City Council directed city staff to research parking districts. The direction was on the heels of a contentious vote to approve the Little Flower Haven housing project that took advantage of an affordable housing law that allows developers to put in less than normal parking spaces. Neighbors of that project voiced concerns that the housing project's lack of parking would force its residents and guests into their already overcrowded streets.

The recommendations for a plan that was presented came from looking at current practices used by the city's traffic department, holding stakeholder meetings, and reviewing the best practices of other cities that have parking districts, Leja said. The city found 13

elements, but only recommended 11 to the council.

- Formation and boundaries of districts using study-based, objective measurements; no parking district subzones.

- Petition thresholds that set the number of people in a neighborhood needed to start the process of creating a parking district. Staff suggested 50 percent of residents plus one.

- Fees and cost recovery to cover actual costs only.

- Setting the number of permits — four per household: three permanent, one guest.

- Duration of districts — require traffic commission verification every two years.

- Permit protection against counterfeits.

- Exemptions — remove any conflicts with other regulations; exempt government/emergency vehicles, disabled and other special situations.

- Residents and owners — set up process for owners and renters; only residents and owners to receive permits.

- District priority — prioritize evaluations using yearly work plans and based on degree of critical need.

- Development impacts — re-evaluation and reconsideration of a parking district if a more intensive development occurs in a district.

- Land use and zoning — district boundaries be limited to areas with similar zoning and land uses.

City staff did not recommend trying to limit guest placards to

certain types of guests, such as businesses using the placards to park employees in neighborhoods. According to Leja and City Attorney Glenn Sabine, this action would not be enforceable.

"For us to distinguish between a homeowner that is also a business owner versus a homeowner who is a resident, it would be very difficult to make a blanket policy-wide determination that would be feasible and more importantly, enforceable under state law," Leja said.

The omission of restricting businesses from using guest placards was unwelcome news for residents of Wellesley Street, which is currently the only neighborhood in La Mesa with an active parking district. Wellesley Street is home to several group homes and is around the corner from the group homes' management company's offices. The Wellesley residents voiced complaints that employees of the company who work in the office use the guest placards from the group homes and take parking spaces away from residents of their neighborhood. Residents rely on street parking because a lot of their homes do not have driveways to use.

The other element that was rejected from the recommendations list was the formation of parking subzones where residents would be able to save certain spaces in front of homes. Staff deemed them not practical because of limited spaces and enforcement challenges, Leja said.

After the presentation, City Council requested some changes to the recommendations. Councilmember Colin Parent asked that the threshold for residents to be able to vote in a parking district be raised.

"If we really wanted to have some assurance that we're doing something that the neighborhood is supportive of, 50 percent plus one might be too low a threshold," he said.

After deliberation, City Council directed staff to come back with a proposal that would look at raising the threshold and to examine possibilities between 2/3 of residents and nothing less than 60 percent.

Costs of the parking districts, and who would pay for them, were also considered. Susan Wayne, a resident who lives in a neighborhood adjacent to the Little Flower Haven development, said parking districts would be a last resort if developments and businesses make the parking problem unsafe in residential neighborhoods and suggested that new developments should pay for the operating costs of the parking districts.

"The people who live in the houses are not the root source of the problem," she said. "It's the lack of parking that these other places have — and it's causing the overflow into the neighborhoods."



A parking district sign on Wellesley Street, which is currently the only parking district in the city (Photo by Jeff Clemetson)

Although the council did not direct staff to add such a provision, Vice Mayor Kristine Alessio requested that the city keep the costs down for residents who want to start a parking district.

Another additional provision was grandfathering in the Wellesley Street district, which currently allows for more permits than the staff recommendations for future districts.

With the changes to the recommendations, City Council voted unanimously to direct staff to return with a formal plan for a vote when it is finished.

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

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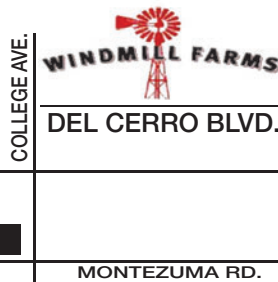
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# Life as a Padres bat boy

Doug Curlee

The March meeting of the La Mesa Rotary Club heard a story from one of their own members — a story many of them might have wished was their story.

Rotarian Scott Elam of La Mesa is a husband, father, businessman — all-around good guy.

But, you get the impression that, if he could go back to his 16th and 17th years, he'd do it in a heartbeat.

For two summers, he got to be what innumerable kids would love to do: He got to be a bat boy for the San Diego Padres.

How did he get that job?

"I wrote letters — lots of letters. I wrote 25 of them over a two-month period. I might have gotten the job because they figured I'd never go away unless they hired me."



Elam's collection of Padres memorabilia

Hire him they did.

For the 1984 World Series season, he was an alternate, and got to work about 20 games, mostly on day games and weekends, and filling in for full-time bat boys who couldn't make it to work. In 1985, he went full-time.

That didn't matter so much, because he was in heaven — on a major league ballfield, working, and playing around, with bona fide major leaguers.

Warming up players, fielding balls during batting practice, running errands, collecting signed baseballs from major leaguers that had been promised to supporters — all the while wearing a major league uniform.

He was in heaven, and loving every minute of it.

"You get to know the players, and most of them treated you as a friend and in a way, teammates. One of my favorites was Steve Garvey, who had been traded to the Padres from the Los Angeles Dodgers."

Elam remembers well Garvey's comment on the different brown, orange and white Padres uniforms. Garvey said, "I used to look like an American flag. Now I look like a taco."

"Garvey was nice, but very business-like," Elam remembers.

One of Elam's jobs was when Garvey

broke a bat at the plate, he was to bring him two replacement bats to pick from.

Most players who broke bats simply threw them aside to be thrown away. Not Garvey.

"He always told me, 'Scotty, take this broken bat and put it in my locker.' Steve knew the value of his name, and he'd donate those broken bats to charities to be used as fundraising tools."

By 1985, Elam was a full-time bat boy for the club and he even got to go on a few road trips with the team.

There were players he liked, and players that terrified him.

"I once had to ask Goose Gossage to sign some balls before a game. I walked up and asked, and Goose about took my head off. I quickly learned that Goose did not want to be bothered before a game. But after the game, he tracked me down and apologized over and over again. Turned out to be a good guy.

"Garry Templeton was one of the good guys. You could talk to him about anything, anytime.

"Carmelo Martinez and Andy Hawkins were other great guys. Some were not so nice, like Graig Nettles and Al Bumbry. But almost all the guys realized I had a job to do,



Scott Elam with a picture of himself as a teenage bat boy for the Padres (Photos by Doug Curlee)

and that job was to help them with whatever they needed."

The bat boys had their own locker room and showers, but were in the clubhouse whenever they were not on the field.

Did they get paid for living this dream? Not a lot. They got \$15 per game, but they also got two tickets to every game they worked. That came in handy many times.

Elam has made a whole PowerPoint presentation about his years, and it tells the story well.

At the end of the day, would he do it all again?

Does the sun come up in the East?

—Doug Curlee is Editor at Large for the Mission Times Courier, sister publication of La Mesa Courier and has worked in print and broadcast journalism in San Diego for many moons. Reach him at [doug@sdenn.com](mailto:doug@sdenn.com). ■

## ► News Briefs, from page 1

stigma surrounding mental health and ability to teach students skills to maintain their emotional wellbeing.

Their project was selected from a pool of more than 600 projects that received funding through a partnership between the Foundation and DonorsChoose.org. Each winning teacher will receive a \$5,000 DonorsChoose.org gift card to fund a future project.

Born This Way Foundation was founded in 2012 by Lady Gaga and her mom, Cynthia Germanotta, to support the wellness of young people.

DonorsChoose.org is the leading platform for giving to public schools.



Sharp's new Care Clinic in La Mesa (Courtesy Sharp Grossmont Hospital)

## Sharp Grossmont Hospital opens new Care Clinic

Sharp Grossmont Hospital has officially opened its new Care Clinic, giving East County residents greater choices when looking to receive care for everyday illnesses and minor injuries.

See NEWS BRIEFS page 8

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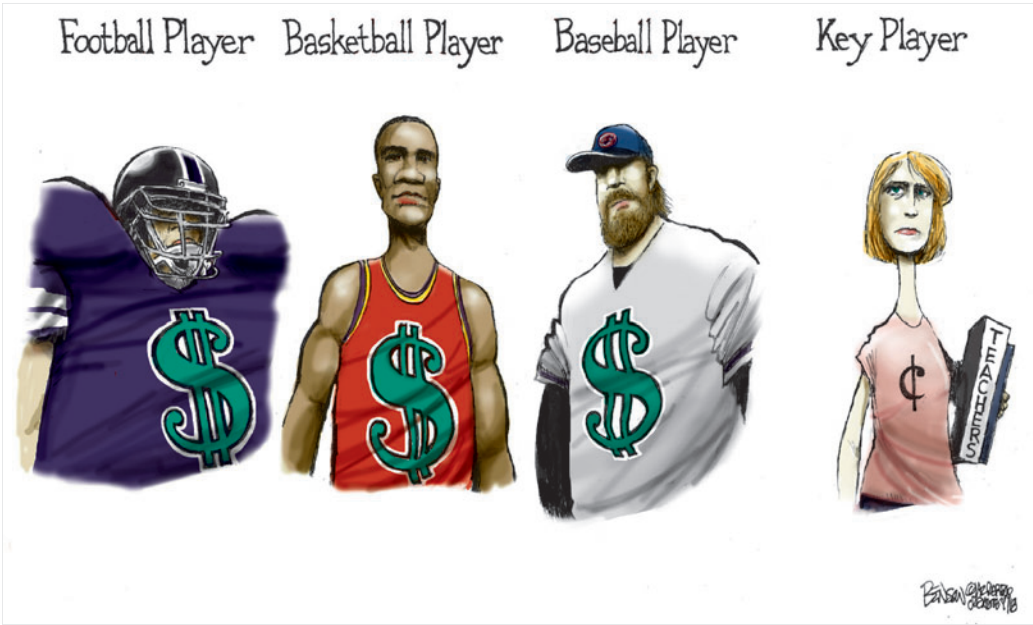


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## Guest Editorial

# Winners for San Diego in the omnibus spending bill

Rep. **Susan A. Davis**

The success of our nation's economy is based in part on the investments the federal government makes. These investments spur economic activity and create jobs.

They can help young people afford college, save lives, protect and provide the care our veterans deserve, or keep our nation safe.

Congress recently passed an omnibus spending bill that provides meaningful investments in America and the American people.

While it was great to see this bipartisan agreement come together, it followed a shutdown and six short-term funding bills that left federal agencies in limbo on implementing policy.

As your representative, I want to report to you how this will benefit San Diego.

Each year, I push for an increase in funding for life-saving medical research. Last April, I led 206 of my fellow colleagues in calling for an increase in resources for the National Institutes of Health (NIH).

San Diego is a significant recipient of NIH funding to the tune of about \$800 million per year. In our region, there are thousands of scientists in laboratories making incredible discoveries and breakthroughs for medical science, which can improve or save a life immeasurably.

This NIH funding supports these jobs and is a benefit to our local economy. This is why, along with saving lives, I continue to fight for this critical investment. This year the NIH will see a \$3 billion boost.

Another top job generator for our region is the strong tradition

of shipbuilding. As a senior member of the House Armed Services Committee, I work to ensure that shipbuilding gets the attention it deserves in the annual defense authorization bill.

The bipartisan work we do on the Armed Services Committee filters over to the appropriations committee in funding for shipbuilding and repair. More than \$25 billion for shipbuilding was included for 2018.

To fulfill new contracts, local shipbuilders recently announced they will be hiring up to 1,000 shipbuilders for good-paying jobs.

For those of us who drive on our roads, we know all too well the need for repairs. San Diego faces an infrastructure shortfall of about \$300 million dollars, according to a recent report covered by San Diego Union Tribune.

Additionally, a study by transportation research group TRIP rated San Diego's roads as some of the worst in the country.

The omnibus bill provides \$45 billion for roads and bridges, which will help close our region's funding gap and lead to vital improvements.

As San Diego faces a housing and homelessness crisis, I recently joined over 1,500 volunteers to help count and survey our region's homeless population. The stories of the men and women living on our streets are heartbreaking.

Programs to end homelessness have a proven record of success and many of these housing programs will receive a sizable increase.

On whole, the Department of Housing and Urban Development will see a 10 percent increase. The largest share will go toward public housing programs.

Another \$8 million will go toward the Runaway and Homeless Youth Program. San Diego's YMCA Turning Point Program will benefit as they work to get our children off the streets and into housing.

One of the more important investments we can make is in our children through education. Schools with high percentages of low-income students will see an increase in support from the federal government.

As Ranking Member of the Higher Education Subcommittee, I was pleased to see a greater investment in Pell grants. I believe we can do better. While this increase is \$175 per grant, I am sponsoring legislation to index Pell grants to inflation in order to keep up with rising costs.

We have a proud veteran community in San Diego. With this bill, we honor our commitment to our veterans with a nearly 10 percent boost for the Veterans Affairs (VA), including mental health care, suicide prevention and ending homelessness.

As Congress begins the process for funding the federal government for Fiscal Year 2019, I hope we don't have a repeat of past behavior of the delays, shutdowns and stop-gap measures to fund the government. We must come together and do what's right for our country. I am committed to doing just that.

—Congresswoman Davis represents central San Diego, including the communities of Old Town, Kensington, Mission Hills, University Heights, Hillcrest Bankers Hill, North Park, South Park, Talmadge, Normal Heights, as well as La Mesa, Lemon Grove, Spring Valley and parts of El Cajon and Chula Vista. ■

## Guest Editorial

# Business owners caught in crossfire of state and federal immigration laws

Francisco **Garcia**

[Editor's note: This guest editorial first appeared in the Voice of San Diego on April 9, 2018.]

As a general contractor and owner of an architecture firm, I know the importance of the relationship between a business owner and his or her attorney. To be a good employer and stay profitable, it's necessary to navigate a complicated, ever-changing maze of legalities. Especially in my industry, the laws that determine how we do business are constantly in flux.

Based on what we saw in 2017, immigration laws will likely have a major, direct impact on businesses this year. Some of the changes have been announced, and business owners can anticipate more changes. Some of the changes will not be announced and require us to stay on our toes. If you happen to have foreign-born employees, few of these laws are encouraging.

I won't pretend to give legal advice, but I do know how complicated business law can be; I regularly navigate through the California Building Code, the San Diego Municipal Code, the California Environmental Quality Act, the Americans with Disabilities Act, fair labor laws such as the minimum wage and paid sick days ordinance, the Occupational Safety and Health Act and of course state and federal tax law. Historically, the contracting industry has been targeted by immigration officials, and it seems this will continue to get even worse, not only for me, but for any sector that is perceived to hire more immigrants — restaurants, convenience stores and retail shops.

As recently as December, Tom Homan, the deputy director of Immigration and Customs Enforcement said at a press conference that he "wants to see a 400 percent increase in work site operations." Last fall, he instructed Homeland Security Investigations to potentially quintuple worksite enforcement actions in 2018. These priorities increased significantly in 2017. Nationally, arrests are up 30 percent from the year before, resulting in a 37 percent increase in the number of deportations.

Under the guise of public safety, San Diego County is not-so-quietly turning into a community that instills fear in those who make up a key backbone to our business economy, our immigrant population. Our county leads the U.S. in the number of non-criminals being arrested by ICE. Every day, this "new normal" in their home life is causing stress and affecting our employees' morale. Ignoring it isn't an option, as all business owners know how outside pressures, immigration-related or not, and even to just a few employees, can be disruptive to overall workplace productivity.

Since businesses like mine are preparing to be prime "work site enforcement" targets, staying compliant means we're caught in a legal crossfire. If ICE, a federal agency, asks

See IMMIGRATION page 7 →



► Immigration, from page 6

to verify my employees' records, I can't just turn them over. First, I need to know if they have a warrant. Then, I need to keep in mind that a new state law mandates I notify my employees within 72 hours of that inspection. How many small businesses have been keeping up with these new policies?

Regardless of which side of the immigration debate you stand, that's a lot to ask business owners to keep up with, on top of the changing legal landscape we already face.

Business owners like me would be wise to invest in expert legal and human resources support to ensure we are I-9 compliant, meaning we've verified the working status of our employees. We should discuss this openly with our teams and employees to let them know what we know. And if push comes to shove, we may have to get involved in the personal lives of our employees more than we prefer to ensure their civil rights aren't being violated, and know what kind of potential legal support they can access, such as the San Diego Rapid Response Network.

My advice to all business owners in San Diego is simple: Brace yourself.

—Francisco Garcia is owner of The Building Workshop, an architectural firm based in San Diego. ■

## Dems drive to replace Duncan Hunter



La Mesa - Foothills Democratic Club

Yahaira Aristy and  
Jeff Benesch

On Wednesday evening, May 2, the La Mesa Foothills Democratic Club will be hosting a star-studded panel to examine the 50th Congressional District's embattled Rep. Duncan Hunter and his host of reported ethical and financial irregularities — primarily the use of campaign funds for personal use.

A grand jury investigation into his questionable financial expenditures is ongoing. And according to a recent article in Politico, "Hunter has developed a reputation on Capitol Hill for drinking heavily and carousing, according to multiple lawmakers and staffers who have witnessed his behavior over the past several years."

The Union Tribune has reported that Hunter's campaign expenses at drinking establishments far exceed those reported by campaigns for the other four members of San Diego's Congressional delegation, FEC data shows.

For the filing periods covering Jan. 1, 2015 through March 31, 2016, Hunter's campaign reported 66 transactions totaling \$36,358 at bars, pubs, cigar lounges, liquor stores and other establishments known for their

alcoholic beverages. During the same time period, the next-biggest San Diego area campaign spender at such establishments was Rep. Darrell Issa, whose campaign reported 13 charges totaling \$5,402.

CREW, an ethics advocacy group, has filed complaints with two federal oversight agencies, asking officials to investigate what the group describes as a pattern of questionable campaign spending by Hunter.

The complaints, filed with the Federal Election Commission and the Office of Congressional Ethics, describe thousands of dollars Hunter's campaign spent on personal items, including video games, school lunches, airfare for a pet rabbit, gold jewelry, and services of an oral surgeon — and raises new questions about spending on what appears to be a vacation to Italy. Federal law forbids spending of campaign funds for personal purposes or benefit, to guard against corrupting influences by donors. In Hunter's case, defense contractors, the vaping industry, and others with interests before committees on which he serves, are his primary contributors.

Headlining our panel, and a veteran political operative, is Jon "Bowser" Bauman, uncle of Eric Bauman, the chairman of the California Democratic Party. Jon is best known for his decades-long association with the oldies group, Sha Na Na.

Bauman regularly campaigns for Democrats in special



Ammar Campa-Najjar

elections and endorsed Barack Obama for president in 2008. He has also worked as a spokesman for the National Committee to Preserve Social Security and Medicare and is currently president of Social Security Works PAC, a national organization working to elect candidates who support protecting and expanding Social Security benefits.

We'll also have on the dais, our club- and party-endorsed candidate to replace Hunter in the East County District, Ammar Campa-Najjar.

Campa-Najjar was born in La Mesa and later attended Catholic school in the Gaza Strip. Upon his family's return to San Diego in 2001, he attended Islamic School of San Diego for elementary school, Eastlake High School, and community college at Southwestern College. He graduated from San Diego State University, where he earned dual bachelor's degrees in philosophy and psychology.

During the Obama administration, Campa-Najjar served



Jon "Bowser" Bauman

in the Labor Department's Office of Public Affairs for the Employment and Training Administration.

Citing bipartisan support for the program, Campa-Najjar has called on the Trump administration to expand and strengthen the Registered Apprenticeship job training initiative. He supports environmentally sustainable development and wants to encourage development of solar farms and bring SpaceX to his district.

The La Mesa Foothills Democratic Club meets the first Wednesday of every month at the La Mesa Community Center, 4975 Memorial Drive in La Mesa starting at 6:30 p.m. For more information, visit [lamesafoothillsdemocraticclub.com](http://lamesafoothillsdemocraticclub.com), and like us on Facebook.

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

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► News Briefs, from page 5

The Care Clinic, located next to the Sharp Grossmont Hospital campus, is intended for people who require more urgent medical attention than is available at their doctor's office but don't need to be seen in the emergency room. Visit [bit.ly/2Huoz68](http://bit.ly/2Huoz68) for more information.

The new facility has 14 new exam rooms, a guest lounge and an outdoor terrace.

"The Care Clinic will provide our patients with greater choices for their health care, and a quicker and more convenient path to healing," says Sharp Grossmont CEO Scott Evans in a press release.

The Care Clinic is open Monday through Friday from 8 a.m. to 11 p.m. and on weekends from 8 a.m. to 8 p.m. Walk-ins are welcome, and patients may also request an appointment online.

**Oasis celebrates Older Americans Month with special events**

Every May, the Administration on Aging, part of the Administration for Community Living, leads the nation's observance of Older American's Month. The 2018 national theme, "Engage at Every Age," emphasizes that people are never too old to take part

See NEWS BRIEFS page 16 →

# Mark Larson to speak at Republican Women meeting



Judy  
McCarty



It's been almost a year since local legend Mark Larson returned to AM 760 where he began his talk show career. Each week, his voice is heard on a variety of programs and commercials via more than 2,000 radio stations, podcasts and TV outlets worldwide. Mark Larson's Southern California talk show airs on AM KFMB weekdays from 10 a.m. to noon. He often appears on Fox News Channel and serves as a news analyst and commentator on KUSI in San Diego.

Known for travelling the world to gain insight on important stories, he's covered the Iraq War on location and done groundbreaking broadcasts from war zones, including the Persian Gulf and Afghanistan. At home, he is a generous community booster, for example serving his fifth term as chairman of the board of directors for the San Diego Air and Space Museum.

On Tuesday, May 8, Larson will highlight the Navajo Canyon Republican Women Federated (NCRWF) luncheon meeting at The Brigantine in La Mesa. Check-in begins at

10:30 a.m. for the 11 a.m. meeting. Lunch is served at noon followed by our program. Cost of the luncheon is \$25 and reservations are required. RSVP at [ncrwf99@gmail.com](mailto:ncrwf99@gmail.com) (use "luncheon" in subject line) or call 619-990-2791. We all enjoy Larson's lively humor that informs and entertains San Diegans and we hope you will join us.

**Winning members**

We are proud that two of our NCRWF members were honored recently as recipients of awards given out at the Lincoln Reagan Dinner 2018 event.

Our president, Kat Culkin, received the Louisa Akins – Woman of the Year award. It is based on her many years' efforts on behalf of Republican causes. This is significant because the Louisa Akins award was named after one of our deceased members and mother of long-time member Carol Reed.

Ruth Weiss is another of our members who works tirelessly leading the Election Integrity Project. Many of our members are volunteers with EIP, trying to keep elections honest. Her leadership was honored as the Republican Party's Coalition Partner of the Year. These two women inspire us all.

**Make San Diego County Greater**

Our April "Make San Diego County Greater" event once again drew a huge crowd! Featuring KFMB radio



Ruth Weiss, Election Integrity Project chair and recipient of GOP Coalition Partner of the Year 2018

personality Mike Slater, a silent auction and several candidates running in the June 5 primary election, the evening was lively indeed.

Among candidates speaking at our 'Candidate Express' were David Hernandez, Lt. Governor; Larry Wilske, 71st Assembly; John Moore, 79th Assembly; Juan Hildalgo, 51st Congressional; John Horst, 52nd Congressional; Dr. James Veltmeyer, 52nd Congressional; Brett Golda, 53rd Congressional; Morgan Murtaugh, 53rd Congressional; Bonnie Dumanis, Board of Supervisors; Vickie Rothman, Superior Court Judge; Judge Robert Amador, Superior



Kat Culkin, NCRWF president and recipient of GOP Woman of the Year Award 2018 (Photos courtesy NCRWF)

Court (unopposed); Judge Herb Exarhos, Superior Court Seat 28; Mark Arapostathis, La Mesa Mayor; Bill Baber, La Mesa City Council; Guy McWhirter, La Mesa City Council; and Andrew Hays, Lakeside School Board. That's quite a slate of speakers and a lot of time for interesting political conversations.

The evening was capped off with an amazing PowerPoint presentation of all the promises kept by President Trump: 2.4 million new jobs, unemployment at 45-year low, tax cuts, bonuses to workers, fewer Americans on food stamps, approval of more generic drugs, extinguishing most of the Islamic State group's territory, and keeping Guantanamo open among many other things.

**Voter registration**

The last day to register for the June 5 primary is May 21. On April 18, NCRWF will take the lead at the New Citizen Ceremonies for voter registration downtown at Golden Hall. Voter registration is important to our new citizens and we want to welcome them to the Republican Party. They'll be able to vote in the primary!

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

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

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► **Dispensary**, from page 1

going to be a line.' I said, 'I'm sure there is because there are people in line right now.' And literally 10 people jumped up and left the meeting right then and raced over and got in line," Sean McDermott said.

That line eventually grew to be several dozen people who were prepared to sleep in front of City Hall in order to not lose their place in it, and their chance to be one of the first applicants. So, to avoid the mess of applicants camping on the City Hall walkway and Allison Avenue sidewalk, the city issued numbers based on an applicant's place in line and applications were received by the city planning department in that order.

"We made up the procedure because Measure U did not have a procedure in it," explained City Attorney Glenn Sabine at the March 27 City Council meeting. "Folks lined up and were committed to spend the night for weeks on end. We came up with a numbering system for that — and that's the city's prerogative to do that. And at all times, everyone was treated fairly across the board."

Despite the complaints of applicants who ended up being late to the line, and therefore upset about the order their proposal would be received, finding a better system to organize applications has been elusive for most cities.

"There's been a lottery before [in a different city], but that

was a bad idea for multiple reasons," Corey said. "People were buying more lottery tickets than other people could afford to buy. Then when this person won it came out that he bought a thousand lottery tickets. How is that fair? So it ended up in huge lawsuits. There are still [dispensaries] that are not open because of it."

**A horse race**

Although the line system solved the issue of getting applicants from camping out on the street, it was not used to determine which projects would first go to the Planning Commission for a vote. Applications from the line order were only used for "initial consideration for processing orders," said La Mesa Director of Community Development Kerry Kusiak.

"It is possible that someone higher in the line order can fall back if they have a difficult project — they have things that are hard for them to handle on the site that take more work and delays them," Kusiak said. "We won't delay someone else because of that issue if they have not been diligent or timely in their responses."

So, despite being first in line to hand in an application, the McDermotts found themselves in a race with eighth-in-line applicants Tom and Angela Perkins to be first to hand in a completed proposal that met city standards and the conditions of Measure U. The Perkins CUP application was for a dispensary within 1,000 feet of The Grove. According to

the city planning department, the McDermotts submitted their final proposal on Oct. 25 and the Perkins submitted theirs on Oct. 26 — a single day difference.

At the appeal hearing on March 27, Tom Perkins said he was told by the city that the line order would not be the governing factor in determining which projects would be heard, but was unconvinced that the line order did not play a part in how the city treated the proposals. He also complained of "city-generated delays" that made the application more expensive.

"The result of this horse race process was that each time the city would make a request, we would have to expedite a response," he said. "The city would even state the date it would need to be returned. This led to significant additional costs."

"If it was simply a lower number game and the process was predetermined by numbering, then who would pay a \$12,000 fee and \$100,000 in preparation costs?"

The costs the Perkins incurred in just going through the application process is what makes the stakes in the green rush so high. For the McDermotts the gamble paid off. But if they had a slip up and didn't get something done and were then denied the CUP, how much had they already spent on preparing the application?

"I was over a quarter million dollars," Sean McDermott said, adding that he considers

himself lucky because there are some applicants that are already in the hole for even more, like one applicant who has been paying \$20,000 a month in rent for 18 to 20 months. "Plus, all of the other costs. There are a lot of other costs. This is the most difficult business you can possibly open."

Some of those other costs that dispensaries accumulate during the application process include paying for an architect to draw plans for the dispensary site that include state and local requirements for safety and security, as well as legal costs of hiring a land use attorney to help navigate the complex laws governing medical marijuana.

"I understand that there needs to be scrutiny, but [the process] seems a little excessive," Sean said.

**Getting ready to open**

Despite the excessive scrutiny involved with opening a marijuana-related business, the McDermotts said they were impressed with La Mesa's planning department during the application process.

"I think the city of La Mesa's endeavor is real. I believe that they truly want to get everybody licensed," Sean said, adding that he attributes the city's efficiency to a well-funded, well-staffed planning department and a well-written city charter.

Corey McDermott was surprised by the professionalism the city had in treating him and his father as they applied for a business that some still view very negatively.

"I would say we were treated like any other business applying for a CUP," he said.

Now that the Planning Commission has granted The Grove its CUP and the City Council rejected the Perkins' appeal, there is only one more piece of red tape before construction can begin — a review by the building department, which the McDermotts hope to have completed by the end of April. Once they receive they green light from the building department, they expect construction will take around two months and are aiming for a July 1 opening.

"It's going to be a very clean and beautiful experience when you come in," Sean said, and added that The Grove will have the "clean style of an Apple Store."

"We're going to be the [dispensary] for the more discriminating patient that wants that extra level of customer care, that wants to feel secure," he continued.

Although interior construction to create the clean look the McDermotts want for The Grove includes moving a bathroom, building security walls, installing security glass, and cosmetic work, most of the building improvements will be on the exterior — rebuilding and landscaping the sidewalks and parking lot.

Improving the exteriors of the buildings and sidewalks along Center and Commercial streets is one of the city's goals to improve the aging industrial area.

"They came out with a really great, although expensive, plan to change the reveal of Center Street on the back of the marijuana industry," Sean said.

In addition to The Grove dispensary, the surrounding area will soon house a multitude of other kinds of marijuana businesses. Sean said he already knows of around 10 nearby buildings that will be converted to production facilities — either grow operations or manufacturing products like edibles, lotions, tinctures, pills and more.

One of those buildings belongs to Tom Perkins.

"The good thing about [Perkins] down the street is that he's still going to be able to do something else marijuana-related on his property," Corey McDermott said. "He's going to do a grow there now."

When The Grove opens, it will employ around 20 people and carry every type of THC and CBD product available, although it will not carry paraphernalia items such as bongs and pipes. Sean McDermott said that he wants La Mesans to just come in and visit the dispensary when it opens to see the shop and learn about medicinal marijuana.

"There may be ailments that you don't realize that we can take care of," he said. "We're trying to develop a place where the citizens of La Mesa can feel comfortable — come in and ask questions and get educated and feel secure and not embarrassed or ashamed."

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

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| <input type="checkbox"/> Hang window treatments  | <input type="checkbox"/> Install moulding                                    |
| <input type="checkbox"/> Grout tile floor        | <input type="checkbox"/> Repair wood on deck                                 |
| <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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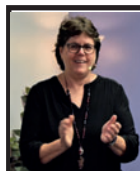


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► Market, from page 1

farmers market from its current home of the Civic Center parking lot to La Mesa Boulevard between Palm Avenue and Fourth Street, starting on Friday, May 4.

In addition to moving the farmers market location, the time of the market will change from 2–6 p.m. to 3–7 p.m. La Mesa Boulevard will be closed to car traffic 1–8 p.m. to allow vendors to set up and break down their booths.

The size of the market is also changing, doubling from its current 25 vendors to 50 to 55 vendors. Farmers and packaged food vendors will be placed between Third and Fourth streets, and additional packaged food vendors and arts and crafts vendors, as well as hot food vendors will be placed between Palm Avenue and Third Street. No alcohol will be sold or allowed in event area.

The City of La Mesa — who has sponsored the Friday farmers market since 1993 — will be turning the responsibility of operating the market to LMVA, who has hired Brian Beevers of Brian’s Farmers Markets as market manager. LMVA is also responsible for paying the city \$9,000 annually to cover costs of lost parking meter revenue and police a fire services.

At the City Council meeting, Janet Castanos spoke in favor of moving the farmers market from its current “anemic” location, which she described as uncomfortable and dangerous for children due to its proximity to traffic.

“I prefer to go to other farmers markets because they are more interesting than La Mesa

and I’ve lived in La Mesa for 36 years, so I would really like to be [in the Village] at our own farmers market,” she said.

Theresa Favro, owner of the Amethyst Moon, said the move will be good for her business and good for her customers.

“I’m in my shop seven days a week, I talk with everybody, I walk around the neighborhood,” she said. “People are excited. They’re excited to have the farmers market move up to the street and be expanded, adding arts and crafts and maybe some live music.”

Deanne Ross who operates the Act II Clothing Store conducted an informal survey with her customers and reported that 82 out of 90 surveyed supported moving the market.

“I am uber, uber, uber, mega, mega, mega in support of the farmers market in the Village,” said local real estate professional and Village resident Laura Lothian, who added that demand for La Mesa real estate is “through the roof” in part due to activities and events in the Village.

However, not every business in the Village was in support of the move. John Bedlion, who owns Johnny B’s Burgers, Brews & Spirits in the Village, said while he does support having a farmers market in the Village, he does not support it being held on Friday. He suggested that the market be moved to Tuesday or Wednesday when the Village merchants have less business than they do on Fridays.

“Basically, it is a question of what La Mesa needs and when,” he said. “Closing the street doesn’t make sense, especially on Friday when we all do better than during the week.”

Bedlion said he also represented other Village establishments that oppose a Friday market in the Village, including Pete’s Place, The Regal Bar and BO-beau kitchen & garden due to the impacts it will have on existing customers with regards to parking.

“There’s already a parking issue,” he said. “I think it’s going to become much more serious and much more controversial as that goes on.”

Lupe Marrojo, proprietor of Por Favor Mexican restaurant & Cantina, said she is worried that the market will scare off her customers on Friday night, which is one of her busiest days.

“My regular customers tell me that when there’s an event downtown, they just don’t go because there’s no parking,” she said. “I also feel that it’s going to change the vibe of the Village from going out to eat in a nice, quiet, relaxing evening to something a little more hectic.”

LMVA president Aaron Dean said he understands the concerns of businesses of worried about parking, but believes the farmers market will ultimately be a success for everyone in the Village.

“We think the farmers market will bring new people,” he said. “I think people will be pleasantly surprised for what it does.”

Dean said the LMVA also wanted to move the market to Tuesday because more than any other day of the week, they felt that Tuesday was a day in the Village that businesses could use more people.

“The biggest problem we had with Tuesday was the farmers themselves had been burned at different other markets that haven’t worked on Tuesdays



Brian Beevers of Brian’s Farmers Markets will be the market manager for La Mesa’s new Friday farmers market location in the Village. (Photo by Jeff Clemetson)

or Wednesdays because the people don’t come out,” he said and added that other farmers market managers told him they were “terrified” to commit to a Tuesday or Wednesday. LMVA also looked at Thursdays, but were not were not possible because the market would conflict with the car show events in the summer. Weekends would have been hard to get vendors who are already booked at much larger markets and Mondays are a day off for farmers, he said.

Vincent Perez, an assistant to Beevers at Brian’s Farmers Markets, also warned that moving the day of the market could spell the end of a farmers market in La Mesa completely.

“One of the most detrimental things you can do to a market is move the day,” he said. “That’s one of the things that if you do it, the market can just die out completely and then you lose it.” The reason, Perez said, is that the vendors have their whole week set up and already have a market every other day.

Dean said that if the market didn’t work out for the businesses in the Village after a few months of trying it out, the

city could always move it back to the Civic Center parking lot, or even back to its original location in the Allison Street parking lot.

“But if we move the market to another day, we lose that ability all together. We’d lose the market completely,” he said.

Before voting, the City Council weighed in on the move.

Councilmember Guy McWhirter said he understands the concerns of local businesses wary of the move, but that he thinks “the overall benefit that this will bring to the Village is just amazing.”

Vice Mayor Kristine Alessio agreed that the current location is “terrible,” but was too concerned about the impact on businesses on Fridays and ended up casting the lone vote against the move.

“It needs to be in the Village but I am just not there where you have six of the long-term businesses saying this is going to hurt me. I cannot support it being on Friday,” she said.

Mayor Mark Arapostathis said that feedback he’d received

See MARKET page 16 —————>



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## News from Helix Charter High School



### Helix Highlights

Jennifer Osborn

#### Psychology Fair

Students in Helix psychology classes recently put on a Psychology Fair, and students and staff members came in droves to participate in various experiments designed by the psychology students. Students participated in studies to determine what color cookies their peers prefer; discussed attraction and body type; and explored the effect smell has on taste, just to name a few. This is an annual event at Helix, and it is always well-attended.

#### MESA success

Helix Science students recently participated in San Diego State University's Math Engineering Science Achievement (MESA) day competition. Several students qualified to compete at the regional competition, taking on teams from all over Southern California. The students competed in several different categories there, and the results were impressive:

- MESA Tank – second place; Jaime Lau, Elijah Henderson and Katelyn Saxen
- Rube Goldberg – third place; Phillips Nguyen and Reign Galiendes
- Wright Turn Glider – second Place; Xochitl Ramos, Katie Lin and Katie Chen
- Bridge Design – first place; Ben and Nicholas Lam

#### Speech and Debate Team achieves

The Helix Speech and Debate Team recently competed in the California High School Speech Association State Championships. More than 150 high schools competed, and Helix took 11th place overall. In addition, nine of the 22 Helix students competing advanced to semifinals and/or finals.

- Eva Anderson – second place, Humorous Interpretation
- Luke Babbitt – second place, Thematic Interpretation
- Maddie Denison – fifth place, Impromptu Speaking
- Mahamed Abdulahi – semifinalist, Original Oratory
- Lainie Alfaro – semifinalist, Thematic Interpretation



Psychology students Kassie and Alexa created a project to see how smell is linked to emotions for the Psychology Fair. (Photos courtesy Helix Charter High School)

- John Garcia and Chase Osborn – semifinalist, Duo Interpretation
- Shane Robles – semifinalist, Thematic Interpretation
- Sophia Rogers – semifinalist, Thematic Interpretation

#### Helix Colorguard state champions

The Helix Colorguard took first place in their division of the Winter Guard Association of Southern California Marching Band Open Series State Championships. Congratulations to these hard-working students.

#### Welcome new Charter Board members

Helix's Charter Board welcomes three new board members, and says goodbye to three outgoing members. Joining the board are PTSA representative Carolyn Lemler; classified staff representative Linda Brown; and community representative Ellen Nash.

Helix thanks the three outgoing board members for their service. They include PTSA representative Lauren Gillihan; classified staff representative Peggy Crabtree; and community representative Elizabeth Berg.

#### Judges needed for Senior Boards

Community members are invited to participate as judges for upcoming 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 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 Boards will take place on Tuesday, May 29, and Wednesday, May 30, noon–4 p.m. Community members are welcome to participate in either or both dates. Please contact me at 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.

#### Highlander Open Golf Tournament

The Helix High School Foundation invites you to participate in the Highlander Open Golf Tournament. The tournament will take place at Carlton Oaks Golf Course on Friday, June 8. All funds raised will be used for college scholarships for graduating seniors. Contact Frank Theroux at theroux@helixcharter.net for details.

#### 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, held twice monthly. The tours for May are May 3 at 5:30 p.m. and May 18 at 8:10 a.m. (the final one of the school year). Reserve your spot using our website, helixcharter.net.

—Jennifer Osborn writes on behalf of Helix Charter High School. For questions or input, reach her at josborn@helixcharter.net. ■



Helix Charter High School's MESA competitors



# Foothiller volleyball wins on court, engineering wins in competition



## Foothiller Footsteps

Connie and Lynn Baer

A relatively “new” Grossmont High School sport is volleyball. Since the first volleyball team “took the court” in 1972, Grossmont students have enjoyed the challenges and the excitement of volleyball.

### Girls volleyball

In 1972, teacher Alice Bardon coached the first Foothiller volleyball team, which was a coed intramural team. The following year in 1973, the first entirely girls volleyball team appeared. Over the next 45 years, the teams won 12 league championships and in 1987 were CIF champions.

The 1977 team won Grossmont’s first league championship. That year, Peggy Adams and Robin Miller were Grossmont League Co-Players of the Year.

Today Peggy Adams Breslin, recalls, “Volleyball was a great experience at Grossmont during my four years. Making the varsity team as a freshman was good because it was the first year the girl teams had CIF. It was great playing with the older more experienced players. Highlights for me were winning league in 1976 and 1977 and beating La Jolla and Patrick Henry in CIF.

“Teacher Mary Jane Lee, coach from 1974-1978, was a good ole country gal who always said that we were ‘squirrelly.’ She encouraged us to improve. I still have a great love for volleyball, and I loved watching my daughter play in high school.”

Last year in 2017, the Foothiller Girls Volleyball Team won the Valley League under first-year coach Mike Manthei, who says that “the team, the ‘Beast of the East,’ was a well-balanced team, getting contributions from all 14 girls this season.”

The 2017 team also earned the honor of being the Volleyball All-Academic Team for the East Region of San Diego CIF with a GPA of 3.56, and Emily Barnes earned the Section Scholar Award for volleyball with a GPA of 4.8.

### Boys volleyball

Grossmont’s first boys team, the 1991 Boys Volleyball team, won the first of 19 Foothiller league championships. From 1991–1997 the boys teams won seven straight league championships with the 1995 team winning CIF; from 2001-2006 the teams won six straight league championships.

Teacher Sara Whitehouse Ortiz coached the boys from 2007–2015. From 2008–2013, her teams won six consecutive league championships, had players named as league MVP for seven consecutive years (2007–2013), and were Division II CIF runner-ups in 2010.

All of those nine years, the teams were named San Diego Union Tribune All-Academic teams. In 2014, the team was recognized as having the

highest team GPA in San Diego County. For the first time in the program’s history, the team was able to run a novice program, a team for freshmen, and fielded a Beach Volleyball team from 2012-2017. Several of the players continued to play volleyball at the college level, many on scholarships, and former player Jake Haar is currently coaching volleyball at Doane University in Nebraska.

Coach Ortiz recalls, “We had a program that flourished with dedicated young men who built relationships that still hold strong. It was nearly a decade filled with setting goals and passionately chasing them. The program found so much success due to these tenacious young men and parents that provided immense support. Personally, I remember many years of laughter, hard-working boys, and raw competition, leaving me with countless cherished memories of my coaching experience.”

Last year’s boys team won the 2017 Grossmont Hills League title. Seniors Nino Haegen, Eddie Solis, and Tyler Foster were awarded All League honors.

Second-year coach Peter Phillips shares that “I absolutely love coaching here at Grossmont! We have a great group of student athletes. The team chemistry is amazing! We are one big happy family.”



The 2017-2018 Grossmont High School Girls Volleyball team (Photos courtesy GHS Museum)

Volleyball is one of the 25 Foothiller athletic teams which challenge students to develop their potential and their character beyond the school day. Thanks to the 97 years of dedicated coaching, students leave Grossmont having learned more about commitment, discipline, and aspiration.

### Project Lead the Way

With engineering being emphasized in education, Grossmont High School in La Mesa, California, is participating in Project Lead the Way’s engineering nationwide STEM program. Students in Jeffrey Lee’s engineering pathway at Grossmont High School are focusing on career and career readiness that meet industry standards including communication, collaborative, technical, and innovative skills. An element of this program is for students to enter competitions that allows them to showcase science, mathematics, and engineering concepts through innovative designs that relate to relevant problems in society.

Representing young women in engineering, Jessica and

Jamie Medlin, twin sisters in their junior year at Grossmont High School, teamed up with fellow classmate Tanner Askey, also a junior, to make up the Grossmont Foothillers’ Engineering Team. The team, in their second year of a three-year engineering program, competed in the Project Lead the Way Southern California, Chevron Design Challenge at Santana High School on Saturday, April 14.

Through a six-step engineering design process, the Foothiller Engineering Team collaborated to create a storage organizer for many uses and purposes. This included creating technical sketches of designs that meet design constraints, CAD (computer aided designs), and professional presentations to a panel of five engineers that are currently working in the field. These aspiring and dedicated GHS engineering students placed third out of 17 southern California regional teams.

The top three teams at each of the California’s Regional Chevron Design Challenges advance to the state finals competition in Pleasanton, California, on Saturday, May 5, 2018. The Foothillers’ Engineering Team is honored to compete and represent the Grossmont High School Engineering Program in this prestigious competition.

—Connie and Lynn Baer write on behalf of the Grossmont High School Museum. To discover more about Grossmont’s history, visit [foothillermuseum.com](http://foothillermuseum.com) or visit the GHS Museum Wednesday, May 2, noon–3:30 p.m. or by appointment. Contact: 619-668-6140 on Wednesdays or email [gghsmuseum@guhsd.net](mailto:gghsmuseum@guhsd.net).



(l to r) Foothiller Engineering Team members: Tanner Askey, teacher Jeffrey Lee, and twins Jessica and Jamie Medlin



The Grossmont High School Boys Volleyball team



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# Scotland calling

Frank Sabatini Jr.

He kept locals waiting with bated breath before they could finally indulge in Scottish pub fare, some of which couldn't be found anywhere in San Diego County. Yet after a four-month period that saw a couple of opening dates come and go did Peter Soutowood expose us to Fourpenny House in the heart of La Mesa.

The delays, due mainly to construction issues, were worth the wait. Upon stepping inside, customers are transported into an environment of weathered wood, whitewashed stone and booth pillows adorned with hand-sewn tartan covers — precisely the elements Soutowood encountered in pubs and inns he frequented while exploring his heritage in Scotland.

A cozy nook with a fireplace sits just inside the entrance.

It's followed by a small, open kitchen and an intimate bar stocked with single-malt Scotch whiskeys. There are also craft beers, including a malty, semi-bitter Fourpenny Ale brewed onsite. With four tanks in the back, more are in the pipeline such as a blonde ale using Scottish malts and yeast.

The food is sinfully hearty, just as you'd expect from a windswept country accustomed to long winter slumbers.

Southowood, an architect by trade, recruited former Silver Gate Yacht Club chef David Chenelle to head the kitchen. He taps into Soutowood's family recipe box for making bread incorporating spent

beer grains as well as shortbread cookies big enough to feed tea parties of four. Both are unique palate-pleasing finds that shouldn't be overlooked.

Visiting midday as a twosome, we perused a lunch menu that is decidedly more concise than the dinner card, from which you'll find roasted salmon, ale-braised mussels and flatbreads. I craved a Scotch egg, which is a dinner-only item. Yet with a bit of desperate pleading, the kitchen kindly made an exception.



A Yorkshire wrap filled with sausage and potatoes

This was a gorgeous version of a Scotch egg, encased traditionally in finely ground pork sausage but set atop mashed potatoes and encircled by lush stout gravy.

Another wildly rich starter was partan bree, the Scottish term for seafood soup. Chenelle's recipe uses crab, salmon and lots of cream. Count yourself lucky if its available when you visit, as he rotates it throughout the week with Guinness stew and Scottish game soup.

Curries are common throughout the U.K., per generations of Anglo-Indian citizens

that served in the British Raj during the 19th century and returned to the motherland with a taste for exotic, spicy foods.

Behold the thick, orange-tinted curry sauce served here with french fries, and the droplets of yellow curry sauce mingled with spicy mango chutney that comes on a board of roasted cauliflower. The latter tasted especially complex and novel, despite cauliflower's long-running day in the sun.

Fiercely original are the Yorkshire pudding wraps. Chenelle turns the egg-flour-milk batter into crepe-like tortillas and stuffs them with a choice of pork "banger" sausage, chicken tikka masala or veggies with English cheddar and pesto.

We chose the former, which resembled a smooth omelet filled with the mildly spiced meat plus potatoes, red onions and roasted tomatoes. If

you arrive with a taste for breakfast, this will serve you well.

Fish and chips are the closest thing to mediocrity you'll find here, and still, they're above board. The plate featured several strips of light, fluffy cod enveloped in crispy batter infused with the Fourpenny Ale. The creamy, tangy house-made tartar sauce was a high point.



Fish and chips



A weathered, wooden door leads into rustically designed Scottish pub. (Photos by Frank Sabatini Jr.)

Since opening earlier this month, Sundays are becoming a thing. It's when Fourpenny House serves breakfast (9 a.m. to 1 p.m.) followed immediately thereafter by traditional "Sunday roast." For \$28, you can score a fresh salad, a choice of lamb, beef or salmon with side dishes, and scones and shortbread for dessert.

Regardless when you drop in, the pub sends you to the land of bagpipes with all its rustic and caloric splendor. And as it currently stands, there are no other Scottish-themed establishments in our region.

—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.■

## Fourpenny House

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(La Mesa)

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fourpennyhouse.com

Prices: Lunch plates, \$8 to \$16; dinner entrees and flatbreads, \$12 to \$24



Julie White

This recipe has a Swedish origin. Everyone loves these potatoes. Crispy on the outside, slightly soft inside. Delicious!

### Ingredients:

- 12 Yukon Gold potatoes or 6 medium russet potatoes, washed
- 1 stick melted butter
- 1/4 cup olive oil
- Salt and pepper
- Finely chopped chives or Parmesan cheese, optional

### Directions:

Preheat oven to 425 degrees.

Slice the potatoes into thin slices, leaving a 1/4 inch on the bottom so that the potato is still intact. Place on a baking

## Hasselback potatoes



(Wikimedia Commons)

sheet lined with foil or parchment paper.

Brush each potato with the butter and oil and sprinkle with salt and pepper to taste.

Bake until crispy and tender, about 60 minutes. You can sprinkle with chives and Parmesan cheese when

removed from oven if desired.

"Essential advice for a gardener: Grow peas of mind, lettuce us be thankful, squash selfishness, turnip to help neighbors and always make thyme for loved ones!"■





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## Building brightness

Fletcher Hills Kiwanis Club and Orchard Supply Hardware (OSH) co-sponsored a building project to brighten the lives of residents of Country Manor Healthcare Center in La Mesa.

Members of the Kiwanis Builders Club at Parkway Middle School and their families visited OSH Saturday, April 14. All the building materials needed to build small individual planter boxes and the beautiful blooming Kalanchoe succulent plants that were placed in them were supplied by OSH.

OSH employees Jeff Goll and Rory Cunanan coordinated the event by setting up tables at the back of the store with all the necessary tools, wood and paint to build and decorate the boxes.

Goll cut 215 pieces of cedar wood and drilled 559 guide holes for the nails. Cunanan made sure the finished flower boxes got delivered to Country Manor.

Fletcher Hills Kiwanis members who participated include Bonnie Kopp, Lisbeth Hether, Chuck Fleming, Dave Liss and Karl Ports. They, along with Parkway Middle School Principal Mary Beason and Builders Club Faculty Advisors Amy St. Cyr and William Littig, all helped or tried to help build and paint the boxes.

—By Ray Bello.■



A finished planter box (Photos courtesy Ray Bello)



(l to r) Roy Cunanan, Karl Ports and Jeff Goll work on a planter box.

### ► News Briefs, from page 8

in activities that can enrich physical, mental, and emotional well-being, and recognizes the many ways in which older adults make a difference in our communities.

For 55 years, Older Americans Month has been observed to honor older Americans who are taking part in activities that promote social connection to improve their quality of life and share their wisdom and experiences with future generations by working, volunteering, mentoring, learning, leading and engaging.

San Diego Oasis will recognize Older Americans Month of May with a kickoff of summer semester events, including distribution of a new, 144-page catalog of classes and activities, and a day of celebration at Grossmont Center Mall in La Mesa.

On May 9 in Escondido and May 10 in La Mesa, interested seniors can register for classes on site. At the La Mesa location on May 10, Oasis will host free demonstrations and mini lectures to introduce its summer class line up. The event runs 10 a.m.–2 p.m. and will feature exercise and dance demos, health and wellness lectures, giveaways, community experts and an appearance from Dr. Ken Druck, nationally recognized speaker, coach and author of “Courageous Aging.” Anyone over the age of 50 is welcome.

On May 24 at 2:30 p.m. at our Grossmont Center location, Oasis will host a session

called “Right-Sizing Your Life in Retirement,” featuring speakers in finance, relocation/downsizing, and the emotional challenges that come with so much change.

### La Mesa attorneys top ranked in San Diego Magazine

La Mesa residents Timothy C. Earl (Insurance) and Joseph L. Marshall (Business Transactions) have been listed in San Diego Magazine as 2018 Top Lawyers in San Diego. Earl and Marshall are two of 10 Sullivan Hill attorneys to be named 2018 Top Lawyers. La Mesa resident Ashley Kerins has been selected to 2018 Rising Stars in California for the second time in the areas of Tax, Real Estate and Business/Corporate.

Earl is chair of the firm’s Construction and Insurance practice group. His insurance coverage practice involves representation of policyholders and insurance companies in a variety of insurance coverage disputes.

Marshall, a member of the firm’s executive committee, has experience in real estate, corporate partnership and business transactions. He represents clients in matters such as commercial real estate ownership, mergers and acquisitions, business formations and federal and state tax disputes.

San Diego Magazine’s 2018 Top Lawyers in San Diego list reflects those local attorneys

See NEWS BRIEFS page 17 —>

## 6 SMART HOME ESSENTIALS

With so many devices and home automation available these days, turning your house into a smart home is easier than you might think. But, there are some things to keep in mind when deciding which devices are essential – and what kind of internet service you’ll need to maximize your smart home experience.



- **A home speaker that doubles as a virtual assistant.** Current models can answer questions, turn on lights, play video, access virtual assistants like Siri or Alexa, share weather and news updates, act as a timer, and play music on demand. Some models even help you shop online.
- **Home cameras.** The latest in home monitoring such as Cox Homelife allows for remote live video viewing from your smartphone, video recording and customizable notifications.
- **Smart lights.** Replace existing light bulbs with energy efficient bulbs that can be controlled remotely with a few taps on your smartphone or tablet. Cox Homelife has an automation feature to control indoor and outdoor lights, bringing you (and your pet) peace of mind while you’re away from home, as well as saving energy and money.
- **Smart locks.** Remotely control doors in your home. Features can include voice commands, customized chimes, activity logs, integration with other smart devices, and special codes for friends, dog walkers, and deliveries.
- **Smart thermostats.** Programmable thermostats allow you to remotely turn the air and heat in your home up and down, and on and off. Save money and energy, and arrive to a warm or cool home.

- **Smart Search entertainment.** There are many options to watch TV and stream content online, and Cox’s Contour TV service brings smart search options, Netflix integration, a voice-controlled remote, and cool apps together into one service that is easy to navigate. Speak into the remote to find the programming you want to watch – use a famous movie quote, the title of a show, a genre, or the name of an actor. You can even say “free movies,” and available titles in the On Demand library will pop up.

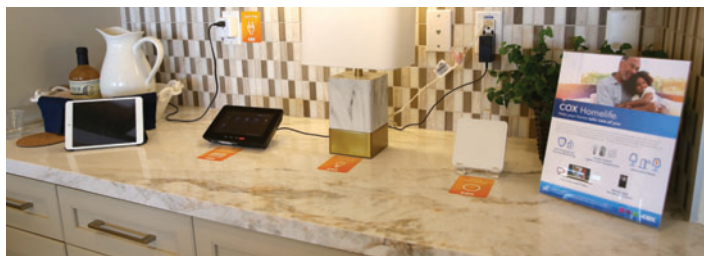
Just as important as the devices you select is the internet service you choose.

In San Diego, Cox Communications recently doubled internet download speeds automatically for the majority of its customers at no additional charge. Preferred, the company’s most popular tier of service, is now up to 100 Mbps, while Essential and Starter, which are ideal for lighter users with one to five devices connected to the home network, doubled to 30 Mbps and 10 Mbps, respectively.

For households with multiple family members who want to connect dozens of devices simultaneously, are heavy gamers or have the need for the fastest speeds around, Cox’s Gigablast service offers download speeds of 1 gigabit (1,000 Mbps).

Take a short quiz on the speed advisor at [www.cox.com](http://www.cox.com) to determine which speed is right for your household.

Cox is also improving the in-home internet experience with Panoramic WiFi, which provides “wall-to-wall” WiFi coverage so you have a connection wherever you may roam in your smart home.



### ► Market, from page 11

about the current market was that “there’s no there there,” and agreed it needed to move and added that because the city plans to redevelop the Civic Center, that the market will need to move either way.

Arapostathis said the council needed to be good stewards of businesses and provide some assurance that concerns are being heard and suggested that the city monitor the market as it goes forward as it goes forward and make any necessary changes and suggested the council grant the event permit for less than a year.

Councilmember Colin Parent agreed that running a trial period is a good idea for the market, but that with his experience working on shutting down streets for events and promoting walking in cities for Circulate San Diego, he predicts the market will be a success.

“Every time I’ve experienced one of these things or been involved in one, [the businesses] end up being very happy with the outcome because they end getting a lot more customers. Studies show that shutting down streets draw more people in and receipts go up for businesses,” he said. “So, there’s very good reason to think this going to be a success for all the participants, including those who [believe they] are going to be impacted.”

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



► News Briefs, from page 16

who have been recognized by Martindale-Hubbell as 2018 AV Preeminent Peer Review Rated attorneys.

Kerins is a member of the firm's Business and Corporate Transactions and Tax practice groups. Her practice extends to real estate transactions, financings and business organizations. Super Lawyers, a Thompson Reuters business, is a rating service of outstanding lawyers from more than 70 practice areas who have attained a high degree of peer recognition and professional achievement, of which Kerins was selected.

Sullivan Hill provides full service representation to clients in a variety of industries with an emphasis in insolvency, construction disputes, insurance coverage, real estate, employment, business disputes, civil litigation and transactional work. The firm has offices in San Diego and Las Vegas.



Shirley Apple Murphy (Courtesy photo)

**Shirley Murphy named GHD representative to Grossmont board of directors**

El Cajon resident Shirley Apple Murphy, a cultural psychologist, life coach and advocate for Native American issues, has been appointed to serve on the Grossmont Hospital Corporation (GHC) board of directors as a representative of the Grossmont Healthcare District (GHD). Murphy will serve on the GHC as a designee of GHD board member Gloria Chadwick.

Murphy is returning to the GHC board after previously serving from 2011 to 2016. Murphy was succeeded by Allan Goetz, a retired aerospace engineer, who served in 2016 and 2017.

The 15-member GHC board consists of Sharp Grossmont Hospital leaders, physicians, community leaders and GHD board members or their designees. Among its many responsibilities, the GHC board oversees, evaluates and recommends proactive quality measures and performance initiatives for all quality improvement activities throughout the hospital.

Murphy is president of Taspan Consulting Co., which she founded to conduct research and development of indigenous knowledge and its application to educational curriculum, career counseling, community development and life coaching. Her career has

focused on health care, education and language retention.

"It is my honor and privilege to have this opportunity to serve at the pleasure of the Grossmont Healthcare District board," said Murphy. "I have a lifelong commitment to quality health care and a desire to address unmet health care needs in our East County community. I look forward to supporting the other hospital board members and an excellent team of hospital administrators in a collaborative effort to offer quality care and exceed patients' expectations."



Jim Stieringer (Courtesy photo)

**Jim Stieringer announces bid for State Board of Equalization**

Former La Mesa City Treasurer Jim Stieringer announced that he has joined the field for election to the

See NEWS BRIEFS page 19 →

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

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

S	T	S	S	S	T	S	V	N	O	E	R	B
W	V	N	E	S	V	E	R	E	N	R	V	
I	R	I	T	N	A	V	E	S	E	N	N	E
S	A	R	D	S	L	E	O	E	L	E	K	S
S	E	R	O	M		V	A	V	A			
S	E	R	I	T		S	T	C	E	S	N	I
O	E	R	S	R	S	U	O	S	A	V	L	
H	V	I	P		V	E	R		S	O	M	A
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S	E	K	A	N	S		O	O	A	R	G	N
S	E	E	S	E	L	P	A	P	A	O	I	C
I	L	E	H		R	E	X	E	H		R	A
O	K		A	M	A		C	R	E	C	A	S



# Anderson recognizes England for 10 years serving La Mesa Chamber

Brenna Hatcher

On Saturday, April 14, California state Senator Joel Anderson awarded Mary England with a Senate Resolution commending her for her achievements as the president and CEO of the La Mesa Chamber of Commerce.

England's credentials explain why she received the resolution from Anderson. She oversees two nonprofit organizations — La Mesa Rotary Club and Lemon Grove Education Foundation. In years past, she's also been awarded San Diego East Country Chamber of Commerce's 2007 Woman of the Year, 77th Assembly District's Woman of the Year, and La Mesa Community Crown Award in 2011. Most importantly, she is a woman of business who is determined to build our La Mesa community.

Anderson affirmed England's success by stating, "Mary embodies what it means to give back to your local community. I am so thankful to have had the chance to work with her and I am excited to see what else she will accomplish in the years to come."

England described the obstacles she faced when she first started the La Mesa Chamber of Commerce.



Sen. Joel Anderson bestowed Mary England with a Senate Resolution for her 10 years of service as La Mesa Chamber of Commerce president and CEO. (Courtesy Sen. Joel Anderson)

"We had no money and we were brand new," she said. "So the challenge was to create programs, membership levels, and to be able to start stimulating the economy for the businesses." Now, her chamber celebrated its 10th year and she is accredited for her leadership promoting the interests of La Mesa's businesses through the Chamber of Commerce.

England advises young entrepreneurs that if they want to follow in her footsteps that they need to follow their dreams.

"First of all, get your business plan," she added. "Put a

business plan together. Look at your financing. Network and build relationships."

England's belief in this statement is seen in how she started the chamber. She then uses the chamber's achievements to help the families and businesses of La Mesa and volunteers to better La Mesa's youth. Simply put, England epitomizes what leadership and serving one's community is all about.

—Brenna Hatcher is a legislative intern for the office of Sen. Joel Anderson.■

## News and notes from your County Supervisor

DIANNE'S CORNER

Dianne Jacob

**Alzheimer's alert:** When the county in 2014 launched The Alzheimer's Project, our regional initiative to help families and find a cure, we knew we were facing an uphill battle against the deadly disease.

But two new county studies show we're in for an even bigger fight than we thought.

The reports say the number of San Diegans 55 and older with dementia is expected to increase 36 percent by 2030, while the costs associated with their care are also likely to skyrocket.

The federal government recently awarded a grant to

a local research team that was created as a result of The Alzheimer's Project. I'm optimistic that we'll find a cure or treatment right here in San Diego, thanks to our world-class brain scientists.

**Lowdown on libraries:** Funding for a new Lakeside Library recently reached another milestone, thanks to a \$5,000 donation presented to the Friends of the Library from the Barona Indians.

The county will pay for the construction and cover day-to-day operations, but fundraising by the Lakeside Friends is critical. Thank you, Lakesiders, along with friends like Barona, for rallying around this awesome project!

Meanwhile, the county continues to pursue plans for a bigger, better library in Casa de Oro.

**Success stories:** It was great to recently honor some of our local health heroes.

Among those receiving 2018 Public Health Champion Awards from the county were the folks at McAlister Institute, a substance abuse treatment center in El Cajon, and Darlene Shiley, the San Diego philanthropist who has done more than anyone to help ease the terrible burden for families struggling with Alzheimer's disease.

Have a great East County day!

—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).■

### ► News Briefs, from page 17

4th District State Board of Equalization. Incumbent Dianne Harkey has announced that she will seek election to the 49th Congressional District seat currently held by Rep. Darrel Issa. The 4th District includes San Diego, Orange, Riverside, Imperial and San Bernardino counties.

Stieringer joins a list of seven candidates including Joel Anderson, Mike Schaeffer and Orange County residents Ken Lopez-Maddox, David Dodson and John F. Kelly, along with

San Bernardino County resident Nader F. Shahatit.

In addition to his 2002 election as La Mesa's City Treasurer, Stieringer served five terms as a member of the Grossmont Healthcare District board of directors and a single term as a member of the Grossmont Union High School District governing board. He is an Air Force veteran, having served as a contracting officer for the Air Force Systems Command at Cape Canaveral. He holds a business degree from California Western University and a masters degree in management from Florida State University.

The Board of Equalization retains authority to collect and handle appeals for state assessed property taxes, alcohol taxes and insurance taxes.

Stieringer said he believes that his candidacy represents an opportunity to introduce financial professionalism to a board that currently includes former legislators and those seeking to improve their resumes for higher office. His immediate goal is to finish among the "top two" candidates who, under Proposition 14 approved by the voters in June 2010, will proceed to the November general election runoff.■

## WORSHIP DIRECTORY

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Sunday.....10:00am to 11:30am  
Tuesday.....6:30pm to 8:00pm  
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## PUZZLES ANSWERS ON PAGE 18

### SUDOKU

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

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

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### CROSSWORD Zoo Story

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					32		33					34		
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38					39	40			41		42			
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49	50	51					52	53					54	55
56							57				58			
59						60					61			
62						63					64			

CREATORS NEWS SERVICE

By Charles Preston

#### ACROSS

- 1 Lid fastener
- 5 Suburb of Milan
- 10 In a fit of wildness
- 14 Axillary
- 15 Sortilege practitioner
- 16 Copter or port preceder
- 17 Muse of history
- 18 Granny Smiths' genesis
- 20 court

#### DOWN

- 1 Taxi
- 2 Before breve or round
- 3 Holy states
- 4 Plans
- 5 Enchanting one
- 6 Car, taken away for non-payment
- 7 Canadian athlete
- 8 Blanc or Ott
- 9 "My eyes make pictures, when they \_\_\_": Coleridge
- 10 "Minnie had \_\_\_ as big as a whale..."
- 11 Actor Donald
- 12 Ye \_\_\_ Shoppe
- 13 \_\_\_ of the Spider Woman
- 19 Bed bellow
- 21 Feel queasy
- 24 A royal family of Scotland and England
- 25 Adult human being
- 26 Chorion

- 36 Neighbor of Savannah, MO
- 37 God of Memphis
- 38 Shropshire boy
- 39 "Your house isn't as big \_\_\_"
- 42 Plan a new decor
- 43 No-see-ums
- 45 Bengal danger
- 47 Shoe width
- 48 Undercover agent
- 49 Swindlers

- 52 Lions of England: her.
- 56 Ernie Ford, for one
- 58 West Pakistani
- 59 Composer of Rule Britannia
- 60 Clean a chalkboard
- 61 Hindu land grant
- 62 Fostered
- 63 Publisher Conde's family
- 64 Concordes

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## International women and men of mystery

La Mesa Reads

Heather Pisani-Kristl

In American fiction, colorful police investigators, detectives, forensic pathologists and lawyers ply their trade against the backdrop of our diverse countryside. There's a certain coziness as we picture our favorite investigator staking out Times Square, walking the lakefront in Chicago, or working in other places we've visited. But everyone needs a change of scene occasionally. Here we introduce fictitious investigators around the world, in settings ranging from Goteborg to Delhi.

**Dr. Siri Paiboun**, pathologist and Communist:

Expat writer Colin Cotterill was born in England but lives and works in Southeast Asia, writing mysteries about Dr. Paiboun, the only pathologist working under the Lao People's Revolutionary Party. Siri is a grimly practical old man, having loyally staffed jungle hideouts during the party's early days, only to become disillusioned by layers of government bureaucracy. He communicates with the spirit world around the edges of the murders he investigates, keeping one foot in his rural upbringing and the other in Laos' glorious Communist future. The first title in this series is "The Coroner's Lunch."

**Jimm Juree**, unemployed journalist and glorified chambermaid:

Author Cotterill's female sleuth is young and sarcastic, forsaking the urban newspaper career she loved to keep the family business afloat. While helping run her mom's shabby seaside hotel in Maprao, Thailand, Jimm encounters an entire Volkswagen van buried beneath a local farmer's field. How did it get there, and who are the people inside? Find out in the first book of the Jimm Juree series, "Killed at the Whim of a Hat."

**Vish Puri**, big eater and India's "most private investigator":

Author Tarquin Hall's gourmandizing gumshoe gains most of his salary from performing background checks on prospective brides and grooms. But this bread-and-butter job leads to more exciting fare as Vish becomes an expert in vanishing housemaids, killings by goddesses, and other hazards occurring in the Punjab. "The Case of the Missing Servant" launched Vish Puri's fictional career.

**Aimée Leduc**, master of computer forensics — and cop's daughter:

The Leduc mysteries by Cara Black take place in the 20 arrondissements, or municipal districts, of Paris. Aimée is a Sorbonne graduate with a Parisian sense of style who is mentored by her godfather, a

police commissaire. In the course of the first novel, Aimée switches from white-collar forensics to murder investigation when a client becomes the victim of a hate crime. Fifty years of wartime secrets will come to light in "Murder in the Marais."

**Benoit Courréges**, aka Bruno, chief of police and former soldier:

Author Martin Walker immerses the reader in the little rituals of rural life in Southern France, from daily market visits to nightly wine-drinking, but picks up the pace when an elderly man's murder points to anti-immigrant sentiment. Solo policeman Bruno will have to holster his unused gun, rub elbows with the National Front, and find the real perpetrator of the crime. You can meet "Bruno, Chief of Police" in his eponymous fictional debut.

**Irene Huss**, 40-something detective inspector and Swedish feminist:

Readers familiar with Henning Mankell's Kurt Wallander series will find more to like in Helene Tursten's DI Huss, who balances the demands of work and home in surroundings that aren't exactly female-friendly. "Detective Inspector Huss" launched this ongoing series and features the investigation of a reputed suicide club taking the lives of wealthy businessmen.

### Upcoming Programs

Second Saturday  
Performance Series: The  
Shirhouse Band, Saturday,



May 12, at 1 p.m. Enjoy bluegrass with mandolin performed by this local favorite. Sponsored by the Friends of La Mesa Library.

Travel Adventures with Road Scholar, Saturday, May 26, at 1 p.m. Do you love to travel, learn new things, explore interesting places and meet people who share a love of adventure? Learn about Road Scholar, America's first and the world's largest educational travel organization for adults. Road Scholar offers nearly 8,000 affordable programs each year in about 90 countries worldwide.

—Heather Pisani-Kristl  
is managing librarian of the  
La Mesa branch of the San  
Diego County Library. Call the  
library at 619-469-2151, visit in  
person at 8074 Allison Ave., or  
get information online at sdcl.  
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Featured artist: Sharon K. Thomas



Sharon K. Thomas, is a long-time member of the Foothills Art Association (FAA). She joined in 1994. Over the years, she has received many awards for her paintings. She paints what she likes which makes for a very diverse amount of work. She says if one person likes what she does, she feels happy. Being an avid photographer and having a certificate of competency in desktop publishing, Thomas has used both skills as tools in her artwork. Because painting on location isn't always possible, many of her compositions are from her own photography. As an artist for over 30 years, Thomas has made it a point to keep her work fresh by attending workshops which help her to develop new techniques. She works in watercolor, oil and acrylic.

Thomas was born in Grand Rapids, Michigan. Throughout her childhood, she was always drawing and sketching. She joined the Grand Valley Artists Association in the late 1970s. In 1982, her family moved to California. She settled in Santee where she raised her four children. After they were grown, she obtained a license in real estate and continues to work as an agent. Over the years, Thomas has been active in the Foothills Art Association serving as the third vice president/chair of the Ways and Means Committee, publicity chair, board of directors, recording secretary, historian, and editor of the FAA newsletter Footnotes for five years. In addition to her membership in Foothills, Thomas is a juried-in member of the Southwestern Artists Association in Spanish Village, where her miniature paintings and greeting cards are available for sale throughout



Paintings by Sharon K. Thomas will be on display at the Foothills Gallery through June 6. (Courtesy Foothills Art Association)

the year. Other memberships include: San Diego Watercolor Society; San Diego Museum of Art - Artist's Guild; San Diego Portrait Society, East County Art Association; and La Jolla Fine Arts. Thomas' paintings will be featured through June 6 at the Foothills Gallery at Porter Hall in La Mesa. The gallery is open Tuesday through Saturday, 11 a.m.-4 p.m., and is located at 4910 Memorial Drive, La Mesa. —Linda Michaels is editor of the Foothills Art Association newsletter Footnotes.■

Give back to parks that give us so much



If there's one thing in La Mesa that deserves our community's full support, it's the La Mesa Park & Recreation Foundation, an organization first established 19 years ago to raise money for the Junior Seau Sports Complex. After granting more than \$1 million toward its first goal, the foundation moved on to subsequent projects, including the construction of a new teen center in Highwood Park. The foundation now aims to renovate five La Mesa park playgrounds as part of its current capital campaign, "It's Child's Play." Jackson Park's playground was completed in 2010; Northmont Park's nature-themed playground was completed in 2014; and Vista La Mesa's playground is slated to be completed this year. Funds are now being raised for Collier and La Mesita parks. As with many nonprofits, the La Mesa Park & Recreation Foundation hosts an annual fundraiser to raise donations and attract participants. This year, the third annual "La Mesa Rocks" event boasts a glitzy "Great Gatsby" theme. Partygoers can support the parks and related community services by donning '20s-era wear and hobnobbing with their fellow La Mesa citizens May 18 from 6 to 10 p.m. at La Mesa Community Center. There'll be flappers, candy cigars, a sit-down dinner, drinks and dancing.



Attendees get into the "La Mesa Rocks" mood with a photo booth at 2017's fundraising event. (Courtesy Genevieve Suzuki)

Sounds like the usual call for funds, I know, but this is a cause that is close to my heart. As with many La Mesa residents, I am a parent, which means I am usually broke. By the time our family has coughed up money for our children's education, whether it is grade school or preschool, and paid for sports or lessons, our going-out alternatives are extremely limited. The one thing that makes my 9-year-old daughter and 2-year-old son's days, however, is the suggestion of a day at the park followed by a Baskin Robbins treat. "Yes, the park! The park!" Quinn yells, pumping her fist in the air before trying to figure out whether she wants to pack her scooter or bike. "The paaaaaark!" screams Deacon, who usually runs in circles before collapsing and giving me an accusatory glare. (It's true: 2-year-olds are a lot like the puppy next door.) Yep, our family loves the park. After joining the foundation's board and the city of La Mesa's Community Services Commission, I realized we had so many more choices than just the park across the street. If you visit the city's website at

cityoflamesa.us, you can print out the newest park guide. In fact, thanks to the guide, I'm now my family's go-to resource for which parks offer walking paths, basketball courts, tennis courts, reservable picnic sites – where do you think Deacon's third birthday is going to be – and barbecues. The best thing about it is, for the most part, it's free. Sure, I have to pack our lunches, but that's a fraction of the price of whatever I'd spend at a high-price amusement park. So even though I usually feel like Dagwood Bumstead standing there with empty pockets, once a year I'm happy to dress up and attend "La Mesa Rocks" for the good of our parks. Please consider joining me as we celebrate La Mesa's favorite community service. "La Mesa Rocks" is May 18 from 6 to 10 p.m. at La Mesa Community Center, 4975 Memorial Drive. Tickets are \$75 each online at lamesaparks.org. If you have questions, contact Misty Thompson at 619-667-1319 or at friends@lamesaparks.org. —Genevieve A. Suzuki is a local attorney who lives and works in La Mesa.■

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BUSINESS & RETAIL

- Accountant
- Acupuncture
- Adult Business
- Antiques
- Appliances Store
- Art Gallery
- Attorney
- Auto Dealership
- Auto Repair Shop
- Bank
- Barber
- Best Local Community Event
- Best MMA or Boxing Gym
- Bike Shop
- Boutique
- Chiropractor
- Collective
- Consignment/Resale
- Cosmetic Services

- Credit Union
- Day Spa
- Dentist
- Dermatologist
- Doctor
- Dry Cleaner
- Financial Planner
- Florist
- Furniture Store
- Garden Supply
- Gym/Workout Studio
- Hair Salon
- Hardware Store
- Hospital
- Hotel
- Insurance Broker
- Jewlery
- Lawyer
- Manicure/Pedicure

- Massage
- New Business
- Optometrist
- Personal Trainer
- Pet Boarding/Day Care
- Pet Groomer
- Pharmacy
- Pilates
- Plumber
- Real Estate Agent
- Real Estate Office
- Solar Company
- Tanning Salon
- Tattoo/Piercing Studio
- VeterinarianA/eterinary Hospital
- Waxing or Threading Salon
- Yoga Studio



# LA MESA COURIER

## COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR

### ONGOING EVENTS



**'Peter and The Starcatcher' Through May 13**  
Lamplighter Theatre presents "Peter and The Starcatcher," the musical swashbuckling prequel to "Peter Pan" that reveals the origin story of "the boy who wouldn't grow up." The Lamplighter's cast of 12 will portray over 100 characters, including pirates, orphans, secret agents, a queen and more.  
Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. at Lamplighters Community Theatre, 5915 Severin Drive, La Mesa. Tickets are \$23 adults, and \$20 for students, seniors and active military; available at lamplighterslamesa.com.■

### FEATURED EVENTS



**Spring Garden and Butterfly Festival**  
Now in its 25th year, the Water Conservation Garden at Cuyamaca College's annual event is expected to draw up to 5,000 visitors to the family-friendly event featuring landscape design consultations, butterfly releases, Kumeyaay fire-making and artifacts demonstrations, and more.  
9 a.m. at the Water Conservation Garden at Cuyamaca College, 12122 Cuyamaca College Drive West, El Cajon. Free and open to all ages.



**Adams Avenue Unplugged**  
The seventh annual Adams Avenue Unplugged will feature 60 artists performing on 24 stages along Adams Avenue, from University Heights through Normal Heights to Kensington. The 2018 headliners are Little Feat vocalists/guitarists Paul Barrere and Fred Tackett. They will perform one set on Saturday evening in the intimate sanctuary of the Normal Heights Methodist Church. Tickets for this performance are \$15 and available online. Also

performing will be Gregory Page, Sara Petite Band, Stephen El Rey, Nina Francis, Blue Creek Band, and Shawn Rohlf Band. These performers and many more will perform free multiple sets at participating restaurants, bars, and coffeehouses along Adams Avenue. In addition to the great music, there will be a beer garden. Tickets for the beer garden will be \$19, which will include four 14-ounce beers and a plate of food from City Tacos. For the lineup, schedule, concert tickets for Paul Barrere and Fred Tackett, beer garden tickets, and further information, visit [bit.ly/2lin6g3](http://bit.ly/2lin6g3).



**Rocket Con**  
Rocket Con is San Diego's newest comic, toy, collectibles, artist and cosplay convention. Disney cover artist Jonathan Young, Killer Bunnies creator Jeffrey Bellinger and more will be in attendance, as well as comic book and toy dealers and other collectibles experts. 10 a.m. at the Scottish Rite Event Center, 1895 Camino Del Rio South, San Diego. Tickets for the all ages event cost \$5-10; available at [sdrocketcon.com](http://sdrocketcon.com).



**'Law and Order' candidate forum**  
Candidates for district attorney and sheriff will speak on law and order in San Diego County. This event will be moderated by Voice of San Diego's Scott Lewis. 11 a.m.-12:30 p.m. at Temple Emanu-El, 6299 Capri Drive.



**Dirty Pennies with Heartbeat Trail**  
Dirty Pennies is a groove rock band fusing blues, soul, old school rock and the San Diego garage sound. 9 p.m. at The Riviera Supper Club & Turquoise Room, 7777 University Ave., La Mesa.



**La Mesa Beautiful Plant Sale**  
Find an array of trees, shrubs, bedding plants, veggies, herbs, cacti, succulents and more. This year includes a vintage garden shed sale with tools, accessories, pots and garden books. Plant donations and used garden items for the vintage garden shed sale welcomed. 9 a.m.-4 p.m. at St.

Andrew's Episcopal Church, 4816 Glen St., La Mesa. Visit [lamesabeautiful.org](http://lamesabeautiful.org).

**Live Music: Andrew Parker Davis**  
Andrew Parker Davis is a San Diego-based musician. He performs a variety of Sinatra and Bob Dylan covers, along with pop hits like "Summertime," "Somewhere Over the Rainbow," "(Sittin' On) The Dock of the Bay" and "Killing Me Softly." No cover charge. Wine by the glass, cheese & crackers and dessert available for sale. Seating is on a first-come, first-served basis in our intimate back room. 7-10 p.m. at San Pasqual Winery, 8364 La Mesa Blvd.



**Screen Your Teen**  
The Eric Paredes Save A Life Foundation provides free heart screenings to youth, ages 12-25, in order to detect heart conditions that can lead to sudden cardiac arrest. The foundation is hosting a free heart screening 9 a.m.-3 p.m. at Patrick Henry High School, 6702 Wandermere Drive. Participants can register for the free screening at [EPSaveALife.org](http://EPSaveALife.org), where they will download a screening packet to bring to the event.



**Creative YOU! Wine + Paint "Poppies"**  
Learn to paint an acrylic painting of "Poppies" on an 11-by-14-inch canvas. No experience necessary. You will be guided by an instructor. All materials and snacks provided. Bring your own wine if you like. 6-8:30 p.m. at Nainsook Framing + Art, 8130 La Mesa Blvd. \$35 per person. Visit [nainsookframing.com](http://nainsookframing.com).



**Meet La Mesa Police Chief Walt Vasquez**  
The La Mesa Chamber of Commerce is hosting a breakfast meeting with La Mesa Police Chief Walt Vasquez. The public is invited to

attend. 7:30-9 a.m. at Marie Callender's, 6950 Alvarado Road. La Mesa Chamber members \$15 per person, general public \$20 per person. Make reservations at [lamesachamber.com](http://lamesachamber.com) or call 619-465-7700.



**'Sherlock Holmes: The Final Adventure' Through May 19**  
Grossmont College presents a play about the world's most famous detective. Sherlock Holmes and his sidekick Watson are on the case when the King of Bohemia is blackmailed and caught up with a famous opera singer. May 10, 11, 12, 17, 18 and 19 at 7:30 p.m., and special matinee performances on May 12 and 19 at 2 p.m. at the Grossmont College Stagehouse Theatre, 8800 Grossmont College Drive, El Cajon. Tickets are \$10-\$50; available at [bit.ly/2ymyrcU](http://bit.ly/2ymyrcU).

**Remembering Our Parents**  
Learn about the unique aspects of parent loss, identify skills to assist in coping with grief and discover a sense of hope as Mother's and Father's Day approach. Event led by Kelly Engleson, a Sharp HospiceCare Bereavement Counselor. 1-2 p.m. at the Peninsula Family YMCA, 4390 Valeta. Registration required. Call 1-800-827-4277 or [sharp.com/classes](http://sharp.com/classes).



**Gator By The Bay Through May 13**  
San Diego's festival celebrating all things Cajun. Blues, zydeco, salsa, swing, NOLA jazz, country and more will be performed on seven stages over four days — over 100 music acts. Food vendors will provide authentic Cajun and Southern food, including over 10,000 pounds of crawfish. Music starts at 6 p.m. Thursday; 4 p.m. Friday; 11 a.m. Saturday and Sunday at Spanish Landing Park, 3900 North Harbor Drive, San Diego. Ticket passes range \$20-200, depending on number of days in pass and package; available at [gatorbythebay.com](http://gatorbythebay.com).



**Senior Health Fair**  
Fair includes health screenings, prescription consultation, fitness demonstrations and balance screenings. Visit with exhibitors and educators on topics such as fire safety, dementia support, volunteer opportunities and more. 10 a.m.-1 p.m. at the La Mesa Community Center, 4975 Memorial Drive, La Mesa. Free. Call 619-740-4214.



**Spring Coin Show**  
The Heartland Coin Club of El Cajon hosts a coin show featuring 30 dealers who will present U.S. and foreign coins, currency and related numismatic items for sale. A Coins FO Kids Corner will feature information about coin collecting, plus free and discounted items for youth interested in numismatics. 10 a.m.-4 p.m. at the Cunnane Social Center at the Guardian Angels Church, 9310 Dalehurst Road, Santee. For more information, call John Weiss at 619-448-8702.



**Rey Mysterio's Luche Libre Mayhem**  
Join celebrity wrestlers Rey Mysterio, John Morrison, Taya, Brian Cage and more for an action-packed night of Luche Libre wrestling. 8 p.m. in the Live & Up Close Theatre at Sycuan Casino, 5469 Casino Way, El Cajon. Tickets are \$29-\$49; available at [sycuan.com](http://sycuan.com). Must be 21 and up.

**Disco Ball 2018**  
Join the Children's Nature Retreat Foundation for an elegant evening to help support programs that enrich the lives of children and families. The evening includes a cocktail reception and live and silent auctions. Disco attire encouraged. 6 p.m. at 1775 East Mission Bay Drive. \$200 per person. Visit [childrensnatureretreat.org](http://childrensnatureretreat.org) or call 619-320-4942.

**Artist Reception: 'Escapes'**  
Please join us for an Artist Reception "Escapes." View new local art and meet the artists. The show includes a variety of art such as pottery, woodworking, acrylic, oil, watercolor and more. Wine and cheese will be served. This event is open to the public. 6-8 p.m. at Nainsook Framing + Art, 8130 La Mesa Blvd. Visit [nainsookframing.com](http://nainsookframing.com).

**Live Music: Jim Earp**  
Jim Earp is a San Diego-based fingerstyle guitarist. He

performs original material in a Hawaiian-slack-key-meets-Celtic guitar vein — in addition to singing a host of covers from The Police to '70s folk-rock ala Neil Young and James Taylor. No cover charge. Wine by the glass, cheese & crackers and dessert available for sale. Seating is on a first-come, first-served basis in our intimate back room. 7-10 p.m. at San Pasqual Winery, 8364 La Mesa Blvd.



**EDCO Evening Mixer**  
The La Mesa Chamber of Commerce invites the public to join them for great food and good conversation hosted by EDCO. EDCO is a family-owned and locally operated waste collection and recycling company. The Chamber will host a raffle throughout the evening. Bring your business cards while you mix and mingle. 5:30-7 p.m. at BJ's Restaurant and Brewhouse at 5500 Grossmont Center Drive, La Mesa. \$10 per person, \$15 at door. RSVP to [rsvp@lamesachamber.com](mailto:rsvp@lamesachamber.com) or call 619-465-7700x2.



**Wild in the Country: Rock 'n' Roar**  
Lions Tigers & Bears' annual springtime fundraiser includes al fresco dining in an idyllic country setting, live entertainment and the chance to win auction items all while in the company of the sanctuary's animals. Event is family-friendly. 3-7 p.m. at 24402 Martin Way, Alpine, 91901. \$120, children 12 and under \$45. Call 619-659-8078 to purchase tickets.



**True Family Histories with Lisa Bebi**  
In this two-hour session, bring a favorite photo copied in black and white and learn how to enhance and collage your photo. No experience necessary. 6-8 p.m. at Nainsook Framing + Art, 8130 La Mesa Blvd. \$40 per person. Bring a friend and each will get a \$10 discount, special for this class only. Visit [nainsookframing.com](http://nainsookframing.com) or call 619-303-8060.■





# SPRING...

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9430 Mesa Vista Ave. — \$900k - \$1.1M  
1950s Spanish with Old Hollywood Style Pool + Apartment!

**JUST LISTED & IN ESCROW!**

4549 4th Street, La Mesa Village — \$500K  
1941 Cottage, 2br/2ba, Views!

**JUST LISTED & IN ESCROW!**

10033 Woodpark Dr., Santee — \$550K  
Sold at 1st Open House!

**JUST LISTED & SOLD!**

5635 Dugan Ave., La Mesa! — \$545K  
3/2, Move-In Ready, Great Backyard & RV Parking!

**JUST SOLD!**

Fletcher Hills — \$850K  
Resort Style Living!

**JUST SOLD!**

Alpine — \$660K  
2700 S.F. / On 3.5 Acres! / Needs TLC

**JUST SOLD!**

Mt. Merritt — \$775K  
Bluff-Top Pool!

**IN ESCROW!**

Lemon Grove — \$1M - \$1.3M  
Built Right After Civil War!

# SOLDS SO FAR IN 2018...

Mt. Helix **SOLD**

Mt. Helix **SOLD**

Windsor Hills **SOLD**

Escondido **SOLD**

Windsor Hills **SOLD**

La Mesa Village **SOLD**

La Mesa **SOLD**

La Mesa **SOLD**

Casa de Oro **SOLD**