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An outline of the Baltimore Junction MTS property in La Mesa where Circulate San Diego sees opportunity for new housing, including low-income housing (Courtesy MTS)

Circulate San Diego plan would build on La Mesa MTS properties

Dave Schwab

Circulate San Diego has proposed alleviating the affordable housing crunch by transforming Metropolitan Transit System (MTS) parking lots into low-income housing.

The transportation and land-use think tank's suggestion was published recently in a report titled "Real Opportunity." The report reveals MTS has at least 57 acres of available property, much of it underutilized transit parking lots.

Circulate San Diego estimates those marketable MTS properties could support development of 8,000 new dwelling units, of which 3,000-plus could be reserved as permanently affordable low-income housing.

While questioning MTS's calculations, Rob Schupp, director of marketing and communications for MTS, San Diego's public transit service, said the agency is receptive.

"All of our properties are available," said Schupp pointing out 8,000 units on 57 acres translates into 140 units per acre.

"How realistic are Circulate's calculations?" he asked. "It has been estimated the city alone will have a deficit of 200,000 units in the next 10 years. So MTS's contribution to solve the housing shortage would be small."

Nonetheless, Schupp added, "We are definitely supportive of maximizing the value of our properties, and are open to look at Circulate's ideas."

Reacting to Circulate San Diego's suggestions to use MTS parcels for new low-income housing stock, 9th District Councilmember Georgette Gomez commented, "MTS has a great opportunity to re-evaluate our policies in order to promote transit-oriented development, especially with affordable housing. These updates, along with state legislation like AB 2372, can change how our communities are developed and help house more San Diegans, while increasing transit ridership. I look forward to bringing this conversation to the MTS board and working to activate MTS properties for the best interest of the general public, while reducing our greenhouse gas emission impacts."

See **CIRCULATE** page 4 →

LMSVSD approves new superintendent

School board controversies also raised at meeting

Jeff Clemetson
Editor

With a unanimous vote on May 15, the La Mesa-Spring Valley School District (LMSVSD) board accepted a contract to appoint David Feliciano the district's new superintendent.

Feliciano will replace superintendent Brian Marshall who is retiring at the end of the year, after serving the district

for 14 years. Feliciano has served as LMSVSD assistant superintendent of business for three years and has worked in education for over 16.

"I believe the service of education, the nurturing work we do in our schools every day, is the highest calling there is," he said in an email interview. Feliciano also stated that his highest priority as superintendent will be to ensure that

See **SUPERINTENDENT** page 19 →



Incoming LMSVSD Superintendent
David Feliciano (LinkedIn)

Lake Murray festival faces funding crunch

Doug Curlee
Editor at Large

Fireworks, music and food will once again be offered at Lake Murray on July 4, but it may be a somewhat slimmed down effort compared to last year — unless there is a sudden rush of donations and sponsors.

The fundraising goal to put on the festival is the same as last year — \$75,000. The committee raised a little more than that in 2017, because the fight to return the fireworks after several years of absence caught the imagination of donors, both corporate and public.

However, for whatever reasons, that isn't happening nearly as well this year.

Rob Hotz is working to turn that around, but it's slow going.

"I can't understand why we're having trouble," Hotz said. "Everyone says the economy is in better shape now than it was last year, but we've lost several of the corporate donors we had last year, and no one is really stepping up to replace them. We also are not getting nearly the public response we got from residents in the San Carlos and La Mesa. We got 385 personal checks from people last year, but so far only 237 checks this year. We're still hand-delivering flyers to residences in the area. We'll eventually place 14,000 appeal flyers on doorsteps."

Organizers of the event are suggesting a donation of \$50 per household, although any amount is appreciated, according to fundraising material. Neighbors that plan on going to the fireworks and music festival that donate will go a long way, but small, individual donations are not the only issue event organizers are dealing with.

"Where it's really biting is in the corporate amounts," Hotz said. "We got \$53,000

See **FIREWORKS** page 5 →



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Iconic Chinese restaurant rebounds from fire

Original artwork and menu remain intact

Frank Sabatini Jr.

Jeff Wong remembers playing with his siblings in a back room of Wong's Golden Palace while his parents swooned customers with dishes like orange chicken, walnut shrimp and Mandarin fried rice.

"My dad cooked and my mother worked the front of the house. They didn't want us disrupting anyone," he recalled.

That was back in 1966, when Wong's first opened and non-Asians viewed the fare as novel and exotic. The restaurant's décor also sent patrons to a distant land via imported Chinese lanterns and elaborate wall plaques flaunting hand-carved images of dragons and ancient Chinese port scenes. None of that has changed.

Wong's parents, Stanley and Helen, opened the decorative "palace" at 7126 University Ave.

after moving here from San Francisco. They had emigrated from southern China with the vision of launching a place to showcase their cuisine and culture. But the Bay Area was saturated with Asian kitchens, so they set their sights on La Mesa.

Now in retirement, the couple passed the torch to Jeff Wong, who was tasked with replacing the restaurant's plumbing and electrical systems after a kitchen fire broke out in August 2017. The damage was confined to the stove and hood areas, but the upgrades required by the city and health department amounted to \$200,000.

"I was shocked," said Wong, adding that his family owns the building and had no intention of selling it after the fire. "My folks want to see their legacy live on. And deep down inside, so do I."

Wong's Golden Palace reopened in early May. Its adjoining bar, The Dragon

Room, sprung back to life a few months earlier.

Wong's parents acquired the bar lounge several years after opening the restaurant. They knocked down a wall to create an interior passageway connecting the two.

"It used to be a Hell's Angels bar before my parents took over," said Wong.

The Dragon Room opens daily at 6 a.m. and features karaoke four nights a week as well as live classic rock on Saturday nights.

Sitting between the bar and restaurant is a small open-air smoking section with the restaurant's original koi pond. Wong pointed out that several of the larger koi are more than 40 years old.

Numerous other historical elements prevail throughout the establishment, which at this point in time stands as a museum to Chinese restaurants of yesteryear.



Jeff Wong welcomes the return of regular customers and hopes to generate new ones. (Photos by Frank Sabatini Jr.)

Cocktails, for example, are served in a variety of kitschy, ceramic vessels ranging from Buddhas and angels to tiki barrels and moat-shaped bowls. The latter are designated for fruity rum-spiked flaming scorpions, which come with 18-inch straws for easy communal sipping.

Po po platters containing assorted appetizers are still served on old boards with mini habachi grills in the middle. Fueled by Sterno, they're used

for adding a barbecue essence to some of the already cooked meats you get.

The décor is equally precious — all of it imported from China by Wong's parents. Miniature landscapes are displayed in glass cases throughout the dining room while two wall hangings of significant size reveal intricate relief work in wood and bronze. In the Western world, they might qualify as godly art suited for old churches.

Most unusual are the dining tables residing between the red leather booths. Wong doesn't know where his parents obtained them, but their irregular-shaped pieces of embedded marble, separated by gold inlay, possess a strange gaudiness unrelated to any particular culture.

From a culinary standpoint, Wong says nearly the entire menu is exactly the same as it was more than 50 years ago. Dishes that became his favorite



(l to r) The vessels used for mai tais, scorpion punch and pina colodas



Red booths and imported hand-carved artwork define the dining areas



A new sushi counter was recently added in the main dining room.

See WONG'S page 7 —————>

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Taste of La Mesa turns 10

Jess Winans

Ditch your diet and head on down to the 10th annual Taste of La Mesa event to bite, crunch and sip your way through samples from more than 25 local caterers, restaurants, cafes, coffee-shops and drinkeries.

The La Mesa Chamber of Commerce's event will take place June 11 from 5–8 p.m. at the La Mesa Community Center, located at 4975 Memorial Drive. A General Admission or VIP ticket is required and may be purchased online at lamesachamber.net/taste.

"We're celebrating our 10th anniversary this year," said Mary England, President and CEO of the La Mesa Chamber of Commerce. "It's always great when I can interact with food and beverage providers. [Taste of La Mesa] is our opportunity to shine and allow them to show some of their dishes and interact with the public. I always say, 'don't be on a diet when you come to the Taste of La Mesa' — there's just too much good food. Your diet has to be thrown away when you come."

Returning vendors include Marie Callender's, Brigantine Restaurant of La Mesa, Valley Farm Market and others.

"It's always been a positive experience and it's always nice to see new people, business owners, new faces and old faces," said Joe Flaherty, owner of Marie Callender's, a 5-year Taste of La Mesa participant.

Famous for their pies, Marie Callender's also serves breakfast, lunch and dinner from 8 a.m.–10 p.m. Monday through Saturday and 9 a.m.–10 p.m. Sundays. Additionally, they have meeting rooms available

for reservation providing local community organizations a comfortable place to meet.

"[Marie Callender's] have been participating in Taste of La Mesa for years and they always support us," said England, who holds her La Mesa Chamber of Commerce breakfast meetings there. "They have great food, good service, it's easy to get to and they're a valued chamber member."

Among the list of vendors are a few business who previously participated. After taking a break, they decided to return to the event, such as Mexican restaurant El Torito.

"We've been involved in Taste of La Mesa for 10 years," said manager Gina Argerake of La Mesa. "Last year was the only year we didn't do it because our regional director said we didn't have the funds for that year. We definitely do now and we're super happy to be back. I love seeing all the regulars that we have at the store come to Taste of La Mesa. I also love when we see people we haven't seen before come in to the restaurant after seeing us at Taste of — it's really cool to see the actual return on participating."

New Taste of La Mesa vendors include Curbside Eatery and Drinking, and Brew Coffee Spot.

"We're part of the community and we want to get our name out there so people know not only about the other wonderful restaurants in La Mesa, but for people to try our coffee and get a little idea of who we are," said Brew Coffee Spot manager Joe Paraiso of Fletcher Hills. "It's just a super cool way to meet the owners of these establishments and get a chance to see what La Mesa has to offer."

The La Mesa Chamber of Commerce was re-organized in 2008 by England. It serves as a place for local businesses to connect with one another and also with customers and residents. As a way to give back to the community, the chamber holds various events throughout the year such as holiday giving programs including collecting goods for local seniors and children in need.

Additionally, they hold the annual Salute to Local Heroes dinner where they recognize local law enforcement officers, firefighters, paramedics and volunteers



Marie Callender's manager Chrystal Stump serving pie at last year's Taste of La Mesa (Photos courtesy La Mesa Chamber of Commerce)

- Taste of La Mesa vendors:**
- BJ's Restaurant and Brewhouse
 - Blue Lagoon Coffee
 - Bo-beau kitchen + garden
 - Brew Coffee Spot
 - Brigantine Restaurant of La Mesa
 - Cali Comfort BBQ
 - Continental Catering
 - Cucina Basilico
 - Curbside Eatery & Drinkery
 - Dream Dinners
 - Edible Arrangements
 - El Torito – La Mesa
 - Farmer's Table
 - Golden Spoon
 - Himalayan Cuisine
 - Hooleys Public House
 - Luna Grill
 - Marie Callender's
 - Nonno's Ristorante Italiano
 - Pick Up Stix
 - Riviera Supper Club
 - Samuel Adams
 - San Pasqual Winery
 - Sycuan Casino
 - Tarantino Gourmet Sausages
 - Terra American Bistro
 - The Hills Local Pub
 - Valley Farm Market

from the Retired Seniors Volunteer Patrol. The Chamber of Commerce holds two other expos in addition to Taste of La Mesa which include "Spring Fling" and "Summer Bash" providing businesses a chance to show off their goods and services to the community.

For more information about the La Mesa Chamber of Commerce, visit lamesachamber.net.

—Jess Winans is editorial assistant at SDCNN, parent company of the La Mesa Courier. Reach her at jesscamwinans@gmail.com. ■



Jason Rammelsberg serving food from the Riviera Supper Club



A taste of Terra American Bistro



Sliders from The Hills Local Pub

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

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

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

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

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

To order your FREE copy of this report call toll-free 1-800-270-1494 and enter 1007. You can call any time, 24 hours a day and 7 days a week.

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► **Circulate**, from page 1

AB 2372 would allow local governmental jurisdictions to provide developers with a density bonus and other incentives or concessions for producing lower-income housing.

While conceding that utilizing MTS surplus properties won't "solve" the existing affordable housing shortage, Colin Parent, executive director of Circulate San Diego and La Mesa City Councilmember said, "You can't think about these things in large numbers. If there are 8,000 more homes, and you're one of those 3,000 low-income renters going to be living in them — then it's very meaningful."

Added Parent, "The reality is we're not going to solve our housing crisis with any one solution. That means taking every opportunity we have to allow new homes to be built, especially where they make the most sense, along transit routes and especially on parcels of property that aren't being used for anything — or aren't being used at full capacity, like the MTS properties."

Parent cited the Grantville Trolley Station as a prime example of an MTS parcel that could be put to better re-use.

"The station is on about 10 acres of land, almost all of it dedicated to parking, and very few cars are ever parked in that lot," he said. "There's also not a lot of residential, or jobs, immediately adjacent to that stop. So we have a really big resource that we're not allowing many people to be able to use."

In La Mesa, there are three properties on the MTS joint development property inventory list. The Baltimore Junction site located between Interstate 8 and the Costco shopping center is a highlighted property and has 2.5 acres of developable property. Also on the list is the 2.18-acre parking lot for the Amaya Drive Trolley Station, which a portion of which is currently being used by Goodwill.

The MTS property along Spring Street is the largest at 3.91 acres, however comments on the MTS inventory list indicate that the property will likely be used to extend High Street under the trolley tracks "as part of the Navy's commitments to La Mesa."

The San Diego Housing Federation is a nonprofit advocate for affordable housing. The agency's executive director, Stephen Russell, said the housing crisis is so acute, especially at the low end, that any additions to the available housing stock are directly needed and welcome.

"We're talking about the low-income sector, people making 60 percent of the area median income, such as below \$79,000 for a family of four making \$48,000," Russell said. "We're talking about low-wage working families, seniors, veterans and, increasingly, people who are homeless."

Referring to housing as "the great crisis of our time,"



The Amaya Street Trolley Station parking lot in La Mesa is another site for potential housing growth. (Photo by Jeff Clemetson)

Russell noted the MTS parcels "are perfectly located to help provide additional housing units." Russell said the challenge now is how best to "actively pursue acquiring these properties that meet the proper criteria," while finding developers "willing to make it happen rather than simply being open to the idea."

Russell pointed out the seriousness of San Diego's housing shortage is confirmed by the current numbers. He cited 5 percent as the threshold figure indicating the dividing line separating surplus from shortage in the housing market.

"If the vacancy rate for renters is higher, 7 or 8 percent, then landlords have to begin making concessions, months of rent free, big-screen TVs, etc.," he said. "If vacancies go below 5 percent, tenants have much less bargaining power, and rents go higher. It's been estimated we have a 2.5 percent to 2.8 percent vacancy rate right now."

Enter Mario Turner, vice president of Orange-County based AMCAL Multi-Housing,

Inc. which builds affordable housing throughout Southern California, including San Diego. AMCAL presently has an affordable housing project, Villa Encantada at 505 62nd St. and Imperial, under construction.

Villa Encantada is the redevelopment of an underutilized parking lot next to a trolley station on 1.7 acres, which will include 67 low-income family apartments offering replacement parking for MTS while providing 1,000 square feet of retail space.

Noting Villa Encantada is "San Diego's first affordable-housing, transit-oriented development," Turner added the project has been in the pipeline since 2011.

Asked about Villa Encantada's significance in the affordable housing market, Turner replied, "It's the future." He adding finding suitable properties is problematic.

"Finding large enough parcels to develop in parking lots near trolley stations is not easy," Turner said. "Once you identify suitable properties, it takes years to get them through city planning department's permitting process."

Then of course, said Turner, there is the all-important issue of obtaining financing.

"Big-lender investors in affordable housing, they aren't always enough," said Turner noting financing for Villa

Encantada involved acquiring a mixture of public-private financing including state grants and loans, tax credit equity and other sources. "You need multiple layers of financing to bring down the rents for folks that are in the lowest income levels," he said.

Turner believes MTS is ideally constituted to contribute to the effort to alleviate the affordable housing crisis.

"If you look at their presence in the region, and their underutilized parking lots, you have one of the pieces of the puzzle needed to resolve our future low-income housing needs," he said.

Circulate San Diego's housing report recommends MTS make the following policy reforms:

- Create a joint development program that issues requests for proposals for priority sites while actively soliciting development partners.

- Require any residential development to include a percentage of homes to be made permanently affordable for low-income families.

- Eliminate the costly requirement for new developments to replace or maintain parking where it is already underutilized.

"With the new leadership on the MTS board, we believe that the transit agency has a real opportunity to transform its empty parking lots into affordable homes," concluded Parent.

—Dave Schwab is a San Diego-based freelance writer. Reach him at dschwabbie@journalist.com. ■

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Bringing some beauty



Members of Vista La Mesa Christian Church helping paint the mural in the church parking lot (Courtesy Vista La Mesa Christian Church)

The congregation of Vista La Mesa Christian Church recently finished work on a mural project that beautified a wall in the church parking lot. “What was once a dirty, boring wall has become an amazing, colorful work of art with many stories to tell,” stated Rev. Rebecca Littlejohn in an email to the La Mesa

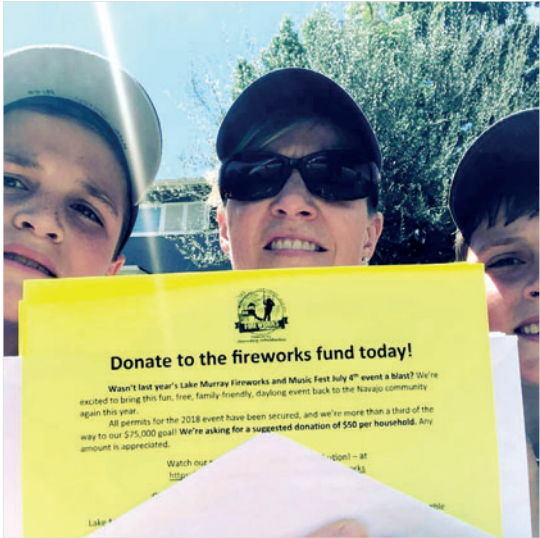
Courier. “Our neighbors (some of whom use our parking lot throughout the week) have been taking notice!” The project was initiated by RJ Lucchesi, a seminary intern at the church. He collected input from members of the church’s congregation and created a design based on everyone’s ideas. Professional

mural artist Beata Wojcik led the actual painting work and many members of the church volunteered their time to help. The finished mural was dedicated at Vista’s Sunday service on May 13 — Mother’s Day. The mural can be viewed at Vista La Mesa Christian Church, 4210 Massachusetts Ave.■

► Fireworks, from page 1

in corporate funding last year, but so far only \$30,500 this year.” According to the event website, available corporate sponsorships range from \$500 to \$7,500 and come with a variety of perks, including booth spaces, mentions during the event, logos placed on event material, framed certificate of sponsorship and more. As of May 18, the total raised from all sources is about the same as just the corporate donors last year — \$53,500. There was a small reserve of funding left over from 2017, but the committee really doesn’t want to have to throw that into the pot here — that would leave the committee pretty much flat broke for 2019, without seed money to even start planning for next year. Hotz pointed out that the expenses of putting on the show have risen from last year. City fees have gone up. Police and fire fees are higher. The

public made it clear last year that more porta-potties and handwashing stations were needed. It all adds up to more upfront expenses than the committee faced in 2017 — something they hadn’t really anticipated. There is no doubt there will be a festival with fireworks and music from 11 a.m. to 9:30 p.m. on the July 4. There will also be a number of food vendors there — nine of them at last count. But unless the fundraising situation turns around, it’ll be a stripped-down version of last year’s event. If you’re motivated to donate or to help, you can do it by contacting the committee



Volunteers helped raise money by delivering over 13,000 fliers at resident homes throughout the Navajo community area and parts of La Mesa. (Courtesy Lake Murray Fireworks)

at lakemurrayfireworks.org. There is also a Gofundme page at gofundme.com/lakemurray-fireworks. But hurry, there’s not much time left. —Doug Curlee is Editor at Large. Reach him at doug@sdenn.com.■

NEWS BRIEFS

Blood donations needed The American Red Cross is asking volunteers to donate blood for the upcoming summer. Around Memorial Day, the Red Cross often sees a steep decline in blood donations due to busy summer schedules, vacations and school breaks. The public is asked to schedule an appointment to help ensure that hospitals and patients have the blood they need this summer. To make an appointment to donate blood, download the free Red Cross Blood Donor App, visit RedCrossBlood.org or call 1-800-RED-CROSS (1-800-733-2767).

Volunteers who come to donate blood or platelets now through June 10, will receive a \$5 Amazon.com gift card via email, courtesy of Suburban Propane. (Restrictions apply; see amazon.com/gc-legal. More information and details are available at RedCrossBlood.org/Together.) Additionally, those who come to give on May 25–29 will receive an exclusive Red Cross-branded T-shirt, while supplies last. There are two local places to donate in El Cajon: May 29, 10 a.m.–4 p.m. at Parkway Plaza, 415 Parkway Plaza;

and June 13, 1–7 p.m. at El Cajon Heartland Masonic, 695 Ballantyne St. Oasis receives grant for outstanding program On April 23, NBC7 and KNSD, Telemundo 20 and the NBCUniversal Foundation announced that San Diego Oasis had been awarded an \$18,000 grant as part of the first annual NBC Project Innovation challenge. San Diego Oasis was selected, along with seven other See NEWS BRIEFS page 11

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Guest Editorial

One tough mother How being a mom can boost your job performance

Holly Caplan

Before I became a mother in 2010, I had been in the workforce as a sales person in the medical device field for years. It was a hyper-competitive market with lots of passionate people who wanted to party, make money and climb the corporate ladder. Which was exactly what I did.

My career was everything to me — it was my identity. It was who I wanted to be and I was super passionate about succeeding.

I eventually worked my way up and was approached about a management position. It was what I had wanted and was my next professional goal. So, before I interviewed for the management gig, I did my homework.

Enthusiastically, I spoke to the other managers to better understand what I was getting into. I wanted their candid feedback so that I would be prepared for my interview and get an idea of what to expect in this role.

I got a lot of a helpful advice about how to run the business and manage my sales team, as well as hiring and firing procedures. Pretty basic, right?

Until I hit a conversation that surprised me and still stings me to this day, especially now that I'm a mother.

My male manager told me not to hire female sales representatives. Taken aback, I asked him "Why?" I'm thinking, heck, I'm a female, why wouldn't I hire other women?

"Because they have babies and stuff and won't do their jobs," he said.

This manager also confided in me that this was a quiet rule between the managers. It was understood around the office. At that moment, my future challenges were clearly laid out before me, as I knew one day I wanted to become a mother — and yes, continue to work.

I did it though. I got the management job and had a baby.

According to the U.S. Labor Force, women made up 47 percent of the workforce in 2017. And guess what? Seventy percent of mothers worked in 2017 versus 11 percent in 1960. Additionally, mothers are the primary or sole earners for 40 percent of households with children under the age of 18.

How can the stigma of being a working mom still exist

when we see momentum in these numbers?

I can personally tell you that becoming a mother made me better at my job and career. It didn't make me "go soft" or unfocused. In fact, motherhood made me more assertive and decisive. It made me more strategic and thoughtful in my work.

You are forced to improve these skill sets and begin functioning at a higher level previous to children. In speaking to friends that are working moms, they experienced the same.

Here are five ways that being a mother can actually improve your job performance:

1. Better time management

Time management takes on a whole new role in your world when you become a mom. Basically, you learn that you can't control everything and that you need to manage your time as such.

You are forced to think way ahead of schedule, be ready to manage disasters and expect the unexpected. Think carpool, conflicting ballet classes and soccer games thrown in with a sick child, pet at the vet, traveling husband, meeting with the boss and a work deadline. All of this makes for complete mayhem and disarray.

There was a time in my life that all of these components would have absolutely sent me over the edge, or into a bottle

of pinot noir. However, eventually it taught me to manage my time better.

Motherhood teaches us to know how to efficiently run projects and handle the unexpected in the office. Admittedly, I do still pour myself a pinot noir in the evenings, but at least I manage my time around it.

2. Developing Low T

Mothers develop Low T — a low tolerance for bullcrap.

As moms, we have to manage our time differently, which means we have less time for B.S. with the kids. We won't tolerate bullying, stealing or shaming at home, so why tolerate it at work?

Having Low T in the workplace helps us sniff out the drama from a mile away, address it quickly and move on. Mothers tend to stay away from the office politics, handle work challenges swiftly and can close a sweet deal like no one's business.

3. More compassion

Being a mother will make you more compassionate. I mean, even when you are getting spit up on, changing a diaper, or dealing with a temper tantrum, you still love that baby with all of your heart and soul. It doesn't matter how rough the scenario may be, you learn to roll with it and move on.

See MOTHER page 7 →

Correction

Re: "Staking a claim: A look inside La Mesa's medical marijuana green rush (Volume 8, Issue 4 or bit.ly/2G5OzzJ)"

In last month's issue of La Mesa Courier, our story on La Mesa's first

medical marijuana dispensary misattributed several quotes to Thomas Perkins, an applicant for a competing medical marijuana dispensary. Mr. Perkins did not speak at the meeting. The comments in the story should have been attributed to an investor

in the Perkins dispensary Tom Hurner.

In addition, the article misspelled Anjanette Perkins' first name as Angela. We deeply regret the errors. For an updated reading with errors corrected, visit bit.ly/2G5OzzJ. ■

► **Mother**, from page 6

Again, this flows over well into the workplace. Increasing compassion can improve relationships, trust and performance. When employees feel they are in a safe and trusting environment, and that their colleagues do care about them both personally and professionally, they give back more to the organization.

4. Increased focus

Working mothers typically have less time with their children. It is part of it, and it isn't fun. A job could require more travel, conferences and client dinners. What this means for moms is missing school events, piano recitals and even just the everyday conversation of riding home from school in the car.

Because of this, mothers are more focused on their goals and tasks at work. Since we are away more, we make our time count so that home life counts when we are at home.

Moms don't want to let work interfere with the kiddos. This means that we are more organized, get projects done early and are prepared for upcoming meetings.

Also, moms are full-time problem solvers. We are forced to think strategically continuously. We are able to switch these strategic thinking skills into work.

As a result, we are super productive and efficient. Not only does this help the company, this helps us reach professional goals and with our own personal growth.

5. Becoming a master of stress

The common theme of mothering and working is the high stress factor. Stress can run rampant at home and work, and at times will feel inescapable.

But it can also be the underlying current that drives better time management, maintained focus and dealing with others' issues. The surprising thing about existing with stress is that it has made me better at handling it.

My stress "freak out" level is much higher, and my capacity for patience is higher too. At home I have less of a heart attack when I see that Oreos have been smashed into my favorite white chair, and at work I breathe easier when approaching a deadline or dealing with an angry manager. It has taught me to deal with work stress thoughtfully, patiently and exit the experience gracefully.

As for the manager who told me not to hire women, and to his colleagues who believed the same? Today I would tell them this:

Don't ever underestimate the strength of a working mother.

Oh, and Costco is having a sale in the wine department.

—Holly Caplan is an award-winning manager and author of 'Surviving the D**k Clique: A Girl's Guide to Surviving the Male Dominated Corporate World.' For more information, visit hollycaplan.com.

Guest Editorial

Water tax proposal remains poor policy

Mark Muir

Like a bad penny, a plan to tax water keeps turning up in Sacramento.

That's right — under two proposals circulating in the Capitol, California would start taxing the most fundamental resource on the planet. Such taxes would needlessly drive up costs for families already struggling to make ends meet and undermine the very goals that proponents profess.

Senate Bill 623 by state Sen. William Monning (D-Carmel) and a budget trailer bill supported by Governor Jerry Brown would add a tax to local residential and business water bills in the name of providing safe, clean drinking water to disadvantaged communities, mostly in the Central Valley.

There's no question that some Californians in low-income, rural areas don't enjoy the same level of safe drinking water delivered by the San Diego County Water Authority and its 24-member agencies. That's why the Water Authority and many other water agencies statewide have made it a priority to

promote sensible funding strategies to address this important issue. We are committed to delivering safe and reliable water, and we wholeheartedly support the goal of ensuring the same for all Californians.

But taxing water isn't the right approach.

Among the many problems with this strategy is that it sets a bad precedent. California currently does not tax water or essential food products. However, even before the first proposed water tax has been voted on, two additional water tax proposals emerged in Sacramento. Both of those taxes would drive up water bills by as much as \$15 to \$20 each month.

The cost of living in California is already high, and taxing drinking water works against the very people that the funds are intended to help.

Of course, Californians overwhelmingly object to SB 623, legislation that would create a new tax on drinking water, according to a recent poll of likely 2018 voters conducted by Tulchin Research. In all, 73 percent said they opposed the Senate legislation. Over half said

they "strongly opposed" the measure, while just 8 percent said they "strongly supported" it.

Thankfully, there are better alternatives.

California appropriately uses its general fund to pay for other important programs and social issues identified as state priorities, including public health, education, housing and disability services. The public supports using the general fund to pay for programs that serve and protect residents and communities in need.

Dozens of local water agencies, chambers and other groups have joined together to advance more appropriate funding solutions — a package that includes federal safe drinking water funds, voter-approved general obligation bond dollars, cap-and-trade revenues, agricultural fees related to nitrate in drinking water, and general fund money. With this approach, we can address an important issue for our state without adding a tax on our most precious natural resource.

—Mark Muir is the board chair San Diego County Water Authority.■

► **Wong's**, from page 2

as a young child haven't changed: chow mein, fried rice, sweet and sour pork, and "Wong's special noodles" in a dark sauce with vegetables.

"Just about everything is made from scratch, including the egg rolls and pot stickers. And we still cut our meats and fish in-house," he said.

Coming in June are various sushi rolls, which will mark the first additions to the menu in many years. Wong recently installed a small sushi counter, which signaled one of the first changes to the dining room in decades.

The introduction of sushi, he added, is an attempt to procure new customers seeking something modernly familiar. In the meantime, longtime patrons have begun returning to both the restaurant and bar with giddy excitement, per the full parking lot on a recent weekday morning and the enthusiastic patrons inside.

"I remember some of the customers from when I was a kid," Wong said. "They are very supportive and keep coming back for the traditional dishes and flavors."

As for the notion of giving the space a more modern look down the road, he doesn't think so.

"My folks are adamant about keeping the facade and the art the same. I can't see them ever being replaced," he continued.

The website for Wong's is currently being rebuilt. Until then, call 619-465-9222 or 619-464-9772 for more information.

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

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DeMaio headlines next Republican Women meeting



Leslie Mikucki

Carl DeMaio will speak about fiscal reform for government at the June 12 meeting of the Navajo Canyon Republican Women (NCRWF). The former San Diego City Council member currently hosts his own daily radio show on Newsradio 600 KOGO.

DeMaio maintains that voters deserve fiscal accountability from elected officials and recently worked to get the Gas Tax Repeal on the ballot for November because he believes the tax is inadequate to offset the state's staggering debt.

DeMaio is founder of the Performance Institute, a government reform think tank that serves to guard against misuse of government by



Carl DeMaio

demanding transparency of government functions and accountability for its fiscal activities. He offers wide-ranging proposals from performance-based budgeting accountability to the opening of government services to competition.

The NCRWF June 12 meeting will take place at The Brigantine Restaurant in La Mesa. Check-in time for the 11 a.m. meeting is 10:30 a.m. A full-course lunch will be served at noon with DeMaio's talk at 12:30 p.m. Cost of lunch is \$25 and reservations are required. RSVP (with "luncheon RSVP" in the subject line) to NCRWF99@gmail.com or call Marjie at 619-990-2791.

NCRWF mourns the passing of Barbara Bush

The recent passing of former first lady Barbara Bush reminded many of the commitment she made to public life. When asked, Mrs. Bush explained that during her 92 years, her devotion to Christian faith and love of her family sustained her. Her charity work includes education reform by fostering literacy. Mamie Eisenhower, Barbara Bush and Laura Bush are former first ladies who supported literacy during their terms.

NCRWF supports literacy each year by donating books



Republican women at a New Citizens ceremony (Courtesy NCRWF)

to local libraries. This year, Terry Casey donated books on science, history, and education to Kathryn Johnson, manager of the Allied Gardens Benjamin Branch Library on behalf of NCRWF.

New citizens

On April 18, several members of NCRWF set up booths at the San Diego Civic Center for the New Citizen ceremonies. Twenty-five newly sworn-in citizens also became members of the Republican Party due to efforts made by Kat Culkin (president of NCRWF), Pat Boerner, Mary Lewis, Nancy Murnahan and Leslie Mikucki representing NCRWF voter registration.

—Leslie Mikucki writes on behalf of the Navajo Canyon Republican Women. Reach her at lesliemikucki538@gmail.com. ■

Border wall discussed at next Dem meeting



Yahaira Aristy and
Jeff Benesch

Noted SDSU city planning professor (and photo essayist) Lawrence Herzog will headline the June 6 meeting of the La Mesa Foothills Democratic Club (LMFDC).

Herzog recently published a guest editorial in the Voice of San Diego titled "Trump's Border Wall Is a Symbol — And Symbols Make Terrible Policy." In it he writes:



Lawrence Herzog



Chris Pearson

"The money needed to fulfill the president's campaign promise would be better spent on cross-border infrastructure that boosts trade and facilitates the economy. There is a \$1 billion shortage of funds for the ports of entry alone. During Trump's campaign for president in 2016, the battle cry of adoring crowds was, 'Build that wall!' The 'wall' is, in fact, a metaphor for shielding America from outside threats and uncertainty."

Professor Herzog will expand on that topic and talk about how building a wall, and the continued xenophobic rhetoric and pressure from Trump on NAFTA, will adversely affect our many-billion dollar commercial and social compact with our numerous Latin American allies and trading partners.

Lawrence A. Herzog (Ph.D.) is Professor, Graduate Program in City Planning, School of Public Affairs, San Diego State University. He is also a consultant and writer specializing in planning, sustainable development and urban design in the United States, Mexico and Latin America.

Herzog has written or edited 10 books on urban planning, and global/cross-border development, including: "Shared Space: Rethinking the U.S.-Mexico Border Environment," "From Aztec to High Tech: Architecture and Landscape Across the Mexico-U.S. Border," "Global Crossroads: Planning and Infrastructure for the California- Baja California Border Region," and "Planning the International Border Metropolis."

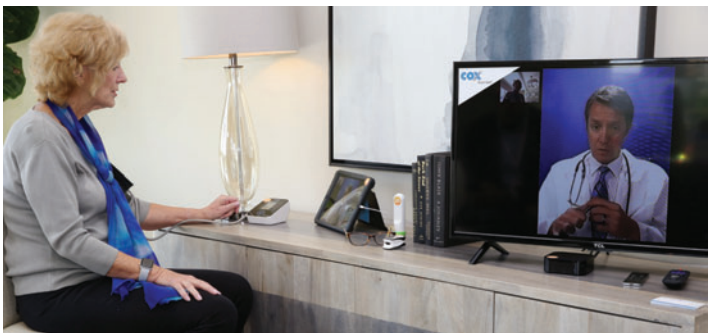
We'll also have the honor of our own vice president for political action, Chris Pearson, recap the primary results and give us the whys and wherefores about the winners and losers and who survived through to the November general election.

Several of our endorsed candidates will learn their fate by primary results alone, so this should make for a very interesting evening. If you don't know Pearson, he has a fascinating background in local politics, and as a labor executive for many years. He started his professional career in San Diego in law practice

See LMFDC page 9 →

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.

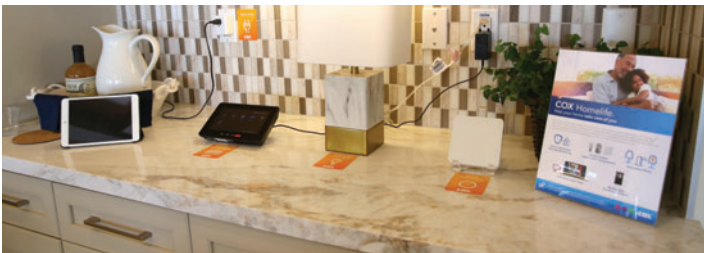
Just as important as the devices you select is the internet service you choose.

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 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.



'Healthcare Heroes' honored at event

Harrison **Rahm**

On May 16, over a hundred people came together in a banquet room at the Sycuan Golf Resort for the annual Healthcare Hero Awards. The event, organized by the Grossmont Healthcare District (GHD), serves to recognize outstanding volunteer caregivers. This year, the district recognized seven volunteers for their work to provide care to members of the community.

The event was hosted by retired KGTV/10NEWS anchor Bill Griffith who presented the volunteers with glass plaques. The event also included a lunch and a screening of a video detailing the work of each volunteer. Attendees noted the positive atmosphere at the event as everyone was excited to recognize the work of these selfless individuals.

Honorees included Dee Davis, Center for Community Solutions volunteer, Rick Doremus, Home of Guiding Hands volunteer, Shawn Kelley, Trauma Intervention Programs of San Diego (TIP) volunteer, Ally Kellogg, Sharp Grossmont Hospital volunteer, Dr. Tryna Ramos, Volunteers in Medicine volunteer, and Chuck and Jan Vermillion, American Cancer Society volunteers.

In addition to the awards, the volunteers received recognition from 38th Senate District State Senator Joel Anderson.

"The way these folks dedicate themselves to helping others



(l to r) GHD Director Virginia Hall, Rick Doremus, GHD Director Randy Lenac, Dee Davis, Jan Vermillion, Ally Kellogg, Chuck Vermillion, GHD Director Robert Ayres, GHD Director Michael Emerson, GHD Director Gloria Chadwick, and Shawn Kelley (Photo by Sandra Small)

is inspiring," Anderson said. "I am grateful for all they do to improve the health of our community."

The volunteers also received Senate certificates of recognition in honor of their outstanding service to the community.

Barry Jantz, CEO, Grossmont Healthcare District, also commented on the value of the honorees' work.

"Volunteers are a significant part of care teams in local health organizations, working alongside doctors, nurses, community health workers, neighborhood navigators, paramedics, and pharmacists to address the community's medical and social

needs," he said. "Nominated by their peers, honorees are considered as true unsung heroes of healthcare whose day-in and day-out work might not otherwise be celebrated."

The Grossmont Healthcare District holds this event every year to honor significant members of the community. More information on this event and others is available on the group's Facebook page, @grossmont-healthcare. The group also accepts nominations for Healthcare Heroes at bit.ly/2J35Krc.

—Harrison Rahm is a legislative intern for State Senator Joel Anderson.■

News and notes from your County Supervisor

DIANNE'S CORNER

Dianne **Jacob**



Taxpayer alert: San Diego County has unveiled a new tool aimed at boosting transparency and public feedback on how it spends money.

With the recent release of the county's latest proposed budget, you can now weigh in directly on the \$6.26 billion spending plan and check out what others are saying by visiting budget.sandiegocounty.gov.

See where your valuable taxpayer dollars are going — then let us know what you think by posting a video or text response. I look forward to your feedback.

Progress on the fire front: The Board of Supervisors recently backed my proposal to explore the functional consolidation of fire dispatch centers in the region.

I believe that placing the region's five dispatch centers under one roof would improve response times and save lives. Those centers are operated by San Diego Fire, North County Dispatch, Heartland Communications, Escondido

and Cal Fire/County Fire Authority.

Over the past 15 years, the county has spent more than \$460 million to improve fire protection and emergency medical services in our backcountry.

Helping our seniors: It was great to join folks in Ramona recently to break ground on the new Schmale Family Senior Residence.

This important project will become a home for some of our neediest residents — low-income seniors who need a quality, affordable place.

It will have 62 units. Rents will be subsidized by federal Section 8 vouchers provided through the County Housing Authority. Each unit will be available to those 55 and older who financially qualify.

The county approved the project about a year ago. It is part of our broader efforts to boost the stock of affordable housing across the county, especially for our seniors and veterans.

—Dianne Jacob is San Diego County Supervisor for District 2. For more District 2 news, go to 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.■

► LMFDC, from page 8

and has worked closely with local politicians and labor groups, including the San Diego and Imperial Counties Labor Council.

He is currently spearheading our club's push to contact all 13,000 registered La Mesa Democrats to get out the vote in the upcoming primary election, working on behalf of our endorsed county-wide candidates Matt Strabone (County Clerk/Assessor/Recorder) Genevieve Jones-Wright (District Attorney), and David Myers (Sheriff).

LMFDC 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 on club events and membership, visit lamesafoothillsdemocraticclub.com.

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



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Law and order candidates square off

Jeff Clemetson
Editor

Politics season has begun. And while most seats won't be decided on until November, two county races will be decided by voters on June 5 — San Diego County District Attorney (DA) and County Sheriff.

On April 29, district attorney candidates Genevieve Jones-Wright and incumbent Summer Stephan and candidate for sheriff Dave Myers made their cases to voters at Temple Emanu-El's "Law & Order Candidate Forum," moderated by Voice of San Diego's Scott Lewis. Incumbent Sheriff Bill Gore declined an invitation to attend.

DA race

Stephan and Jones-Wright were quick to express how they differed on the issues, experience and vision for the district attorney's office.

"The mission of the DA's office is public safety. It is to protect victims, to prevent crime and to prosecute perpetrators," Stephan said.

Jones-Wright disagreed, saying that the district attorney's role is "not just about prosecuting," and should look beyond "the prosecutor's lens of conviction rates" in how it deals with certain cases.

Stephans countered that Jones-Wright was running as "the anti-DA candidate" and called her an "extreme radical"

for taking a position against recent legislation that outlawed websites used by sex workers, such as Craigslist personals and Backpage.

Jones-Wright defended her position, citing human rights organizations who were also opposed to the legislation because these websites allow for sex workers to vet clients and keep them from having to work on the streets.

Partisan politics entered the debate after Jones-Wright said she was running as "a proud Democrat that values inclusion, equity and diversity." Stephan said the office is non-partisan and that a Democrat district attorney "doesn't exist, there's a district attorney for all."

When asked if the district attorney should be an elected position, Stephan said she didn't "because it's not political, it's about actually knowing victims' rights, understanding the job, prosecuting cases — my opponent has never even prosecuted a misdemeanor, never mind a rape or murder."

Jones-Wright defended her qualifications and pointed to former district attorney Bonnie Dumanis who never ran a major office before being elected to the job. Jones-Wright also slammed Stephan for statements she made insinuating that if Jones-Wright were to win, it would be because of the "Kardashian effect."

"That is completely demeaning and utterly appalling that



San Diego County Sheriff candidate Dave Meyers

another professional woman, who professes to stand with women, would compare another professional woman to person who leaked a sex tape," Jones-Wright said.

Jones-Wright accused Stephan of pandering after agreeing to bail reform during a recent debate in Barrio Logan.

"[Bail reform] is in the purview of her power as the DA, to give a policy that would affect poor people who are sitting in jail only because they can't pay bail. She can do that right now," Jones-Wright said. She also questioned Stephens' leadership on dealing with the backlog rape kits that need testing.

"I don't see leadership as when you tweet, or you say you are going to do something," Stephens countered, and pointed to funding she helped



(l to r) District Attorney candidates Summer Stephan and Genevieve Jones-Wright (Photos by Jeff Clemetson)

get to deal with the backlog and meetings with police and labs to determine the causes of the backlog. "I see leadership as what you have done over the years, what is your track record."

Even in a closing question asked by Lewis about what each candidate admired about each other, jabs came out.

"I believe that Miss Jones Wright really cares about the criminal defendants that she represents ... I believe that she does that job well, I believe it is her passion and I wish her to continue in her passion," Stephens said, adding that she would not serve in a Jones-Wright administration.

"I believe Miss Stephens has an uncanny knack of knowing a good message that will resonate and I believe that she absolutely knows what to say as a politician in order to remain

in the job that she would like to keep," Jones-Wright replied.

Lone sheriff

With only a cardboard cutout of Sheriff Bill Gore behind him, Dave Meyers did not have his opponent there to challenge him — but it also meant that an overwhelming portion of the forum was focused on the district attorney race. However, Meyers was able to lay out much of what he believes makes him a better candidate for sheriff.

Meyers attacked Gore over a lack of transparency in the sheriff's department, specifically citing recent reporting by San Diego CityBeat that exposed the county's high rate of inmate deaths, to which Gore responded by suing the publication to try and obtain its sources.

See LAW AND ORDER page 11 —>

Monday June 11th: Taste Some of the Best La Mesa Has to Offer

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► **Law and order**, from page 10

“We’re seeing a double digit increase in elder abuse, in domestic violence, in hate crimes across the county of San Diego,” Meyers said. “And instead, the current sheriff, the chief law enforcement officer, is too worried about exposure in the media.”

On gun control, Meyers said he would enforce current laws and take guns from people who have mental illness or commit crimes like domestic violence. Meyers said he would make getting concealed carry weapon (CCW) permits easier than current policy, and accused Gore of cronyism when it comes to issuing them.

“The current sheriff has been using, essentially, the issuance of CCWs as a carrot and stick, only rewarding his buddies,” Meyers said, citing complaints that CCWs are mostly issued in Rancho San Diego and La Jolla.

To deal with gaining public trust over officer involved shootings, Meyers said he supports body worn cameras for all officers and expanding the County Law Enforcement Review Board (CLERB), which

he says is purposefully underfunded by Gore.

“When you have a law enforcement leader who doesn’t support the underlying principles of independent review, then we get what we get,” he said.

Meyers blamed the backlog on testing rape kits in the county on Gore’s budget priorities and vowed to test all kits.

“The sheriff’s budget is a billion dollars; what it takes is leadership,” he said.

Meyers said he is not for enforcing immigration laws because of his experience with a program he developed that laid out how local, state and federal authorities should work together along the border.

“The anchor of the program is that we do not and will not enforce immigration laws because that just creates fear within communities. I’ve seen it,” he said, adding that he supports California’s sanctuary state law.

“There is nothing about SB54 that would prevent me as sheriff, now and in the future, from working with federal authorities to keep our communities safe,” he continued. “Absolutely nothing.”

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

► **News Briefs**, from page 5

local nonprofit organizations, for its outstanding program that leverages technology to solve everyday problems in the areas of civic engagement, skills for the digital economy, and STEM/STEAM youth programming.

San Diego Oasis received the grant for their annual “Get Connected: Technology Fair for 50+” that brings cutting edge technology learning to older adults with hands-on training, demonstrations, and an “ask the expert” area for one-on-one help with personal technology items. The fair is offered annually in November of each year and will be held on Nov. 12 of this year, in connection with Veteran’s Day at Grossmont Center Mall in La Mesa.

“We are thrilled to be recognized for our tireless efforts to bring patient, age-friendly learning to older adults as part of our service to keep this population engaged, active and connected to the world,” said Simona Valanciute, President and CEO of San Diego Oasis in a press release. “Real-life solutions are important to bring to the older adult

population to strengthen their communication skills so they can continue to learn and feel confident in their use of the newest, most convenient technology available to them. San Diego Oasis is grateful to NBC Universal Foundation, NBC7/Telemundo 20 for their recognition of an organization that serves the older adult population of San Diego.”

For more information about San Diego Oasis, call 619-881-6262 or visit sandiegoasis.org.

Sycuan ‘tops off’ hotel expansion

On May 22, Sycuan Casino hosted a “Topping Off Celebration” and placed the final beam on its new hotel tower.

During the celebration, chairman Cody Martinez and general manager John Dinius acknowledged the hard work of the team and gave the latest project milestones before raising the final beam into place. The Sycuan Band of the Kumeyaay Nation Tribal Council, Sycuan Casino executive team and Swinerton project management team were all in attendance for the event.

“Without the support of our people, we would have never been able to get this project off the ground,” Martinez said. “I want to thank the members of our Tribal Council, the casino executive team, Swinerton and everyone that is here bringing together the vision that is going to take Sycuan to the next level.”

Last March, Sycuan began construction on its \$226 million hotel and resort expansion. The project includes a 12-story, 300-room hotel, meetings and event spaces, pool and gardens area, a lazy river and seven new restaurants

Additionally, the expansion project has created over 700 new casino and resort jobs. The organization is currently hiring for departmental leadership positions and will host a series of job fairs mid to late 2018.

“Seeing this project go from two-dimensional paper drawings to what we have now, is truly inspiring,” Dinius said. “It’s been a monumental task, but with the collaboration of every aspect of our organization, it’s a very rewarding process.”

The new hotel and resort is on schedule to open in March 2019.■



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Students, faculty celebrate successful semester



Foothiller Footsteps

Connie and Lynn Baer

As graduation nears, Grossmont High School (GHS) has much to celebrate for the second semester.

Outstanding Teachers

Congratulations to two outstanding teachers who were recognized by both students and peers.

The 2018 Golden Apple Teacher is math teacher and water polo coach Marcy McClaughlin, who was selected by the students.

One student shared, "What makes Mrs. McClaughlin so amazing is her unconditional love for her students. She has a genuine interest in each of her students and cares about making a connection with them."

GHS Teacher of the Year is Associated Student Body Advisor and social science teacher Jeremy Hersch, chosen by his peers to represent Grossmont; Hersch later was selected as one of two Grossmont Unified High School District (GUHSD) teachers to compete for 2019 San Diego

County Teacher of the Year. (This is the second year in a row a GHS teacher has been selected to represent the district.)

One student commented, "I am grateful to have Mr. Hersch as a teacher because he truly cares about his students; his real-world teaching approach is helping me to prepare for life after high school."

Dave Rice, GHS Gold Star Volunteer

Since 2001, Dave Rice has been a volunteer to the Grossmont High School Athletic Program. Rice is a vital support system to the baseball and football programs.

Since 2001, it's estimated that he has volunteered over 1,000 hours; he has repaired broken bases and the pitcher's rubber countless times, as well as sprinklers, the lawn mower, the golf cart, or running a thatching machine. He is an amazing volunteer that represents the high-quality support Grossmont High School receives from our community.

JNROTC Academy Appointments

Congratulations to life-long friends and Junior Navy Reserve Officers Training Corps (JNROTC) Cadets Nicholas Ghosn, who will attend the U.S. Naval Academy, and Cadet John Flaherty, who will attend the U.S. Military Academy at West Point. During their years at



2018 Varsity Tennis Hills League Champions celebrate winning league (Courtesy GHS Museum)

Grossmont, these young men distinguished themselves with their academic and athletic achievements.

"Both gentlemen had remarkable achievements at Grossmont, including success in football, wrestling, CA Boys State, and, of course, academics," according to Senior Naval Science Instructor, CDR Brent Lapp. "Their achievements culminated in four service academy appointments and three full ROTC scholarships!"

Education Pathway

Senior Paige Telliard won first place at Grossmont High School, first place in our region, and then third place in state at the 2018 Educators Rising California State STEM Competition. She'll now compete at the national level in Florida in June. The GHS

Educational Foundation and Grossmont Community College Foundation are funding 100 percent of her trip.

English for Business

Senior Brenda Flores was one of 20 in San Diego County to participate in University of San Diego's Boot Camp. After participating in marketing classes and homework that ended with a presentation, Brenda won a ThinkPad laptop and also received a job offer from one of the panel's "Sharks" as an intern writing applications.

Briareus Castillo, Natan Shafran, Elijah Shtayfman, Taha Yacoby and their company "First Steps for Immigrants" won second place in the Junior Achievement Company Program Regional Competition.

Upcoming reunions

- **Class of 1968** — Sept. 15. Contact fabiennehanks@gmail.com or 619-843-6006, or Jerry Heard at jlheard50@gmail.com or 619-563-5382.
- **Class of 1973** — July 21. Contact Randy James at rjames55@cox.net.
- **Class of 1978** — Oct. 13. Contact Theresa Annear at Theresa@kaviani.com or visit Classmates.com.
- **Classes of 1978-84** — July 21, 2-6 p.m. at Hooley's in La Mesa.
- **Class of 1998** — June 30. Contact Shannon Sweat Miller at ssweat@semprautilities.com or GHSfoothillers1998@gmail.com.
- **Class of 2008** — To be determined. To receive updates, contact Bryce Mayer at brycemayer@sbcglobal.net.

Boys Hills League tennis champions

Head Coach Paul Hedberg shared, "The 2018 Grossmont Boy's Tennis Team has been the most successful team in recent history by competing in the CIF Open Division Playoffs, winning the Grossmont Hills League season for the third time in the past four years, as well as tournament championships and qualifying five players for the CIF Tournament."

See FOOTHILLER page 20 —————>

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Signing Day success at Helix



Helix Highlights

Jennifer Osborn

The end of the 2017–18 school year is rapidly approaching, and it's time to celebrate. Commencement ceremonies for the class of 2018 will take place on Thursday, June 7 at 6 p.m. in Benton Hart Stadium on campus. More than 500 graduates will cross the stage and accept their diplomas. Tickets are required for admission; a limited number are provided to each graduate.

There are plenty of activities leading up to graduation day. A tradition at Helix is "Signing Day", but this event isn't just for star athletes committing to play for a university. All Helix students who have committed to four-year universities are recognized for their accomplishments, then they sign a certificate on stage in the Performing Arts Center in front of family and friends. Almost 90 percent of Helix students report plans to attend college following high school, and half of those plan to attend a four-year institution. More than 350 students were accepted to four-year universities, and more than 175 participated

in this year's Signing Day event. According research, education after high school is a critical part of a successful future. College graduates have more opportunities than those who choose not to pursue their education past high school. In fact, according to Georgetown's Center on Education and Workforce, college graduates are expected to make 84 percent more over their lifetimes than high school graduates.

We wish the class of 2018 all the best as they celebrate their last days of high school!

Highlander Open Golf Tournament

The Helix High Foundation, a 501(c) 3 nonprofit organization, is hosting its annual golf tournament fundraiser on Friday, June 8 at Carlton Oaks Golf Course. Proceeds from this event will help to provide financial assistance for graduating students. Since its inception, the tournament has raised more than \$41,000 for student scholarships. If you'd like to play or be a tournament sponsor, check out the Foundation website at bit.ly/2IZUJXF.

CUE Rockstar Conference

The CUE Rockstar Conference for educators will take place on the Helix Campus on June 20 and 21. The conference features hands-on learning and leadership for all levels of educators. For more information, visit cue.org/rockstar.

Science department aquaponics system

Helix received generous donations and assistance from Eco-Life Organization and the River Park Foundation for an aquaponics system that is currently set up on campus. Oceanography students in teacher Jeff Kepper's class take care of six tilapia fish and grow native plants in the greenhouse. An aquaponics system uses the waste from fish to fertilize plants. There is no need for soil since the plants' roots are immersed in water. It is the hope that future Helix classes can benefit from the greenhouse and the aquaponics system.

Educational Results Partnership Honor Roll

Helix was chosen by Educational Results Partnership (ERP) and the Campaign for Business and Education Excellence (CBEE) as a 2017–18 California Honor Roll recipient. The California Honor Roll is part of a national effort known for its extensive and rigorous analysis of student achievement in public schools. Helix stood above other schools in California because of its success in getting students to grade level achievement and beyond. The Honor Roll recognized schools for demonstrating consistently high levels of student academic achievement, improvement in achievement over time, and reduction in achievement gaps.



Helix students who will attend SDSU at Signing Day (Courtesy Helix Charter High School)

Student accomplishments

● The Colorguard took first place at the Winter Guard Association of Southern California Marching Band Open Series State Championship.

● The Speech and Debate Team took 11th place at the California High School Speech Association State Championships, out of more than 150 participating schools. Individual accomplishments include: Mahamed Abdulahi – semi-finalist in Original Oratory; Lainie Alfaro, semifinalist in Thematic Interpretation; Eva Anderson, second place in Humorous Interpretation; Luke Babbitt, second place in Thematic Interpretation; Maddie Denison, fifth place in Impromptu Speaking; John Garcia/Chase Osborn, semifinalists in Duo Interpretation; Shane Robles, semifinalist in Thematic Interpretation; and Sophia Rogers, semifinalist in Thematic Interpretation.

● Students from the Architecture, Construction, and Engineering (ACE) program brought home \$13,500 in scholarships at the annual banquet. The group's project featured a remodel of the Helix campus, which included a new gym concept, an amphitheater and a student lounge. They designed the elements, then built a realistic model that was presented at the banquet. Scholarship recipients include: Ethan Henry (\$1500 scholarship); Anderson Lam (\$5000 scholarship); Robert Williams (\$2000 scholarship); Andre Carrasco (\$3000 scholarship); David Nguyen (\$1000 scholarship); and Zeus Lefort (\$1000 scholarship).

● Student Landon Delgadillo received a \$35,000 Fowler's Scholarship from SDSU's School of Business.

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



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Slow-baked breakfasts

Frank Sabatini Jr.

At first glance, the menu at Sunshine Pancake House doesn't seem out of the ordinary. There are egg dishes — scrambles, omelets, and Benedict-style. Pancakes also abound, with choices extending to chocolate chip, banana, pecan, silver-dollar and more. The worldlier fare points to assorted crepes and Belgian waffles.

With its homey décor and comfy booths, the pancake house is like a zillion others throughout the country that fall into the unpretentious mom-and-pop category.

But a few culinary frills exist. The omelets and certain pancakes are the size of adult brains. Both items are baked, which means the omelets (made with four eggs) can take up to 25 minutes to cook. The warning is stated on the menu.

In addition, the orange juice is fresh-squeezed, the butter is grade AA, and the maple syrup is made in-house. So is the ridiculously delicious "tropical syrup," which is available upon request and comes with some of the specialty pancakes. It's

made with orange zest, lemon juice and simple syrup. Think orange marmalade without the bitterness and in warm, liquid form.

On my first visit, a quiet weekday morning, an omelet stuffed with roasted green chilies and pepper Jack cheese took 40 minutes to materialize. But that was due mainly to a short staff; the hostess doubled as the only

waitress, and the line cook periodically left the kitchen to assist her.

Things ran considerably smoother the following day when I came knocking for the restaurant's popular baked pancake studded with freshly sliced pears and ground cinnamon. More on that in a moment.

Along with my companion's green chili omelet was a plate of house-made corned beef hash that I ordered with two eggs over medium.

The omelet appeared dry and craggy on the outside, but gave way to

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a steamy, fluffy center filled with the goodness of the green chilies and pepper cheese. You'll need the appetite of a competitive eater to finish it with ease.

My corned beef hash sported the finely ground consistency of the kind you get in a can — just as I

prefer. Better yet, this was made from scratch and the ratio of meat was greater than that of the diced potatoes. Also, the recipe wasn't afflicted by salt like so many of them are at other eateries.

Both dishes came with a trio of regular pancakes that could have withstood a little baking powder in the batter. They weren't the fluffiest hotcakes in town. But with the dousing of succulent tropical syrup I gave them, the plate was left empty.

The next morning I encountered the restaurant's big



The baked pear-cinnamon pancake



House-made corned beef hash with eggs over-medium



(l to r) Pancakes with house-made tropical syrup; The green chili omelet with fresh salsa



The interior greets with curvy archways and homey bric-a-brac (Photos by Frank Sabatini Jr.)

creature of a pancake, which came bursting with hot pears secreting their juices into crevices filled with cinnamon, sugar and a little melted butter.

As I kept my eyes from rolling back into their sockets while digging in, I recalled experiencing the same rapture when eating the baked apple pancake at The Original Pancake House in San Diego some years ago. This was remarkably similar and surprisingly not too cloying. Coincidentally, my server informed me that the owner previously worked there.


My only complaint about Sunshine's baked pancake was that it had a slightly doughy interior, which became mushier as I went along. Next time I'll request it well-done, provided I can resist trying some of the other dishes or taking a repeat plunge into the respectable corned beef hash.

—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.■



Dining in La Mesa





ANTHONY'S PINEAPPLE COLESLAW
Julie White
This recipe was on the Anthony's Fish Grotto menu for years. I found it in an old box of recipes. It was created by Craig Ghio in the 1970s. If you're

not in the mood to make it yourself, try a summer lunch or dinner on the back patio of Anthony's. The restaurant has beautiful lakeside dining and a dog-friendly area.

Ingredients:

- 8–10 cups of shredded red and green cabbage (or use bags of coleslaw mix, which are in the salad section of all grocery stores)
- 1 cup mayonnaise
- 1/2 cup crushed pineapple
- 1 tablespoon milk
- 1 teaspoon ketchup
- 1 teaspoon sugar
- 1 teaspoon poppy seeds (optional)
- 1 teaspoon Worcestershire sauce

Directions:

Place cabbage in large bowl. Mix dressing ingredients in small bowl. Pour dressing over slaw and mix well. Cover and refrigerate. Serves 4–6 people.

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La Mesa locals and visitors alike enjoyed the sunshine and vendor booths at the opening day of the Friday Farmers Market in its new location of the downtown Village. (Photos by Jeff Clemetson)

Farmers market moves

Jeff Clemetson
Editor

The La Mesa Village Association held its inaugural Friday Farmers Market in its new location of the downtown Village on May 4.

By all accounts, the market drew more people at the new site than the previous one in the city parking lot, and visitors to the market were overwhelmingly pleased with the new location — as well as with the additional vendors and the weather, which was splendid. The only complaint was that parking around the Village was difficult.

A shuttle service provided by local realtor Laura Lothian transported people to and from the city lot — where the farmers market used to be held — for free, although few people knew about the service until they had already arrived. Lothian's shuttles for the opening market in the

new location were rented, but she has decided to continue offering the free service in a much larger shuttle, which she has already ordered.

Reactions from businesses in the Village were mixed. Act II owner Deanne Ross said business and foot traffic at her shop was up. Aaron Dean, owner of Sheldon's Service Station and a major proponent of moving the market to the Village, said business was about the same. And John Bedlion, owner of Johnny B's and a vocal skeptic of the move, said he would give it a few weeks before weighing in on how the move affects his business. Market manager Brian Beevers reported that vendor setup and break down went very smooth.

The La Mesa Farmers Market is held every Friday, 3–7 p.m. in the downtown Village. For more information, visit lamesavillageassociation.org.

—Reach Jeff Clemetson at jeff@sdenn.com.



(clockwise from top left) Laura Lothian driving one of the shuttles she donated; new parking signs in the Village; healthy micro-greens; face painting and balloons from a friendly clown; a happy child enjoys the fresh flowers; a sign points the way; organic, grass-fed meats; and one of the popular produce vendors.



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Sudoku & Crossword puzzle answers from page 19

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

E	N	A	S	E	R	I	D	S	I	V	G
E	A	O	I	T	R	E	A	E	N	N	V
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► Superintendent, from page 1

“children are at the center of every decision [the board and his office makes] in all areas of the district.”

Feliciano said that the biggest challenge facing the district is dealing with diminished state funding, which he explained impacts districts in a variety of ways including poor student-to-teacher ratios, lower support staff at schools, campus safety and inadequate school facilities.

“As is the case for most school districts in California, funding is one of our most pressing challenges,” he said. “Compared to the nation, California ranks near the bottom in per-pupil funding, pupil-teacher ratios and the percentage of taxable income spent on public education.”

One area that Feliciano sees room for improvement in the district is communication and community outreach.

“I’d like to reach our community on a broader level to share the exciting work we are doing in our schools,” he said. “I plan to focus my immediate attention on expanding our presence online, on social media, and other relevant forms of community engagement.”

Normally, a new superintendent would be the main event of a school board meeting; however, at the May 15 meeting where Feliciano’s contract was approved, it was the communication and community engagement of School Board President David Chong that took center stage.

A handful of community members as well as current and former teachers came to the meeting to speak out against recent comments made by Chong about students from Stoneman Douglas High School in Parkland Florida, where 17 were killed in a school shooting on Feb. 14.

“We have half of our lawmakers taking firearms policy advice from kids who were eating Tide Pods just last week,” Chong said in a video posted to his Facebook page. Chong owns a gun store in El Cajon and students from Stoneman Douglas have been active in pressuring lawmakers to pass more stringent rules on owning firearms in the wake of the shooting at their high school.

“There is no connection between any mass shooting survivors from any high school and the consumption of Tide Pods” said Christina Benjamin, who is a teacher in the LMSV school district. Benjamin said she teaches figurative language and that Chong’s statement was not hyperbole, but rather “an inaccurate connection of two completely different events in our nation used to promote a particular political agenda.”

Fletcher Hills resident and former Naval officer told the board that he is not anti-gun but that he felt compelled to speak out because he is “protective” of teachers and students in the district.

“[Chong’s] disturbing rhetoric and lack of remorse serve no one — not our children, our teachers, our community or you,” he said.



(l to r) LMSV School Board President David Cong and board member Rebekah Basson (Photo by Jeff Clemetson)

Another recent comment on guns made by Chong stating that a cause of the Holocaust was that Jews were disarmed, also drew ire from some of the speakers.

“That statement about the Holocaust has been completely rebuked by the Anti-Defamation League and is quite offensive to those whose families perished in the Holocaust, such as mine,” said La Mesa resident Emily Green, who added that because of Chong’s comments she will not be sending her children to Lemon Avenue Elementary despite living just a few blocks away. She asked the board to censure Chong for his statements.

In addition to criticizing Chong’s comments on the Parkland students, former LMSVSD teacher Ron Sanders also criticized the board’s recent appointment of Rebekah Basson as temporary board member, finishing the term of Rick Winet who resigned in June of last year. Basson was a controversial pick for the board because she had no formal teaching experience, never worked in the district and had only attended public schools for two years, receiving the majority of her education at private Christian schools. Several experienced educators were passed over to give Basson the temporary position in what was widely viewed as a partisan decision.

“This seat will be chosen by the voters in November. Would it not have made more sense to appoint someone who does not have to [be] brought up to date on how the district works and then let the voters make their choice for the November ballot?” asked Sanders. “It appears to me that this board has been listening to their conservative, religious, and political agendas rather than listening to the needs of the students, teachers, and parents.”

At the conclusion of the May 15 meeting, Chong defended his comments and assured the board that he has a majority of public support.

“I just wanted to ensure the board that I am listening and I am paying attention and what I’m seeing is an overwhelming message of encouragement and support from the public at a ratio of about 10 to one. I regret that some members of our public are discouraged or angry or feel that the work of our board is diminished,” he said. “I have full and complete confidence in the work that we’re doing. Thank you for weathering the storm and we’ll continue on.”

Outgoing superintendent Brian Marshall also reminded the board that they cannot take any action against Chong.

“The board has no collective authority to remove any elected board member from the board,” he said. “The only group that can do that would be the community [in the upcoming election].”

Marshall also thanked the board for selecting Feliciano to replace him and promised a smooth transition.

“David and I are already coordinating and working, and with this next step, will go out and start looking for a new assistant superintendent of business services who will get on board sometime late summer,” Marshall said.

Despite the recent controversies surrounding the LMSVSD board, Feliciano said it will not distract the district from its mission to educate its roughly 12,300 students.

“Our staff is focused on forming and nurturing these children,” he said. “This work of education, day in and day out, transcends ideology.”

—Reach Jeff Clemetson at jeff@sdcdn.com.

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7	8		1	9			4	
4	2	6				9		
		1			8			3
	7		9				6	
				7				
	6				4		2	
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- ACROSS**

1 Attention attracter
5 ___ in the back
9 Tiff
13 Nonfiction
14 Kind of tale
15 Model vehicle
16 Started a pot
17 Toast topper
18 Caesar's ciao
19 Stretch
22 Marshal of France

23 ___ glance
24 Company get-together
27 Catchall wd.
28 Alleviate
30 Mouths
31 Schoolboy
35 Kind of heat
37 German graybeard
38 Son of Peleg
39 "___ take arms..": Shakespeare

40 Musical slide, briefly
42 Hoot
45 Many, many moons
46 Links event
48 French soul
49 *Tristram Shandy* author
51 Dep.
52 Rhine feeder
55 Rajah
59 False god

DOWN

1 Man with an army
2 In a heated manner
3 Dusseldorf donkey
4 Be the go-between
5 Orifice
6 Bath powder
7 Songwriter Wilder
8 Flourishes
9 Cut
10 Theater audience
11 ___ in the Family

12 Peete prop
13 Cat's-paw
20 Engrave
21 Fins
25 Muse of poetry
26 Novarro, of silents
27 Nice summers
28 Keep an ___: watch over
29 "...three men in ___"
31 "The ___ of sin..": Rom.

32 Apportion
33 Drifter
34 Globe: Fr.
36 "___ or not..": Shakespeare
41 Companion of dance
43 Spanish cat
44 Hospices
47 Looked, in a way
50 Parts
51 Part

52 1922 Chemistry Nobel
53 ___ Suspicion: 1943 film
54 Ex-pitcher Duren
56 Sitarist Shankar
57 Old or young chaser
58 Not any
59 Major interest
60 Actress Alicia

A special ‘dad figure’

Gen-X in a
millennial world



Genevieve Suzuki

Dads come in all shapes, sizes and interests. To borrow from someone else, while everyone has a father, not everyone has a dad. Thankfully, a dad can be biological or adoptive. And then there’s the dad figure. This guy walks and talks like a dad without the typical familial connection. He’s there when a kid succeeds, fails or just needs guidance. Take Joaquin Huertero, the director of coaching of Sporting San Diego, a soccer organization that aims to foster and develop the physical, mental, and emotional growth of local youth. Huertero, 38, has been coaching soccer since he was 19. Sitting down with him for breakfast at Sheldon’s Service Station, it’s easy to see he truly believes he can make a difference in every kid’s life. Before taking on kids, however, you have to start with you, said Huertero. “As a coach, you have to lead by example,” he said. Huertero does exactly that. I first met Huertero when he joined the board of the La Mesa Park & Recreation Foundation. He said he felt it was a natural

partnership, given the connection that parks have with athletes. Although his commitment to our community parks is admirable, what’s especially impressive is the effect he has on his players’ lives. Attendees at last month’s La Mesa Rocks fundraiser for the parks saw firsthand what a difference a coach makes. Several of Huertero’s soccer players volunteered to serve and bus tables that night. The kids were polite and good-natured, a refreshing change from the stereotypical surly teen huddled in the corner with an electronic device. When I complimented the kids, Huertero took it in stride. He doesn’t expect anything less. “We teach them three things: They have to show up on time, work hard, and get along with others. They need to take this and apply it in the real world,” he said. Huertero’s philosophy is reflected in his Sporting San Diego staff, who aim to focus on the “person” as much as the “player.” The organization’s mission vows a commitment to not only improve the technical and tactical side of the game for each player, but to also teach them lessons that go beyond the soccer field, enhance self-esteem, promote self-confidence and cultivate a lifelong passion for the game of soccer. Huertero, a Lemon Grove native, tries his best to be there for his students. One of the things he does is arrange a college camp for his players.



Joaquin Huertero (Courtesy photo)

“There are so many kids who don’t have the opportunity to be seen by college coaches,” he said. “They can’t afford to go to these [schools’ camps].” Schools that have participated in Sporting San Diego’s camp include San Diego State University, University of California San Diego, California State University Dominguez Hills, and Point Loma Nazarene. Huertero’s devotion to his kids is repaid in spades. One-third of Sporting San Diego’s coaches went through his program when they were students. “Coaches don’t realize how much of an impact they can make,” said Huertero, who is also the head coach for boys soccer at his alma mater, Helix Charter High School. “You’re talking about hundreds and hundreds of kids.” “And every single person has a story,” he said of his athletes. “That’s why I love what I do.” —Genevieve A. Suzuki is a local attorney who lives and works in La Mesa.■

How does your garden grow?

Nancy Johnson



Back in 2003, David and Lu Anne Ringhand had one tall palm tree in the corner of their lot and a yard full of Date Palm seeds. They took the palm tree out and hauled off two truckloads of palm seeds. They leveled the yard by hand and planted their first flowerbed, knowing absolutely nothing about plants. They chose Mexican feather grass, calla lilies, Dianthus grass, and cocoa mulch in between — because it smelled delicious. Next, they outlined a path. “The path got defined by the path we took as we dragged our trash cans from the front yard to the back of the house,” Lu Anne said. They chose curvy border stones to outline the walkway “because everything else in the yard was straight lines. We loaded up the bricks 14 bricks at a time in our Mercury Mystique.” Next, David wanted a tree to block the stop sign and the telephone pole on the corner. “I grew up with jacaranda and mimosa trees, so the tree had to have flowers,” he said. “I chose the Giant Thevetia. It became the focal point of our garden. I mixed my father’s ashes in with the soil and named the tree ‘Artie’ in his honor. Later, I added a Mr. Lincoln Red Rose plant and named it ‘Ginny Lu’ after my mother, and fed the plant with her ashes.” Some of the plants died, and they learned about drought tolerant options like succulents. They replaced dead plants with rosewood, African daisies, desert sage, hibiscus, salvia, and other butterfly plants like Wiri Blush Hebe. They acquired signature pieces such as the Blue Atlas cedar and the Australian peppermint tree. “My favorite pastime is to count my plants. I have 220 different plants and 92 different species,” David said.



David Ringhand with the Giant Thevetia planted in his yard (Courtesy La Mesa Beautiful)

Over the last 15 years, the Ringhands have acquired a lot of knowledge on gardening. Their top 10 bits of advice to fellow gardeners are: 1. Go slowly, but surely. Keep adding when you can and buy three of everything because at least one will die. 2. Purchase a copy of “Sunset’s Western Garden Book.” 3. Buy four-inch pots; they’ll grow and their cost won’t break the bank. 4. Shop at nearby nurseries so they have the same climate as your home. 5. Gro-mulch is your friend. 6. Plant succulents. 7. Some plants wilt during the day to protect themselves. Water early morning or late evening. 8. Wear sunscreen when you garden, especially on top of your ears. 9. Don’t use Round Up. It kills bees and the health of our gardens depend on bees. 10. Plant in the spring and enjoy your plants in the summer. The Ringhands are La Mesa Beautiful members who recently donated plants to the Annual Plant Sale held the first week-end of May. Their home garden has also been nominated for a La Mesa Beautiful Spirit Award. For more information about La Mesa Beautiful, or to schedule a visit to the Ringhand garden, visit lamesabeautiful.org. —Nancy Johnson is secretary of La Mesa Beautiful.■



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► **Foothiller**, from page 12

Boys and Girls Valley League track champions

Congratulations to the boys team for winning the league for the second year in a row! Boys head coach John “Mo” Mozerka thanked “all the student-athletes that have made the 2018 Track and Field season one of the most successful and memorable in school history. Both the Boys and Girls Teams captured Valley League Championships as well as setting numerous school records in various events.”

Photography Students

Three of GHS’s photo students won awards at the Helix Water District Photo Competition. Amanda Dougherty (advanced photo) won Honorable Mention for her piece, Samuel Guzman (beginning photo) won Honorable Mention for his piece, and Lena Roberts (advanced photo) won second place for her piece.

Art Department

The Art Department excelled at the 2018 GUHSD District Art show. They won more than 20 awards across 22 different categories: 11 beginning and 11 advanced. Grossmont received more awards any other school in the district; the students created some truly amazing art. Grossmont students have amazing opportunities to explore their interests and to develop lifelong personal and academic skills, both within the classroom and through extra-curricular activities. To discover more about Grossmont’s commitment to excellence, visit foothillermuseum.com or visit the GHS Museum on Wednesday, June 6 or July 11, noon–3:30 p.m. or by appointment. Call 619-668-6140 or email ghsmuseum@guhsd.net.

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

International sci-fi and fantasy characters

La Mesa Reads

Jake Sexton

Last month, we discussed a number of mystery novels written by international authors and taking place in countries around the globe. This month, we'll follow up looking at global sci-fi and fantasy.

People who fell in love with the recent "Black Panther" movie might have come across a recurring term in reading up on the film: Afrofuturism. It's a decades-old genre of speculative fiction, aimed at exploring the identity, past and potential futures of people from Africa or the African diaspora. Black Panther's fictional nation of Wakanda gave such an example: an African nation which never suffered the ravages of slavery, and developed extremely advanced technology shaped by many cultural practices found in African countries.

A good place to start reading more on this theme is the short story collection "Dark Matter," edited by Sheree Renée Thomas. It runs a wide range, including a story from 1887, and a disaster story by NAACP co-founder W.E.B. Du Bois.

For a more full-length Afrofuturist tale, you can try



the "Binti" trilogy, by Nnedi Okorafor, about a teenage girl from a small desert village, who leaves her traditional life for study at an intergalactic university, possibly losing all her family connections, and braving alien predators in space.

One of Poland's biggest pop culture exports in recent years is a fantasy series called "The Witcher" by Andrzej Sapkowski. The stories are set in a dark version of medieval Poland, filled with knights, kingdoms and mythological monsters. When villages are threatened by these beasts, they must hire a witcher, a monster hunter who uses their own supernatural powers and weapons to destroy the creatures — for a fee.

The books follow a grim witcher named Geralt, who

must earn his violent living while negotiating his way through war, political upheaval and prejudice of his land. The books spawned a popular and acclaimed video game series of the same name, and a "Witcher" TV series is planned to air on Netflix.

Being the world's most populated country, one would expect a wealth of books from all genres to come from China. But no Chinese science fiction novels were translated into English until 2014. Liu Cixin's "The Three Body Problem" was the first. It is highly influential in China, won awards worldwide, and marked the beginning of this thought-provoking trilogy.

The series is a generations-long story about characters who learn of a pending invasion by an advanced alien

race ... that will not reach Earth for 450 years. While tracking the major consequences this terrible revelation has for science, politics and society, it also tells the tales of many individuals responding to the crisis, and the impact that their lives and decisions have on others.

The Middle East does not have a strong tradition of science fiction, but increasingly works of this kind are reaching audiences. "Iraq + 100" is a great example — a short story compilation edited by Hassan Blasim, in which 10 different authors envision what the nation looks like 100 years after the American invasion of 2003. While certainly not a rose-colored anthology, the stories carry a core of hope and human resiliency.

Library events

Saturday, June 9 at 1 p.m., the library will be celebrating its 10th anniversary in our current building. Come join us for a musical performance by children's favorite Hullabaloo, refreshments and crafts for kids. La Mesa Recreation will be there to answer questions about summer day camps and classes. Also, don't forget to sign up for the library's Summer Reading program, where you can get prizes for reading books and attending library activities. Info at sdcl.org/summer.

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



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<input type="checkbox"/> Powerwash deck	<input type="checkbox"/> Install backsplash
<input type="checkbox"/> Repair kitchen drywall	<input type="checkbox"/> Hang mirror in hallway
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One ballot per person. Ballots must be postmarked, submitted
online or hand-delivered by 11:59 pm on Sunday, June 3rd

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



Kroc Kids presents:
'Madagascar, Jr.'
Through May 27

Join Alex the Lion, Marty the Zebra, Melman the Giraffe, Gloria the hip-hop Hippo and of course, those hilarious, plotting penguins as they bound onto your stage in the musical adventure of a lifetime. Based on the DreamWorks animated motion picture, "Madagascar, Jr." follows all of your favorite crack-a-lackin' friends as they escape from their home in New York's Central Park Zoo and find themselves on an unexpected journey to the madcap world of King Julien's Madagascar.

7 p.m. Friday and Saturday, 2 p.m. on Sunday at the Joan Kroc Theatre, 6611 University Ave. For more information, call 619-269-1540.



Moxie Theatre: The Madres
Through June 10

A play written by Stephanie Alison Walker and directed by Maria Patrice Amon and Jennifer Eve Thorn. It takes place in 1978 in Argentina and people are disappearing off the street. Based on the true and gripping story of the Mothers of the Plaza de Mayo, whose protest gained attention all over the world. On May 25, 26, June 1, 2, 8, and 9 the play begins at 8 p.m.; on May 31 and June 7 the play begins at 7 p.m.; and on May 27, June 3 and 10 the play starts at 2 pm. Moxie Theatre 6663 El Cajon Blvd. Tickets are \$25-\$30; available at bit.ly/2IsBtCQ.■

FEATURED EVENTS



Live Music: The Waits

This acoustic duo (guitar & mandolin) has a unique blend of folk, bluegrass, country, classic rock and more. No cover charge. Wine by the glass, cheese and crackers, and dessert available for sale. Seating is on a first come, first-served basis in the venue's back room. 7-10 p.m. at the San Pasquale Wine Tasting & Gallery at 8364 La Mesa Blvd. Free. Visit bit.ly/2GrGWNb.

Santee Street Fair & Craft Beer Festival

Santee's 10th annual event will feature over 300 food and craft vendors, live music, carnival rides and more. A "Heroes Stage" will honor military families and photo memorial about the war on

terror titled "Fallen Soldier of California" will be on display at the San Diego Christian College.

10 a.m. at Riverview Parkway and Town Center Parkway, Santee. Admission to the fair is free and open to all ages. Admission to the Craft Beer Festival is \$25 for 10 testers and meal, advance purchase; \$25 for 10 tasters, \$15 for five tasters, day of event. For more information or to purchase tickets, visit bit.ly/1hZuPRE.



Grossmont Hospital: A Legacy of Community Service

Come learn about East County's landmark public institution, the Grossmont Hospital, from historian and author Jim Newland. He will present the history of the publicly-owned healthcare district along with the doctors, nurses, administrators, civic-leaders, volunteers, donors, patients and families that have made this landmark community service asset. 10-11:30 a.m. at Grossmont Lifelong Learning Center, 5500 Grossmont Center Drive, Suite 269. Free. Visit bit.ly/2wQCD5F.



'The Front Porch'
Through June 10

A play written and directed by local playwright George Bailey on how two women confront their fears and prejudices, become friends, and learn what it truly means to be an American. June 1, 2, 8, and 9 at 8 p.m.; on June 3 and 10 at 2 p.m. at Lamplighters Community Theatre 5915 Severin Drive. Tickets are \$15; available at bit.ly/2jGN1n3.

The Spinners

Join as the American R&B group known as Spinners, who in 2015 were Rock and Roll Hall of Fame Nominees, play. This performance will be featuring original member Henry Fambrough, Charlton Washington, Jessie Peck, Marvin Taylor and Ronnie Moss. 8 p.m. at Sycuan Casino - Live & Up Close, 5469 Casino Way. Tickets are \$59-\$69; available at bit.ly/2wPFbkb.



Flag Day Parade

La Mesa's annual event honoring the "stars and bars" features marching bands, floats and lots of flag waving. Parade starts at 10 a.m. and runs until noon along La Mesa Boulevard. Pre-parade music starts at 9 a.m. in the Village. Visit bit.ly/2s9Vfcv for more information.

Friends Fashion Fling

This Friends of East County Arts, Inc. fundraising event features complimentary Champagne, catered lunch, live music, silent auction, opportunity drawings and the main event — a fashion show. 11 a.m.-2 p.m. at the Ronald Reagan Center, 195 East Douglas Ave., El Cajon. Tickets are \$70, available at friendsofart.org. For more information, call Judy Moore at 619-442-2778.



The Australian Bee Gees

Attend the Bee Gees tribute performance that has been raved about all across the world. The Bee Gees have sold more than 220 million records worldwide, making them one of the world's best-selling artists of all time. They were inducted into the Rock and Roll Hall of Fame in 1997. Wayne Hosking, David Scott, and Michael Clift look to do the Gibb brothers proud at 7 p.m. at Sycuan Casino - Live & Up Close, 5469 Casino Way. Tickets are \$29-\$39; available at bit.ly/2KBnjMa.

Murder Mystery Dinner Theater

The Kiwanis Club of La Mesa presents its second annual Murder Mystery Dinner Theater. The three-course dinner will be interspersed with live performances of "Boats, Bodies & Betrayal," an original script. 6 p.m. at the La Mesa Community Center, 4975 Memorial Drive. Cost is \$45 per person. RSVP before May 28 to Glenna Bloeman at 619-743-5192, Steve Blake at 619-823-8993, or Bob Shultz at 858-449-4679. Limited seating.



Classic Car Show Kickoff

The La Mesa Village Association hosts this weekly event, every Thursday through August, featuring classic cars, trucks and motorcycles. This year's kickoff event also features live music by The Ideas. 5-8 p.m. along La Mesa Boulevard in the Village.



Live Music: Stage IV

Stage IV is a group that plays a variety of songs, from standards to jazz to R&B. Stage IV has had the opportunity to perform for many events

that have enriched their experience as a band. From TV to charity events, Stage IV has been fortunate to be able to give back to the community. No cover charge. Wine by the glass, cheese and crackers, and dessert available for sale. Seating is on a first come, first-served basis in the venue's back room. 7-10 p.m. at the San Pasquale Wine Tasting & Gallery at 8364 La Mesa Blvd. Visit bit.ly/2GsPx9p.



The Real Story of Monopoly

Wayne Saunders tells the real story surrounding the phrase 'Monopoly'. The story Parker Brothers doesn't tell involves a famous nineteenth-century tax theorist, a stenographer who invented a typewriter carriage return, a Delaware commune, Ivy League economics classes, Atlantic City Quakers, an unemployed steam mechanic, the Favor Cake Set for girls, Wanamaker's department store, theft and misrepresentation, George S. Parker himself, knockoffs and buyouts, J.P. Morgan, the craze, wartime contraband, the Anti-Monopoly game, a history detective's search for justice, rewriting the trademark laws, experts and tournaments, new editions, globalization, and collectors. \$12. 1-2:30 p.m. at Grossmont Lifelong Learning Center, 5500 Grossmont Center Drive, Suite 269. Visit bit.ly/2wQCD5F.



Summer Concert Series: San Diego Concert Band

Enjoy a performance from the local San Diego Concert Band at La Mesa's "Sundays at Six" summer concerts. Under the direction of Roy Anthony, Jr., the San Diego Concert Band performs a wide range of music: traditional symphonic band pieces, marches, show tunes and arrangements of orchestral works for band. The band is composed of nearly 100 local musicians from all walks of life, including active and retired music educators, teachers, engineers, doctors, nurses, pilots, attorneys, insurance agents, business professionals, local and federal government employees, and college students. 6-7 p.m. at Harry Griffen Park Amphitheater, 9550 Milden St. Free. Visit bit.ly/2KD7CEv for more information.



10th Annual Taste of La Mesa

Stroll table to table and celebrate the Chamber's 10th Anniversary by going on the

popular community food extravaganza - the Taste of La Mesa. Eat your heart out and sample great food from multiple local restaurants in one location. You won't want to miss this night of fun, food and more. Pricing does not include beverages. Alcoholic beverages may be purchased for \$5 per glass, and bottled water and soda for \$1. 6-8 p.m. at La Mesa Community Center, 4975 Memorial Drive. \$40-\$60. Visit bit.ly/2GrmPGh.



LMHS Annual Meeting

La Mesa Historical Society offer food, wine, and live music at La Mesa Wine Works, 8167 Center St. The society will be electing officers, presenting awards, and enjoying live music from DJ, producer, and label manager of Kleetik Records Jason Patrick. 6 p.m. Free. For more information about the La Mesa Historical Society, visit bit.ly/2GrTPCE.



Live Music: Jim Earp

Jim Earp is an acoustic guitarist and singer/songwriter, whose focus is instrumental steel string in Hawaiian and Celtic styles. Jim also sings a variety of '70s folk-rock covers. No cover charge. Wine by the glass, cheese and crackers, and dessert available for sale. Seating is on a first come, first-served basis in the venue's back room. 7-10 p.m. at the San Pasquale Wine Tasting & Gallery at 8364 La Mesa Blvd. Visit bit.ly/2rSz8pB.



Summer Concert Series: Steven Cade

Enjoy a performance from Steven Cade at La Mesa's "Sundays at Six" summer concerts. Houston, Texas-born country pop artist Steven Cade has captivated and energized crowds across North America with his signature sound. He infuses contemporary pop elements into country-influenced songs, creating a unique slant on traditional country music. 6-7 p.m. at Harry Griffen Park Amphitheater, 9550 Milden St. Free. Visit bit.ly/2KD7CEv for more information.



Prehistoric Rock Art Paintings of San Diego

Author and Professor of American Indian Studies,

Richard Carrico runs a session on the rich heritage of Kumeyaay and Luiseno art portrayed on rock faces and on the desert floor throughout San Diego County. Take a virtual tour of these incredible works while also attaining a greater understanding of how they were created, and explore possible the meanings of these art pieces that extend back thousands of years. Learn about the people who lived in San Diego County thousands of years ago through their artistic expression. 10 a.m.-noon at Grossmont Lifelong Learning Center, 5500 Grossmont Center Drive, Suite 269. \$12. Visit bit.ly/2wQCD5F.



'Romeo, Romeo & Juliet'
Through July 8

The Roustabouts Theatre Company presents a play about what happens when Shakespeare's iconic, star-crossed lovers get a third wheel: a tangled triangle of unrequited love. In this fun and fizzy romantic comedy, a rehearsal room becomes a hilarious hothouse for palpable passion, witty repartee, and comedic conflict as the Bard's glorious language inspires the hopeless romantic in us all. Shows on June 22, 23, 24, 28, 29, 30, July 5, 6, and 7 all start at 8 p.m. at The Moxie Theatre, 6663 El Cajon Blvd. Tickets are \$38; available at bit.ly/2LbryPB.■

RECURRING EVENTS

Tuesdays
La Mesa Walks

Adult Enrichment Center hosts walks around La Mesa, starting at various locations. 9-10:30 a.m. Call 619-667-1300 for more information.

Thursdays
Classic Car Show

Classic cars, trucks and motorcycles and live music along La Mesa Boulevard in the Village. Thursdays; June through August. 5-8 p.m. Free. Visit lamesavillageassociation.org.

Movie Matinee

The La Mesa Adult Enrichment Center shows various movies every Thursday. Cost is \$2. 1 p.m. at the Adult enrichment Center Main Hall, 8450 La Mesa Blvd. For listings of movies, visit the Adult Enrichment Center Bulletin at bit.ly/2KH0W8i.

Fridays
La Mesa Farmers Market

La Mesa's Friday Farmers Market features produce, food and craft vendors. 3-7 p.m. along La Mesa Boulevard in the Village. Free. Visit lamesavillageassociation.org.■



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MT. HELIX FOOTHILLS — 4331 Woodland Drive
1915 Meets 2011! — \$799k - \$850k

IN ESCROW!

BANKERS HILL
1911 Mills Act — \$1.295M

IN ESCROW!

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

IN ESCROW!

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

SOLDS

So Far in
2018

Fletcher Hills SOLD

Windsor Hills SOLD

Mt. Helix SOLD

Mt. Helix SOLD

Windsor Hills SOLD

Mt. Merritt SOLD

Escondido SOLD

Alpine SOLD

La Mesa Village SOLD

La Mesa SOLD

La Mesa SOLD

La Mesa SOLD

Casa de Oro SOLD

Santee SOLD