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# La Mesa COURIER



See the winners!  
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San Diego Community News Network



(l to r) Envision La Mesa volunteers Wolfgang Koenig, Ursula Koenig, Craig Reed, Eunice Ventura and Karen Gibson are working to clean up blight in west La Mesa, like the A1 Equipment Rental yard on University Avenue. (Photo by Jeff Clemetson)

## Envision La Mesa sets sights on cleaning up city's west side

**Jeff Clemetson**  
Editor

A little over a year ago, residents in the west side of La Mesa were dealing with the aftermath of illegal dispensaries that dotted the city's main western corridors

of University Avenue and El Cajon Boulevard.

"It all started from that cute white stucco building ... It turned into this dispensary and then they left and they painted it these hideous colors and it just made everybody angry," recalls Ursula Koenig.

Koenig and other nearby residents vented their anger about this building — another going to blight in a neighborhood that already had too much of it — on the popular social media website Nextdoor. But they weren't just venting — they were also

See **ENVISION** page 4 →

## San Diego Foundation holds forum on air quality

**Jeff Clemetson**  
Editor

Despite the region's clear, sunny skies, San Diego's air quality isn't very good — and it's getting worse. That was the message presented at "Clearing the Air," a San Diego Foundation Center for Civic Engagement forum held June 22 in the La Mesa Community Center.

"It is easy to not think about what we don't see," said Kathryn Mead, former president and CEO of The San Diego Foundation (SDF).

"You know the bacteria and viruses in the air actually

affect us personally and our families," she continued. "And when we look around and see blue skies, we don't see smog like we sometimes see in Los Angeles on a hot day or in movies or programs on television. We look outside and say, 'Wow, San Diego is actually beautiful.' But it's those things in the air we don't see that make us sick."

The problem of San Diego's declining air quality brought out approximately 100 philanthropists, healthcare professionals, environmental advocates, community leaders and residents from across the county and even

See **AIR QUALITY** page 5 →



Participants in the Clearing the Air forum take part in the straw breathe challenge to feel what it is like to live with asthma. (Courtesy San Diego Foundation)

## NEWS BRIEFS



(Courtesy Mt. Helix Park Foundation)

### The 11th annual heART of Mt. Helix

Tickets are on sale now for the 11th annual heART of Mt. Helix event showcasing local art, music and cuisine at Mt. Helix Park.

This sunset event will be held on Saturday, Aug. 11, from 5–11 p.m., and will feature vignettes by local performing and visual artists, music on two stages, casino gaming, live art demonstrations, tastings provided by more than a dozen participating local restaurants, 360-degree views, and dancing under the stars to the music of Mighty Untouchables.

Culinary tastings are included in the ticket price and will be provided this year by Anthony's

See **NEWS BRIEFS** page 2 →



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► **News Briefs**, from page 1

Fish Grotto, Brigantine, Cali Comfort BBQ, Casa de Pico, Dream Dinners, The Edge Mediterranean Grill, Edible Arrangements, The Hills, The Honey Baked Ham Company, Pick Up Stix, Sheldon's Service Station, Terra American Bistro, Hooleys, Menchie's, Posh Nosh, D'Amatos Pizza, and Mary's Donuts.

There will be a signature cocktail named "The Helix" created just for this event, as well as hand-selected wines, beers from Helix Brewing Co. and Ballast Point, cocktails with St. Petersburg Vodka from San Diego Distillery, and coffee from Brew Coffee Spot.

Raffle prizes and auction items include vacation get-aways, original artwork, custom jewelry, local adventures, private group dinners, tickets

to local entertainment venues and more. Also, for the second year, the winners of the heART of Mt. Helix juried art contest will be on display and for sale.

Proceeds from heART of Mt. Helix are used to preserve and enhance Mt. Helix Park and Amphitheater, which receives no government funding, yet is open to the public daily.

See **NEWS BRIEFS** page 10 —→

## Swooping in



On July 11, more than 250 day campers greeted the San Diego County Sheriff Department's ASTREA chopper as it landed on the Kroc Center recreation field. The helicopter landing was a chance for children enrolled in the Kroc Center's Police Academy Day Camp to witness police in action. (Courtesy Kroc Center)

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# Lake Murray fireworks a success

Doug Curlee  
Editor at Large

July 4 was a good night at Lake Murray.

Several weeks ago, there had been serious doubt the Lake Murray Fireworks and MusicFest celebration — a day-long music concert culminating in the pyrotechnic display — would even happen.

Fundraising had not gone well, and many large donors who made last year’s party happen didn’t show up this time.

“We need about \$75,000 to make it happen,” said Rob Hotz at the time. He’s one of the hardworking committee people who puts the event together.

But somehow, it came together — \$77,500 dollars came through GoFundMe and other donations, and several businesses who were new to the mix came through in the pinch.

Several of those were from La Mesa, which came as a pleasant surprise to Hotz.

“We knew a lot of people from La Mesa came last year, and we figured it’d catch on there with some businesses. It apparently did,” he said.

A major contributor to the fundraising effort is Stormburg Orthodontics, a San Carlos dental practice that pitched in the \$15,000 to be the title sponsor for the event.

Dr. Kurt Stormburg says it was a no-brainer for his office.

“This community is where most of our patients come from, and giving back to the



Miss La Mesa and Miss Teen La Mesa join in a tug-of-war at the Lake Murray Fireworks and MusicFest. (Photo by Brett Alan Photography)

community is only good practice,” he said. “We donate to other things as well, but this is important to the community. No doubt we’ll be back again next year.”

The concert started at 11 a.m., and ran right through until the 9 p.m. scheduled fireworks display.

Organizers of the event and the nine food vendors said the morning and afternoon crowds may have been a little smaller than last year, but that things began to pick up as evening approached.

By the time the fireworks touched off, Hotz figures there were 10,000 people there to watch and cheer — many of whom had parked as far away as Patrick Henry High School. That is a very long walk.

In addition to seeing more funding for the Lake Murray fireworks come from La Mesa, extra security was also donated to the event by the La Mesa Police Department, which provided their services free of charge.

Additional La Mesa involvement was demonstrated by the appearance of two very attractive and dynamic young ladies — Miss La Mesa, Kelli Loper and Miss Teen La Mesa, Kennedy Dirken.

I caught the two of them at the start and finish line for the children’s pillowcase sack races.

Couldn’t resist asking Loper if they knew they’d be doing this when they won their titles.

“No, not really,” she replied, “but what we mainly do is raise donations for things — and we’re really good at that.”

Might want to put them on the team for next year’s fundraising.

We’ll know in August whether there’s enough money to seed the effort for next year’s celebration.

There probably will be — the committee’s gotten pretty good at this.

—Doug Curlee is Editor at Large. Reach him at [doug@sdCNN.com](mailto:doug@sdCNN.com).■

# Pot tax proposal heads to ballot

Jeff Clemetson  
Editor

La Mesa voters will again be considering a marijuana ordinance this November, this time regarding how the city should tax the new marijuana businesses that will soon be springing up in the city.

At its July 10 meeting, the La Mesa City Council voted unanimously to put the tax ordinance on the ballot — a move that some residents were unaware was necessary, according Mayor Mark Arapostathis.

“I hear from people, ‘Well, at least the city is getting tax [from marijuana businesses].’ And then I hit them with the fact that no, the city isn’t getting anything and I’m usually met with shock, even from the people that were in favor of Measure U,” he said.

When the citizen initiative Measure U was passed by La Mesa voters in 2016, allowing marijuana businesses to open in the city, there was no tax component in it.

“The only way to add the tax to it is to go back to the voters,” said Councilmember Bill Baber, who added that the city is not taxing customers for purchasing marijuana products.

“What this is, is a business tax on gross receipts. It is not a sales tax,” he continued. “Whether a business passes along the cost of this to the consumers is a choice of the business.”

According to the city staff report, the taxes on marijuana businesses are “structured to provide a range of tax rates that will be high enough to generate revenue to offset the costs of regulating and managing the cannabis businesses and related activities, while simultaneously being low enough to avoid over-taxation and ensure the long-term sustainability of the businesses subject to the tax.”

The proposed tax ranges, and what the initial tax rate — the rates that would take effect immediately if voters pass the measure — are:

- For commercial marijuana cultivation, growers will be taxed a maximum of \$10 per square foot of canopy. The proposal also differentiates between indoor growers and nursery grow operations. The initial tax rate will be \$7 per square foot of canopy for indoor grows and \$1 per square foot for nursery operations.
- Retail businesses, both dispensary and delivery, will be taxed a maximum of 6 percent of gross receipts, with an initial tax rate of 4 percent. For sales to people with a valid California Department of Public Health Medical Marijuana Identification Card, there will be zero taxes, including sales tax.
- Manufacturing businesses, those who make edibles or extraction products, will have a maximum tax rate of 6 percent

and an initial rate of 2.5 percent of gross receipts.

- Testing facilities will have a maximum rate of 6 percent and an initial rate of 1 percent.
- Distribution businesses will have a maximum rate of 6 percent and an initial rate of 2 percent.

“As you look through the tax rates, they were set in consultation with our consultant as to what the market will bear as a starting point and to give us a range,” Baber said. “Like any tax bill, it’s a series of compromises and no one’s entirely happy but the goal was to come up with a rate that would bring in income for the city and to pay for city operations.”

At the meeting, marijuana business owners and representatives of the industry greeted the tax proposal warmly, with only a few complaints.

“I like what you’re doing. This is a great plan, there is just a little kink in it,” said Shawn McDermott, who will be opening La Mesa’s first dispensary on Center Street. McDermott wants the city to loosen the ID requirement for patients to get tax exemption from the standard of state issued identification card to a physician’s recommendation.

Association of Cannabis Professional vice president Cynara Velazquez said the top tax rate of \$10 and initial rate

See POT TAX page 26 —————>

## How to Sell High: Avoid these Three Mistakes When Selling Your Home

La Mesa - When you decide to sell your home, setting your asking price is one of the most important decisions you will ever make. Depending on how a buyer is made aware of your home, price is often the first thing he or she sees, and many homes are discarded by prospective buyers as not being in the appropriate price range before they’re even given a chance of showing.

Your asking price is often your home’s “first impression”, and if you want to realize the most money you can for your home, it’s imperative that you make a good first impression.

This is not as easy as it sounds, and pricing strategy should not be taken lightly. Pricing too high can be as costly to a homeseller as pricing too low. Taking a look at what homes in your neighborhood have sold for is only a small part of the process, and on it’s own is not nearly enough to help you make the best decision. A recently study, which compiles 10 years of industry research, has resulted in a new special report entitled “Homesellers: How to Get the Price You Want (and Need)”. This report will help you understand pricing strategy from three different angles. When taken together, this information will help you price your home to not only sell, but sell for the price you want.

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## City of La Mesa, Rides4Neighbors Seeks Drivers

What are you doing to positively impact your community? The City of La Mesa offers a great opportunity to do just that by volunteering for the Rides4Neighbors program. The program is funded by grants awarded by San Diego Association of Governments and fueled by volunteer drivers. Rides4Neighbors provides transportation services for East County seniors and/or people living with a disability that inhibits their mobility. Drivers use their personal vehicles to assist enrolled riders in performing duties essential to their lives, such as, doctor appointments and grocery shopping. Monthly mileage reimbursement is offered, in addition to the opportunity to explore the beautiful county of San Diego. For non-ambulatory riders, the City contracts with a transportation company for wheelchair van services.

The Rides4Neighbors program has operated for over ten years. Mike Higdon, a volunteer since 2010 when the program began explains “I enjoy paying it forward. I also feel the need to do something productive. I may need this service in the future and I would hope that there would be somebody to help me.”

The riders are not the only people who benefit from Rides4Neighbors, volunteers are able to meet new people, feel a sense of purpose by contributing their time to the community, and earn extra cash.

While the median age of the population grows upward, the demand for transportation increases. As can be imagined, there is a disproportionate amount of those in need in comparison to those who provide help for those needs. Volunteers are the driving force behind the program, but currently there are approximately 650 enrolled consumers and only 30 drivers. If you or anyone you know would be interested in participating as a volunteer with the program call **619.667.1321** for more information. Volunteers are required to go through a DMV screening and fingerprinting for a background check at no cost.



► **Envision**, from page 1

suggesting ways to improve the situation, which caught the attention of resident Craig Reed.

“It’s one thing to see people complain on Nextdoor, that’s fairly common, but to see people who were throwing out ideas, I was like, ‘Wait, I’m seeing people looking for solutions here rather than just ranting,’” he said.

It was then that Reed proposed to people on the Nextdoor thread, which by then had grown to over 150 posts, that they should meet up and discuss the issues facing the west side of La Mesa and come up with strategies to address them. Before long, Koenig, Reed and a handful of other residents were meeting regularly and officially formed Envision La Mesa — a group dedicated to improving blighted areas in the western neighborhoods of the city and promote a greater sense of community.

Although relatively new, Envision La Mesa has already made progress on its goals. Last fall, the group conducted an environmental scan of University Avenue to make a record of problem areas. Instances of litter and neglected or abandoned buildings were noted by the group. The group recorded over 90 instances of graffiti and then entered them into La Mesa’s YourGov app; a week later, the graffiti was covered up.

“It was just amazing to see that the city was so responsive,” Reed said. “The one complaint I have is that ... if there was

graffiti on a wall that is white, they didn’t use white [paint to cover it up]. They would just use this brown square. So, it addresses the graffiti but not the feeling of blight.”

Envision La Mesa wants to involve the city as sparingly as possible by trying to accomplish as much as it can on its own before using an “ask” from the city to do something, Reed said. However, there are some ideas the group has come up with to address blight that will need the help of the city, such as putting in better bus stops, installing better garbage cans, mandating better signage and banning miniature-sized bottles of liquor.

For now, those lofty goals requiring officials to allocate funding or change municipal codes have been put aside for more attainable ones, such as cleaning up and finding community uses for vacant lots. During the environmental scan, Koenig identified seven empty lots in west La Mesa, five of which she described as “doable” for community uses.

“I think we can make an empty lot just shine and get cleaned up and have an artisan fair or a summer movie — something temporary,” she said.

And some progress has already been made toward that goal. Koenig has already contacted representatives of property owners and made her case that the spaces could be cleaned up and used temporarily by the community while investors wait to build out the lots — and has received some positive feedback about the idea.

She also put in a call to a local church that has empty lots that were slated for a community garden, but the project was put on hold because some neighbors raised concerns. Envision La Mesa hopes that if the church still wants to offer the lot for a garden, that it can work with the neighbors and dispel any worries they may have about the garden project.

“We think the solution is that if the church is committed to working with the neighbors in that fashion, we go to the neighbors,” she said.

In addition to using empty lots, Envision La Mesa is also pursuing the decoration of fences around abandoned buildings, such as the old VFW clubhouse and the old A1 Equipment Rental building, both on University Avenue.

“Just throw up something that doesn’t harm the fence,” Reed said. “Where we’re not trespassing, we’re just installing something that looks nicer. We’re just using the fence as a canvas and [making] it look more inviting than what it looks like today.”

Although cleaning up the neighborhood was the initial directive for Envision La Mesa, another function for the group soon became apparent.

“We were identifying the problems, but also looking for assets,” Reed said, adding that



Craig Reed reports an instance of graffiti on a sign along University Avenue to the City of La Mesa using the YourGov app. (Photo by Jeff Clemetson)

service businesses like salons or boutiques.

“Not only are we supporting the local businesses with our work, but we’re also getting neighbors to meet other neighbors,” Reed added.

When Envision La Mesa started, it was neighbors meeting neighbors. The handful of residents concerned about illegal dispensaries has grown to around 25 members. The group now has a website and meets twice a month — one public meeting and one with just the members of its steering committee, which

operates as a collective leadership for the group rather than a traditional structure of a president and board members. Koenig said that’s because the members are “very kick back and easy.”

“One of the reasons why we intentionally took our time getting organized is because we really wanted something that wasn’t just a name, but a mission and vision that we could all agree that this is what we want to try for — something a little bigger than ourselves, yet something that we can break it down in smaller pieces and make progress,” Reed said.

Envision La Mesa’s motto is: “Improving neighborhood character and community life ... one step at a time.”

“We emphasize that ‘one step at a time’ to remind ourselves that this is marathon not a sprint, because we know we can get there,” Reed said. “Just like a marathon, we might be aching in a few places by the time we get there, but we can get there.”

For more information about, or to contact Envision La Mesa, visit [envisionlamesa.org](http://envisionlamesa.org).

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



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► **Air Quality**, from page 1

some groups from across the border to the forum. The forum featured panel consisting of Hanna Grene, director of policy at the Center for Sustainable Energy; Atul Malhotra, MD, chief of Pulmonary, Critical Care and Sleep Medicine at UC San Diego Health; and Nicola Hedge, director of climate and environmental programs at SDF.

Grene shared data collected on San Diego's air quality by the Equinox Project, a 2008 initiative of UC San Diego designed to provide data and indicators to understand how the region's sustainability is performing using environmental and economic indicators.

"Air quality is one of the issues we are tracking and in recent years we have seen a decline in air quality throughout San Diego County," Grene said, pointing to a 48 percent increase in the county's number of unhealthy air days from 2016 to 2017.

"The number of unhealthy air days for sensitive groups — that is our community members with lung disease, the elderly and children — increased 16 days in 2017," she continued. "Overall, unhealthy air days for all of us increased by four days."

Equinox Project data showed that the region still has zero extreme unhealthy air days, but that some days have approached the threshold. There was some improvement in air quality from 2008 to 2010, but since then there have been significant declines in air quality and an uptick in unhealthy air days. The map of asthma hospitalization rates for children varied throughout the county, with the highest rates found in Downtown San Diego, Barrio Logan, Logan Heights, El Cajon and surrounding areas.

"The American Lung Association's 2017 State of the Air report gave San Diego

County an F for ozone pollution and a D for short-term particle pollution," Grene said. "San Diego is ranked the seventh dirtiest city in the country for ozone pollution. We have one of the most beautiful coastlines in the world. We can walk outside and see blue sky and clean air and beautiful palm trees and we don't always recognize what's in our air, so that one really stuck with me."

Grene explained the declining air quality adversely affects the 400,000 San Diegans who have lung diseases like asthma or chronic obstructive pulmonary disease (COPD).

"These residents — our neighbors, our colleagues, our family — are in heightened risk for air pollution," she continued. "This means we have more people in our hospitals, more people suffering."

Grene pointed to vehicle emissions and increased heat from climate change as the main causes of the increasingly poor air quality, and noted adopting clean technology like electric cars and a clean energy grid are the best solutions.

As a health professional, Malhotra said he is not qualified to speak on the politics of climate change or environmental policy, so his presentation strictly focused about the health issues related to poor air quality.

"I talk to a lot of people from different sides of the political spectrum who say that, 'I'm all for economic growth. We need to build if the economy is to grow.' And I agree with that. But what I'm going to argue is, I don't want the economy to grow at the expense of my kids' lungs or your kids' lungs, because that is really not the right approach," he said. "The political debate over global warming has obscured the major cardio-pulmonary toxicity of air pollution."

Malhotra listed some of the health issues associated with poor air quality. Air pollution

affects sleep apnea and is linked to Alzheimer's disease. Exposure to air pollution as a baby affects the size of lungs as adult and also affects brain function, which Mahotra said was proved through studies carried out in Los Angeles after the air pollution problem there got better from the 1990s through the 2010s and researchers found lung capacity and brain performance in children improved.

Another study in the New England Journal of Medicine looked at 60 million Medicare beneficiaries across country and concluded that air pollution patterns had impact on mortality.

Additionally, a study on men and women from rural Uganda found evidence of air pollution's global impact — 15 percent of men and 17 percent of the women in that study had evidence of COPD, and 90 percent of the women with COPD had never smoked.

"Air pollution effects 100 percent of us in different ways, either directly or indirectly," Malhotra said. "Advocacy can be important, writing to your politicians can be important, and raising awareness can be important."

Advocacy and environmental action were the key points of Hedge's presentation.

"The really good news is that there is a lot that we can and are doing [about air pollution] by working together and investing today. Through the San Diego Foundation, one of the metrics that we've been working on is how many cities are

making commitments to reduce climate change, and also to better prepare their communities for the likely impacts of climate change," she said, adding that when SDF started studying climate change in the region, only two communities in San Diego were working on climate action plans. "Today, all but one of our region's 19 local governments are working on, or have adopted, a climate action plan."

The San Diego Foundation began studying climate change and its causes a decade ago, following a brash of wildfires.

"There are important differences between the air pollution from fuels that are burned locally and how that exacerbates global risk from air quality, and also the greenhouse gas emissions that we burn that rise into the atmosphere and affect us globally and over the long term," Hedge said. "There are a lot of things we can do to address both and I think that's where the synergy needs to lie. That includes reducing how much we drive by investing in other alternatives."

Hedge listed increasing public transit, walking, biking, carpools and bike share; improving fuel efficiency of cars; promoting electric and hybrid vehicles; and cleaning up sources of local power as the most effective strategies for combating air pollution.

Following the presentation, the nearly 100 attendees participated in a "straw challenge" where they breathed through a thin straw to better understand the challenges of people suffering from asthma.



**Center for Sustainable Energy Director of Policy Hanna Grene**  
(Courtesy San Diego Foundation)

The group then workshopped its own ideas, strategies and actions that can be implemented to improve air quality. Mead encouraged the participants to share their ideas on social media using the hashtag #HealthyAirSD.

In addition to continuing the conversation about San Diego's air quality online, Mead also suggested volunteering for groups like Equinox Project, contributing donations to groups like SDF or other environmental groups, and staying informed on the topic of air pollution as ways of taking action to improve air quality in San Diego.

For more information on The San Diego Foundation Center for Civic Engagement, visit [SDFoundation.org/CCE](http://SDFoundation.org/CCE). For more information about the Equinox Project, visit [energycenter.org/equinox](http://energycenter.org/equinox).

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

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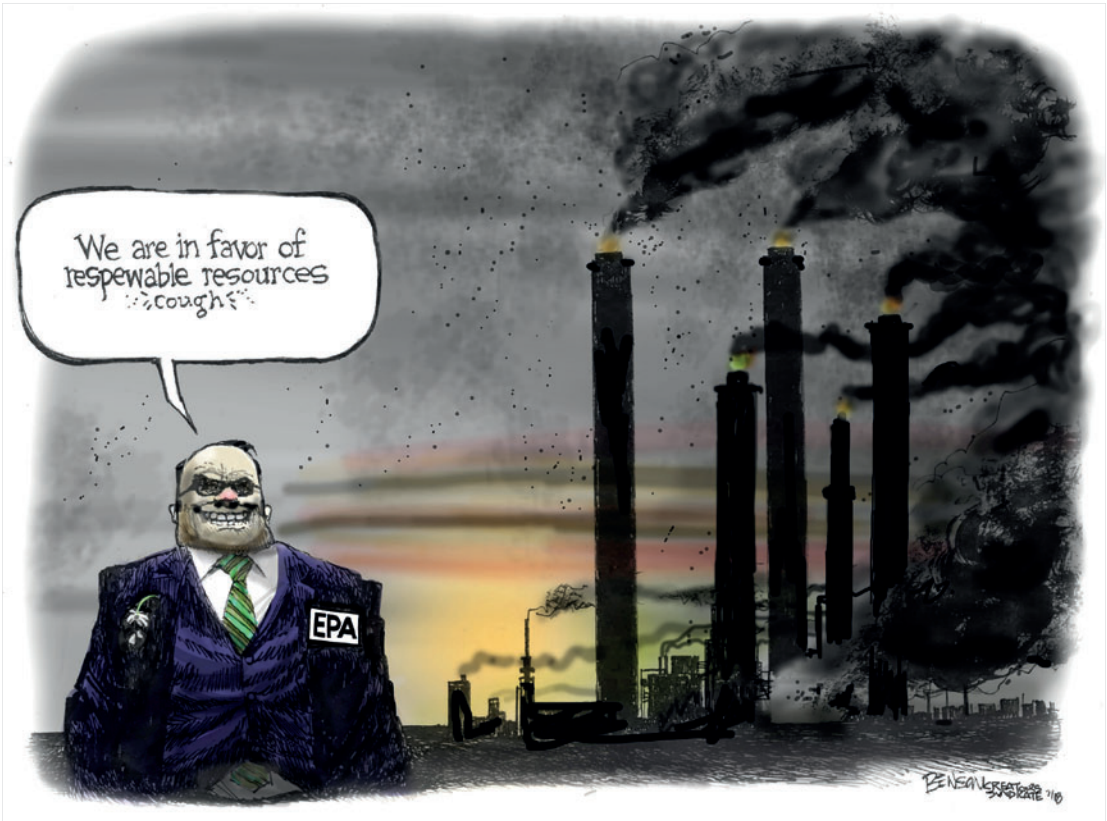
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Guest Editorial

CPUC pipeline decision proves commitment to clean energy

Colleen Cochran

As a woman and a mother who is deeply concerned about climate change, a decision by the California Public Utilities Commission (CPUC) a few weeks ago enabled me to take a break from my feelings of dread. In fact, I all out rejoiced.

On June 21, 2018, the five-member CPUC swiftly and unanimously decided to reject San Diego Gas & Electric (SDG&E) and Southern California Gas' (SoCalGas) bid to install a 47-mile-long, 36-inch diameter gas pipeline in San Diego County. The pipeline had been contested by Santee residents, and environmental groups, such as Save Mission Trails and Sierra Club, since one potential route would have taken it through Mission Trails Regional Park.

The line would have been named Pipeline 3602.

After the vote, I felt confident that California state agencies are truly committed to environmental protection.

Matthew Vespa, staff attorney for EarthJustice, said "It's actually thanks to everything California has been doing that we don't need this pipeline. Midway through this case, the legislature passed SB 350 and SB 32. That helped us a lot; it helped us to tell the story that this is where we are going, and fossil fuels don't have a place in that world."

Senate Bill 350, the Clean Energy and Pollution Reduction Act, requires a 50 percent renewable portfolio standard (RPS) by the year 2030. That is, this standard requires that half of the utilities' energy sales must be from renewable resources, such as solar or wind energy.

Senate Bill 32, the California Global Warming Solutions Act, requires a 40 percent reduction in greenhouse gas emissions below 1990 levels by the year 2030.

To meet these goals, a whole suite of measures must happen. Presently, we are seeing massive electric vehicle charging investments. The California Energy Commission recently passed regulations requiring solar panels on nearly all new houses, with additional incentives for electric space and water heating. Locally, six cities that make up 50 percent of San Diego County's population have committed to obtaining 100 percent of their electricity from clean energy sources by 2035.

"All of these things add up to reduce gas demand, thus making the need for the pipeline obsolete," Vespa continued.

With the CPUC vote, California announced that investing in new fossil fuel infrastructure makes no sense.

The CPUC determined that SDG&E and SoCalGas had "not shown why it is necessary to build a very costly pipeline to substantially increase gas pipeline capacity in an era of declining demand and at a time when the state of California is moving away from fossil fuels."

From the time the utilities' proposal to build a new pipeline first crossed his desk, Vespa started to argue that the line would become a stranded asset.

"The pipeline already would not have been necessary on its first day of operation, which would have been in 2023. Its usefulness would have decreased every year after that," he said. "By 2050, we should have moved past relying on fossil fuels at all. Yet, San Diegans would

have been paying over \$2 billion up until 2063 because of the way the revenue requirement works."

With the CPUC vote on Pipeline 3602, California asserted that economic prosperity and environmental sustainability are not mutually exclusive.

"We can get to these climate goals and a basically carbon-free energy system at the same cost as a business-as-usual scenario, provided we don't invest in fossil fuel infrastructure, provided we pivot to clean energy at every opportunity," Vespa said.

California is well on its way to reaching the 50 percent RPS goal. In 2017, the California Energy Commission reported that about 30 percent of retail electricity sales in California were from renewable sources, mostly wind and electric, but also geothermal, biomass, and small hydroelectric.

By rejecting the pipeline, California showed it takes the climate change crisis seriously. And crisis it is. According to the majority of climate scientists, the earth's average surface temperature has increased by more than 1.4 degrees Fahrenheit over the past 100 years. This temperature rise coincides with the time period in which humans engaged in large-scale endeavors to extract and burn buried hydrocarbon resources (fossil fuels), including coal, oil and natural gas.

NASA reported that 2016 was the warmest year on record globally. The U.S. Forest Service reported that, in that year alone, 62 million California trees died. Since 2010, 102 million died in the state's drought-stricken forests. Across the world, heat

Letters

To build or not to build library

Re: "Editorial: A new La Mesa Library should be a priority" [Volume 8, Issue 6 or bit.ly/2lxR6Ls]

Your piece urging La Mesa to make completion of the permanent library a priority (at long last) was terrific. No other civic institution in La Mesa serves a greater demographic range of our residents — seven days a week. And many people still do not realize how much we have already lost in time and treasure while City Hall sits on its hands. Perhaps this is the nudge our leaders clearly need.

—Dr. Anthony D. McIvor, La Mesa

I always enjoy reading your articles, even if I don't totally agree. I like hearing different opinions and ideas and try and learn from them.

Reading your editorial on the "new" library caused me to come up with a few questions, if you don't mind.

Did you talk with Yvonne, Greg or any staff about the status and reasons why the library is not currently being built?

When I heard it brought up at our council meetings, I did some research.

Yes, it was built as a temporary library with the plan being to build a larger one in the future. However, that was put on hold when redevelopment money quit coming to the city. This money was going to be used to build the new library.

I have spoken to a lot of the residents pushing for a new library and I ask the same question: Where will the money come from?

We are looking at options to increase the size and expand the current library and will continue to do so. [Councilmembers] Bill [Baber] and Colin [Parent] are on the subcommittee for our civic center and my understanding is that the library is all part of it.

They would know more about it than I would.

Anyway, thanks again for covering La Mesa.

—La Mesa City Councilmember Guy McWhirter

Trigger happy

Universities should not be expected or mandated to provide "trigger warnings" or "safe spaces" for students. They are a place to learn new ideas, discuss those ideas, and debate those ideas with the hopes of implementing them into their particular fields.

A university focus on trigger warnings and safe spaces can undermine its primary duty of challenging and growing students through provoking thought. As a result, trigger warnings and safe spaces will not create the best learning environment.

How much work would it take to make sure professors were aware of every trigger warning for every student? If the professor had a list of every student's trigger warnings, surely the professor will be

See PIPELINE page 10

See LETTERS page 7



► Letters, from page 6

hindered from the freedom to teach as best they know how.

Responding that trigger warnings are more for the veteran before a WWII video or a woman who has undergone rape before a sexual discussion is not a reason to create mandatory trigger warnings for the university. These instances are extreme and can be taken care of via common sense warnings before discussions.

Let us not burden professors with every person's baggage. Their job is to instruct and challenge, and I'm sure they will be sensitive when it comes to truly disturbing material.

As for safe spaces, this is not the university's job to provide these but to allow for the formation of these. Rather, it is the student's job to organize extra-curricular gatherings and activities. If a group of students want to meet and feel safe in discussion or connect with like-minded or like ethnic people, let them do so, but on their own initiative.

—Sean Henschel, La Mesa

**Moved to give**

Re: "Settling down: La Mesa resident and refugee publishes book about challenges of resettlement in America" [Volume 8, Issue 6 or [bit.ly/2KxyiGM](http://bit.ly/2KxyiGM)]

Thank you for the interesting article about Dr. Mudekereza and the New Neighbor Relief program. I was moved by the need and made a small donation to the org.

—Vicki Fielden, La Mesa■

Guest Editorial

Prevention is a critical part of the solution to homelessness

Joel Anderson

[Editor's note: This op-ed first appeared in the Voice of San Diego on July 18]

In its most recent annual count, the Regional Task Force on the Homeless found an estimated 8,576 homeless people living in San Diego County. That's the fourth largest homeless population in the nation. Of those, less than half (3,586) were in emergency shelters or transitional housing; almost 5,000 were living in cars, tents or wherever they could lay themselves down.

There is no silver bullet or comprehensive solution to eradicate homelessness. Anyone who tells you otherwise is simply not being honest. There are many underlying conditions contributing to homelessness that make it a complex issue – mental health, drugs and alcohol, and a lack of services for parolees, to name a few.

Any strategy that addresses the root causes can help prevent people from experiencing homelessness, and prevention is a critical part of the solution. To that end I have co-written two bills in the Legislature with Sen. Jim Beall that aim to get mental health treatment for people

coming into contact with law enforcement or leaving incarceration, to make sure these individuals are supported and don't end up on our streets, disconnected from services to keep them and the public safe.

Senate Bill 215 would create a new court-ordered, pre-trial diversion program for lower-level crimes when the defendant suffers from a mental disorder that played a role in the commission of the crime and the prosecutor and judge agree that the defendant could benefit from mental health treatment. (Most DUIs would not be eligible.) The defense would be required to arrange treatment satisfactory to the court, the treatment program could last up to two years and regular status reports on the defendant's progress would be mandatory.

This program would provide people with mental illness the treatment they need instead of warehousing them in jail. Jails are not therapeutic places, nor are they designed to be and it's unfair to our public safety officers to expect them to double as crisis mental health professionals. SB 215 would provide a tool for the courts to use when treatment is recognized as the best option for both public safety and the defendant. SB 215 will in part help get those mentally ill people living

on the streets who come into contact with law enforcement over lesser crimes receive the treatment they desperately need.

Senate Bill 1010 [4] would create a pilot program between the state Department of Corrections and Rehabilitation and participating counties to provide supportive housing to parolees with mental health needs. Of course there will always be mentally ill offenders who in the interest of public safety are sentenced to prison but ultimately will be released one day. As the person transitions off parole, under this bill participating counties would provide community-based mental health treatment and rental assistance and services using Mental Health Services Act funds.

Parolees in general have difficulty finding a home, and mentally ill parolees have even greater difficulty. Numerous studies have found that homeless parolees are far more likely to reoffend than those who have a home. SB 1010 aims to break that cycle by providing parolees experiencing homelessness or at risk of homelessness the mental health support and stable environment they need to successfully re-enter society and not reoffend.

Most prisoners serve their time and are ultimately

released from prison. It makes sense to invest in programs like transitional housing that will provide them stability as they re-enter society. Helping parolees return to being contributing members of the community lowers the likelihood that they will end up homeless or reoffend.

Our jails and prisons have become de facto mental health facilities, a fact that serves no one well. The homeless who are mentally ill are a danger to themselves and others, and we should focus on getting them help instead of locking them up. We need to give law enforcement and the courts the appropriate tools to do what's in the best interest of public safety. We also need to provide sustained behavioral and mental health treatment and stable housing that's tied with safety net services.

Homelessness is a huge problem affecting our community and our local economy – it's one of the issues I hear about most from my constituents. There are many efforts underway at every level of government and nonprofit agencies across the county to tackle the problem, and these two bills are a piece of that puzzle.

—Joel Anderson is a state senator representing District 38.■

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# News and notes from your County Supervisor

DIANNE'S CORNER



Dianne Jacob

**Are you ready?:** The terrible loss of homes and other property during a recent wildfire in Alpine is the latest reminder of the importance of being prepared in case of disaster.

Be sure to do all you can to safeguard your family and property. This is especially important now, as the hottest, driest part of the year bears down on our region.

Go to [readysandiego.org](http://readysandiego.org), a hub of must-have information. Clear brush and debris around your home. Sign up for the AlertSanDiego notification system. Download the SD Emergency app on your smartphone. Prepare a family disaster plan.

These steps and others could be real lifesavers.

**Books and buildings:** Lakeside recently took a huge step towards its dream of a bigger, better library.

The Board of Supervisors approved a design-build process for the 17,000-square-foot facility planned for Woodside Avenue, in the heart of

town. Groundbreaking could be as soon as March.

The project comes as the county continues to pursue improvements at other branches and plans for the construction of a new library in Casa de Oro.

**Protecting taxpayers:** My colleagues on the Board of Supervisors recently endorsed my proposal for a November ballot measure related to county finances.

If the measure is cleared for the ballot, voters will be asked to amend the county charter to help keep pension funds stabilized and limit the use of long-term debt proceeds.

We have managed over the years to improve public services while also working hard to safeguard taxpayer dollars — a feat that has gained us national recognition and triple AAA credit ratings.

Prudent fiscal practices are part of the county's DNA — and we want to keep it that way!

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

# Recognizing local little league's impact

Peter Johnson

"America's Greatest Pastime" has been a long-standing tradition of ballparks and homeruns and San Diego is fortunate to have many levels of playing ball — from the San Diego Padres, to the San Diego State University Aztecs, to community little leagues. Since 1957, the Lake Murray Little League has served the area's passionate baseball loving families, providing children ages 4–12 a place to enjoy the sport and grow as individuals.

One aspect of the program that brings families to the fields week after week is the bonding that happens among community members; parents are brought together cheering on their children in the stands, siblings of players enjoy the grounds and the snack bar, and players are drawn to the overwhelming feeling of accomplishment after scoring a run.

This little league has been preserving a tight-knit community of baseball



Lake Murray Little Leaguers on Opening Day (Courtesy Sen. Anderson's office)

enthusiasts who continually volunteer their time to preserve the league's goal of developing superior citizens. The president of the organization, John Ruiz, who also has a son in the program, explained why the league is important to the community.

"We are a league that brings together families from all walks of life to share in the pleasure of seeing our children and future leaders excel on and off the field," he shared.

State Senator Joel Anderson appreciates the Lake Murray Little League program for its ability to produce well-rounded and community-minded citizens. Anderson provided Senate certificates of recognition to the Lake Murray Little League and its outstanding volunteers.

"It is outstanding citizens like John Ruiz and his volunteers who work tirelessly for the community and its children that

deserve special recognition," he said. "They selflessly give of their time and talents to make sure kids get this great opportunity."

Ruiz, Anderson, and countless other community members see the value in the way the program brings people together. For more information on the Lake Murray Little League, please visit [lakemurrayll.org](http://lakemurrayll.org).

—Pete Johnson is a legislative intern for Sen. Joel Anderson. ■



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# Bry to lead Dem panel on ‘Why Women Must Lead Us’



La Mesa – Foothills  
Democratic Club

Tina Rynberg and  
Jeff Benesch

When Alexandria Ocasio-Cortez, a 28-year-old activist endorsed by the Democratic Socialists of America, took out 10-term Democratic Rep. Joe Crowley in New York’s 14th District, it sent shockwaves through party establishment. Was Ocasio-Cortez’s election a harbinger of things to come for Democrats or an isolated phenomenon?

Will progressive Democrats, particularly women, have similar success against Trump- backed Republicans in November? And why are women such an important cog in the party’s “Blue Wave” hopes to turn the House, the Senate and statehouses nationwide to Democratic majorities this November? Will the nomination of Brett Kavanaugh, a jurist with a long history of conservative rulings and opinions, to the soon-to-be-vacant SCOTUS seat now held by Anthony Kennedy, create even more trepidation among voters concerned with women’s reproductive rights, gender inequity in the workplace, gerrymandering, voting and gay rights, affirmative action, presidential executive power, and many other divisive issues and drive Democratic voters to the polls this November?

These are the issues to be explored at the next La Mesa Foothills Democratic Club (LMFDC) meeting by our expert panel, led by San Diego City Council Pro Tem Barbara Bry on Wednesday, Aug. 1 at the La Mesa Community Center. Bry is the founding president of Run Women Run, an organization devoted to getting women to not only run for office, but to win.

Bry represents San Diego’s City Council District 1 and serves as chair of the Committee on Budget and Government Efficiency. She’s the vice chair of the Public Safety and Livable Neighborhoods Committee, and is a member of both the Committee on Rules and the Committee on Economic Development and Intergovernmental Relations. She was sworn into office on Dec. 12, 2016.

Under Bry’s leadership as chair of the Budget Committee, San Diego adopted a fiscally responsible FY 2018 Budget that sustains essential neighborhood services, enhances public safety, restores funding for the arts, designates funding for the implementation of the Climate Action Plan, and supports other important city services.

In the community, Bry serves on the board of directors of Planned Parenthood of the Pacific Southwest, the Jewish Community

Foundation of San Diego, and the San Diego Jewish Women’s Foundation, and she is a member of San Diego Rotary Club 33. Bry is a high-tech entrepreneur and community leader who worked her way through college and graduate school, earning a master’s degree in business from Harvard. She was on the founding team of several local high-tech companies, including ProFlowers.com, which has created hundreds of local jobs. Additionally, she served as the first associate director of CONNECT, and is the founder of Athena San Diego, the leading organization for women in the San Diego tech and life sciences community.

In addition to Bry, the panel will also feature former San Diego City Councilmember Marti Emerald and Carol Kim, vice president of RunWomenRun.



Barbara Bry (Photos courtesy LMFDC)

The La Mesa Foothills Democratic Club represents the communities of San Carlos, Del Cerro, Santee, La Mesa, Mt. Helix, Allied Gardens, College Area, Casa de Oro, and other nearby communities.

LMFDC meets the first Wednesday of every month



Marti Emerald

at the La Mesa Community Center, 4975 Memorial Drive in La Mesa, just off University Avenue. All local residents are welcome to join our 7 p.m. meetings, with a half hour social time at 6:30 p.m. with snacks, desserts, salads and beverages supplied by the members. New memberships start



Carol Kim

at only \$15 from now to the end of the year.

—Tina Rynburg is president and Jeff Benesch is vice president of programming for the La Mesa Foothills Democratic Club. Reach them at [jeffbenesch@gmail.com](mailto:jeffbenesch@gmail.com) or visit [bit.ly/2N3Kksw](http://bit.ly/2N3Kksw).■

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► **Pipeline**, from page 6

waves are longer, glaciers and ice caps are melting, and animal species are facing extinction.

Bill McKibben, who founded the environmental group 350.org, warns if we don't act fast, eventually we will have a climate that can no longer sustain civilization as we know it.

On June 21, 2018, the day the CPUC rejected the utilities' proposed natural gas pipeline, California showed it's not going to be stuck in the past; it's moving forward with resolve and innovation.

California, as a trailblazer and the sixth largest economy

in the world, is going to continue to prove that environmental sustainability and economic prosperity can go hand in hand. My hope is that the rest of the nation will follow suit, quickly.

To learn more about the climate change, I recommend The National Research Council video series entitled "Climate Change: Lines of Evidence." This series can be viewed at the bottom of the homepage on [climatechange.ca.gov](http://climatechange.ca.gov).

—Colleen Cochran is a legal editor and a San Diego-based coordinator for Food & Water Watch, an energy and environment advocacy group based in D.C.■

► **News Briefs**, from page 2

Tickets are \$100 for general admission and \$150 for reserved table seats. Friends of the Park members enjoy discounts on general admission tickets. For event updates, or to purchase tickets, visit [mthelixpark.org](http://mthelixpark.org) or call 619-741-4363. The event is expected to sell out.

**La Mesa teen wins award in Voice for Animals contest**

From nursing orphan rhino calves in South Africa to helping to preserve endangered salmon in the Pacific

Northwest, the winners of the 2018 A Voice for Animals contest show they not only care about protecting animals and safeguarding their habitat, but are also willing to get involved, make a difference and educate others.

The annual contest, which offers high school students ages 14-18 the opportunity to win cash prizes for essays, videos or photo essays that explore strategies to mitigate animal suffering, is sponsored by the Animal Welfare Institute (AWI) and the Humane Education Network, with additional support from the Palo Alto Humane Society.

This year's contest featured a special prize for 14- to 15-year-olds who wrote about endangered species. The top prize in this category was awarded to Peyton Steffek of La Mesa, California. Steffek's essay, "The Gentle Giants of the Sea," highlighted major threats to whale sharks, including shark-finning and ship collisions. Winners in this category received a monetary prize, along with a signed copy of Kathryn Applegate's new book, "Endling #1: The Last."

More than 400 entries were judged on presentation,

See NEWS BRIEFS page 17 —>

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Suzuki, Zandovskis & Yip



Crow Salon



Uneeke Boutique



Free Rein Boutique



Jesse Silorski, Edward Jones



Bohemian House Vintage Antiques

# La Mesa COURIER BEST OF 2017 LA MESA

## CONGRATULATIONS TO THIS YEAR'S WINNERS!

An important part of what makes La Mesa special are the businesses — big, medium and small — that are owned and staffed by the families and people in our community. They work hard, day in and day out, to provide retail shopping, medical services, law advice, and a multitude of other vital services and products we need. That is why one of the most exciting times of the year for us at San Diego Community News Network is the release of our “Best of La Mesa” issue, which puts a spotlight on those local businesses who are doing the very best in a variety of categories.

Each year we ask our loyal readers to nominate their favorite businesses and professionals. Once again, we received hundreds of nominations from residents eager to share their thoughts on the most deserving candidates. We tally the votes, compile a directory and send out awards — many of which you'll see

proudly displayed on the walls of local businesses and offices.

Some of these businesses have been serving La Mesa residents and out-of-town shoppers and visitors for decades. Others have only just begun to make an impact on the community, but have obviously caught the attention of local consumers by doing things right.

We encourage readers to hang on to this Best of La Mesa section throughout the year as a handy guide for the next time you look for an optometrist, a dry cleaner, a doctor, a new piece of furniture, or any other item or service you need or want.

And if by chance you disagree with any of the winners, we encourage you to keep your eyes peeled for next year's ballots, which will be published in 2019. After all, competition is part of the fun.

Congratulations to all winners!

—SDCNN Staff.■



Dixieline



Dr. Brian Y. Suzuki DMD



Mattress Makers



Boulevard Barber & Shave



Laura Lothian



Dr. Maki C. Goskowicz, MD



David A's Estate Services & Antiques





Act II



The Pooped Puppy



Blackbird



Diva's Gallery

**La Mesa  
COURIER  
BEST OF  
2017  
LA MESA**

4689 Date Ave La Mesa • 619.460.3064

**Thank You La Mesa For Voting Us #1 Hair Salon!**

## ACCOUNTANT

**GOLD – Victor J. Mosso, CPA**  
5520 Wellesley St., Suite 200  
La Mesa 91942  
619-461-5586

**SILVER – George B. Dall, CPA**  
8917 La Mesa Blvd.  
La Mesa 91942  
dallcpa.com | 619-698-0698

## ACUPUNCTURE

**GOLD – Full Circle Acupuncture**  
7866 La Mesa Blvd.  
La Mesa 91942  
fullcircleclinic.com | 619-469-2027

**SILVER – Christine Miller, L. Ac.**  
4754 Palm Ave.  
La Mesa 91942  
acupuncturespirit.com | 619-302-1129

## ANTIQUES

**GOLD – Bohemian House Vintage Antiques**  
8217 La Mesa Blvd.  
La Mesa 91942  
619-644-3003

Park Estate Company is now Bohemian House Vintage Antiques. We have provided estate liquidations and antiques sales in San Diego for over 15 years. Our store is filled with antiques, vintage estate furniture, collectables, jewelry, silver, glass, China, and art. We also provide consignment services. Come and see us at our new location. Open daily Monday through Sunday 11am to 6pm.

**SILVER – David A's Estate Antiques & Services**  
8806 La Mesa Blvd.  
La Mesa 91942  
davidantiques.com

Hello, my name is David. I've been an antique collector and dealer for 30 years and am a certified appraiser through the Ashford Institute of Antiques.

My parents were antique collectors and artists. Their interests gave me the desire to enjoy and pursue my dreams. I lived in Europe for four years, which helped me appreciate antiques on a world-wide scale.

I enjoy the history and personal stories behind the pieces I discover. I consider myself a history detective as I discover the uniqueness and qualities of goods and family treasures. Because of my vast and long-standing experience and knowledge, the origin of a piece can be found or followed. While my passion is American antiques, I appreciate the significance of historical merit and craftsmanship in all worldly antiques.

I work with individuals, families, real estate agents, attorneys, accountants, trust departments, and retirees that want to downsize their homes. I put your best interests first to maximize your estate sale returns.

I have 30-plus years of experience, and provide the following services: consultation, estate sales, certified appraisals, consignment/brokerage, guest speaking, host an appraisal party, church or school events, and antique fairs or shows.

## APPLIANCES STORE

**GOLD – La Mesa Appliance Co.**  
265 El Cajon Blvd.  
El Cajon 92020  
lamesaapplianceco.com | 619-401-7560



Tami's Tender Touch

**SILVER – Santee Lowe's**  
9416 Mission Gorge Road  
Santee 92071  
lowes.com | 619-212-4100

## ART GALLERY

**GOLD – Nainsook Framing + Art**  
8130 La Mesa Blvd.  
La Mesa 91942  
nainsookframing.com | 619-303-8060

**SILVER – Rick's Custom Framing Gallery**  
8808 La Mesa Blvd.  
La Mesa 91942  
customframinglamesa.com | 619-462-5760

## ATTORNEY

**GOLD – Law & Mediation Firm of Klueck & Hoppes, APC**  
7777 Alvarado Road, Suite 413  
La Mesa 91942  
familylawsandiego.com | 619-577-4900

The Law & Mediation Firm of Klueck & Hoppes, APC is very grateful to be selected again by the readers of La Mesa Courier as Best Attorney.

We are committed to our mission statement "Access to Justice" and believe every individual should have access to legal representation by highly-rated, award-winning attorneys. We understand the difficulties and whirlwind of emotions that can result from family law matters and are here to help.

Our law firm provides expert California family law information and offers multiple options to retain our services. We have more than 12 attorneys with over 200 years of experience combined!

Our attorneys cover a wide array of family law cases including child-custody, premarital agreements, divorce, mediation, adoption, paternity, restraining orders, child support and alimony.

If you, or anyone close to you, have any family law related questions or concerns please contact our office today to schedule a consultation.

**SILVER – Suzuki, Zandovskis & Yip, LLP**  
5480 Baltimore Drive, Suite 214  
La Mesa 91942  
socalfamilylaw.com | 619-462-0995

The law offices of Suzuki, Zandovskis & Yip, LLP have been proudly serving San Diego communities for many years. Suzuki,

see Attorney, pg 13



## Celebrate the Future of Heart Care in East County

Sharp Grossmont Hospital is now home to the only dedicated cardiovascular center in East San Diego County — made possible with funding from a measure passed by our community.

Come visit this state-of-the-art facility before it opens to enjoy a behind-the-scenes tour, meet our doctors and more.

### Free Community Open House

Saturday, July 28, 2018  
10 a.m. to 3 p.m.

Heart and Vascular Center  
Sharp Grossmont Hospital  
5555 Grossmont Center Drive  
La Mesa, CA 91942

To register, visit [sharp.com/grossmonthearth](http://sharp.com/grossmonthearth) or call **858-240-8116**.

**SHARP** Grossmont  
Hospital



FROM PAGE 12  
ATTORNEY

Zandovskis & Yip, LLP is extremely proud to be able to offer legal advice, legal counsel and representation in most any area of the law, and to most any client, from individuals to corporations and government bodies.

At Suzuki, Zandovskis & Yip, LLP, the utmost priority is to support and represent clients. No case is too big or too small for the team of San Diego attorneys. Suzuki, Zandovskis & Yip, LLP is happy to take on any case, from marital dissolution to child custody and visitation to child support to restraining orders, and it guarantees that it will not stop working on your behalf until it is satisfied that it has done absolutely everything in the power to resolve your case.

AUTO DEALERSHIP

**GOLD – Penske Ford La Mesa**  
8970 La Mesa Blvd.  
La Mesa 91942  
penskefordlamesa.com | 855-483-0235

**SILVER – Larry H. Miller Toyota Lemon Grove**  
6800 Federal Blvd.  
Lemon Grove 91945  
lhmtoyotalemongrove.com | 877-314-0756

AUTO REPAIR SHOP

**GOLD – Tune Craft La Mesa**  
8802 La Mesa Blvd.  
La Mesa 91942  
tune-craft.com | 619-461-4100

**SILVER – Firestone Complete Auto Care**  
5577 Lake Murray Blvd.  
La Mesa 91942  
firestonecompleteautocare.com  
619-639-7876

BANK

**GOLD – Chase Bank**  
4791 Spring St.  
La Mesa 91941  
chase.com | 619-463-4441

**SILVER – Wells Fargo Bank**  
8011 University Ave.  
La Mesa 91942  
wellsfargo.com | 619-667-8667

BARBER

**GOLD – Boulevard Barber & Shave**  
8283 La Mesa Blvd.  
La Mesa 91942  
boulevardbarber.com | 619-464-6500

I'm honored that the community of La Mesa has voted Boulevard Barber & Shave the Best Barber Shop. I've been a barber going on 29 years now.

I used to go to my dad's barber shop when I was a kid and watch him cut hair. He was the one who inspired me to go to school and acquire my license. Barbering has been both a career and an enjoyment for me for many reasons. Aside from granting me the ability to work side by side with father for 20 years, I am passionate about the satisfaction of giving a great haircut to the clients and friends that I've made, over the years.

We are a modern-day barber shop – with an old-time feel – for today's gentleman of leisure. We offer haircuts, hot towel shaves, beard trims, shampoos and complimentary beer (as well as discounts for seniors and active military). The tradition will continue here, at Boulevard Barber & Shave.

**SILVER – A J Pros Barber Shop**  
8047 La Mesa Blvd., Suite B  
La Mesa 91942  
619-460-2999

BIKE SHOP

**GOLD – Performance Bicycle**  
8706 La Mesa Blvd.  
La Mesa 91941  
performancebike.com | 619-461-9680

**SILVER – Trek Bicycle Superstore**  
8495 Fletcher Parkway  
La Mesa 91942  
trekbicyclesuperstore.com | 619-668-8787

BOUTIQUE

**GOLD – Free Rein Boutique**  
5500 Grossmont Center Drive  
La Mesa 91942  
freerein.fashion.mysimplestore.com  
619-549-1404

Thank you, La Mesa, for voting Free Rein Boutique the Best Boutique.

Two years ago, Heather – the owner – was 10 years strong as a manager at the Enterprise Car Rentals San Diego Airport location. However, she had always had a passion for the fashion industry. Heather decided to make the bold move of quitting her job and following her dream, signing a lease for retail space at the Grossmont Shopping Center.

Heather knows that word of mouth has really helped to establish her in her endeavors and is extraordinarily thankful that the community of La Mesa is actively supportive of small businesses – especially hers! Much thanks, again, from Free Rein Boutique.

**SILVER – Uneekee Boutique**  
4674 Nebo Drive  
La Mesa 91941  
619-825-9487

I am beyond grateful and humbled for all the love and support of those who voted Uneekee Boutique for the Best of La Mesa Boutique Silver Winner. Thank you!

see Boutique, pg 14



Dr. Austin Leialoha Howard, MD



La Mesa Pharmacy



Earl W. Fite & Sons Plumbing



Etasi Massage Therapy Specialist



La Mesa Dental



**Jesse Sikorski**  
Financial Advisor

8140 La Mesa Blvd  
La Mesa, CA 91942  
Bus. 619-461-0100  
Fax 877-367-8002  
jesse.sikorski@edwardjones.com  
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www.MattressMakers.com





El Cerrito Veterinary Hospital



AJ's Pros Barber Shop



Dr. Jason Graney DC



Madonna, Shear Illusions



Pierre's Jewelers



Mission Federal Credit Union

## FROM PAGE 13 BOUTIQUE

For many who don't know the story behind Uneeke Boutique, to say that I was a young girl who wanted to have her own boutique or because I love fashion and wanted my own store is an understatement. I made retail/fashion my career, worked with big retailers and independent retailers.

The experience, knowledge, lessons, do's and don'ts I took along the way and added to my dedication, hard-work, persistence, drive and passion. I ventured on my own, started Uneeke2 a pop-up in 2011 and in 2014, I opened Uneeke Boutique in La Mesa.

It is my promise to continue to be "The Boutique" that showcases unique styles at affordable prices for today's woman. As I like to say: without "you," there would be no "UB!"

## CHIROPRACTOR

**GOLD – Dr. John A. Manning, DC**  
8060 University Ave.  
La Mesa 91941  
619-698-8411

**SILVER – Dr. Jason Graney, DC**  
La Mesa Village Chiropractic  
4690 Nebo Drive  
La Mesa 91941  
villagechiropractic.com | 619-460-2224

## COLLECTIVE

**GOLD – TreeHouse Collective**  
lamesamedicalmarijuana.com  
619-302-5383

**SILVER – Harbor Collective**  
2405 East Harbor Drive  
San Diego 92113  
harbormmcc.com | 619-841-2045

## CONSIGNMENT / RESALE

**GOLD – The Consignment Shack**  
7835 El Cajon Blvd.  
La Mesa 91942  
theconsignmentshack.com | 619-460-1822

**SILVER – Act II**  
8321 La Mesa Blvd.  
La Mesa, CA 91942  
myactii.com | 619-460-2606

## COSMETIC SERVICES

**GOLD – Sephora inside JCPenney**  
355 Fletcher Parkway  
El Cajon 92020  
sephora.com | 619-444-3100

**SILVER – Nails by MaDonna**  
8363 Center Drive  
La Mesa 91942  
styleseat.com/madonnasik | 619-994-8245

## CREDIT UNION

**GOLD – Mission Federal Credit Union**  
5500 Grossmont Center Drive, Suite 113  
La Mesa 91942  
missionfed.com | 800-500-6328

**SILVER – California Coast Credit Union**  
8002 La Mesa Blvd.  
La Mesa 91942  
calcoastcu.org | 858-495-1600

## DAY SPA

**GOLD – Avia Salon and Day Spa**  
5500 Grossmont Center Drive  
La Mesa 91941  
aviasalonanddayspa.com | 619-465-9323

**SILVER – Our Family Spa**  
5276 Baltimore Drive  
La Mesa 91942  
ourfamilyspa.com | 619-724-6000

## DENTIST

**GOLD – Brian Y. Suzuki, DMD, Inc.**  
2592 Fletcher Parkway  
El Cajon 92020  
briansuzukidental.com | 619-466-0600

**SILVER – La Mesa Dental**  
7872 La Mesa Blvd.  
La Mesa 91942  
lamesadental.com | 619-464-1211

## DERMATOLOGIST

**GOLD – Dr. Maki Christine Goskowitz, M.D., F.A.A.D.**  
8860 Center Drive, Suite 300  
La Mesa 91942  
grossmontdermatology.com | 619-462-1670

After graduating from Stanford University, Dr. Goskowitz attended Washington University School of Medicine, where she earned her medical degree. She completed her internship at Mercy Hospital in San Diego, and residency program in Dermatology at the University of California San Diego Medical Center, where she was Chief Resident.

In addition to her interest in general dermatology, Dr. Goskowitz enjoys performing non-surgical cosmetic treatments to help her patients feel more satisfied with their skin. She is known for her skill with Botox and dermal fillers, as well as her proficiency in laser skin rejuvenation procedures.

Dr. Goskowitz has served as the president of the San Diego Society of Dermatologic Surgery. She is a Fellow of the American Society of Dermatologic Surgery, the American Academy of Dermatology, and the American Society for Mohs Surgery. She enjoys her volunteer work at the VA hospital in La Jolla.

**SILVER – Dr. Humberto Gallego, MD**  
7862 El Cajon Blvd.  
La Mesa 91942  
bit.ly/2Lk0heZ | 619-644-6401

## DOCTOR

**GOLD – Dr. Austin Leialoha Howard, MD**  
8080 Parkway Drive  
La Mesa 91942  
k-p.li/201Ty9R | 619-528-5000

**SILVER – Dr. Mary Alexander, MD**  
5525 Grossmont Center Drive  
La Mesa 91942  
bit.ly/2NZZ0dx | 858-499-2711

## DRY CLEANER

**GOLD – V.I.P. Cleaners**  
5650 Lake Murray Blvd.  
La Mesa 91942  
vip-cleaners.business.site | 619-460-7522

**SILVER – Martinizing Dry Cleaning**  
8680 Navajo Road, Suite 105  
San Diego 92119  
martinizing.com | 619-466-6584

## FINANCIAL PLANNER

**GOLD – Ben Mallinger, LPL**  
4730 Palm Ave., Suite 212  
La Mesa 91941  
benmallinger.com | 619-741-4200

**SILVER – Jesse D Sikorski, Edward Jones Financial Advisor**  
8140 La Mesa Blvd.  
La Mesa 91942  
edwardjones.com/jesse-sikorski  
619-461-0100

As an Edward Jones financial advisor, I believe it's important to invest my time to understand what you're working toward before you invest your money. It's also important to understand the level of risk you're comfortable accepting when investing so we can balance it with the steps necessary to reach your long-term goals. Whether you're planning for retirement, saving for college for children or grandchildren, or just trying to protect the financial future of the ones you care for the most, we can work together to develop specific strategies to help you achieve your goals. We can also monitor your progress to help make sure you stay on track or determine if any adjustments need to be made. Throughout it all, we're dedicated to providing you top-notch client service.

But we're not alone. Thousands of people and advanced technology support our office so we can help ensure you receive the most current and comprehensive guidance. In addition, we welcome the opportunity to work with your attorney, accountant and other trusted professionals to deliver a comprehensive strategy that leverages everyone's expertise. Working together, we can help you develop a complete, tailored strategy to help you achieve your financial goals.

## FLORIST

**GOLD – Allen's Flowers & Plants**  
5609 Lake Murray Blvd.  
La Mesa 91942  
allensflowers.com | 619-460-3192

**GOLD – Vons**  
8011 University Ave.  
La Mesa 91942  
vons.com | 619-464-1011

## FURNITURE STORE

**GOLD – Mattress Makers**  
8366 La Mesa Blvd.  
La Mesa 91942  
mattressmakers.com | 619-303-9505

Some people were born to be certain things in life, such as doctors, professional athletes, engineers. Well with us, you could say we were born to be in the mattress business. Our journey started even before we were born. It started in the 60's when our grandpa started a small little mattress factory near downtown San Diego. These were the good old days in the mattress industry when natural materials were naturally used – before the gels, memory foams, air beds, "no flip" and "bed in a box" mattresses gimmicks.

We started Mattress Makers with the goal of providing the best mattress shopping experience ever, and providing San Diego with the highest quality mattresses at fair prices and without the harmful chemicals of typical mattresses.

**Boulevard Barber & Shave**  
8283 La Mesa Blvd  
**619.464.6500**  
"A Modern Day Barber Shop with an Old Time Feel for Today's Gentleman of Leisure"  
**Thank You La Mesa for Voting Us Best Barber!**

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We Have Moved!  
Come See Us At Our New Location!

**Vintage**  
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**20% OFF**  
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**Thank You La Mesa For Voting Best Of 2017!**

**UNEKE BOUTIQUE**  
4674 NEBO DR.  
LA MESA, CA 91941  
619.825.9487

**Thank you for voting us as Best Attorneys of La Mesa!**

LAW & MEDIATION FIRM OF  
**KLUECK & HOPPE**  
A PROFESSIONAL CORPORATION

**Law & Mediation Firm of Klueck & Hoppes, APC**  
7777 Alvarado Rd.#413,  
La Mesa, CA 91942  
**619.448.6500**

*Decades of family law experience including divorce, child custody, child support, alimony, adoptions, & guardianships.*



FROM PAGE 14  
FURNITURE STORE

**SILVER – Cash & Carry Furniture**  
850 East Main St.  
El Cajon 92021  
candcfurnishme.com | 619-442-7706

GARDEN SUPPLY

**GOLD – Dixieline**  
8372 Center Drive  
La Mesa 91942  
dixieline.com | 619-465-4242

Dixieline is conveniently located throughout San Diego County, offering both homeowners and contractors a full-range of services. Its sales staff can help you select the proper hardware, tools and supplies, including building materials and lumber, for your project.

Each home center has a complete lumberyard with the capability to cut and mill lumber to your specifications. Our fleet of trucks can conveniently deliver materials to your home or jobsite.

The company is the Project People at Dixieline and that means you get knowledgeable advice on just about any home improvement project. Whether you're remodeling your home or kitchen, spiffing up a bathroom, building a new deck, or purchasing windows and doors, Dixieline can help you select the perfect products for your home.

**SILVER – Orchard Supply Hardware**  
8780 Navajo Road  
San Diego 92119  
osh.com | 619-466-4101

GYM / WORKOUT STUDIO

**GOLD – Chuze Fitness**  
5500 Grossmont Center Drive  
La Mesa 91942  
chuzefitness.com | 619-741-7600

**SILVER – Orangetheory Fitness**  
8322 Parkway Drive  
La Mesa 91942  
la-mesa.orangetheoryfitness.com  
619-916-5999

HAIR SALON

**GOLD – Crow Salon**  
4689 Date Ave.  
La Mesa 91941  
crowsalon.com | 619-460-0364

Here at Crow Salon we are a silly and loving group of girls who want to build relationships with our clients and create beautiful healthy hair.

Warning: You might leave our salon looking good and feeling good.

All stylists here are independent stylists with their own business practices and hours. You are welcome to call the salon and we will direct you to someone that best fits your needs. Or check out our stylist profiles and see who you're drawn to. You can book online 24/7. We also love Yelp reviews!

**SILVER – Cultivate, A HairLoveDesign Salon**  
4752 Palm Ave., Suite 100  
La Mesa 91942  
cultivatehair.com | 619-335-8830

HARDWARE STORE

**GOLD – Dixieline**  
8372 Center Drive  
La Mesa 91942  
dixieline.com | 619-465-4242

Dixieline is conveniently located throughout San Diego County, offering both homeowners and contractors a full-range of services. Its sales staff can help you select the proper hardware, tools and supplies, including building materials and lumber, for your project.

Each home center has a complete lumberyard with the capability to cut and mill lumber to your specifications. Our fleet of trucks can conveniently deliver materials to your home or jobsite.

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**SILVER – La Mesa Lumber & Hardware**  
8255 University Ave.  
La Mesa 91942  
lamesalumber.com | 619-867-0777

HOSPITAL

**GOLD – Sharp Grossmont Hospital**  
5555 Grossmont Center Drive  
La Mesa 91942  
sharp.com | 619-740-6000

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see Jewelry Store, pg 16



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I've worked the La Mesa real estate market since the tail end of 2002 and love and appreciate all La Mesa's neighborhoods: Mt. Helix, Village, Windsor Hills, Eastridge, Grossmont, Lake Murray, Fletcher Hills, Academy Heights and so on. Each neighborhood is very distinctive and it's gratifying seeing so many people discovering La Mesa and choosing our city to be their home. My own property is a 1920's Spanish on Lemon Avenue which was featured on a home tour hosted by the La Mesa's Historical Society!

Thank you for awarding my brokerage, Pacific Sotheby's International Realty, as Gold Winner for Best Real Estate Office. They're the best company I've ever worked for. Keep up the great work. We love The Courier!

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# New concert series honors music aficionado

Joyell Nevins

Two grand pianos, one colorful character, and a church of music lovers make for performances worthy of the name “Valerie Victor Concert Series.” The series kicks off at 1 p.m. on Sunday, July 29, at The Table: United Church of Christ of La Mesa (UCCLM).

“[Valerie] was a living doll and a force of nature,” said the church’s Director of Music Jim Tompkins-Maclaine. “I adored this woman.”

Valerie Victor was a member of the parish for almost half a century. She was the one who helped connect Tompkins-Maclaine with UCCLM, after they had worked together in the Pacific Coast Chorale. Tompkins-Maclaine is still the artistic director and conductor for the chorale.

Victor was known for her passion, verve, and ability to take charge. Age didn’t seem to slow her down at all. Even in her 80s, Victor still accompanied on the piano for UCCLM services – right up until she got sick. In October, Tompkins-Maclaine stepped in to temporarily fill her accompanist duties, but by January, she had passed away.

“She told me she was passing on the music responsibility of the church to me,” Tompkins-Maclaine shared.

Around that time, UCCLM gained another grand piano through an unusual set of



Valerie Victor (Photos courtesy UCCLM)

circumstances. Tompkins-Maclaine saw these two pianos, knew he loved his church and Victor, and realized a way to bring all that together. That’s how the “Valerie Victor Concert Series” was born.

“It’s a good way to honor Valerie,” he said. “This is something she would have loved.”

After 32 years of working in the San Diego music field, and hosting three other concert series, Tompkins-Maclaine is “well-connected” with talented musicians. Three of those musicians will be joining him for the first concert of the series on July 29.

The featured performer is Rodney “Ragin’ Rodney” Girvin. He is the pianist for both the City Ballet of San Diego and the Pacific Coast Chorale.



Jim Tompkins-Maclaine

“There are a handful of world-class piano players in San Diego, and he’s one of them,” Tompkins-Maclaine said, adding, “And he’s the nicest guy on the planet.”

Girvin started learning to play the piano at age 6, and has never stopped since. By the time he reached sixth grade, he was practicing three hours a day. Girvin’s career has included piano teacher, rock band keyboard player, and accompanist at multiple churches and schools in both organ and piano. He helped coordinate the San Diego Pipe Organ Encounter, and serves on the board for the San Diego Chapter of the American Guild of Organists.

“Music speaks to me in ways nothing else does,” he explained for the Pacific Beach United



Rodney Girvin

Methodist Church news blog. “Communicating music is most challenging and most rewarding. There are infinite ways to make music your own. It is just fun!”

At the end of the concert at UCCLM, Girvin will be joined by Tompkins-Maclaine on the other grand piano, and Nina Gilbert and Richard Thompson on digital piano. They will perform “Dance at the Gym” from “West Side Story” in a composition Tompkins-Maclaine wrote for four pianos. Tompkins-Maclaine put together the music years ago, but this is the first time he’s had the opportunity and resources to hear it come to life.

The concert is in connection with UCCLM’s “Music Sunday,” also held July 29, in



Richard Thompson

which the whole service is music and praise.

The next concert in the Valerie Victor series will be with the Pacific Coast Chorale at 2 p.m. on Sunday, Aug. 26. The theme is “Silver Screens” because the set list is all music written directly for film.

All the concerts are free and open to the public, although a freewill offering will be collected.

The Table: United Church of Christ of La Mesa is located at 5940 Kelton Ave. in La Mesa. For more information, call 619-454-1519 or visit tableucc.com.

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

► News Briefs, from page 10

originality and effectiveness of solutions to problems confronting endangered species, captive orcas, and pigs languishing in gestation crates, among other issues.

“Sometimes, even a small step can help end animal suffering,” Regina Terlau, executive assistant at AWI and co-manager of the contest, said in a press release. “These winners are champions for animals. They are raising awareness, contacting their elected officials and laying the groundwork for future advocacy.”

See NEWS BRIEFS page 21

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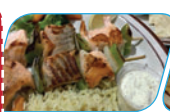
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# Farm-to-table trailblazer

## Catching up with Jeff Rossman of Terra American Bistro



Frank Sabatini Jr.

Years before the 2010 release of his first cookbook, “From Terra’s Table,” which focuses on the agricultural bounties of Southern California, local chef-restaurateur Jeff Rossman was already fortifying his menu with staples from those supply lines.

That was back in the late ’90s, when he opened Terra in the Hillcrest area of San Diego. It was also when the term “farm-to-table” was something you were more apt to hear uttered by the elites of Napa Valley’s restaurant industry rather than by those in our local food circles.

Rossman had a good, long run in Hillcrest until escalating rent and limited customer parking sent him packing to the La Mesa border on El Cajon Boulevard. He re-launched the business as Terra American Bistro in 2011, and was able to match his seasonal-driven cuisine to a barn-red structure with an old tractor out front overseeing its 16-slot parking lot.

The farmhouse theme extends to earthy accents inside, such as a large table made

of metal pipes and reclaimed wood, and rows of mason jars forming a chandelier right above it.

Rossman changes the menu at least four times a year based on what’s in peak season. A recent addition is the James Beard Foundation blended burger, a rather complex creation comprising 75 percent Brandt beef, and 25 percent minced mushrooms from Mountain Meadow in North County.

Peanut butter, soy sauce, garlic, candied jalapeno and yuzu aioli enter into the recipe as well for what Rossman hopes might snag top honors in the foundation’s national blended-burger contest.

Not for minimalists, it tasted tangy, sweet, spicy and earthy all at the same time, an ingenious combo of ingredients that might initially scare people off when seeing them listed on paper. But it shouldn’t. The burger is served with fresh ginger coleslaw, snappy fries and eloquently spiced house-made ketchup.

(Customers have until July 31 to cast their vote at [jamesbeard.org/blendedburgerproject/vote](http://jamesbeard.org/blendedburgerproject/vote), which will ultimately send five winners to New York City to cook their burgers at the historic James Beard House.)

Rossman’s menu is big, perhaps too ambitious for those expecting straightforward “American bistro” fare. In that respect, he nails down pot roast braised in Karl Strauss Amber Lager; center-cut pork

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chops; and tempting house-made pastrami that lands between rye bread with mustard. Based on past visits, he also does wonders with mac ‘n’ cheese, currently available with Gorgonzola sauce and a breaded Buffalo-style chicken breast perched on top.

Or on Thursdays (through mid-September), he adheres to a decades-old tradition of “BBQ night,” when you pick from a rotating selection of three proteins and wolf it down with two sides. The cost is \$16.95. (His St. Louis-style smoked ribs I recall from several years ago are stellar.)

On a recent non-BBQ visit with a friend, we started with a pleasing mixed-green salad featuring local lettuces strewn with dried cranberries, candied pecans and crumbles of creamy Gorgonzola — not so unusual except for the sprightly lime vinaigrette that tied everything together.

Of his house-made pot stickers, they tasted like how I always wish pot stickers would taste when ordering them in other restaurants. Their supple casings enveloped coarsely ground chicken and bold measures of grated ginger. We devoured them in minutes.

A pair of Maryland-style crab cakes



Terra’s red-barn exterior leads into a spacious dining room featuring a bar and farmhouse design features. (Photo by Frank Sabatini Jr.)



The blended burger with fries and ginger slaw (Photo by Frank Sabatini Jr.)



Chef-author Jeff Rossman has been a longtime supporter of local farmers and artisan food purveyors. (Courtesy of Terra American Bistro)



Tequila shrimp (Photo by Frank Sabatini Jr.)

vanished quickly as well due to their small size. In the absence of binders, which is a good thing, I’d vote to see these plops of sweet, shredded sea meat piled into dainty tulip glasses — along with the appealing remoulade — and served instead as crab cocktail.

Other starters include a pulled pork quesadilla, fried shishito peppers, mussels in white wine, and tequila shrimp draped in poblano chili cream, which turned up far milder than we expected.

The adobo roasted half chicken entree we also ordered leaned more toward Mexico than the Philippines. The vinegar inherent to adobo recipes was absent, but cilantro crema drizzled over the bird and firm, smoky black beans alongside took the dish south of the border — not to mention back to the kitchen for a fast re-char to address an under-cooked area between the bird’s breast and thigh sections.

The bistro offers a chic cocktail program using house-infused liquors. Among the crafty concoctions is the “farm fresh” made in part with orange gin and kumquat syrup. There’s also a “barnyard mule” with vodka, lemongrass syrup and ginger beer; and the “Terra newly fashioned” featuring sage

bourbon, bitters and brandied cherries.

We didn’t save room for dessert, but it was nice to see Rossman’s signature chocolate cigar still available after all these years. Served in a heavy-glass ashtray, it’s a glorious stick of chocolate ganache wrapped in phyllo dough, and with its front end resting in a pond of whipped cream.

Rossman, who also authored “BYOB (Build Your Own Burger),” will celebrate Terra’s 20th anniversary throughout the month of August. Customers can indulge in three courses for \$19.98, which corresponds numerically to the year he launched the business.

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

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Thank you for your interest in the La Mesa Courier.

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

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

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

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# Summer gardens offer more than food and beauty

Sharon Fitzpatrick  
and Nancy Johnson



### Summer salads

Some of you have planted one of the many varieties of crunchy, lacy, colorful lettuces in the spring. Hopefully you're still reaping the benefits. The San Diego heat wave has been late this year, but July will likely find our gardens rising in temperature. You may have to start your salad with a trip to your favorite grocery store or farmers market if needed.

Those of you who planted your sweet corn, cucumbers, and snap beans in April and May can add them to your salads now. There are harder veggies that you can still plant in July or August. According to Master Gardeners (mastergardenerssandiego.org), you may be lucky with zucchini squash, basil, and sweet bell peppers. Those beautiful tomatoes you planted in all shapes and sizes way back in March are abundant and tasty by now (and you can plant more in summer if you like).

### Succulents

Outside of your vegetable garden, we are encouraged in San Diego to keep to xeriscaping as much as possible. Xeriscaping reduces or eliminates the need for supplemental watering that often comes during drought conditions. Succulents surprise and stimulate the senses when



Aloe vera (Wikimedia Commons)

spectacular flowers emerge from green stalks, clusters, and leaves of every shape and size. The orange, purple, yellow, and red colors attract pollinators such as bees, hummingbirds, and butterflies to your summer gardens.

July is a good time to root succulent cuttings. Plant in pots in good light, but not direct sun while they are rooting. If you wish to put them directly into the ground and you want them in a sunny area, be sure to water in the cool morning or evening. Water at the base of the plants rather than on their leaves or they may burn in the hot sun of the day.

Check out some fun facts about aloe and agave in the next paragraph. These succulents that can be planted just about any time and have multiple benefits for the family.

### Sunburn

Aloe and agave are leaf succulents and look similar when growing in your garden, but are two different genera. The leaves from aloe plants are



Agave tequiliana (Wikimedia Commons)

thick and fleshy, while the agave leaves are fibrous.

Both plants have a variety of uses and will multiply quickly once put in the ground. As your agave and aloe plants mature, they will form baby plants called pups that can be cut off the mother plant and put back in the ground or in pots to share with those coming to share a summer salad.

The thing about both of these plants is that within their leaves, they hold a little something for everyone. Break off a piece of the aloe vera when your family returns from the beach with signs that the sunscreen applications throughout the day missed a spot or two. Slice the leaf lengthwise and spread cool aloe vera over the kids or yourself for instant relief.

And after the kids are in bed... did you know that the tequila in your summer evening margarita comes from the agave tequilana plant?

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

### News Briefs, from page 17

Previous contest winners have gone on to establish a sea turtle education program, a shelter for stray dogs in Mexico and an outdoor aviary for rescued birds. For more information on the A Voice for Animals contest and to review the winning entries, visit [hennet.org/contest.php](http://hennet.org/contest.php).

### La Mesa native heads to Miss America

On Saturday, June 30, La Mesa native, Danamarie McNicholl-Carter, was crowned Miss Washington at the Highline Performing Arts Center. She will represent the evergreen state at the national Miss America competition on Sept. 9 in Atlantic City, New Jersey which will broadcast live on ABC.

Danamarie was Miss Teen La Mesa 2010 and a graduate of the Academy of Our Lady of Peace. After high school, Danamarie attended and graduated from Gonzaga University with a degree in broadcasting and electronic media. She has most recently been working as a television news reporter in Spokane for KREM-2.

To win the title, Danamarie participated in a 10-minute personal interview with the judges panel, showcased her

talent by playing a rendition of "Pirates of the Caribbean" on the piano, and showed off her lifestyle and physical fitness in swimwear. Although the Miss America competition announced plans to remove the swimsuit competition on Sept. 9, the changes have not yet been implemented at the state level competitions.■



Danamarie McNicholl-Carter (Courtesy of the Miss Washington Scholarship Organization)

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## PUZZLES ANSWERS ON PAGE 20

### SUDOKU

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

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		8	7		2	4		9
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### CROSSWORD On Stage

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CREATORS NEWS SERVICE By Charles Preston

- ACROSS**

1 Drudgery  
5 In love, old style  
9 Low  
13 Courtyards  
15 Ms. Daly  
16 Server's edge, in tennis  
17 The Isere feeds it  
18 Nora Charles' pooch  
19 Grease

20 Marian Anderson and Kathleen Ferrier  
22 Stead  
23 Lenard's Winnie — Pu  
24 Forever, to poets  
26 Fireplace feature  
30 Freeway deflator  
32 Un bel di, for one  
33 Chaldean variety  
35 Harshness

39 Gainsay  
41 Thrift  
43 Skip over  
44 Change the decor  
46 Mystique  
47 Composer Berg  
49 Tom's co-star in Rain Man  
51 Gershwin hit of 1919  
54 Active one  
56 Secular

**DOWN**

1 Chagall  
2 Gamba's successor  
3 Remove the crease  
4 Fluff  
5 Play for time  
6 Queen's field  
7 Division word  
8 Ribbed  
9 Markova and Farrell

10 Robin —  
11 Street sound  
12 Provide  
14 Eagle's perch  
21 Distribute  
25 Poi source  
26 Constructed  
27 Seed coat  
28 Unless, legally  
29 Bojangles and Hines

31 Pink-slipped  
34 Tiber tributary  
36 Big-toe woe  
37 Ahab's father  
38 Tatum's dad  
40 River of Africa  
42 Morse and penal  
45 Anglia  
48 In preference to  
50 Dickens' Heep

57 Seeger or Baez  
63 French wave  
64 Sharif  
65 Saw  
66 Czech river  
67 Rockfish  
68 Heavenly head-wear  
69 Bridge call  
70 Remnants  
71 Reeve role

51 Sailing vessel  
52 Harpsichordist Landowska  
53 Staff personnel  
55 Gumbo vegetables  
58 Sign  
59 Bismarck is its cap.  
60 Storm  
61 Pianist Petri  
62 Take ten



## August featured artist: Roz Oserin



FOOTHILLS ART ASSOCIATION

Linda Michael

Roz Oserin is a student of art — and now is also a teacher of it.

“Always wanting to know if I could paint, I began oil painting classes in 2007 at Cuyamaca College studying under Jack Jordan, a former art teacher,” Oserin said. “Two years later, I added water color to my studies, and I continue learning by taking several different workshops given by local artists.”

Oserin is a mainstay of the local art community and is a member of the San Diego Watercolor Society, Foothills Art Association and the East County Art Association. Roz and her husband Dan also recently opened Nainsook Framing + Art in the Village of La Mesa, where she gives introductory fine art classes and hosts wine and paint class events, as well as many different types of arts and craft classes.

“For me, painting is a way to capture that special moment in time,” she said. “Creating a painting that captures ‘The Wedding Dance,’ a trip to the lake with my grandson, or trekking up the narrow streets of Spain does just that. It is my pleasure to paint and



“Clamming Around” by Roz Oserin  
(Courtesy Foothills Art Association)

share knowledge of painting and art with all those that are interested.”

Oserin states that her goal is to better her knowledge of art, year upon year, and to broaden the lives of all those she is honored to touch.

Roz Oserin’s artwork will be featured Aug. 3–Sept. 5 at the Foothills Art Association Gallery, 5910 Memorial Drive, La Mesa.

For information about classes offered at Nainsook, visit [nainsookframing.com](http://nainsookframing.com).

### A call for artists

The Foothills Art Association will be presenting the 29th annual Wildlife in Art Show this November. The submission deadline is Oct. 1. A prospectus is available online at [foothillsartassociation.com](http://foothillsartassociation.com) under the 2018 Wildlife in Art tab. For more information, contact Debbie Atkinson at 619-455-1335 or [foothillswildlifeart@gmail.com](mailto:foothillswildlifeart@gmail.com).

—Linda Michael is editor of the Foothills Art Association newsletter Footnotes.■

## Comic books worth taking the time to read



Jake Sexton

Every summer, San Diego Comic-Con gives me a fine excuse to dedicate a column to the popular yet maligned field of comic books.

In a pop culture world swimming in apocalyptic settings, Marguerite Bennett and Rafael de Lattore’s “Animosity” has one of this year’s most interesting set-ups. Instead of a dystopic world of environmental chaos and corporate greed, in “Animosity” all of Earth’s animals have abruptly become intelligent and verbal, and want revenge on mankind for their centuries of slaughter and cruelty. Against this backdrop, an 11-year-old girl named Jesse and her lovingly loyal dog Sandor try to make it across this brave new world to meet up with a long-lost half-brother.

One of this year’s goofiest comic reads was “Shirtless Bear Fighter” by Sebastian Girner, Jody LeHeup and Nil Vendrell. Bears are leaving the forests and attacking our American cities! Who will

save us, but a tough-as-nails, partially-clothed man literally named Shirtless Bear Fighter. Who is responsible for the bear attacks? What is the dark secret in Shirtless’ past? How are the CIA and a toilet paper CEO involved? Leave logic behind and prepare for furry fisticuffs and slow-motion explosions.

In 2018, the long-running superhero series “Invincible” came to an end after 15 years. Written by “The Walking Dead” creator Robert Kirkman, this book is simultaneously a hilarious send-up of the entire superhero genre, an engaging action series,

and a compelling soap opera. Teen protagonist Mark Grayson develops superpowers and wants to become a hero like his father, the beloved Omni-Man. He quickly joins the superhero community, finds all the ego, drama and dysfunction one would expect, and readers become as interested in our heroes’ love lives as in their superhuman exploits. At the end of the first major plot arc, Kirkman upends the familiar origin story we thought

we were reading, raises the stakes, and puts our likeable characters into true peril. If you enjoy the first issue, congratulations — you have another 131 to go.

“Bingo Love” was a passion project by Tee Franklin and Jenn St. Onge. While many comics today tend to be variations on sci-fi or crime, “Bingo Love” is a wistful romance. Told over the course of decades, it is about two women who fell in love as teens, were torn apart, and are reunited in their golden years at a church bingo game. After lifetimes in the closet, raising kids and grandkids, how will they choose to live their lives when given a second chance? Very refreshing to see, as the love lives of elderly, queer women of color don’t take center stage very often.

Donny Cates and Geoff Shaw’s “God Country” is a great example of using a fantasy theme to get at poignant human concepts. Set in modern day rural Texas, Roy Quinlan is at the end of his rope trying to care for his growing family, as well as his increasingly violent, dementia-plagued father Emmet. After a freak tornado ravages their home, Emmet finds an enormous sword in the wreckage that magically restores his mind. As long as Emmet holds the sword, he can find joy and peace in reuniting with his son and grandchild. However, the sword has a cruel and powerful master who wants it back, forcing Emmet to fight to hold onto his reawakened self and renewed family life. Magic, action, regret and the impacts of mental illness all come together in a short story with amazing artwork.

Feel free to try out any of these comic titles during our Summer Reading Challenge, where you can win prizes for reading books and participating in other activities. More information is available at [sdcl.org/summer](http://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](http://sdcl.org).■



## Cox High Speed Internet Now Twice as Fast in San Diego

When it comes to the internet, one of the things consumers value most is speed. It frees up their time by completing tasks faster. It makes watching a movie or listening to music more enjoyable. And, for video game enthusiasts, it could be the difference between winning or losing.

So, how much speed do you need? That depends on how you’re using the internet, and how many connected devices you have in your home.

Whether you’re using the internet for basic search, paying bills, and shopping online, or are a multi-generational household with multiple connected devices streaming simultaneously, there’s some great news on the internet speed front.

Cox Communications, which already offers some of the fastest consumer internet speeds in the nation, recently doubled the speed for most of its customers in San Diego County.

Download speeds for Cox High Speed Internet doubled for three of its service plans: Starter, Essential and Preferred. The speed increases went into effect automatically for all Cox High Speed Internet customers with those service plans in San Diego.

The new download speed for Preferred, the company’s most popular tier of service, is now up to 100 Mbps.

The Starter and Essential plans are ideal for lighter users with one to five devices connected to the home network. The new download speed for Essential is now up to 30 Mbps and Cox Starter is now up to 10 Mbps.

“Speed increases are one of the many ways we continually add value for our high speed internet customers,” said Suzanne Schlundt, Vice President of Field Marketing for Cox Communications. “Today, the majority of Cox customers in San Diego are now enjoying speeds twice as fast.”

Even faster speeds are available with the company’s Ultimate and Gigablast service plans, which have been made possible by continual investments in Cox’s network coupled with the deployment of new technology and infrastructure.

Cox offers a variety of internet service plans, so households can select the option that best fits their needs. Take a short quiz on the speed advisor at [www.cox.com](http://www.cox.com) to determine which speed is right for you.

Cox is also improving the in-home WiFi experience with Panoramic WiFi, ensuring wireless internet service is “wall-to-wall” fast throughout every nook and cranny of the home.

“Our internet customers have embraced Panoramic WiFi,” said Schlundt. “Our technicians will literally walk your home from wall to wall to identify any dead spots and turn them into live spots so that you can have an optimal wifi experience in your home.”

Cox plans to invest \$10 billion in its infrastructure over the next five years, with a focus on enhancing the customer experience inside and outside of the home. The company already provides its internet customers with access to more than half a million wifi hotspots nationwide.

## Gig Speed Ahead

Cox, which was the first company to launch residential gigabit speeds in San Diego under the name Gigablast, has continued the expansion of gigabit speeds to households countywide. Gigabit speeds (1,000 Mbps) are the fastest residential internet speeds around.

When you have a gigabit connection, you can download 100 songs within three seconds, 1,000 photos in 16 seconds, and a two-hour movie in eight seconds. You can also run dozens of connected devices simultaneously at blazing fast speeds, which is key if you are planning on adding any of the increasingly popular smart home devices to your household.

For more information on gigabit speeds and to see how fast they are, go to [www.cox.com/giglife](http://www.cox.com/giglife).



# California desert getaway: Palm Springs and Indian Wells

**Global Gumshoe**  
Ron Stern



From the sleepy days when Palm Springs was a laid-back little city and home to numerous celebrities, Greater Palm Springs now encompasses nine cities in a sprawling patchwork across the Coachella Valley. Highway 111 will now take you through Rancho Mirage, Palm Desert, La Quinta, and Indian Wells. Visitors can choose from a variety of accommodations, attractions, and culinary delights while still enjoying that relaxed desert vibe.

**Here are some of the best places to dine:**

● **Citrus and Palm in Indian Wells**

This delightful restaurant is located inside the Miramonte Indian Wells Resort and Spa. After a complete remodel and great attention to detail, they have upped their culinary program and are offering healthy cuisine using local and seasonal ingredients.

Start with their sweet and slightly spicy stir-fried green beans with crispy pork, Thai basil, mint, and peanuts (\$6). The most popular entrée is the Mangalitsa pork chop with roasted garlic mashed potatoes and caramelized Brussels sprouts (\$39). The chef calls the latter his *walking avocado* as its composition makes it high in omega 3 fatty acids and uses the good-for-you monounsaturated fats. For dessert, try a desert classic— a date shake topped with toasted coconut (\$8).

● **TWENTY6 at La Quinta Resort & Club in La Quinta**

Chef de Cuisine Sergio Garza uses his talent and passion for food in the dishes he prepares. The outside terrace next to a fountain is the ideal casual atmosphere to enjoy their signature breakfast: huevos rancheros from locally sourced peppers and cage-free eggs or a fresh breakfast bowl with local Coachella Valley honey.

● **AC3 Restaurant + Bar in Palm Desert**

With an open and breezy ambiance, AC3 is part of the Hotel Paseo, the only boutique hotel in the trendy El Paseo shopping district. Serving eclectic fare in a fun, colorful atmosphere, they have salads, burgers, and sandwiches. Try the California salad with grilled shrimp, spinach, orange, grapefruit, and herb vinaigrette (\$16).

● **Kaiser Grille in Palm Springs**

Situated on the most fashionable corner along Palm Canyon Drive, Kaiser Grille is where locals go to relax and enjoy appetizers, cocktails, and good conversation.

● **Johannes Restaurant in Palm Springs**

Having received local and international acclaim, Johannes Restaurant has been a Palm Springs institution for 18 years. Chef Johannes Bacher serves

global modern European cuisine in this downtown location. Known for his wiener schnitzel, Bacher offers not only traditional veal but also an entire menu devoted to this classic dish. Pair it with some of their great wines for a splendid evening out.

● **Chi Chi at the Avalon Hotel and Bungalows in Palm Springs**

Located a block off the busy Palm Canyon, Chi Chi is an oasis of tranquility nestled among some cute bungalows, citrus trees, and swimming pools. Breakfast offerings include their açai bowl packed full of plump fruits, granola, and bee pollen (\$15).

● **Jake's in Palm Springs**

What started out as a gourmet takeout named after the owner's dog has turned into a full-time eatery. Jake's is in an area of Palm Springs known as the Uptown Design District, which has seen a resurgence of growth with hip shops and 10 restaurants from which to choose. Jake's serves American bistro food, and their signature dish is the Miami Vice Salad, chock full of romaine, avocado, tomato, and feta with Key lime caper vinaigrette (\$19).

● **Mister Parker's in Palm Springs**

This place feels like one of those secretive locations that only the locals know about. With its dark lighting and crazy light fixtures and artwork, this French bistro evokes Paris at the turn of the 20th



Miramonte Indian Wells Resort and Spa

century but with contemporary features. The menu includes everything from escargots to roasted duck and pairs well with their extensive wine menu.

**Here are some of the most popular attractions:**

● **Palm Springs Aerial Tramway**

By far, the most popular, must-see attraction here is the Palm Springs Aerial Tramway, designated as a treasured natural and cultural resource by a special act of Congress in 2000. You can see from all angles aboard the world's largest rotating tramcar whose floor moves 360 degrees as it climbs 8,500 feet into the San Jacinto Mountains.

● **P.S. Walk With Me**

Take a leisurely two-mile stroll back in time to when Palm Springs was just a small village and home to the rich and famous. You will learn



Palm Springs Aerial Tram (Photos by Ron Stern)

about the history and architecture that made Palm Springs so desirable and home to some of Hollywood's biggest celebrities of the day, including Kirk Douglas, Clark Gable, and Liberace.

**And here is a handy guide on where to stay:**

● **Indian Wells-Miramonte Indian Wells Resort & Spa**

Individual rooms are set among the property's winding, lushly landscaped pathways, fountains, and native trees with great views of the nearby mountains. Rooms are modern and comfortable and contain most amenities.

● **Palm Springs-Hyatt Palm Springs**

Centrally located along Palm Canyon Drive, the Hyatt offers clean and well-equipped rooms and suites with views of the nearby San Jacinto Mountains and downtown.

They have two onsite restaurants with HooDoo offering handcrafted cocktails and nightly entertainment.

Although it has grown tremendously since its early days, the Greater Palm Springs area still has an easygoing, laid-back charm all its own. With abundant shopping along Palm Canyon Drive and a diverse restaurant mix, there is something here for every budget and lifestyle.

All accommodations, transportation, meals, and attractions were provided at no charge for this review.

—Contact Ron Stern at [travelwriter01@comcast.net](mailto:travelwriter01@comcast.net) or visit his blog at [globalgumshoe.com](http://globalgumshoe.com). This was a sponsored visit; all accommodations, meal, and transportation that were the subject of this review were provided at no charge to the writer. However, all opinions herein are the author's.■

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# Grossmont High School Education Foundation awards scholarships



## Foothiller Footsteps

Connie and Lynn Baer

The Grossmont High School Educational Foundation (GHSEF) is the only support group on campus that raises money and provides volunteer support for programs, supplies, and other needs that benefit all Grossmont students and staff. The foundation's motto is "Take Your Memories, Leave Your Footprints," with footprints being its logo. The money is raised by the foundation through memberships and donations as well as

annual interest from the GHS Endowment Fund.

In the past two years, the foundation's impact has been felt throughout the campus. Through teacher mini-grants, the Art Department received a PixelStick for night photography and a gallery to display student work. The Athletic Department received strength training equipment for track and cross country athletes as well as a gymnastics balance beam. Guitar students received a student recorder as well as nine classical guitars and electric cords. Career Pathway students received promotional T-shirts they wear with pride every Wednesday. The Science Department received a hydrogen cylinder for chemistry and physics classes, and chemistry students now have an augmented reality sandbox. The Drama Department received a short throw projector for scenery and special effects.



(l to r) Bailey Wilcox, Mike Wilcox, Andrew Valoria, Haley Cosman Amy Wilcox, Katie Wilcox (Photos courtesy GHS Museum)



(l to r) Kelli Scott, Kamryn Correll, Andrew Valoria, Tony Lawrence, Zach Jones, Taha Yacoby, Chase Karlo, Jennifer Burch

In addition, the foundation supported student travel to local competitions in San Diego as well as student travel to national competitions in Washington, D.C. and Florida. With the foundation's help, Foothillers also attended a play at the Old Globe Theater, received monthly departmental Star Student awards, and test fee support.

The foundation funded campus improvements including replacing a damaged automotive technology sign on the auto yard as well as restoring the Class of 1989 Grossmont High School sign at the entrance to the school.

Finally, one of the highlights of the year for the foundation is awarding scholarships to seniors planning to attend college or training schools, this year giving a total of \$6,000 in scholarships. The winners were announced by president Tony

Lawrence at the Senior Award Night.

This year, \$500 foundation scholarships were given to eight students in six categories:

- **Alumni:** Chase Karlo
- **Athletic Challenge Overcome:** Andrew Valoria and Kamryn Correll
- **Academic Achievement:** Taha Yacoby
- **Art-Music:** Jennifer Burch
- **Community Service:** Kamryn Correll and Kelli Scott
- **Ron Murphy Memorial Scholarship:** Zach Jones

Also, this is the second year of the Ryan Wilcox Memorial Scholarships, whose funds are managed by the GHSEF.

Two \$1,000 scholarships are given to students who have overcome their own personal obstacles — financially, emotionally, or physically — yet have still kept a positive outlook while facing these challenges. The

## Upcoming Foothiller reunions\*

- **Class of 1968:** Sept. 15 Contact Fabienne at fabiennehanks@gmail.com or 619-843-6006 or Jerry Heard at jlheard50@gmail.com or 619-563-5382.
- **Class of 1973:** July 28 Contact Randy James at rjames55@cox.net.
- **Class of 1978:** Oct. 13 Contact Theresa Annear at Theresa@kaviani.com or visit Classmates.com.
- **Class of 1988:** Aug. 3 Contact Vanessa Pizzuto at VPizzuto@hplawsd.com
- **Class of 2008:** To be determined To receive updates, contact Bryce Mayer at brycemayer@sbcglobal.net.

\*More information available on the reunion page at foothillermuseum.com.

students must also have a love for Grossmont High School community and have the Foothiller spirit that Ryan so treasured.

"We are so proud and honored that Ryan's memory and sweet spirit live on at Grossmont through these very special scholarships," Ryan's parents, Mike and Amy Wilcox, shared. "Ryan loved his Grossmont family, and his positive attitude, perseverance,

See **FOOTHILLER** page 25 —————>

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► **Pot tax**, from page 3

of \$7 per square foot of canopy was “quite high” and suggested an initial rate of \$4 with a maximum rate of \$6.

Carol Green, representing Community Action Service Advocacy (CASA), suggested raising the tax rates.

“As you mentioned, the tax goes to the business owner and not the individuals that are purchasing so it wouldn’t really be a burden on anyone that was using a medical card because that doesn’t have to be passed on to them,” she said. “And a quick assessment will tell you that most of these businesses do quite well financially.”

After public comments, the council decided to maintain the tax rates in the proposed measure, and reminded everyone that the rates are flexible and can be adjusted as needed if they prove to be too low or high.

**A discussion on adult use**

Following the vote to put the tax measure on the ballot, the council began a discussion on a proposed ordinance to license the sale of adult use, or recreational, marijuana in the city.

“Why are we here [discussing] adult use?” Baber began, before listing his reasons for the city to consider allowing recreational marijuana — that voters view marijuana as a viable business as evidenced by the passage of Prop 64 and Measure U; that there is more tax money in adult use because there are more transactions; and that the wall of just getting a doctor’s note to buy

medical marijuana is not much of a hurdle in the first place.

“The fourth reason is the problem with Prop U is it didn’t allow us to fix anything,” he continued. “Instead of waiting for a new citizens initiative on adult use, we decided to obviate the problem, put adult use forward and write the regulations ourselves as best is possible, and it allows us to adjust. The problem with Prop U is, it’s set in stone and absent a vote of the people, we can’t make minor adjustments. This allows that.”

Arapostathis agreed that it would be better for the city to write any future ordinances on marijuana.

“I learned my lesson from Measure U,” he said. “We opposed Measure J in 2014 when it was put on the ballot, and instead of getting ahead of it as a council so we could dictate the terms for the city, we didn’t and [Measure U] went to the voters.”

While still in early draft form, the adult use proposal as is would allow any medical dispensaries that open under Measure U to be able to apply for a joint use license to sell recreational marijuana. Dispensaries that want to open without going through the Measure U rules, and only open as recreational, would be limited to four. Recreational cultivation businesses would be restricted to five.

The most important aspect of the adult use proposal is that it would be a licensing ordinance and not a conditional use permits to operate.

“Measure U was drafted in the form of a conditional use permit,” said City Attorney Glenn

Sabine. “When you’re dealing with conditional use permits, there’s certain laws that apply because it’s a land use entitlement. There must be a nexus with a condition you may impose. That’s not true with a licensing ordinance. So, what you see in Measure U is that we could not go back and disqualify applicants for prior bad acts that might be a criminal violation regarding a dispensary use in this city or another city. But that appears here in this licensing ordinance because under the body of law we’re working with, we can do that.”

Under the proposed ordinance, any criminal or civil action against an applicant stemming from an illegal marijuana business would result in the applicant being disqualified. That would also apply to any current dispensary operators who apply for a joint license.

The proposal also includes a few added restrictions on where dispensaries may operate; however, they would only apply to any dispensary that is recreational only — existing Measure U dispensaries would still be able to operate a joint license.

The proposal also sets up a lottery system for applicants, rather than the first-come-first-served system that Measure U used in applying for permits, which is still an ongoing point of contention between dispensary applicants and the city. Applicants will be given a lottery number after they pass a qualifications step and their records come up clean.

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

**A reminder of compassion****Gen-X in a millennial world**

Genevieve Suzuki



Last month I had an encounter at the La Mesa Springs Shopping Center that reminded me of the importance of compassion for our fellow humans.

I had just picked up my son, Deacon, from preschool. We needed to go grocery shopping that day so he asked to go to the “big Vons” rather than the one closer to our home.

Immediately after we parked, a woman with two young sons approached me and asked for money she could use to buy them dinner. She looked to be around my age and one of her sons sat without shoes in an old stroller.

I told her honestly I didn’t have cash, but would have given it to her if I had. She then asked me whether I would be willing to buy her sons something to eat. This surprised me. If she was trying to game me, she likely would have just moved on.

So I told her I would. As we walked and talked, I asked her for her name and her two sons’ names. I found out they were 4 and 7; one of her sons was just a year

older than my Deacon. She told me she was trying to come back from a bad time. I told her I believed she would. I then asked her what she wanted for them and she asked for Lunchables, these ready-made meals we sometimes buy for our daughter, Quinn.

As we got to the entrance of Vons, I told her to wait for me there. Instead of two Lunchables, I decided to take a chance and buy a gift card to the store. I figured the woman could preserve dignity and get her family some food. I also hoped she would not use it to buy liquor or something to sell for quick cash.

I got in line and, realizing there were no gift cards to Vons in the checkout aisle, asked Shannon, a friendly cashier, to pick a card for me without telling her what I was going to do with it.

As I handed the woman the gift card, she looked into my eyes and said a heartfelt thank you. We shared a brief moment between two parents — between two humans — and I told the boys to be good to their mom. A short while later, while I shopped with Deacon, I heard her talking to the boys in the produce section, asking them whether they’d like a bag of apples.

But here’s the real kicker: At the end of my trip, I again got into Shannon’s checkout line. “You got that woman the gift card,” she said. I nodded, worried she was going to confirm my fears that the card had been misused. Instead, Shannon said, “That was a good thing you did. She bought only good things for her kids. There was fruit, veggies and other healthy foods.”

I’m not going to lie. I got pretty choked up. Truth is, you never know when something could go bad for you. You never know the circumstances that can lead to being in a parking lot with your children, asking a stranger for help. Who knows the woman’s story? But that day I felt really lucky to have been able to have helped another parent, and even luckier to discover my gut instinct — the one that told me to choose kindness — had won out.

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

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# LA MESA COURIER

## COMMUNITY AND ARTS & ENTERTAINMENT CALENDAR

### ONGOING EVENTS



#### 'Alice: A Wonder-Full Musical'

**Through July 29**  
Christian Youth Theater presents "Alice: A Wonder-Full Musical" that parallels the theme of Lewis Carroll's famous story, "Alice in Wonderland," the whimsical tale of a girl whose curiosity propels herself into a wild world of imagination, now with a fresh and enthralling approach. Set in a modern day high school, Alice takes a musical journey down the "rabbit hole," as she meets unforgettable characters and embarks on an adventure of self-discovery. At Patrick Henry Performing Arts Center, 6702 Wandermere Drive. Fridays and

Saturdays at 7 p.m. Matinee shows on Saturday at 2 p.m. and Sunday at 4 p.m. Tickets range \$14–\$20; available at cytsandiego.org.



#### 'Love/Sick'

**Through Aug. 6**

Lamplighters Community Theatre presents a play by John Cariani about flawed romantic relationships. July 6–Aug. 5 at the Lamplighters Community Theatre, 5915 Severin Drive, La Mesa. Fridays and Saturdays at 8 p.m. and Sunday matinees at 2 p.m. Tickets range \$19–\$22, available at lamplighterslamesa.com. ■

at La Mesita Park and invites everyone to this free event. Showing will begin at 8:15 p.m. 8855 Dallas St. Visit [cityoflamesa.us/specialevents](http://cityoflamesa.us/specialevents)



#### Creative YOU! Wine + Paint 'Day at The Beach'

Creative painting class where you decide what colors you love and paint a beach scene on canvas. All supplies, snacks and instruction included. Bring your own wine if you like! 6–8:30 p.m. at Nainsook Framing + Art, 8130 La Mesa Blvd. \$35 per person. Visit [nainsookframing.com](http://nainsookframing.com).



#### 'Sizzling Summer' mixer at Courtyard

Enjoy a "Sizzling Summer" evening as the new Courtyard by Marriott San Diego El Cajon celebrates its ribbon cutting. The La Mesa Chamber of Commerce is making plans to entertain and offer a great opportunity to take a look at this new hotel, take a tour, sample great food, have good conversation and beverages. The chamber will be offering attendees two complimentary drink tickets for wine, as well as free ice cream sundaes from Golden Spoon. Raffles and prizes will also be offered throughout the evening. \$15 at the door. 141 North Magnolia Ave. Visit [bit.ly/LMCourtyard](http://bit.ly/LMCourtyard)



#### Date Night

Date Night is the perfect opportunity to spend a night out while the kids go have fun! Date nights are set from 6-9p.m., which gives parents just enough time to go see a movie or grab dinner! During date nights, kids will engage in the following: Obstacle courses, games, performances, gymnastics and more! Pizza, snacks and drinks provided. \$40. 5500 Grossmont Center Drive. Call 619-567-0656 for more information.



#### SD Barber Festival Barber Battle

The San Diego Barber Festival provides an opportunity for barbers and stylists to compete for cash prizes, trophies and bragging rights. Attendees will learn cutting techniques and gain knowledge about the industry and have a unique opportunity to network with peers within the hair care profession. The SDBF also hosts barbering and business training seminars that are hosted by master barbers and stylists. \$15 admission. Noon–9 p.m. 4350 El Cajon Blvd. Visit [bit.ly/SDBarber](http://bit.ly/SDBarber)



#### J. Cole at Viejas Arena

Rapper J. Cole will perform live at Viejas Arena on his

KOD Tour; Young Thug opens. Touring his latest album, which was the first to debut three of the top 10 songs on Billboard Hot 100 chart, the show begins at 7:30 p.m. with tickets starting at \$61. 5500 Canyon Crest Drive. Visit [bit.ly/SDticketsJcole](http://bit.ly/SDticketsJcole) for tickets and information.



#### Wine + Paint 'Hydrangeas'

No experience necessary for this class where you create a beautiful acrylic painting of hydrangeas on canvas. All materials, instruction and snacks included. Bring your own wine if you like. Children 10 and over are welcome with adult supervision. 6–8:30 p.m. at Nainsook Framing + Art, 8130 La Mesa Blvd. \$25 per person. Visit [nainsookframing.com](http://nainsookframing.com).

#### 'Maintaining a Healthy Voice'

Learn how normal voice is produced and how the voice can change with aging and stress. Speech therapists Kathleen Catterall and Deborah Governski from Sharp

Rehabilitation Services will teach you how to maintain a healthy voice and how to use your most effective voice. Noon–1 p.m. at the Point Loma Community Presbyterian Church, 2128 Chatsworth Blvd. Registration required. Call 1-800-827-4277 or register online at [sharp.com](http://sharp.com)



#### 'Hamlet'

William Shakespeare's "Hamlet" is considered one of the best-known plays in world literature and there's a good reason for that. The timeless play is a philosophical study of life and death, laced with some of the most recognized of Shakespeare's soliloquies. Join the Community Actors Theatre in presenting this classic stage play. \$8. 8 p.m. 2957 54th St. ■

### FEATURED EVENTS



#### Arsenio Hall

Actor and comedian Arsenio Hall, famous for his roles in "Coming to America" and "Harlem Nights" as well as his syndicated show "The Arsenio Hall Show," brings his standup routine to Sycuan Casino. 8 p.m. at Sycuan Casino, 5469 Casino Way, El Cajon. Tickets range \$59–\$69, available at [sycuan.com](http://sycuan.com).



#### Grossmont Heart Center ribbon-cutting

Join doctors, staff and donors to celebrate the opening of Sharp Grossmont Hospital's new Heart and Vascular Center. Learn more about heart health from informative booths and enjoy heart-healthy refreshments. 10 a.m.–3 p.m. at the vascular center, 5555 Grossmont Center Drive. Free. Visit [bit.ly/SGHcenter](http://bit.ly/SGHcenter)



#### 'Banking on Beauty' History Roundtable

The La Mesa Historical Society hosts Manhattan College history professor and San Diego native Adam Arenson for its History Roundtable Lecture. Dr. Arenson will speak on his new book, which covers Millard Sheet's studio design and artwork for Howard Ahmanson's Home Savings and Loan buildings. 6:30 p.m. at the Grossmont Healthcare District Auditorium, 9001 Wakarusa St. RSVP at [bit.ly/LMHSSeries](http://bit.ly/LMHSSeries).



#### Movies in the Park: 'Coco'

The city of La Mesa is showing Disney Pixar's film "Coco"



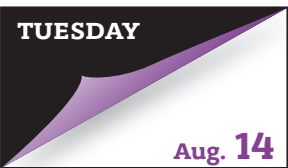
#### Summer Bash Business Expo

Join businesses anxious to give away free door prizes, enjoy great food, raffles, a silent auction and more! Save the date and join the La Mesa Chamber of Commerce at the "Summer Bash" Business Expo. In addition to browsing throughout the business expo, free door prizes will be given by the business vendors to lucky winners. This is the final business expo of the year. \$20 online, \$30 at the door. 5–8 p.m. at the La Mesa Community Center. Visit [bit.ly/LMSummerBash](http://bit.ly/LMSummerBash) for more information or to buy tickets.



#### The Richter Ensemble

Opera NEO's world-renowned resident string quartet — featuring Rodolfo Richter on violin, Rebecca Huber on violin, David Wish on viola, and Jennifer Morsches on cello — will be performing at the Palisades Presbyterian Church. 4–6 p.m. \$25 suggested donation. 6301 Birchwood St.



#### Hullabaloo

Enjoy a day of free family fun at the Grossmont Center's Kids Concert Series featuring kid favorite, Hullabaloo. Bring the whole family out for fun live music in the courtyard. 10 a.m. 5500 Grossmont Center Drive.

### 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](http://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](http://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](http://lamesavillageassociation.org).

#### Saturdays

##### Grossmont Mall Walkers

Join exercise instructor Daphne Miller on Saturdays for a free stretch/exercise class in Grossmont Center's food court, walk the mall, make new friends, and make exercise a part of your routine. Classes start at 8 and 9 a.m. 5500 Grossmont Center Drive. For more information, call the Sharp Grossmont Hospital Senior Resource Center at 619-740-4214. ■



We welcome your input on the community! Submissions can be sent by e-mail to [jeff@sdcdn.com](mailto:jeff@sdcdn.com). Thank you for your interest in the La Mesa Courier.





# SUMMER TIME

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Mt. Merritt SOLD



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La Mesa Village SOLD



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